





Food Prep Center – BREAKFAST MENU – January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 New Year's Day 	2 WW English Muffin ½ ea. Strawberry Cream Cheese 1 ea. Diced Peaches ½ c. 1% White Milk 6 oz.	3 Scrambled eggs w/ Cheese & Bacon 2 oz. ea. WW Bread 1 sl. Pineapple Tidbits ½ c. 1% White Milk 6 oz.
6 WG Toasty O's Cereal 1c. Mixed Fruit ½ c. 1% White Milk 6 oz.	7 Biscuit 1 ea. Sausage Patty 1ea. Orange, Fresh 1 ea. 1% White Milk 6 oz.	8 WG Pancake 1ea Apricots ½ c. 1% White Milk 6 oz.	9 Egg Omelet w/ Cheese 1 ea. WW Bread 1 sl. Diced Peaches ½ c. 1% White Milk 6 oz.	10 WW English Muffin ½ ea. Strawberry Cream Cheese 1 ea. Diced Pears ½ c. 1% White Milk 6 oz.
13 Corn Flakes Cereal 1 c. Diced Peaches ½ c. 1% White Milk 6 oz.	14 Scrambled eggs w/ Cheese & Bacon 2 oz. ea. WW Bread 1 sl. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	15 WG Waffle 1ea Tropical Fruit ½ c. 1% White Milk 6 oz.	16. Cooking Exp pg.33 Citrus Cup Oranges, Grapefruit, Pineapple, ½ c. WG Waffle 1 ea. 1% White Milk 6 oz.	17 WW English Muffin ½ ea. Strawberry Cream Cheese 1 ea. Apricots ½ c. 1% White Milk 6 oz.
20 Martin Luther King Jr. 	21 Egg Omelet w/ Cheese 1 ea. WW Bread 1 sl. Orange, Fresh 1 ea. 1% White Milk 6 oz.	22 WG Pancake 1 ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	23 WW English Muffin ½ ea. Strawberry Cream Cheese 1 ea. Apricots ½ c. 1% White Milk 6 oz.	24 Scrambled eggs w/ Cheese & Bacon 2 oz. ea. WW Bread 1 sl. Diced Peaches ½ c. 1% White Milk 6 oz.
27 Corn Flakes Cereal 1 c. Tropical Fruit ½ c. 1% White Milk 6 oz.	28 Biscuit 1 ea. Sausage Patty 1 ea. Mixed Fruit ½ c. 1% White Milk 6 oz.	29 WG Waffle 1ea Pineapple Tidbits ½ c. 1% White Milk 6 oz.	30 Egg Omelet w/ Cheese 1 ea. WW Bread 1 sl. Orange, Fresh 1 ea. 1% White Milk 6 oz.	31 WW English Muffin ½ ea. Strawberry Cream Cheese 1ea. Diced Peaches ½ c. 1% White Milk 6 oz.

