









Food Prep Center- BREAKFAST MENU- DECEMBER 2024




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WGToasty O's Cereal 1c. Mixed Fruit 1/2c. 1% White Milk 6oz.	3 Egg Omelet w/ Cheese 1ea WW Bread 1 sl. Orange, Fresh 1 ea. 1% White Milk 6oz.	4 WGWaffle 1ea Apricots 1/2c. 1% White Milk 6oz.	5 Scrambled eggs w/ Chz. & Bacon 2oz. ea. WW Bread 1 sl. Diced Peaches 1/2c. 1% White Milk 6oz.	6 WW English Muffin 1/2 ea Strawberry Cream Cheese 1ea. Diced Pears 1/2c. 1% White Milk 6oz.
9 Corn Flakes Cereal 1c. Diced Peaches 1/2c. 1% White Milk 6oz.	10 Biscuit 1 ea. Sausage Patty 1ea. Pineapple Tidbits 1/2c. 1% White Milk 6oz.	11 WGPancake 1ea Tropical Fruit 1/2c. 1% White Milk 6oz.	12 Scrambled eggs w/ Chz. & Bacon 2oz. ea. WW Bread 1 sl. Orange, Fresh 1 ea. 1% White Milk 6oz.	13 WW English Muffin 1/2 ea Strawberry Cream Cheese 1ea. Diced Pears 1/2c. 1% White Milk 6oz.
16 WGToasty O's Cereal 1c. Mixed Fruit 1/2c. 1% White Milk 6oz.	17 Egg Omelet w/ Cheese 1ea WW Bread 1 sl. Orange, Fresh 1 ea. 1% White Milk 6oz.	18 WGWaffle 1ea Pineapple Tidbits 1/2c. 1% White Milk 6oz.	19 WW English Muffin 1/2 ea Strawberry Cream Cheese 1ea. Apricots 1/2c. 1% White Milk 6oz.	20 Biscuit 1 ea. Sausage Patty 1ea. Diced Peaches 1/2c. 1% White Milk 6oz.
23 Corn Flakes Cereal 1c. Tropical Fruit 1/2c. 1% White Milk 6oz.	24 Scrambled eggs w/ Chz. & Bacon 2oz. ea. WW Bread 1 sl. Mixed Fruit 1/2c. 1% White Milk 6oz.	25 Christmas Day 	26 Biscuit 1 ea. Sausage Patty 1ea. Orange, Fresh 1 ea. 1% White Milk 6oz.	27 WW English Muffin 1/2 ea Strawberry Cream Cheese 1ea. Diced Peaches 1/2c. 1% White Milk 6oz.
30 WGWaffle 1ea Diced Peach ½ c. 1% White Milk 6oz.	31 Egg Omelet w/ Cheese 1ea WW Bread 1 sl. Apricots 1/2c. 1% White Milk 6oz.			

