







Extended SNACK MENU – January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. 	2. Bean Burrito 1 ea. or 1 oz. 1% White Milk ½ c. or 4 oz	3. WG Waffle 1 ea. or 1 oz. 1% White Milk ½ c. or 4 oz
6. Rice Cakes 1 ½ ea. 1% White Milk ½ c. or 4 oz	7. Cheerios Cereal ½ c. or .5 oz. 1% White Milk ½ c. or 4 oz.	8. Graham Crackers .5 oz. or 1 ea. 1% White Milk ½ c. or 4oz	9. Assorted Crackers .5 oz. or 4 ea. 1% White Milk ½ c. or 4 oz	10. WG Waffle 1 ea. or 1 oz. Banana ½ c Water
13 Cheerios Cereal ½ c. or .5 oz. 1% White Milk ½ c. or 4	14. Cheez Its Crackers .5 oz. or 10 ea. 1% White Milk ½ c. or 4 oz	15. Rice Cakes 1 ½ ea. 1% White Milk ½ c. or 4 oz	16. Pancakes 1 ea. or 1 oz. 1% White Milk ½ c. or 4oz	17. Assorted Crackers .5 oz. or 4 ea. 1% White Milk ½ c. or 4 oz
20. 	21. Rice Cakes 1 ½ ea. Water	22. Assorted Crackers .5 oz. or 4 ea. 1% White Milk ½ c. or 4 oz	23. Bean Burrito 1 ea. or 1 oz. 1% White Milk ½ c. or 4oz	24. Cheez Its Crackers .5 oz. or 10 ea. Banana ½ c. Water
27. Graham Crackers 1 ea. or .5 oz. 1% White Milk ½ c. or 4 oz.	28. Apple Wedges ½ c. 1% White Milk ½ c. or 4 oz.	29. Bean Burrito 1 ea. or 1 oz. 1% White Milk ½ c. or 4 oz	30. WG Waffle 1 ea. or 1 oz. Banana ½ c Water	31. Rice Cakes 1 ½ ea. Water

Use up items from emergency supply and restock (first in first out) with dates. Use Whole Wheat or Multi-Grain products Please cut all fresh fruit.

This institution is an equal opportunity provider.

Día extended Menú enero 2025

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1. 	2. Burrito de frejoles Leche blanca 1%	3. Waffles GE Leche blanca 1%
6. Tarta de arroz Leche blanca 1%	7. Cereal Cheerios Leche blanca 1%	8. Galletas de Miel Leche blanca 1%	9. Surtido de Galletas Leche blanca 1%	10. Waffles GE Plátano Agua
13. Cereal Cheerios Leche blanca 1%	14. Cheez Its Crackers Leche Blanca	15. Tarta de arroz Leche blanca 1%	16. Panqueques Leche blanca 1%	17. Surtido de Galletas Lecha blanca 1%
20. 	21. Tarta de arroz Leche blanca 1%	22. Surtido de Galletas Leche blanca 1%	23. Burrito de frejoles Leche blanca 1%	24. Cheez Its Crackers Leche Blanca
27. Galletas de Miel Leche blanca 1%	28. Rebanadas de Manzana Leche blanca 1%	29. Burrito de frejoles Leche blanca 1%	30. Waffles GE Plátano Agua	31. Tarta de arroz Leche blanca 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.



MENU PLANNING WORKSHEET Extended Day

Week of 1-2-25 thru 1-3-25

Estimated meals served: Children 10

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:
# of Children	Milk Substitutions ½ c.	<i>Soy Milk:</i> _____	Lactose Free:_____		Name of Other:		
1-2-25	Bean Burrito 1 ea. or 1 oz.	<i>#of Children:</i>	12 @ 1 ea.				
	1% White Milk ½ c. or 4 oz.	<i>#of Adults:</i>	1/2 gal.				
# of Children	Milk Substitutions ½ c.	<i>Soy Milk:</i> _____	Lactose Free:_____		Name of Other:		
1-3-25	WG Waffle 1 ea. or 1 oz.	<i>#of Children:</i>	12 @ 1 ea.				
	1% White Milk ½ c. or 4 oz.	<i>#of Adults:</i>	1/2 gal.				
# of Children	Milk Substitutions ½ c.	<i>Soy Milk</i> _____	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 Extended Day

Week of 1-6-25 thru 1-10-25

estimated meals served: Children 10 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:
1-6-25	Rice Cakes 1 ½ ea.	#of Children:	12 @ 1 ½ ea.				
	1 % White Milk ½ c. or 4 oz.	#of Adults:	1/2 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
1-7-25	Cheerios Cereal .5 oz. or ½ c.	#of Children:	7 oz.				
	1 % White Milk ½ c. or 4 oz.	#of Adults:	1/2 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
1-8-25	Graham Crackers 1 ea. or .5 oz.	#of Children:	7 oz.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1/2 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
1-9-25	Assorted Crackers .5 oz. or 4 ea.	#of Children:	7 oz.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1/2 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
1-10-25	WG Waffle 1 ea. or 1 oz.	#of Children:	12 @ 1 ea.				
	Banana ½ c.	#of Adults:	4.5 lbs.				
	Water		-				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		