Head Start - PM SNACK MENU – January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. New Year's Day 	2. Tortilla Chips 6 – 8 ea. or .5 oz. Refried Beans 1/8 c. Pico de Gallo/ Salsa 1 tbsp. Water	3. WG Mini Bagel ½ ea. Cream Cheese 1 tbsp. or .5 oz. Water
6. WG Graham Crackers 1 ea. or .5 oz. Vanilla yogurt ¼ c. or 2 oz. Water	7. WG Ritz Crackers 4 ea. or .5 oz. Cheddar Cheese 1/8 c. or 1 slice Water	8. WG Cheerios Cereal ½ c. Banana ½ c. 1% White Milk ½ c. or 4 oz.	9. WG Pancakes 1 ea. 1% White Milk ½ c. or 4 oz.	10. Hard Boiled Egg ½ ea. Orange Slices ½ c. Water
13. WG Graham Crackers 1 ea. or .5 oz. Vanilla yogurt ¼ c. or 2 oz. Water	14. Quesadilla ½ ea. Pico de Gallo/ Salsa 1 tbsp. Water	15. WG Pretzel sticks 1/3 c. or .5 oz. Sabra Hummus 1 tbsp. or .5 oz. Water	16. Cooking Exp pg.33 Citrus Cup Oranges, Grapefruit, Pineapple, ½ c. WG Assorted Crackers .5 oz or 4 ea. 1% White Milk ½ c. or 4 oz.	17. Home Base SOC 1 WG Mini Bagel ½ ea. Banana ½ c. 1% White Milk ½ c. or 4 oz.
20 Martin Luther King Jr. 	21. WG Assorted Crackers 4 ea. or .5 oz. Cheddar Cheese 1 slice or 1/8 cup shredded or .5 oz. or .5 oz. 1% White Milk ½ c or 4 oz.	22. Quesadilla ½ ea. Orange slices ½ c. Water	23. WG Ritz Crackers 4 ea. or .5 oz. 1% White Milk ½ c. or 4 oz.	24. WG Cheerios Cereal ½ c. Banana slices ½ c. 1% White Milk ½ c. or 4 oz.
27. Hard Boiled Egg ½ ea. Orange Slices ½ c. 1% White Milk ½ c. or 4 oz.	28. WG Mini Bagel ½ ea. or .5 oz. Cream Cheese 1 tbsp. or .5 oz. Water	29 WG Cheerios Cereal ½ c. 1% White Milk ½ c. or 4 oz.	30. WG Pretzel sticks 1/3 c. or .5 oz. Sabra Hummus 1 tbsp. or .5 oz. Water	31. Home Base SOC 2 WG Goldfish Crackers .5 oz. or ¼ c. 1% White Milk ½ c. or 4 oz.

This institution is an equal opportunity provider.

FPC – MENÚ DEL DESAYUNO – Enero 2025

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1 Día de Año Nuevo 	2 Muffin Inglés Queso Crema de Fresa Duraznos cortados en cubitos Leche Blanca	3 Huevos revueltos con Queso y tocino Pan integral Trocitos de piña Leche Blanca
6 Tostado O's Cereal Frutas Mixtas Leche Blanca	7 Panecillo Hamburguesa de salchicha Naranja Fresca Leche Blanca	8 Panqueque integral Albaricoques Leche Blanca	9 Tortilla de huevo con queso Pan integral Duraznos cortados en cubitos Leche Blanca	10 Muffin Inglés Queso Crema de Fresa Peras cortadas en cubitos Leche Blanca
13 Cereal de hojuelas de maíz Duraznos cortados en cubitos Leche Blanca	14 Huevos revueltos con Queso y tocino Pan integral Trocitos de piña Leche Blanca	15 Waffle integral Fruta Tropical Leche Blanca	16. Exp de cocción pg.33 Taza de cítricos Naranjas, Pomelo, Piña Waffle integral Leche Blanca	17 Muffin Inglés Queso Crema de Fresa Albaricoques Leche Blanca
20 Martin Luther King Jr. 	21 Tortilla de huevo con queso Pan integral Naranja Fresca Leche Blanca	22 Pancake integral Bocados de piña Leche Blanca	23 Muffin Inglés Queso Crema de Fresa Albaricoques Leche Blanca	24 Huevos revueltos con Queso y tocino Pan integral Duraznos cortados en cubitos Leche Blanca
27 Cereal de Copos de Maíz Fruta Tropical 1 Leche Blanca	28 Panecillo Hamburguesa de salchicha Frutas Mixtas Leche Blanca	29 Waffle integral Bocados de piña Leche Blanca	30 Tortilla de huevo con queso Pan integral Naranja Fresca Leche Blanca	31 Muffin Inglés Queso Crema de Fresa Duraznos cortados en cubitos Leche Blanca

