




Fresno EOC
Head Start
0 to 5

Early Care
&
Education

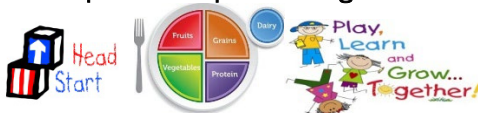
Extended SNACK MENU – May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Pancakes 1 ea. 1% White Milk ½ c.	2. Graham Crackers .5oz or 1 ea. Mandarin Orange 1 ea. Water	3. Goldfish Crackers .5 oz or ¼ c. 1% White Milk
6. Toast Bread WG ½ sl. margarine 1% White Milk ½ c.	7. Assorted Crackers .5 oz. 1% White Milk ½ c.	8. Kix Cereal ¾ c. 1% White Milk ½ c.	9. Hi Ho Crackers .5 oz. 1% White Milk ½ c.	10. Chex Cereal 1 oz. or ½ c. 1% White Milk ½ c.
13. Graham Crackers .5 oz. 1% White Milk ½ c.	14. Pancakes 1 ea. 1% White Milk ½ c.	15. Cheese Sticks .5 oz. Pretzels .5 oz. or 1/3 c. Water	16. Cheerios Cereal 1 oz. or ½ c. 1% White Milk ½ c.	17. Quesadilla ½ ea. 1% White Milk ½ c.
20. Graham Crackers .5 oz. 1% White Milk ½ c.	21. Apple wedges ½ c. 1% White Milk ½ c.	22. Kix Cereal ¾ c. 1% White Milk ½ c.	23. Mini Bagel toast 1 ea. Cream Cheese .5 oz. 1% White Milk ½ c.	24. Graham Crackers .5 oz. or 1 ea. 1% White Milk ½ c.
27. 	28. Turkey Ham .5 oz Apples ½ c. Water	29. Banana ½ c. 1% White Milk ½ c.	30. Goldfish Crackers .5 oz. Frozen Strawberries ½ c. Water	31. All Staff In-Service

Día extended Menú Mayo 2024

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1. Panqueques Leche blanca 1%.	2. Galletas de Miel Mandarin Orange 1 ea. Water	3. Galletas de peces de colores Leche blanca 1%
6. Pan tostado GE Margarina Leche blanca 1%	7. Surtido de Galletas Leche blanca 1%	8. Cereal Kix Leche blanca 1%	9. Galletas Hi Ho Leche blanca 1%	10. Cereal Chex Leche blanca 1%
13. Galletas de Miel Leche blanca 1%	14. Panqueques Leche blanca 1%	15. Palitos de queso Pretzels agua	16. Cereal Cheerios Leche blanca 1%	17. Quesadillas Leche blanca 1%
20. Galletas de Miel Leche blanca 1%	21. Rebanadas de Manzana Leche blanca 1%	22. Cereal Kix Leche blanca 1%	23. Pan enroscado Mini tosado Crema queso Leche blanca 1%	24. Galletas Hi Ho Leche blanca 1%
27. 	28. Jamón de pavo Manzana Agua	29 Plátano Leche blanca 1%	30. Galletas de peces de colores Fresas congeladas agua	31 Sin clase Todo el personal en servicio

Esta institución es un proveedor que ofrece igualdad de oportunidades.





MENU PLANNING WORKSHEET Extended Day

Week of 5-1-24 thru 5-3-24 Estimated meals served: Children 12 Adults 2 Weekly Refrigerator Temperatures _____ °F _____ Int.

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Purchased Units:	Amount Served:	Amounts of Leftovers:
5-1-24	Pancakes 1 ea.	<i>#of Children:</i>	14 @ 1 ea.				
	1% White Milk ½ c.	<i>#of Adults:</i>	½ gal.				
# of Children	Milk Substitutions ½ c.	<i>Soy Milk:</i> _____	<i>Lactose Free:</i> _____		<i>Name of Other:</i>		
5-2-24	Graham Cracker .5 oz or 1 ea.	<i>#of Children:</i>	7 oz.				
	Mandarin Oranges 1 ea. Water	<i>#of Adults:</i>	14 ea.				
# of Children	Milk Substitutions ½ c.	<i>Soy Milk:</i> _____	<i>Lactose Free:</i> _____		<i>Name of Other:</i>		
5-3-24	Goldfish Crackers .5 oz. or ¼ c.	<i>#of Children:</i>	7 oz.				
	1% White Milk	<i>#of Adults:</i>	½ gal.				
# of Children	Milk Substitutions ½ c.	<i>Soy Milk:</i> _____	<i>Lactose Free:</i> _____		<i>Name of Other:</i>		

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: _____





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MENU PLANNING WORKSHEET Extended Day

Week of 5-6-24 thru 5-10-24

Estimated meals served: Children 12 Adults 2

Weekly Refrigerator Temperatures _____ °F _____ Int.

