





Food Prep Center – BREAKFAST MENU – May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 WG Toasty O's Cereal 1c. Diced Peaches 1/2c. 1% White Milk 6 oz.	2 WG Waffle 1ea Diced Pears 1/2c. 1% White Milk 6 oz.	3 Corn Flakes Cereal 1 c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.
6 WG Toasty O's Cereal 1c. Mixed Fruit 1/2c. 1% White Milk 6 oz.	7 WG Pancake 1ea Orange, Fresh 1 ea. 1% White Milk 6 oz.	8 Corn Flakes Cereal 1c. Pineapple Tidbits 1/2c. 1% White Milk 6 oz.	9. Cooking Exp.-pg. 12 Banana Nuggets Banana ½ c Strawberry Yogurt ¼ c. Graham Crackers .5 oz or 1 ea. 1% White Milk 6 oz.	10 HB Soc 1 WW English Muffin 1/2 ea. Strawberry Cream Cheese 1ea. Apricots 1/2c. 1% White Milk 6 oz.
13 WG Toasty O's Cereal 1c. Diced Peaches 1/2c. 1% White Milk 6 oz.	14 WG Waffle 1ea Mixed Fruit 1/2c. 1% White Milk 6 oz.	15 Corn Flakes Cereal 1c. Applesauce 1/2c. 1% White Milk 6 oz.	16 Scrambled eggs with Chz & Bacon 1.3 oz wt. (1/4c) WW Bread 1 sl. Orange, Fresh 1 ea. 1% White Milk 6 oz.	17 WW English Muffin 1/2 ea. Strawberry Cream Cheese 1ea. Apricots 1/2c. 1% White Milk 6 oz.
20 WG Toasty O's Cereal 1c. Mixed Fruit 1/2c. 1% White Milk 6 oz.	21 Biscuit 1 ea. Sausage Patty 1ea. Orange, Fresh 1 ea. 1% White Milk 6 oz.	22 WW English Muffin ½ ea. Strawberry Cream Cheese 1 ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	23 WG Pancake 1ea Diced Peaches 1/2c. 1% White Milk 6 oz.	24 HB Soc 2 Corn Flakes Cereal 1c. Apricots 1/2c. 1% White Milk 6 oz.
27 	28 WG Waffle 1ea Tropical Fruit 1/2c. 1% White Milk 6 oz.	29 Corn Flakes Cereal 1c. Pineapple Tidbits 1/2c. 1% White Milk 6 oz.	30 Scrambled eggs with Chz & Bacon 1.3 oz wt. (1/4 c) WW Bread 1 sl. Orange, Fresh 1 ea. 1% White Milk 6 oz.	31 WG Toasty O's Cereal 1c. Mixed Fruit 1/2c. 1% White Milk 6 oz.

Head Start - PM SNACK MENU – May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Quesadillas ½ ea. Water	2. Cheerios Cereal ½ c. or .5 oz. Banana ½ c. 1% White Milk ½ c. or 4 oz.	3. Graham Crackers .5 oz. or 1 ea. 1% White Milk ½ c. or 4 oz.
6. Hi Ho Crackers .5 oz or 4 ea. 1% White Milk ½ c. or 4 oz.	7. Tortilla Chips ½ c. Vegetarian Refried Beans .5 oz. Water	8. Assorted Crackers .5 oz. or 4 ea. Diced Peaches ½ c. Water	9. Cooking Exp.-pg. 12 Banana Nuggets Banana ½ c Strawberry Yogurt ¼ c. Graham Crackers .5 oz or 1 ea. Water	10. HB Soc 1 Kix Cereal .5 oz. or ¾ c. 1% White Milk ½ c. or 4 oz.
13. Pretzels .5 oz. or 1/3 c. Orange Wedges ½ c. Water	14. Cheerios cereal ½ c. or .5 oz. 1% White milk ½ c. or 4 oz.	15. Assorted Crackers .5 oz. or 4 ea. Cantaloupe slices ½ c. water	16. Cheddar Goldfish Crackers .5 oz. or ¼ c. 1% White Milk ½ c. o 4 oz.	17. Ritz Crackers .5 oz or 4 ea. Turkey Ham .5 oz. 1% White Milk ½ c. or 4 oz.
20. Tortilla Chips .5 oz. Frozen Strawberry ½ c. Water	21. Corn Flakes ¾ c. 1% White Milk ½ c. or 4 oz.	22. Assorted Crackers .5 oz or 4 ea. Orange Slices ½ c. Water	23. Quesadillas ½ ea. 1% White Milk ½ c. or 4 oz.	24. HB Soc 2 Ritz Crackers .5 oz or 4 ea. Turkey Ham .5 oz. 1% White Milk ½ c. or 4 oz.
27. 	28. Cheese Toast WH Wht Bread ½ sl. Cheese Slices .5 oz Water	29. Hi Ho Crackers .5 oz. or 4 ea. Hummus .5 oz. Water	30. Kix Cereal .5 oz. or ¾ c. 1% White Milk ½ c. or 4 oz.	31. No Class All Staff In-Service