Food Prep Center- PM SNACK MENU- December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Assorted Crackers .5 oz. or 4 ea. Diced Peaches ½ c. Water	3. Kix Cereal .5 oz. or ¾ c. 1% White Milk ½ c. or 4 oz.	4. Quesadillas ½ ea. 1% White Milk ½ c. or 4 oz.	5. Cheerios Cereal ½ c. or .5 oz. Banana ½ c. 1% White Milk ½ c. or 4 oz.	6. Graham Crackers .5 oz. or 1 ea. Honey Dew Chunks ½ c. Water
9. Ritz Crackers.5 oz or 4 ea. Hummus .5 oz. Water	10. Quesadillas ½ ea. 1% White Milk ½ c. or 4 oz.	11. Assorted Crackers .5 oz. or 4 ea. Diced Peaches ½ c. Water	12. Cheddar Goldfish Crackers .5 oz. or ¼ c. 1% White Milk ½ c. o 4 oz.	13. Kix Cereal .5 oz. or ¾ c. 1% White Milk ½ c. or 4 oz.
16. Ritz Crackers .5 oz. or 4 ea. Orange Wedges ½ c. Water	17. Tortilla Chips .5 oz. Vegetarian Refried Beans .5 oz. 1% White milk ½ c. or 4 oz.	18. Assorted Crackers .5 oz. or 4 ea. Cantaloupe slices ½ c. Water	19. Ritz Crackers.5 oz or 4 ea. Hummus .5 oz. Water	20. Cheddar Cheese Goldfish .5 oz or ¼ c. 1% White Milk ½ c. or 4 oz.
23. Tortilla Chips .5 oz. Fresh Strawberries ½ c. Water	24. Graham Crackers .5 oz. 1 ea. Applesauce ½ c. Water	25. Christmas Day 	26. Quesadillas ½ ea. 1% White Milk ½ c. or 4 oz.	27. Cheddar Cheese Goldfish .5 oz. or ¼ c. 1% White Milk ½ c. or 4 oz.
30. Ritz Crackers .5 oz or 4 ea. 1% White Milk ½ c. or 4 oz.	31. Tortilla Chips .5 oz. Vegetarian Refried Beans .5 oz. 1% White milk ½ c. or 4 oz.			

This institution is an equal opportunity provider.

Centro de Preparación de Alimentos- MENÚ DE DESAYUNO- DICIEMBRE 2024

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2 WGToasty O's Cereal Mixto Fruta 1% Leche Blanca	3 Tortilla de huevo con queso WW Pan Naranja 1% Leche Blanca	4 WGWaffle Albaricoques 1% Leche Blanca	5 Huevos revueltos con Chz.& Bacon WW Pan Duraznos Dados 1% Leche Blanca	6 WW Muffin Inglés Crema de FresaQueso Peras Cortadas en Dados 1% Leche Blanca
9 Cereal Corn FlakesDuraznos cortados en cubitos 1% Leche Blanca	10 Empanada de salchicha de galletaBocados de piña 1% Leche blanca	11 WGPancake Fruta Tropical 1% Leche Blanca	12 Huevos revueltos con Chz.& Bacon WW Bread Orange1% Leche Blanca	13 WW Muffin Inglés 1/2 c/uCrema de FresaQueso Albaricoques 1% Leche Blanca
16 WGToasty O's Cereal Mixto Fruta 1% Leche Blanca	17 Tortilla de huevo con quesoWW Pan Naranja1% Leche Blanca	18 WGWaffle Pineapple Tidbits1% Leche Blanca	19 WW English Muffin Crema de FresaQuesoAlbaricoques 1% Leche Blanca	20 Galleta de salchicha empanada de duraznos cortados en cubitos 1% leche blanca
23 Copos de maíz Cereal Fruta Tropical1% Leche Blanca	24 Huevos revueltos con Chz.& Bacon WW BreadFrutas Mixtas 1% Leche Blanca	25 Día de Navidad 	26 Empanada de salchicha de galleta Naranja, fresca 1% Leche Blanca	27 WW Muffin Inglés 1/2 c/uCrema de FresaQuesoDuraznos Dados 1% Leche Blanca
30 WGWaffle de melocotón cortado en dados1% Leche Blanca	31 Tortilla de huevo con queso WW Pan Albaricoques1% Leche Blanca			