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Purchased Units:	Amount Served:	Amounts of Leftovers:
5-6-24	WG Waffle 1 ea.	<i>#of Children:</i>	14 @ 1 ea.				
	1% White Milk ½ c.	<i>#of Adults:</i>	½ gal.				
# of Children	Milk Substitutions ½ c.	<i>Soy Milk:</i> _____	<i>Lactose Free:</i> _____		<i>Name of Other:</i>		
5-7-24	Assorted Crackers .5 oz. or 4 ea.	<i>#of Children:</i>	7 oz.				
	1% White Milk ½ c.	<i>#of Adults:</i>	½ gal.				
# of Children	Milk Substitutions ½ c.	<i>Soy Milk:</i> _____	<i>Lactose Free:</i> _____		<i>Name of Other:</i>		
5-8-24	Kix Cereal ¾ c.	<i>#of Children:</i>	7 oz.				
	1% White Milk ½ c.	<i>#of Adults:</i>	½ gal.				
# of Children	Milk Substitutions ½ c.	<i>Soy Milk:</i> _____	<i>Lactose Free:</i> _____		<i>Name of Other:</i>		
5-9-24	Hi Ho Crackers .5 oz. or 4 ea.	<i>#of Children:</i>	7 oz.				
	1% White Milk ½ c.	<i>#of Adults:</i>	½ gal.				
# of Children	Milk Substitutions ½ c.	<i>Soy Milk:</i> _____	<i>Lactose Free:</i> _____		<i>Name of Other:</i>		
5-10-24	Graham Crackers 5 oz. or 1 ea.	<i>#of Children:</i>	7 oz.				
	Applesauce ½ c.		1 -48 oz.				
	1% White Milk ½ c.	<i>#of Adults:</i>	½ gal.				
# of Children	Milk Substitutions ½ c.	<i>Soy Milk:</i> _____	<i>Lactose Free:</i> _____		<i>Name of Other:</i>		

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

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Center: _____ Reason for Changes/substitutions: _____

FPC Breakfast menu

FPC Lunch Menu

HS PM Snack Menu

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MENU PLANNING WORKSHEET Extended Day

Week of 5-13-24 thru 5-17-24

estimated meals served: Children 12 Adults 2

Weekly Refrigerator Temperatures _____ ° F _____ Int.

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Purchased Units:	Amount Served:	Amounts of Leftovers:
5-13-24	Graham Crackers 5 oz. or 1 ea.	<i>#of Children:</i>	7 oz.				
	1% White Milk ½ c.	<i>#of Adults:</i>	½ gal.				
# of Children	Milk Substitutions ½ c.	<i>Soy Milk:</i> _____	<i>Lactose Free:</i> _____		<i>Name of Other:</i>		
5-14-24	Pancakes 1 ea.	<i>#of Children:</i>	14 @ 1 ea.				
	1% White Milk ½ c.	<i>#of Adults:</i>	½ gal.				
# of Children	Milk Substitutions ½ c.	<i>Soy Milk:</i> _____	<i>Lactose Free:</i> _____		<i>Name of Other:</i>		
5-15-24	Cheese Sticks .5 oz	<i>#of Children:</i>	7 oz.				
	Pretzels .5 oz or 1/3 c.	<i>#of Adults:</i>	7 oz.				
	Water	<i>#of Adults:</i>	-				
# of Children	Milk Substitutions ½ c.	<i>Soy Milk:</i> _____	<i>Lactose Free:</i> _____		<i>Name of Other:</i>		
5-16-24	HiHo Crackers .5 oz or 4 ea.	<i>#of Children:</i>	7 oz.				
	1% White Milk ½ c.	<i>#of Adults:</i>	½ gal.				
# of Children	Milk Substitutions ½ c.	<i>Soy Milk:</i> _____	<i>Lactose Free:</i> _____		<i>Name of Other:</i>		
5-17-24	WG Flour tortilla ½ ea.	<i>#of Children:</i>	7 @ ½ ea.				
	Jack Cheese .5 oz.	<i>#of Adults:</i>	7 oz.				
	1% White Milk ½ c.		½ gal.				
# of Children	Milk Substitutions ½ c.	<i>Soy Milk</i> _____	<i>Lactose Free</i> _____		<i>Name of Other:</i>		

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

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

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MENU PLANNING WORKSHEET Extended Day

Week of 5-20-24 thru 5-24-24

estimated meals served: Children 12 Adults 2

Weekly Refrigerator Temperatures _____ ° F _____ Int.