Head Start - MENÚ DE BOCADILLOS PM – Enero 2025

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1 Día de Año Nuevo 	2. Chips de tortilla Frijoles refritos Pico de Gallo Agua	3. Mini Bagel Queso Crema Agua
6. Galletas Graham Yogur de Vanila Agua	7. Galletas Ritz Cheddar queso Agua	8. Cereal Cheerios Plátano Leche Blanca	9. Panqueques integral Leche Blanca	10. Huevo duro Rodajas de naranja Agua
13 Galletas Graham Yogur de Vanila Agua	14. Quesadilla Agua	15. Palitos de pretzel Hummus Sabra Agua	16. Exp de cocción pg.33 Taza de cítricos Naranjas, Pomelo, Piña Galletas variadas Leche Blanca	17. Base de operaciones SOC 1 Mini Bagel Plátano Leche Blanca
20. 	21. Galletas Saladas Surtidas Queso Cheddar Leche Blanca	22. Quesadilla Rodajas de naranja Agua	23. Galletas Ritz Leche Blanca	24. Cereal Cheerios Platano Leche Blanca
27. Huevo duro Rodajas de naranja Leche Blanca	28. Mini Bagel Queso Crema Agua	29 Cheerios Leche Blanca	30. Palitos de pretzel Hummus Sabra Agua	31. Galletas Goldfish Leche Blanca

Esta institución es un proveedor que ofrece igualdad de oportunidades.

MENU PLANNING WORKSHEET

Center: _____
 Week Of 1-1-2025 & 1-3-2025

Teacher: _____
 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
1-1-25	Holiday						
# Of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name Of Other - _____			
1-2-25	Tortilla Chips 6 – 8 ea. or .5 oz.	<i>#Of Children:</i>	12 oz.				
CSPP	Refried Beans 1/8 c.	<i>#Of Adults:</i>	23 oz.				
	Pico de Gallo/ Salsa 1 tbsp. or .5 oz.		12 oz.				
	Water						
# Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free _____	Name Of Other: _____			
1-3-25	WG Mini Bagel ½ ea.	<i>#Of Children:</i>	12 @ ½ ea.				
CSPP	Cream Cheese 1 tbsp. or .5 oz.	<i>#Of Adults:</i>	12 oz.				
	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 prior to making changes.

Reason for Changes/substitutions: _____

FPC Breakfast menu:

FPC Lunch Menu:

HS PM Snack Menu:

HS Extended Snack Menu:

Changes & Dates: _____

TD/CD signature: _____

Approved by (Nutrition Assistant Name): _____

MENU PLANNING WORKSHEET

Center: _____
 Week Of 1-6-2025 & 1-10-2025

Teacher: _____
 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
1-6-25	WG Graham Crackers 1 ea. or .5 oz.	#Of Children:	12 oz.				
	Zero sugar Vanilla yogurt ¼ c. or 2 oz.	#Of Adults:	46 oz.				
	Water						
# Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			
1-7-25	WG Ritz Crackers 4 ea. or .5 oz.	#Of Children:	12 oz.				
	Cheddar Cheese 1/8 c. or 1 slice	#Of Adults:	12 oz.				
	Water		-				
# Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			
1-8-25	WG Cheerios Cereal ½ c.	#Of Children:	12 oz				
	Banana ½ c.	#Of Adults:	4.5 lbs.				
	1% White Milk ½ c. or 4 oz.	#Of Adults:	1 gal or 2 of ½ gal				
# Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			
1-9-25	WG Pancakes 1 ea. or 35 g.	#Of Children:	23 @ 1 ea.				
	1% White Milk ½ c. or 4 oz.	#Of Adults:	1 gal or 2 of ½ gal				
# Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			
1-10-25	Hard Boiled Egg ½ ea.	#Of Children:	24 @ ½ ea.				
	Orange slices ½ c.	#Of Adults.	13.75 lbs..				
	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 prior to making changes.