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Approved by: _____



MENU PLANNING WORKSHEET Extended Day

Week of 1-13-25 thru 1-17-25

estimated meals served: Children 10 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:
1-13-25	Cheerios Cereal .5 oz. or ½ c.	#of Children:	7 oz.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1/2 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
1-14-25	Cheez Its Crackers .5 oz or 10 ea.	#of Children:	7 oz.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1/2 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
1-15-25	Rice Cakes 1 ½ ea.	#of Children:	12 @ 1 ½ ea.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1/2 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
1-16-25	Pancakes 1 ea. or 1 oz.	#of Children:	12 @ 1 ea.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1/2 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
1-17-25	Assorted Crackers .5 oz. or 4 ea.	#of Children:	7 oz.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1/2 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		

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

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FPC Breakfast menu

FPC Lunch Menu

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Changes & Dates: _____

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Approved by: _____



MENU PLANNING WORKSHEET Extended Day

Week of 1-20-25 thru 1-24-25

estimated meals served: Children 10 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:
1-20-24	Holiday	#of Children:					
		#of Adults:					
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
1-21-25	Rice Cakes 1 ½ ea.	#of Children:	12 @ 1 ½ ea.				
	Water	#of Adults:	-				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
1-22-25	Assorted Crackers .5 oz. or 4 ea.	#of Children:	7 oz.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1/2 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
1-23-25	Bean Burrito 1 ea. or 1 oz.	#of Children:	12 @ 1 ea.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1/2 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
1-24-25	Cheez Its Crackers .5 oz or 10 ea.	#of Children:	7 oz.				
	Bananas ½ c.	#of Adults:	4.5 lbs.				
	Water		-				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		

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

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FPC Breakfast menu

FPC Lunch Menu

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Changes & Dates: _____

Changes & Dates: _____

TD/CD signature: _____

Approved by: _____



MENU PLANNING WORKSHEET Extended Day

Week of 1-27-25 thru 1-31-25

estimated meals served: Children 10 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:
1-27-25	Graham Crackers .5 oz. or 1 ea.	#of Children:	7 oz.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1/2 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
1-28-25	Apple Wedges ½ c.	#of Children:	1.75 lbs.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1/2 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
1-29-25	Bean Burrito 1 ea. or 1 oz.	#of Children:	12 @ 1 ea.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1/2 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name of Other:		
1-30-25	WG Waffle 1 ea. or 1 oz.	#of Children:	12 @ 1 ea.				
	Banana ½ c.	#of Adults:	4.5 lbs.				
	Water		-				
# of Children	Milk Substitutions ½ c.	Soy Milk _____			Name of Other:		
1-31-25	Rice Cakes 1 ½ ea.	#of Children:	12 @ 1 ½ ea.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1/2 gal.				

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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: 1-2-25 & 1-3-25

Class size: 10 children / 2 adults

Date:	Purchased Units	PM - Grocery List
1-2-25	6 @ ½ ea.	WG Tortilla - burritos
	2 - 16 oz. cans	Refried beans
	*	1% White Milk
1-3-25	12 @ 1 ea.	WG Waffle
	*	1% White Milk

Date: 1-6-25 thru 1-10-25

Class size: 10 children / 2 adults

Date:	Purchased Units	PM - Grocery List
1-6-25	12 @ 1 ½ ea.	Rice Cakes
	4 - ½ Gals.	1% White Milk - total for the week*
1-7-25	6 oz.	Cheerios Cereal
	*	1% White Milk
1-8-25	6 oz.	Graham Crackers
	*	1% White Milk
1-9-25	6 oz.	Assorted Crackers
	*	1% White Milk
1-10-25	12 @ 1 ea.	WG Waffle
	1.75 lbs.	Banana
		Water

Dates: 1-13-25 thru 1-17-25

Class size: 10 children / 2 adults

Date:	Purchased Units	PM - Grocery List
1-13-25	6 oz.	Cheerios Cereal
	*	1% White Milk
1-14-25	6 oz.	Cheez Its Crackers
	4 - 1 gals	1% White Milk - total for the week*
1-15-25	12 @ 1 ½ ea.	Rice Cakes
	*	1% White Milk
1-16-25	12 @ 1ea.	Pancake
	*	1% White Milk
1-17-25	6 oz.	Assorted Crackers
	*	1% White Milk

Dates: 1-20-25 thru 1-24-25

Class size: 10 children / 2 adults

Date:	Purchased Units	PM - Grocery List
1-20-25	Holiday	
1-21-25	12 @ 1 ½ ea.	Rice Cakes
	-	Water
1-22-25	6 oz.	Assorted Crackers
	*	1% White Milk
1-23-25	6 @ ½ ea.	WG Tortilla - burritos
	2 - 16 oz. cans	Refried beans
	*	1% White Milk
1-24-25	6 oz.	Cheez Its Crackers
	1.75 lbs.	Bananas
	-	Water



EXTENDED DAY GROCERY LIST

Dates: 1-27-25 thru 1-31-25

Class size: 10 children / 2 adults

Date:	Purchased Units	PM - Grocery List
1-27-25	6 oz.	Graham Crackers
	3 - ½ Gals.	1% White Milk - total for the week*
1-28-25	1.75 lbs.	Apple - cut into wedges
	*	1% White Milk
1-29-25	6 @ ½ ea.	WG Tortilla - burritos
	2 - 16 oz. cans	Refried beans
	*	1% White Milk
1-30-25	12 @ 1 ea.	WG Waffle
	1.75 lbs	Banana
		Water
1-31-25	12 @ 1 ½ ea.	Rice Cakes
	*	1% White 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; i.e.- 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