







Extended SNACK MENU – DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Rice Cakes 1 ea. Hummus 1 oz. 1% Milk ½ c.
4. Corn Chex Cereal ½ c. 1% Milk ½ c.	5. Cheese It Cracker.5 oz. 1% Milk ½ c.	6. Whole Wht. Tortillas ½ sl. Beans ⅓ c. 1% Milk ½ c	7. Hi Ho Crackers .5 oz. 1% Milk ½ c.	8. Rice Cakes 1 ea. Apple Slices ½ c. 1% Milk ½ c.
11. Apple Slices ½ c. Hi Ho Crackers .5 oz. Water	12. Whole Wht. Tortillas ½ sl. Beans ⅓ c. 1% Milk ½ c.	13. English Muffin Toast ½ sl. 1% Milk ½ c.	14. Graham Crackers .5 oz. 1% Milk ½ c.	15. Cheese It Crackers .5 oz. 1% Milk ½ c.
18. Cheese It Cracker.5 oz. 1% Milk ½ c.	19. Graham Crackers .5 oz. Sliced Oranges ½ c. Water	20. Corn Chex Cereal ½ c. 1% Milk ½ c.	21. Hi Ho Crackers .5 oz. 1% Milk ½ c.	22. Assorted Crackers .5 oz. or 4 ea. Orange slices ½ c. Water
25. 	26. 	27. Rice Cakes 1 ea. Hummus 1 oz. 1% Milk ½ c.	28. Banana ½ c. Graham Crackers .5 oz. Water	29. Whole Wht. Tortillas ½ sl. Beans ⅓ c. 1% Milk ½ c.

Please cut all fresh fruit. Use Whole Wheat or Multi-Grain products

This institution is equal opportunity provider.

Día extended Menú DICIEMBRE 2023

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
			1. 	1. Panecillo de Arroz Hummus Leche 1%
4. Cereal de Maíz Chex Leche 1%	5. Galletas de Queso Leche 1%	6. Tortillas de Harina Trigo integral y Frijoles Leche 1%	7. Galletas Hi Ho Leche 1%	8. Panecillo de Arroz Manzana Leche 1%
11. Rabanadas de Manzana Galletas Hi Ho Agua	12. Tortillas de Harina Trigo integral y Frijoles Leche 1%	13. Pan Inglés Tostado Leche 1%	14. Galletas Miel Leche 1%	15. Galletas de Queso Leche 1%
18. Galletas de Queso Leche 1%	19. Galletas de Miel Tiras de Naranja Agua	20. Cereal de Maíz Chex Leche 1%	21. Galletas Hi Ho Leche 1%	22. Surtido de Galletas Tiras de Naranja agua
25. 	26. 	27. Panecillo de Arroz Hummus Leche 1%	28. Plátanos Galletas Miel Agua	29. Tortillas de Harina Trigo integral y Frijoles Leche 1%

Favor de cortar toda la fruta fresta para nuestros niños. Todos los panes son de trigo integral o multi-grano.

Esta institución es un proveedor que ofrece igualdad de oportunidades.



Fresno EOC
Head Start
0 to 5

Early Care
&
Education

Center: _____

MENU PLANNING WORKSHEET Extended Day

Week of 12-1-23

Estimated meals served: Children 10 Adults 2

Weekly Refrigerator Temperatures _____ ° F _____ Int.

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Purchased Units:	Amount Served:	Amounts of Leftovers:
12-1-23	Rice Cakes 1 ea.	#of Children:	12 @ 1 ea.			
	Hummus 1 oz.	#of Adults:	12 oz.			
	1% Milk ½ c.		½ gal.			
# of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name of Other: _____		

Teacher Dir: _____ Date: _____ Reviewer: _____ Date: _____

Menu Change Notice: You must first inform your Nutrition Assistant and get approval.

Center: _____ Reason for Changes/substitutions: _____

FPC Breakfast menu ☐:

FPC Lunch Menu ☐:

HS PM Snack Menu ☐:

HS Extended Snack Menu ☐:

Changes & Dates: _____

Changes & Dates: _____

Changes & Dates: _____

TD/CD signature: _____

Make a copy for your own file and send in the original weekly.

All substitutions must be written on Posted Menu, and Menu Planning Worksheet.

Approved by: _____

Write in your nutrition assistant's name.



Fresno EOC
Head Start
0 to 5

Early Care
&
Education

Center: _____

MENU PLANNING WORKSHEET Extended Day

Week of 12-4-23 to 12-8-23

Estimated meals served: Children 10 Adults 2

Weekly Refrigerator Temperatures _____ ° F _____ Int. 6

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Purchased Units:	Amount Served:	Amounts of Leftovers:
12-4-23	Corn Chex Cereal ½ c.	#of Children:	7 oz.			
	1% Milk ½ c.	#of Adults:	½ gal.			
# of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name of Other:		
12-5-23	Cheese It Crackers .5 oz.	#of Children:	7 oz.			
	1% Milk ½ c.	#of Adults:	½ gal.			
# of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name of Other:		
12-6-23	Whole Wheat Tortilla ½ sl. ea.	#of Children:	7 @ ½ sl. ea.			
	Refried Beans ⅔ c.	#of Adults:	1 – 16 oz. cans			
	1% Milk ½ c.		½ gal.			
# of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name of Other:		
12-7-23	Hi Ho Crackers .5 oz.	#of Children:	7 oz.			
	1% Milk ½ c.	#of Adults:	½ gal.			
# of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name of Other:		
12-8-23	Rice Cakes 1 ea.	#of Children:	12 @ 1 ea.			
	Apple Slices ½ c.	#of Adults:	1.75 lbs.			
	1% Milk ½ c.		½ gal.			
# of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name of Other:		