Reason for Changes/substitutions: _____

FPC Breakfast menu:

FPC Lunch Menu:

HS PM Snack Menu:

HS Extended Snack Menu:

Changes & Dates: _____

TD/CD signature: _____

Approved by (Nutrition Assistant Name): _____

MENU PLANNING WORKSHEET

Center: _____
 Week Of **1-13-2025 & 1-17-2025**

Teacher: _____
 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
1-13-25	WG Graham Crackers 1 ea. or .5 oz.	#Of Children:	12 oz.				
	Zero sugar Vanilla yogurt ¼ c. or 2 oz.	#Of Adults:	46 oz.				
	Water						
# Of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name Of Other - _____			
1-14-25	WG Flour Tortilla ½ ea.	#Of Children:	12 @ ½ ea.				
	Jack cheese .5 oz.	#Of Adults:	12 oz.				
	Pico de Gallo/ Salsa 1 tbsp. or .5 oz.		12 oz.				
	Water	#Of Adults:					
# Of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name Of Other - _____			
1-15-25	WG Pretzel Sticks 1/3 c. or .5 oz.	#Of Children:	12 oz. or 1 of 16 oz. bag				
	Hummus 1 tbsp. or .5 oz.	#Of Adults:	24 oz.				
	Water						
# Of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name Of Other - _____			
1-16-25	Cooking Experience Pg. 33 for Breakfast and PM Snack						
Breakfast	Citrus Cup ½ c. (oranges 4 lbs., grapefruits 3.5 lbs. + pineapple 3-20 oz. can)	#Of Children:	½ c.				
	WG Waffle	#Of Adults:	23 @ 1 ea.				
	1% White Milk 6 oz.		3 of ½ gal				
# Of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name Of Other - _____			
PM snack	Citrus Cup ½ c. (oranges 4 lbs., grapefruits 3.5 lbs. + pineapple 3-20 oz. can)	#Of Children:	½ c.				
	WG Assorted Crackers .5 oz. or 4 ea.	#Of Adults:	12 oz.				
	1% White Milk ½ c. or 4 oz.		1 gal or 2 of ½ gal				
# Of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name Of Other - _____			
1-17-25	WG Mini Bagel ½ ea. or .5 oz	#Of Children:	23 @ ½ ea.				
	Banana ½ c.	#Of Adults:	4.5 lbs.				
	1% White Milk ½ c. or 4 oz.		1 gal or 2 of 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 prior to making changes.

Reason for Changes/substitutions: _____

FPC Breakfast menu:

FPC Lunch Menu:

HS PM Snack Menu:

HS Extended Snack Menu:

Changes & Dates: _____

TD/CD signature: _____

Approved by (Nutrition Assistant Name): _____

MENU PLANNING WORKSHEET

Center: _____
 Week Of 1-20-2025 & 1-24-2025

Teacher: _____
 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
1-20-25	Holiday						
# Of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name Of Other - _____			
1-21-25	WG Assorted Crackers 4 ea. or .5 oz.	<i>#Of Children:</i>	12 oz.				
	Cheddar Cheese .5 oz.	<i>#Of Adults:</i>	12oz.				
	1% White Milk ½ c or 4 oz.		1 gal or 2 of ½ gal				
# Of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name Of Other - _____			
1-22-25	WG Flour Tortilla ½ ea.	<i>#Of Children:</i>	12 @ ½ ea.				
	Jack cheese .5 oz.	<i>#Of Adults:</i>	12 oz.				
	Orange Slices ½ c.		13.75 lbs.				
	Water						
# Of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name Of Other - _____			
1-23-25	WG Ritz Crackers 4 ea. or .5 oz.	<i>#Of Children:</i>	12 oz.				
	1% White Milk ½ c. or 4 oz.	<i>#Of Adults:</i>	1 gal or 2 of ½ gal				
# Of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name Of Other - _____			
1-24-25	WG Cheerios Cereal ½ c.	<i>#Of Children:</i>	12 oz.				
	Banana slices ½ c.	<i>#Of Adults:</i>	23 @ ½ ea.				
	1% White Milk ½ c. or 4 oz.		1 gal or 2 of 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 prior to making changes.