This institution is an equal opportunity provider.






Fresno EOC
Head Start
0 to 5

Early Care
&
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FPC - MENÚ DEL DESAYUNO - Mayo 2024

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1. Cereal Tasty O's GE Durazno en dados Leche blanca 1%	2. Waffle GE Peras picadas Leche blanca 1%	3. Cereal de hojuelas de maíz Cositas de piña Leche blanca 1%
6. Cereal Tasty O's GE Mezcla de fruta Leche blanca 1%	7. Panqueques GE Naranja Leche blanca 1%	8. Cereales en copos de maíz Cositas de piña Leche blanca 1%	9. Banana Yogur de fresa Galletas de miel Leche blanca 1%	10. Panecillo ingles GE Queso crema de fresas Chabacanos Leche Blanca 1%
13. Cereal Tasty O's GE Durazno en dados Leche blanca 1%	14. Waffle GE Mezcla de fruta Leche blanca 1%	15. Cereales en copos de maíz Puré de manzana Leche blanca 1%	16. Huevos revueltos con queso y tocino Pan integral Naranja Leche Blanca 1%	17. Panecillo ingles GE Queso crema de fresas Chabacanos Leche Blanca 1%
20. Cereal Tasty O's GE Mezcla de fruta Leche blanca 1%	21. Panecillo GE Salchicha Naranja Leche blanca 1%	22. Panecillo ingles GE Queso crema de fresas Trocitos de piña Leche blanca 1%	23. Panqueques GE Durazno en dados Leche blanca 1%	26. Cereales en copos de maíz Chabacanos Leche blanca 1%
27. 	30. Waffle GE Fruta tropical Leche blanca 1%	29. Cereales en copos de maíz Cositas de piña Leche blanca 1%	30. Huevos revueltos con queso y tocino Pan integral Naranja Leche Blanca 1%	31. Cereal Tasty O's GE Mezcla de fruta Leche blanca 1%

Head Start - MENÚ DE BOCADILLOS PM - Mayo 2024

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1. Quesadillas Leche blanca 1%	2. Cereal Cheerios Plátano Leche blanca 1%	3. Galletas de miel Mandriles de melaza Agua
6. Galletas Hi Ho Leche blanca 1%	7. Chips de tortilla 1/2 c. Frijoles Refritos Vegetarianos .5 oz. Water	8. Surtido de Galletas Duraznos Agua	9. Banana Yogur de fresa Galletas de miel Agua	10. Kix Cereal Leche blanca 1%
13. Pretzels de .5 onzas o 1/3 cza. Gajos de naranja 1/2 c. Agua	14. Cereal Cheerios Leche blanca 1%	15. Surtido de Galletas Melón Agua	16. Galletas de queso cheddar Goldfish Leche blanca 1%	17. Galletas Ritz de .5 oz o 4 unidades. Jamón de pavo .5 oz. Leche blanca 1%
20. Nachos Fresas congeladas Agua	21. Hojuelas de maíz 3/4 c. Leche blanca 1%	22. Surtido de Galletas Porciones de naranja Agua	23. Quesadillas Leche blanca 1%	24. Galletas Ritz de .5 oz o 4 unidades. Jamón de pavo .5 oz. Leche blanca 1%
27. 	28. Tostada de queso WH Pan Wht 1/2 sl. Rebanadas de queso .5 oz Agua	29. Galletas Hi Ho Manzana Agua	30. Kix Cereal Leche blanca 1%	31 Sin clase Todo el personal en servicio

Esta institución es un proveedor que ofrece igualdad de oportunidades.