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Purchased Units:	Amount Served:	Amounts of Leftovers:
5-20-24	Graham Crackers .5 oz.	#of Children:	7 oz.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
5-21-24	Apple wedges ½ c.	#of Children:	1.75 lbs.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
5-22-24	Kix Cereal ¾ c.	#of Children:	7 oz.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
5-23-24	Mini Bagel Toast 1 ea.	#of Children:	7 @ 1 ea.				
	Cream Cheese .5 oz.	#of Adults:	7 oz.				
	1% White Milk ½ c.		½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
5-24-24	Graham Crackers .5 oz.	#of Children:	7 oz.				
	1% White 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: _____

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Center: _____

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FPC Breakfast menu

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MENU PLANNING WORKSHEET Extended Day

Week of 5-27-2024 - 5-31-2024

estimated meals served: Children 12 Adults 2

Weekly Refrigerator Temperatures _____ ° F _____ Int.

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Purchased Units:	Amount Served:	Amounts of Leftovers:
5-27-24	Holiday	#of Children:					
		#of Adults:					
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
5-28-24	Turkey Ham .5 oz	#of Children:	6 oz.				
	Apples ½ c.		1.75 lbs.				
	Water	#of Adults:					
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
5-29-24	Banana ½ c.	#of Children:	1.75 lbs.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free: _____		Name of Other:		
5-30-24	Goldfish Crackers .5 oz. or ¼ c.	#of Children:	7 oz.				
	Frozen Strawberries ½ c.		3 - 16 oz. bags				
	Water	#of Adults:	-				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free: _____		Name of Other:		
5-31-24	All Staff 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: _____

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EXTENDED DAY GROCERY LIST

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

Class size: 12 children /2 adults

Date:	Purchased Units	PM – Grocery List
5-1-24	14 @ 1 ea.	Pancakes
	2 – ½ gallons for the week	1% White Milk
5-2-24	7 oz.	Graham Crackers
	14 ea. (**not pounds)	Mandarin Oranges
	-	Water
5-3-24	7 oz.	Goldfish Crackers
	*	1% White Milk

Dates: 5-6-2024 thru 5-10-2024

Class size: 12 children /2 adults

Date:	Purchased Units	PM – Grocery List
5-6-24	14 @ 1 ea.	WG Waffle
	4 – ½ gals.	1% White Milk – total for the week*
5-7-24	7 oz.	Assorted Crackers
	*	1% White Milk
5-8-24	7 oz.	Kix Cereal
	*	1% White Milk
5-9-24	7 oz.	Hi Ho Crackers
	*	1% White Milk
5-10-24	7 oz.	Graham Crackers
	1-48 oz.	Applesauce
	-	Water

Date: 5-13-2024 thru 5-14-2024

Class size: 12 children /2 adults

Date:	Purchased Units	PM – Grocery List
5-13-24	7 oz.	Graham Crackers
	4 – ½ gals.	1% White Milk- total for the week*
5-14-24	14 @ 1 ea.	Pancakes
	*	1% White Milk
5-15-24	7 oz.	Cheese Sticks
	7 oz.	Pretzels twit
	-	Water
5-16-24	6 oz.	HiHo Crackers
	*	1% White Milk
5-17-24	7 oz.	Jack Cheese
	7 @ ½ ea.	Tortilla Whole grain
	*	1% White Milk



EXTENDED DAY GROCERY LIST

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

Class size: 12 children /2 adults

Date:	Purchased Units	PM – Grocery List
5-20-24	7 oz.	Graham Crackers
	5 – ½ gals.	1% White Milk – total for the week*
5-21-24	1.75 lbs.	Apple Wedges
	*	1% White Milk
5-22-24	17 oz.	Kix Cereal
	*	1% White Milk
5-23-24	14 @1 ea.	Mini Bagels
	7 oz.	Cream Cheese
	*	1% White Milk
5-24-24	7 oz.	Graham Crackers
	*	1% White Milk

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

Class size: 12 children /2 adults

Date:	Purchased Units	PM – Grocery List
5-27-24	Holiday	
5-28-24	6 oz.	Turkey Ham
	1.75 lbs.	Apples
	2 - ½ gal.	1% White Milk – total for the week*
5-29-24	1.7 lbs.	Banana
	2-1/2 – ½ gals.	1% White Milk – total for the week*
5-30-24	7 oz.	Goldfish Crackers
	3 – 16oz. bags	Frozen Strawberries
	-	Water
5-31-24	All Staff 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.