Reason for Changes/substitutions: _____

FPC Breakfast menu:

FPC Lunch Menu:

HS PM Snack Menu:

HS Extended Snack Menu:

Changes & Dates: _____

TD/CD signature: _____

Approved by (Nutrition Assistant Name): _____

MENU PLANNING WORKSHEET

Center: _____
 Week Of 1-27-2025 & 1-31-2025

Teacher: _____
 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
1-27-25	Hard Boiled Egg ½ ea.	#Of Children:	24 @ ½ ea.				
	Orange slices ½ c.	#Of Adults:	13.75 lbs.				
	1% White Milk ½ c. or 4 oz.		1 gal or 2 of ½ gal				
# Of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name Of Other - _____			
1-28-25	WG Mini Bagel ½ ea.	#Of Children:	12 @ ½ ea.				
	Cream Cheese 1 tbsp. or .5 oz.	#Of Adults:	12 oz.				
	Water						
# Of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name Of Other - _____			
1-29-24	WG Cheerios ½ c.	#Of Children:	12 oz.				
	1% White Milk ½ c. or 4 oz.	#Of Adults:	1 gal or 2 of ½ gal				
# Of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name Of Other - _____			
1-30-24	WG Pretzel Sticks 1/3 c. or .5 oz.	#Of Children:	12 oz. or 1 of 16 oz. bag				
	Hummus 1 tbsp. or .5 oz.	#Of Adults:	24 oz.				
	Water						
# Of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name Of Other - _____			
1-31-24	WG Goldfish Crackers .5 oz or ¼ c.		12 oz.				
	1% White Milk ½ c. or 4 oz.		1 gal or 2 of 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 prior to making changes.

Reason for Changes/substitutions: _____

FPC Breakfast menu:

FPC Lunch Menu:

HS PM Snack Menu:

HS Extended Snack Menu:

Changes & Dates: _____

TD/CD signature: _____

Approved by (Nutrition Assistant Name): _____

GROCERY LISTS

Dates: 1-1-2025 thru 1-3-2025

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
1-1-25		Holiday
1-2-25	12 oz.	Tortilla Chips 6 – 8 ea. or .5 oz.
	23 oz.	Refried Beans 1/8 c.
	12 oz.	Pico de Gallo 1 tbsp. or .5 oz.
		Water
1-3-25	12 @ ½ ea.	Whole Grain Mini Bagel
	12 oz.	Cream Cheese
		Water

Date: 1-6-2025 thru 1-10-2025

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
1-6-25	12 oz.	Whole Grain Graham Crackers 1 ea. or .5 oz.
	46 oz.	Vanilla yogurt ¼ c. or 2 oz. <i>Zero Sugar Brands: Too Good & Co. or Chobani or Yoplait Light</i>
		Water
1-7-25	12 oz.	Whole Grain Ritz Crackers 4 ea. or .5 oz.
	12 oz.	Cheddar Cheese 1/8 c. or 1 slice
		Water
1-8-25	12 oz	Whole Grain Cheerios Cereal ½ c.
	4.5 lbs.	Banana ½ c.
	1 gal or 2 of ½ gal	1% White Milk ½ c. or 4 oz.
1-9-25	23 @ 1 ea.	WG Pancakes 1 ea. or 35 g.
	1 gal or 2 of ½ gal	1% White Milk ½ c. or 4 oz.
1-10-25	24 @ ½ ea.	Hard Boiled Egg ½ ea.
	13.75 lbs..	Orange slices ½ c.
		Water

Date: 1-13-2025 thru 1-17-2025

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
1-13-25	12 oz.	Whole Grain Graham Crackers 1 ea. or .5 oz.
	46 oz.	Vanilla yogurt ¼ c. or 2 oz. <i>Zero Sugar Brands: Too Good & Co. or Chobani or Yoplait Light</i>
		Water
1-14-25	12 @ ½ ea.	Whole Grain Flour Tortilla ½ ea.
	12 oz.	Jack cheese .5 oz.
	12 oz.	Pico de Gallo 1 tbsp. or .5 oz.
		Water
1-15-25	12 oz. or 1 of 16 oz. bag	Whole Grain Pretzel Sticks 1/3 c. or .5 oz.
	24 oz.	Hummus 1 tbsp. or .5 oz.
		Water
1-16-25	Breakfast Citrus Cup – cooking experience page 33	
	4 lbs	Orange
	3.5 lbs	Grapefruit
	3 – 20 oz. can	Pineapple Chunks
	23 @ 1 ea.	Whole Grain Waffle
	3 of ½ gal	1% White Milk 6 oz.
	PM Snack Citrus Cup – cooking experience page 33	
	4 lbs	Orange
	3.5 lbs	Grapefruit
	3 – 20 oz. can	Pineapple Chunks
	12 oz.	Whole Grain Assorted Crackers
	1 gal or 2 of ½ gal	1% White Milk ½ c. or 4 oz.
1-17-25	12 or 23 @ ½ ea.	Whole Grain Mini Bagel
	4.5 lbs.	Banana ½ c.
	1 gal or 2 of ½ gal	1% White Milk ½ c. or 4 oz.