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Head Start
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Early Care
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Education

MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 5-1-2024 thru. 5-3-2024

Estimated meals served: Children 20 Adults 3

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Amount Served:	Purchased Units:	Amt. of leftover
5-1-24	Whl. Wht. Tortillas ½ ea.	#Of Children:	12 @ ½ ea.				
	Jack Cheese .5 oz.	#Of Adults:	12 oz.				
	Water		1 gal.				
# Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
5-2-24	Cheerios Cereal 5 oz. or ½ c.	#Of Children:	12 oz.				
	Bananas ½ ea.	#Of Adults:	3.5 lbs.				
	1% White Milk ½ c.		1 gal.				
# Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
5-3-24	Graham Crackers .5 oz. or 1 ea.	#Of Children:	14 oz.				
	1% White Milk ½ c or 4 oz.	#Of Adults:	1 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.
All substitutions must be written on Posted Menu, and Menu Planning Worksheet

Center: _____

Reason for Changes/substitutions: _____

FPC Breakfast menu

FPC Lunch Menu

HS PM Snack Menu

HS Extended Snack Menu

Changes & Dates: _____

Changes & Dates: _____

TD/CD signature: _____ Approved by: _____





Fresno EOC
Head Start
0 to 5

Early Care
&
Education

MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 5-6-2024 thru. 5-10-2024

Estimated meals served: Children 20 Adults 3

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Amount Served:	Purchased Units:	Amt. of leftover
5-6-24	Hi Ho Crackers .5 oz. or 4 ea.	#Of Children:	12 oz. or 4 ea.				
	1% white Milk ½ c. or 4 oz.	#Of Adults:	1 gal.				
			-				
# Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
5-7-24	Whl. Wht. Tortillas Chips ½ ea.	#Of Children:	1 lb.				
	Vegetarian Refried Beans .5 oz.	#Of Adults:	24 oz.				
	Water		1 gal.				
# Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
5-8-24	Assorted Crackers .5 oz. or 4 ea.	#Of Children:	12 oz.				
	Diced peaches ½ c.	#Of Adults:	5 - 20 oz. Cans				
	Water		-				
# Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
5-9-24 Breakfast	Cooking Exp pg. 12 Banana Nugget Banana ½ c.	#Of Children:	3.5 lbs.				
	Strawberry Yogurt	#Of Adults:	48 oz.				
	Crushed Graham Crackers .5 oz or 1 ea.		14 oz.				
	1% White Milk 6 oz.		1-1/2 gal.				
# Of Children	Milk substitutions 6 oz.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
5-9-24 PM Snack	Cooking Exp.-pg. 12 Banana Nugget Banana ½ c.	#Of Children:	3.5 lbs.				
	Strawberry Yogurt ¼ c.		48 oz.				
	Crushed Graham Crackers .5 oz or 1 ea.		14 oz.				
	Water	#Of Adults:	1 gal.				
# Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
5-10-24	Kix Cereal ¾ c. or .5 oz.	#Of Children:	18 oz.				
	1% White Milk ½ c.	#Of Adults:	1 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: _____

FPC Breakfast menu

FPC Lunch Menu

HS PM Snack Menu

HS Extended Snack Menu

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TD/CD signature: _____ Approved by: _____