Centro de Preparación de Alimentos- MENU DE MERIENDAS PM- Diciembre 2024

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2. Galletas variadas duraznos cortados en cubitos Agua	3. Kix Cereal 1% Leche Blanca	4. Quesadillas 1% Leche Blanca	5. Cheerios Cereal Plátano 1% Leche Blanca	6. Galletas Trozos de rocío de miel Agua
9. Galletas Ritz Hummus Agua	10. Quesadillas 1% Leche Blanca	11. Galletas variadas duraznos cortados en cubitos Agua	12. Pez dorado con queso cheddar Galletas 1% Leche Blanca	13. Kix Cereal 1% Leche Blanca
16. Galletas Ritz Gajos de naranja Agua	17. Chips de Tortilla Frijoles refritos vegetarianos 1% Leche blanca	18. Galletas variadas Rodajas de melón Agua	19. Galletas Ritz Hummus Agua	20. Queso Cheddar Goldfish 1% Leche Blanca
23. Chips de Tortilla Fresas frescas Agua	24. Galletas Compota de manzana Agua	25. Día de Navidad 	26. Quesadillas 1% Leche Blanca	27. Queso Cheddar Goldfish 1% Leche Blanca
30. Galletas Ritz 1% Leche Blanca	31. Chips de Tortilla Frijoles refritos vegetarianos 1% Leche blanca			

Esta institución es un proveedor que ofrece igualdad de oportunidades.

MENU PLANNING WORKSHEET

Center: _____
Week of 12-2-2024 & 12-6-2024

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
12-2-24	Assorted Crackers .5 oz. or 4 ea.	<i>#of Children:</i>	12 oz.				
	Diced Peaches ½ c.	<i>#of Adults:</i>	5 – 20 oz. can				
	Water		-				
# of Children	Milk substitutions ½ c.	<i>Soy Milk</i>	Lactose Free	Name of Other: _____			
12-3-24	Kix Cereal ¾ c. or .5 oz.	<i>#of Children:</i>	18 oz.				
	1% White Milk ½ c.	<i>#of Adults:</i>	1 gal.				
# of Children	Milk substitutions ½ c.	<i>Soy Milk</i>	Lactose Free	Name of Other: _____			
12-4-24	Whl. Wht. Tortillas ½ ea.	<i>#of Children:</i>	12 @ ½ ea.				
	Jack Cheese .5 oz.	<i>#of Adults:</i>	12 oz.				
	1% White Milk ½ c.		1 gal.				
# of Children	Milk substitutions ½ c.	<i>Soy Milk</i>	Lactose Free	Name of Other: _____			
12-5-24	Cheerios Cereal 5 oz. or ½ c.	<i>#of Children:</i>	18 oz.				
	Bananas ½ ea.	<i>#of Adults:</i>	3.5 lbs.				
	1% White Milk ½ c.		1 gal.				
# of Children	Milk substitutions ½ c.	<i>Soy Milk</i>	Lactose Free	Name of Other: _____			
12-6-24	Graham Crackers .5 oz. or 1 ea.	<i>#of Children:</i>	14 oz.				
	Honey Dew Chunks ½ c.	<i>#of Adults:</i>	10 lbs.				
	Water						
# 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 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 12-9-2024 & 12-13-2024

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
12-9-24	Ritz Crackers .5 oz or 4 ea. Hummus .5 oz or 1 T. Cucumber Sticks 6 sticks (3 in. x ¾ in.) Water	#of Children: #of Adults:	13 oz. 2 -10 oz. 4 lbs.				
# of Children	Milk substitutions ½ c.	<u>Soy Milk</u>	<u>Lactose Free</u>	Name of Other: _____			
12-10-24	Whl. Wht. Tortillas ½ ea. Jack Cheese .5 oz. 1% White Milk ½ c.	#of Children: #of Adults:	12 @ ½ ea. 12 oz. 1 gal.				
# of Children	Milk substitutions ½ c.	<u>Soy Milk</u>	<u>Lactose Free</u>	Name of Other: _____			
12-11-24	Assorted Crackers .5 oz. or 4 ea. Diced Peaches ½ c. Water	#of Children: #of Adults:	12 oz. 5 - 20 oz. can -				
# of Children	Milk substitutions ½ c.	<u>Soy Milk</u>	<u>Lactose Free</u>	Name of Other: _____			
12-12-24	Goldfish Crackers .5 oz. or ¼ c. 1% White Milk ½ c.	#of Children: #of Adults:	12 oz. 1 gal.				
# of Children	Milk substitutions ½ c.	<u>Soy Milk</u>	<u>Lactose Free</u>	Name of Other: _____			
12-13-24	Kix Cereal ¾ c. or .5 oz. 1% White Milk ½ c.	#of Children: #of Adults:	18 oz. 1 gal.				
# of Children	Milk substitutions ½ c.	<u>Soy Milk</u>	<u>Lactose Free</u>	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 12-16-2024 & 12-20-2024