Teacher Dir: _____ Date: _____ Reviewer: _____ Date: _____

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Center: _____ Reason for Changes/substitutions: _____

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FPC Lunch Menu ☐:

HS PM Snack Menu ☐:

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Write in your nutrition assistant's name.

Center: _____

MENU PLANNING WORKSHEET Extended Day

Week of 12-11-23 to 12-15-23

Estimated meals served: Children 10 Adults 2

Weekly Refrigerator Temperatures _____ ° F _____ Int.

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Purchased Units:	Amount Served:	Amounts of Leftovers:
12-11-23	Apple slices ½ c.	#of Children:	2 lbs.			
	Hi Ho Crackers .5 oz.	#of Adults:	7 oz.			
	Water		-			
# of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name of Other:		
12-12-23	Whole Wheat Tortillas ½ sl. ea.	#of Children:	7 @ ½ ea.			
	Refried Beans ⅛ c.	#of Adults:	1- 16 oz. cans			
	1% Milk ½ c.		½ gal.			
# of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name of Other:		
12-13-23	English Muffin ½ ea.	#of Children:	7 @ ½ ea.			
	1% Milk ½ c.	#of Adults:	½ gal.			
# of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name of Other:		
12-14-23	Graham Crackers .5 oz.	#of Children:	7 oz.			
	1% Milk ½ c.	#of Adults:	½ gal.			
# of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name of Other:		
12-15-23	Cheese It Crackers .5 oz.	#of Children:	7 oz.			
	1% Milk ½ c.	#of Adults:	½ gal.			
# of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name of Other:		

Teacher Dir: _____ Date: _____ Reviewer: _____ Date: _____

Menu Change Notice: You must first inform your Nutrition Assistant and get approval.

Center: _____ Reason for Changes/substitutions: _____

FPC Breakfast menu ☐:

FPC Lunch Menu ☐:

HS PM Snack Menu ☐:

HS Extended Snack Menu ☐:

Changes & Dates: _____

Changes & Dates: _____

Changes & Dates: _____

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Approved by: _____

Write in your nutrition assistant's name.



Fresno EOC
Head Start
0 to 5

Early Care
&
Education

Center: _____

MENU PLANNING WORKSHEET Extended Day

Week of 12-18-23 to 12-22-23

Estimated meals served: Children 10 Adults 2

Weekly Refrigerator Temperatures _____ ° F _____ Int.

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Purchased Units:	Amount Served:	Amounts of Leftovers:
12-18-23	Cheese It Crackers .5 oz.	#of Children:	7 oz.			
	1% Milk ½ c.	#of Adults:	½ gal.			
# of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name of Other: _____		
12-19-23	Graham Crackers .5 oz.	#of Children:	7 oz.			
	Oranges slices ½ c.	#of Adults:	3.5 lbs.			
	Water		-			
# of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name of Other: _____		
12-20-23	Corn Chex Cereal ½ c.	#of Children:	7 oz.			
	1% Milk ½ c.	#of Adults:	½ gal.			
# of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name of Other: _____		
12-21-23	Hi Ho Crackers .5 oz.	#of Children:	7 oz.			
	1% Milk ½ c.	#of Adults:	½ gal.			
# of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name of Other: _____		
12-22-23	Assorted Crackers .5 oz.	#of Children:	6 oz.			
	Orange slices ½ c.	#of Adults:	3.5 lgs			
	Water		*			
# of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name of Other: _____		

Teacher Dir: _____ Date: _____ Reviewer: _____ Date: _____

Menu Change Notice: You must first inform your Nutrition Assistant and get approval.

Center: _____ Reason for Changes/substitutions: _____

FPC Breakfast menu ☐:

FPC Lunch Menu ☐:

HS PM Snack Menu ☐:

HS Extended Snack Menu ☐:

Changes & Dates: _____

Changes & Dates: _____

Changes & Dates: _____

TD/CD signature: _____

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Approved by: _____

Write in your nutrition assistant's name.

Center: _____

MENU PLANNING WORKSHEET Extended Day

Week of 12-25-23 to 12-29-23

Estimated meals served: Children 10 Adults 2

Weekly Refrigerator Temperatures _____ ° F _____ Int.