Fresno EOC
Head Start
0 to 5

Early Care
&
Education

MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 5-13-2024 & 5-17-2024

Estimated meals served: Children 20 Adults 3

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Amount Served:	Purchased Units:	Amt. of leftover
5-13-24	Pretzels .5 oz or 1/3 c.	#of Children:	12 oz.				
	Orange wedges ½ c.	#of Adults:	13.75 lbs.				
	Water		-				
# of Children	Milk substitutions ½ c.	<i>Soy Milk</i> _____	Lactose Free ____	Name of Other: _____			
5-14-24	Cheerios Cereal .5 oz. or ½ c.	#of Children:	18 oz.				
	1% White Milk ½ c.	#of Adults:	1 gal.				
# of Children	Milk substitutions ½ c.	<i>Soy Milk</i> _____	Lactose Free ____	Name of Other: _____			
5-15-24	Assorted Crackers .5 oz.	#of Children:	12 oz.				
	Cantaloupe slice ½ c.	#of Adults:	8 lbs.				
	Water		-				
# of Children	Milk substitutions ½ c.	<i>Soy Milk</i> _____	Lactose Free ____	Name of Other: _____			
5-16-24	Cheddar Gold Fish Crackers .5 oz. or ¼ c.	#of Children:	12 oz.				
	1% White Milk ½ c.	#of Adults:	1 gal.				
# Of Children	Milk substitutions 6 oz.	<i>Soy Milk</i> _____	Lactose Free ____	Name of Other: _____			
5-17-24	Ritz Crackers .5 oz or 4 ea.	#of Children:	12 oz.				
	Turkey Ham .5 oz.		13 oz.				
	1% White Milk ½ c.	#of Adults:	1 gal.				

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

Menu Change Notice: You must first inform your Nutrition Assistant and get approval.
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Center: _____ Reason for Changes/substitutions: _____

FPC Breakfast menu

FPC Lunch Menu

HS PM Snack Menu

HS Extended Snack Menu

Changes & Dates: _____

Changes & Dates: _____

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Fresno EOC
Head Start
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Early Care
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Education

MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 5-20-2024 thru. 5-24-2024

Estimated meals served: Children 20 Adults 3

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Amount Served:	Purchased Units:	Amt. of leftover
5-20-24	Tortilla Chips .5 oz.	#of Children:	1 lb.				
	Frozen Strawberry ½ c	#of Adults:	6 - 16 oz. Bag				
	Water		-				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
5-21-24	Corn Flakes ¾ c.	#of Children:	18 oz.				
	1% White Milk ½ c.	#of Adults:	1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
5-22-24	Assorted Crackers .5 oz.	#of Children:	12 oz.				
	Orange slices ½ c.	#of Adults:	13.75 lbs.				
	Water		-				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
5-23-24	Whl. Wht. Tortillas ½ ea.	#of Children:	12 @ ½ ea.				
	Jack Cheese .5 oz.	#of Adults:	12 oz.				
	1% White Milk ½ c.		1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
5-24-24	Ritz Crackers .5 oz or 4 ea.	#of Children:	12 oz.				
	Turkey Ham .5 oz.		13 oz.				
	1% White Milk ½ c.	#of Adults:	1 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.
All substitutions must be written on Posted Menu, and Menu Planning Worksheet

Center: _____ Reason for Changes/substitutions: _____

FPC Breakfast menu FPC Lunch Menu HS PM Snack Menu HS Extended Snack Menu

Changes & Dates: _____

Changes & Dates: _____

TD/CD signature: _____ Approved by: _____





MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 5-27-2024 thru. 5-31-2024

Estimated meals served: Children 20 Adults 3

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Amount Served:	Purchased Units:	Amt. of leftover
5-27-24	HOLIDAY	#of Children:					
		#of Adults:					
# Of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
5-28-24	Whl. Wht. Bread ½ ea.	#of Children:	12 @ ½ ea.				
	Cheddar Cheese Slices .5 oz.	#of Adults:	12 oz.				
	Water						
# Of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
5-29-24	Hi Ho Crackers .5 oz. or 4 ea.	#Of Children:	12 oz. or 4 ea.				
	Hummus .5 oz.	#Of Adults:	12 oz.				
	Water		-				
# Of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
5-30-24	Kix Cereal ¾ c. or .5 oz.	#Of Children:	18 oz.				
	1% White Milk ½ c.	#Of Adults:	1 gal.				
# Of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
5-31-24	In Service	#of Children:					
		#of Adults:					
# 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.
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Center: _____ Reason for Changes/substitutions: _____