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
12-16-24	Ritz Crackers Crackers .5 oz.	<i>#of Children:</i>	12 oz.				
	Orange wedges ½ c.	<i>#of Adults:</i>	13.75 lbs.				
	Water		-				
# of Children	Milk substitutions ½ c.	Soy Milk	Lactose Free	Name of Other: _____			
12-17-24	Tortilla Chips .5 oz.	<i>#of Children:</i>	12 oz.				
	Vegetarian Refried Beans .5 oz. or 1T.	<i>#of Adults:</i>	2-16 oz.				
	1% White Milk ½ c.		12 oz.				
			1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk	Lactose Free	Name of Other: _____			
12-18-24	Assorted Crackers .5 oz.	<i>#of Children:</i>	12 oz.				
	Cantaloupe slice ½ c.	<i>#of Adults:</i>	8 lbs.				
	Water		-				
# of Children	Milk substitutions ½ c.	Soy Milk	Lactose Free	Name of Other: _____			
12-19-24	Ritz Crackers .5 oz or 4 ea.	<i>#of Children:</i>	13 oz.				
	Hummus .5 oz or 1 T.	<i>#of Adults:</i>	2 -10 oz.				
	Cucumber Sticks 6 sticks (3 in. x ¾ in.)		4 lbs.				
	Water		-				
			1 -1/2 gal. BFS				
			1 gal. SNK				
# of Children	Milk substitutions 6 oz.	Soy Milk	Lactose Free	Name of Other: _____			
12-20-24	Goldfish Crackers.5 oz. or ¼ c.		7 oz.				
	1% White Milk ½ c.		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 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 12-23-2024 & 12-27-2024

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
12-23-24	Tortilla Chips .5 oz.	<i>#of Children:</i>	12 oz.				
	Fresh Strawberry ½ c	<i>#of Adults:</i>	6 – 16 oz.				
	Water		-				
# of Children	Milk substitutions ½ c.	<i>Soy Milk</i>	Lactose Free	Name of Other: _____			
12-24-24	Graham Crackers .5 oz. or 4 ea.	<i>#of Children:</i>	12 oz.				
	Applesauce ½ c.	<i>#of Adults:</i>					
	Water						
# of Children	Milk substitutions ½ c.	<i>Soy Milk</i>	Lactose Free	Name of Other: _____			
12-25-24	Holiday	<i>#of Children:</i>					
		<i>#of Adults:</i>					
			-				
# of Children	Milk substitutions ½ c.	<i>Soy Milk</i>	Lactose Free	Name of Other: _____			
12-26-24	Whl. Wht. Tortillas ½ ea.	<i>#of Children:</i>	12 @ ½ ea.				
	Jack Cheese .5 oz.	<i>#of Adults:</i>	12 oz.				
	1% White Milk ½ c.		1 gal.				
# of Children	Milk substitutions ½ c.	<i>Soy Milk</i>	Lactose Free	Name of Other: _____			
12-27-24	Goldfish Crackers .5 oz. or ¼ c.	<i>#of Children:</i>	12 oz.				
	1% White Milk ½ c.	<i>#of Adults:</i>	1 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 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: _____