GROCERY LISTS

Date: 1-20-2025 thru 1-24-2025

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
1-20-25		Holiday
1-21-25	12 oz.	Whole Grain Assorted Crackers 4 ea. or .5 oz.
	12 oz	Cheddar Cheese 1 slice or 1/8 cup shredded or .5 oz.
	1 gal or 2 of ½ gal	1% White Milk ½ c or 4 oz.
1-22-25	12 @ ½ sl.	Whole Grain Flour Tortilla ½ ea.
	12 oz.	Jack cheese .5 oz.
	13.75 lbs.	Orange Slices ½ c.
		Water
1-23-25	12 oz.	Whole Grain Ritz Crackers 4 ea. or .5 oz.
	1 gal or 2 of ½ gal	1% White Milk ½ c. or 4 oz.
1-24-25	18 oz.	Whole Grain Cheerios Cereal ½ c.
	12 or 23 @ ½ ea.	Banana slices ½ c.
	1 gal or 2 of ½ gal	1% White Milk

Date: 1-27-2025 thru 1-31-2025

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
1-27-25	24 @ ½ ea.	Hard Boiled Egg ½ ea.
	13.75 lbs.	Orange slices ½ c.
	1 gal or 2 of ½ gal	1% White Milk ½ c. or 4 oz.
1-28-25	12 @ ½ ea.	Whole Grain Mini Bagel ½ ea.
	12 oz.	Cream Cheese 1 tbsp. or .5 oz.
		Water
1-29-25	12 oz.	Whole Grain Cheerios Cereal ½ c.
	1 gal or 2 of ½ gal	1% White Milk ½ c. or 4 oz.
1-30-25	12 oz. or 1 of 16 oz. bag	Whole Grain Pretzel Sticks 1/3 c. or .5 oz.
	24 oz.	Hummus 1 tbsp. or .5 oz.
		Water
1-31-25	12 oz.	Whole Grain Goldfish Crackers .5 oz or ¼ c.
	1 gal or 2 of ½ gal	1% White Milk ½ c. or 4 oz.

IMPORTANT REMINDERS:

(Submit this form and Menu Planning Worksheet every month to your Nutrition Assistant.)

- Follow Breakfast and Snack Meal Pattern
- 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.
- Only purchase what you need, adjust how much you purchase based on enrollment.
- Purchase zero sugar yogurt. Yogurt must contain no more than 23 grams of total sugars per 6 ounces. Yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).
- You may always use condiments if you feel snack items need a little something extra; i.e.- dressing, margarine or any of the sauces.
- Make a copy for your own file and send the MPW original weekly.
- 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.
- 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 need to be Whole Grain (WG).
- 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.