FPC Breakfast menu FPC Lunch Menu HS PM Snack Menu HS Extended Snack Menu

Changes & Dates: _____

Changes & Dates: _____

TD/CD signature: _____ Approved by: _____





GROCERY LIST

Dates: 5-1-2024 thru 5-3-2024

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
5-1-24	12 @ ½ ea.	Whole Wheat Tortillas
	11.5 oz.	Jack Cheese
	-	Water
5-2-4	18 oz.	Cheerios Cereal
	3.5 lbs.	Bananas
	1 - ½ gal	1% White Milk – total for the week*
5-3-24	14 oz.	Graham Crackers
	*	1% White Milk

Dates: 5-6-2024 thru 5-12-2023

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
5-6-24	12 oz.	Hi Ho Crackers
	3 - ½ gal.*	1% White Milk – total for the week*
5-7-24	1 lb.	WG Tortillas Chips
	24 oz.	Vegetarian Refried Beans
	-	Water
5-8-24	12 oz.	Assorted Crackers
	5 cans - 20oz.	Diced peaches
	-	Water
5-9-24	12 oz.	Cheddar Gold Fish crackers
	*	1% White Milk
5-10-24	18 oz.	Kix Cereal
	*	1% White Milk

Dates: 5-13-2024 thru 5-17-2024

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
5-13-24	12 oz.	Hi Ho Crackers
	13.75 lbs.	Orange – wedged
	-	Water
5-14-24	18 oz.	Cheerios Cereal
	3 - ½ gal.*	1% White Milk – total for the week*
5-15-24	12 oz.	Assorted Crackers
	8 lbs.	Cantaloupe - sliced
	-	Water
5-16-24	3.5 lbs.	Banana Nugget pg. 12-Banana
Breakfast	48 oz.	Strawberry Yogurt
Cooking Exp.	14 oz.	Crushed Graham Crackers
	1-1/2 gal.	1% White Milk
5-16-24	3.5 lbs.	Banana Nugget pg. 12-Banana
PM Snack	48 oz.	Strawberry Yogurt
Cooking Exp.	14 oz.	Crushed Graham Crackers
	-	Water
5-17-24	13 oz.	Ritz Crackers
	12 oz.	Turkey Ham
	*	1% White Milk





GROCERY LIST

Date: **5-20-2024 thru 5-24-2024**

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
5-20-24	12 oz.	Tortilla Chips
	6 – 16 oz. Bag	Frozen Strawberries
	-	Water
5-21-24	18 oz.	Hi Ho crackers
	3 – ½ gal.*	1% White Milk – total for the week*
5-22-24	18 oz.	Corn Flakes Cereal
	13.75 lbs.	Orange - sliced
	-	Water
5-23-24	12 @ ½ ea.	WG Flour Tortilla
	12 oz.	Jack Cheese
	*	1% White Milk
5-24-24	13 oz.	Ritz Crackers
	12 oz.	Turkey Ham
	*	1% White Milk

Date: **5-27-2024 thru 5-31-2024**

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
5-27-24	Holiday	
5-28-24	12 @ ½ ea.	WW Bread
	12 oz.	Cheddar Cheese
	1 gal	1% White Milk – total for the week*
5-29-24	12 oz.	Hi Ho Crackers
	12 oz.	Hummus
	-	Water
5-30-24	18 oz.	Kix Cereal
	3 gal.*	1% White Milk – total for the week*
5-31-24	In- Service	

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.
- If water is scheduled and you have plenty of Milk, you may use the milk on water days.
- You may always use condiments that you feel snack items need a little something extra; i.e.- dressing, margarine or any of the sauces.
- 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.
- 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.
- All substitutions must be written on Posted Menu and Menu Planning Worksheet.