Teacher: _____

Week of 12-30-2024 & 12-31-2024

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
12-30-24	Ritz Crackers Crackers .5 oz. or 4 ea.	<i>#of Children:</i>	12 oz.				
	1% White Milk ½ c.	<i>#of Adults:</i>	1 gal.				
# of Children	Milk Substitutions ½ c.	<i>Soy Milk -</i> _____	Lactose Free- _____	Name of Other - _____			
12-31-24	Tortilla Chips .5 oz.	<i>#of Children:</i>	12 oz.				
	Fresh Strawberry ½ c	<i>#of Adults:</i>	6-16 oz.				
	Water		-				

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 LIST

Dates: 12-2-2024 thru 12-6-2024

Class size: 20 children /3 adults per fully enrolled class

Date:	Purchased Units	PM – Grocery List
12-2-24	12 oz.	Assorted Crackers
	5 cans- 20 oz.	Diced Peaches
	-	Water
12-3-24	18 oz.	Kix Cereal
	5 of ½ gals. *	1% White Milk – total for the week per class*
12-4-24	12 @ ½ ea.	Whole Wheat Tortillas
	12 oz.	Jack Cheese
	*	1% White Milk
12-5-24	18 oz.	Cheerios Cereal
	3.5 lbs.	Bananas
	*	1% White Milk
12-6-24	14 oz.	Graham Crackers
	10 lbs.	Honey Dew Chunks
	-	Water

Dates: 12-9-2024 thru 12-13-2024

Class size: 20 children /3 adults per fully enrolled class

Date:	Purchased Units	PM – Grocery List
12-9-24	13 oz.	Ritz Crackers
	2-10 oz.	Hummus
	-	Water
12-10-24	12 @ ½ ea.	Whole Wheat tortillas
	12 oz.	Jack Cheese
	5 of ½ gals. *	1% White Milk – total for the week*
12-11-24	12 oz.	Assorted Crackers
	5 cans - 20oz.	Diced peaches
	-	Water
12-12-24	12 oz.	Goldfish Crackers
	*	1% White Milk
12-13-24	18 oz.	Kix Cereal
	*	1% White Milk

Dates: 12-16-2024 thru 12-20-2024

Class size: 20 children /3 adults per fully enrolled class

Date:	Purchased Units	PM – Grocery List
12-16-24	12 oz.	Ritz Crackers Crackers
	13.75 lbs.	Orange – wedged
	-	Water
12-17-24	18 oz.	Tortilla Chips
	24 oz.	Vegetarian Refried Beans
	4-1/2 of ½ gals. *	1% White Milk – total for the week*
12-18-24	12 oz.	Assorted Crackers
	8.5 lbs.	Cantaloupe - sliced
	-	Water
12-19-24	13 oz.	Ritz Crackers
	2-10 oz.	Hummus
	-	Water
12-20-24	12 oz.	Goldfish Crackers
	*	1% White Milk

GROCERY LIST

Dates: 12-23-2024 thru 12-27-2024

Class size: 20 children /3 adults per fully enrolled class

Date:	Purchased Units	PM – Grocery List
12-23-24	12 oz.	Tortilla Chips
	6 - 16 oz. Bag	Frozen Strawberries
	-	Water
12-24-24	14 oz.	Graham Crackers
	2 - 48 jars	Applesauce
		Water
12-25-24	Holiday	
12-26-24	12 @ ½ ea.	WG Flour Tortilla
	11.5 oz.	Jack Cheese
	3 of ½ gals. *	1% White Milk – total for the week*
12-27-24	12 oz.	Cheddar Gold Fish crackers
	*	1% White Milk

Dates: 12-30-2024 thru 12-31-2024

Class size: 20 children /3 adults per fully enrolled class

Date:	Purchased Units	PM – Grocery List
12-30-24	12 oz.	Ritz Crackers Crackers
	1 of ½ gal. *	1% White Milk – total for the week*
12-31-24	12 oz.	Tortilla Chips
	6 - 16 oz. Bag	Frozen Strawberries
	-	Water

Important Reminders:

- All 1% White Milk is unflavored. 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.
- 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.
- 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