Serving Size Guide

Snack Item	CACFP Minimum Amount	Grocery List (Class of 23)
Bagels, Mini	½ each or 0.5 oz	12 oz or 2 - 10 pack
Beans, Chili	1/8 cup or 1 oz	23 oz or 2 - 15.5 oz cans
Beans, Vegetarian Refried	1/8 cup or 1 oz	23 oz or 2 - 15.5 oz cans
Bread, Whole Wheat	1 slice or 1 oz	23 oz or 1 loaf
Cereal, Cheerios	½ C or .5 oz	12 oz or 1 - 18 oz box
Cereal, Chex	½ C or .5 oz	12 oz or 1 - 18 oz box
Cereal, Corn Flakes	½ C or .5 oz	12 oz or 1 - 18 oz box
Cereal, Kix	¾ C or .5 oz	12 oz or 1 - 18 oz box
Cereal, Rice Krispies	¾ C or .5 oz	12 oz or 1 - 18 oz box
Cereal, Toasty-O's	½ C or .5 oz	12 oz or 1 - 18 oz box
Cheese, Cheddar	1 slice or 1/8 cup shredded or .5 oz	12 oz or 1 - 16 oz block or 1 - 16 oz bag shredded
Cheese, Cream Cheese	1 tbsp or .5 oz	12 oz
Cheese, Jack	1 slice or 1/8 cup shredded or .5 oz	12 oz or 1 - 16 oz block or 1 - 16 oz bag shredded
Chips, Tortilla	6-8 each or .5 oz	12 oz or 1 - 12 oz bag
Crackers, Assorted	4 each or .5 oz	12 oz
Crackers, Cheez Its	10 each or .5 oz	12 oz
Crackers, Goldfish	¼ C. or .5 oz	12 oz
Crackers, Graham	1 each or .5 oz	12 oz
Crackers, WG Ritz	4 each or .5 oz	12 oz
Crackers, Saltine	4 each or .5 oz	12 oz
Crackers, Town House	4 each or .5 oz	12 oz
Egg, Hard Boiled	½ each	12 each or 2 - 6 pack, preboiled
English Muffin, Whole Wheat	½ each or 1 oz	12 each or 2 - 6 pack
Fruit, Apple, Wedges	½ cup	~ 44 oz or 3 - 14 oz bags, pre-sliced
Fruit, Apple, Whole	½ each or ½ cup	23 each or ~9 lbs.
Fruit, Applesauce	½ cup	12 cups or 2 - 48 oz jars
Fruit, Apricots	½ cup	12 oz or 2 - 15 oz can
Fruit, Banana	1 medium each or ½ cup	23 each or ~6 lbs.
Fruit, Cantaloupe, Chunks	½ cup	3 each or ~9 lbs.
Fruit, Honeydew Chunks	½ cup	3 each or ~9 lbs.
Fruit, Mixed	½ cup	12 oz or 2 - 15 oz cans
Fruit, Orange, Wedges	½ cup	23 each or ~8 lbs.
Fruit, Orange, Whole	1 medium each	23 each or ~8 lbs.
Fruit, Peaches, Diced	½ cup	7 - 15 oz cans
Fruit, Pears, Diced	½ cup	7 - 15 oz cans
Fruit, Pineapple, Tidbits	½ cup	6 - 20 oz cans
Fruit, Strawberries, Frozen	½ cup	60 oz or 1 - 4 lbs. bag
Fruit, Watermelon	½ cup	3 mini each or ~9 lbs.
Hummus	1 tbsp or .5 oz	12 oz o 2 - 10 oz containers
Pancake	1 each or 1 oz	24 oz or 1 - 24 pack bag, frozen
Pretzels, Mini Twist	1/3 C or .5 oz	12 oz or 1 16 oz bag
Rice Cakes	1 ½ each or .5 oz	12 oz or 3 - 5 oz bags
Tortilla, Whole Wheat	½ tortilla (10 in) or 1 oz	23 oz or 2 - 10 pack
Turkey Ham	3 slices or .5 oz	12 oz or 1 - 1 lbs. tub
Veggie, Carrot Sticks	6 (½ in x 4 in) each or ½ cup	~ 6 lbs.
Veggie, Celery Sticks	6 (½ in x 4 in) each or ½ cup	~ 6 lbs.
Veggie, Cucumber Sticks	6 (¾ in x 3 in) each or ½ cup	~ 6 lbs.
Waffle	1 each or 1 oz	23 waffles or 1 - 24 pack box, frozen
Yogurt, Strawberry or Vanilla	¼ cup or 2 oz	46 oz or 2 - 32 oz tubs