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Purchased Units:	Amount Served:	Amounts of Leftovers:
12-25-23	Holiday					
12-26-23	Holiday					
12-27-23	Rice Cakes 1 oz.	#of Children:	12 oz. @ 1 oz. ea.			
	Hummus 1 oz.	#of Adults:	12 oz.			
	1% Milk ½ c.		½ gal.			
# of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name of Other: _____		
12-28-23	Banana ½ c.	#of Children:	4.5 lbs.			
	Graham Crackers .5 oz.	#of Adults:	7 oz.			
	Water		-			
# of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name of Other: _____		
12-29-23	Whole Wheat Tortilla ½ sl. ea.	#of Children:	7 @ ½ sl. ea.			
	Refried Beans ⅛ c.	#of Adults:	1 – 16 oz. cans			
	1% Milk ½ c.		½ gal.			
# of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name of Other: _____		

Teacher Dir: _____ Date: _____ Reviewer: _____ Date: _____

Menu Change Notice: You must first inform your Nutrition Assistant and get approval.

Center: _____ Reason for Changes/substitutions: _____

FPC Breakfast menu ☐

FPC Lunch Menu ☐

HS PM Snack Menu ☐

HS Extended Snack Menu ☐

Changes & Dates: _____

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Approved by: _____

Write in your nutrition assistant's name.

EXTENDED DAY GROCERY LIST

First week Dates: 12-1-23

Class size: 10 children /2 adults

Date:	Purchased Units	PM – Grocery List
12-1-23	12 @ 1 ea.	Rice Cakes
	12 oz.	Hummus
	*	1% Milk

Dates: 12-4-23 to 12-8-23

Class size: 10 children /2 adults

Date:	Purchased Units	PM – Grocery List
12-4-23	7 oz.	Corn Chex Cereal
	5 – ½ gals	1% Milk – total for the week*
12-5-23	7 oz.	Cheese It Crackers
	*	1% Milk
12-6-23	7 @ ½ sl .ea.	Whole Wheat Tortillas
	1 – 16 oz. can	Refried Beans
	*	1% Milk
12-7-23	7 oz.	Hi Ho Crackers
	*	1% Milk
12-8-23	12 @ 1 ea.	Rice Cakes
	1.75 lbs.	Apple Slices
	*	1% Milk

Date: 12-11-23 thru 12-15-23

Class size: 10 children /2 adults

Date:	Purchased Units	PM – Grocery List
12-11-23	2 lbs.	Apple Slices
	7 oz.	Hi Ho Crackers
	-	Water
12-12-23	7 @ ½ sl. ea.	Whole Wheat Tortillas
	1 – 16 oz. can	Refried Beans
	4 – ½ gals.	1% Milk – total for the week*
12-13-23	7 @ ½ sl. ea.	English Muffin
	*	1% Milk
12-14-23	7 oz.	Graham Crackers
	*	1% Milk
12-15-23	7 oz.	Cheese It Crackers
	*	1% Milk

Dates: 12-18-23 thru 12-22-23

Class size: 10 children /2 adults

Date:	Purchased Units	PM – Grocery List
12-18-23	7 oz.	Cheese It Crackers
	4 – ½ gals.	1% Milk – Total for the week*
12-19-23	7 oz.	Graham Crackers
	3.75 lbs.	Orange Slices
	-	Water
12-20-23	7 oz.	Corn Chex Cereal
	*	1% Milk
12-21-23	7 oz.	Hi Ho Crackers
	*	1% Milk
12-22-23	7 oz.	Assorted Crackers
	3.75 lbs.	Orange slices
	-	Water



Fresno EOC
Head Start
0 to 5

Early Care
&
Education

EXTENDED DAY GROCERY LIST

Dates: 12-25-23 to 12-29-23

Class size: 10 children /2 adults

Date:	Purchased Units	PM – Grocery List
12-25-23	Holiday	
12-26-23	Holiday	
12-27-23	14 @ 1 ea.	Rice Cakes
	14 oz.	Hummus
	2 – ½ gals.	1% Milk – total for the week*
12-28-23	4.5 lbs.	Banana
	7 oz.	Graham Crackers
	-	Water
12-29-23	7 @ ½ sl .ea.	Whole Wheat Tortillas
	1 – 16 oz. can	Refried Beans
	*	1% Milk

Important Reminders:

- All 1% White Milk is unflavored. If you have small milk cartons left from Breakfast or lunch due to low attendance, use them for PM snack.
- You may always use condiments that you feel snack items need a little something extra; ie- dressing, margarine or any of the sauces.
- Make a copy for your own file and send in the original weekly. Write in your nutrition assistant's name.
- All “day” classes are to make the PM cooking experience.
- Purchase your own breakfast: Cheerios Cereal ¾ c..., canned fruit ½ c., and 1½ gals. of 1% White Milk 6 oz. ea.
- MAKE SURE YOU HAVE EMERGENCY MEAL COMPONENTS IN YOUR STORAGE UNIT; And make sure to rotate out your emergency meal components. Keep it fresh.
- Before you go out and purchase milk. If water is scheduled and you have plenty of Milk, you may use the milk on water days.
- Place a pitcher of water in advance in refrigerator for cool water for snack use.
- Always leave the cold water on the cart. Not on the table.
- All breads & Cereals: WG-Whole Grain. +See FCEOC Head Start New Recipe Book for all ingredients.
- Please cut up all fresh fruit.
- CSPP – California State Preschool Program classes