

Extended Snack Menu – December 2024

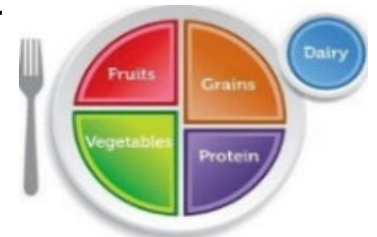
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Tortilla Chips .5 oz. Refried Beans 1/8 c. Water	3. Graham Crackers .5 oz. or 1 ea. 1% White Milk ½ c.	4. Rice Cakes 1 ½ ea. Apple Slices ½ c. 1% Milk ½ c.	5. Cheese stick 1 ea. Ritz Crackers .5 oz. or 4 ea. Water	6. Waffle 1 ea. Strawberry Yogurt ¼ c. Water
9. Oranges ½ c. Cheese Sticks .5 oz Water	10. Cheez Its Crackers .5 oz or 10 ea. Apples Slices ½ c. Water	11. Rice Cakes 1 ½ ea. 1% White Milk ½ c.	12. Graham Crackers .5 oz. or 1 ea. Applesauce ½ c. Water	13. Tortilla Chips .5 oz. Refried Beans 1/8 c. Water
16. Cheese stick 1 ea. Ritz Crackers .5 oz. or 4 ea. Water	17. Waffle 1 ea. 1% White Milk ½ c.	18. Rice Cakes 1 ½ ea. 1% White Milk ½ c.	19. Cheerios Cereal ½ c. 1% White Milk ½ c.	20. Oranges ½ c. Cheese Sticks .5 oz Water
23. Graham Crackers .5 oz. 1% White Milk ½ c.	24. Tortilla Chips .5 oz. Refried Beans 1/8 c. Water	25. Christmas Day	26. Graham Crackers .5 oz. or 1 ea. 1% White Milk ½ c.	27. Rice Cakes 1 ½ ea. 1% White Milk ½ c.
30. Cheez Its Crackers .5 oz. or 10 ea. 1% White Milk ½ c.	31. Graham Crackers .5 oz. or 1 ea. Strawberry yogurt Water			

This institution is an equal opportunity provider.

Día Extendido Menú Diciembre 2024

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2. Chips de tortilla Frijoles refritos Agua	3. Galletas Graham Leche Blanca	4. Pasteles de arroz Rodajas de manzana Leche Blanca	5. Palillo de queso Galletas Ritz Agua	6. Gofre Yogur de fresa Agua
9. Naranjas Palitos de queso Agua	10. Cheez Its Crackers Manzanas en rodajas Agua	11. Pasteles de arroz Leche Blanca	12. Galletas Graham Puré de manzana Agua	13. Chips de tortilla Frijoles refritos Agua
16. Palillo de queso Galletas Ritz Agua	17. Gofre Leche Blanca	18. Pasteles de arroz 1 c/u. Leche Blanca	19. Cereal Cheerios Leche Blanca	20. Naranjas Palitos de queso Agua
23. Galletas Graham Leche Blanca	24. Chips de tortilla Frijoles refritos Agua	25. Día de Navidad	26. Galletas Graham Leche Blanca	27. Pasteles de arroz Leche Blanca
30. Cheez Its Crackers Leche Blanca	31. Galletas Graham Yogur de fresa Agua			

Esta institución es un proveedor de igualdad de oportunidades.



MENU PLANNING WORKSHEET Extended Day

Week Of 12-2-24 – 12-6-24

Estimated meals served: Children 10 Adults 2

Weekly Refrigerator Temperatures _____ ° F

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Purchased Units:	Amount Served:	Amounts Of Leftovers:
12-2-24	Tortilla chips .5 oz. Refried Beans 1/8 c. Water	#Of Children: #Of Adults:	7 oz. 16 oz.			
# Of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name Of Other:		
12-3-24	Graham Crackers .5 oz. or 1 ea. 1% White Milk ½ c.	#Of Children: #Of Adults:	7 oz. ½ gal.			
# Of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name Of Other:		
12-4-24	Rice Cakes 1 ½ ea. Apple Slices ½ c. 1% Milk ½ c.	#Of Children: #Of Adults:	21 ea. 1.75 lbs. ½ gal.			
# Of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name Of Other:		
12-5-24	Cheese stick 1 ea. Ritz Crackers 1% Milk ½ c.	#Of Children: #Of Adults:	12 ea. 7 oz. ½ gal.			
# Of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____	Name Of Other:		
12-6-24	Waffles 1 ea. Strawberry Yogurt ¼ c. Water	#Of Children: #Of Adults:	14 ea. 24 oz.			
# 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 Extended Day

Week Of 12-9-24 – 12-13-24 Estimated meals served: Children 10 Adults 2 Weekly Refrigerator Temperatures _____ ° F

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Purchased Units:	Amount Served:	Amounts Of Leftovers:
12-9-24	Orange ½ c. Cheese Sticks .5 oz Water	#Of Children: #Of Adults:	6.75 lbs 7 oz.				
# Of Children	Milk Substitutions ½ c.	<u>Soy Milk</u>	<u>Lactose Free</u>		Name Of Other:		
12-10-24	Cheez Its Crackers .5 oz or 10 ea. Apple Slices ½ c. Water	#Of Children: #Of Adults:	7 oz. 6.75 lbs.				
# Of Children	Milk Substitutions ½ c.	<u>Soy Milk</u>	<u>Lactose Free</u>		Name Of Other:		
12-11-24	Rice Cake 1 ½ ea. 1% White Milk ½ c.	#Of Children: #Of Adults:	21 ea. ½ gal.				
# Of Children	Milk Substitutions ½ c.	<u>Soy Milk</u>	<u>Lactose Free</u>		Name Of Other:		
12-12-24	Graham Crackers .5 oz or 1 ea. Applesauce ½ c. Water	#Of Children: #Of Adults:	7 oz. 56 oz.				
# Of Children	Milk Substitutions ½ c.	<u>Soy Milk</u>	<u>Lactose Free</u>		Name Of Other:		
12-13-24	Tortilla Chips .5 oz. Refried Beans 1/8 c. Water	#Of Children: #Of Adults:	7 oz. 16 oz.				
# 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:

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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 Extended Day

Week Of 12-16-24 - 12-19-24 Estimated meals served: Children 10 Adults 2 Weekly Refrigerator Temperatures _____ ° F

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Purchased Units:	Amount Served:	Amounts Of Leftovers:
12-16-24	Cheese stick 1 ea. Ritz Crackers 1% Milk ½ c.	#Of Children:	12 ea. 7 oz.				
		#Of Adults:	½ gal.				
# Of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____		Name Of Other: _____		
12-17-24	WG Waffle 1 ea. 1% White Milk	#Of Children:	12 ea.				
		#Of Adults:	½ gal.				
# Of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____		Name Of Other: _____		
12-18-24	Rice Cake 1 ½ ea. 1% White Milk	#Of Children:	21 ea.				
		#Of Adults:	½ gal.				
# Of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____		Name Of Other: _____		
12-19-24	Cheerios Cereal 1 oz. or ½ c. 1% White Milk ½ c.	#Of Children:	7 oz.				
		#Of Adults:	½ gal.				
# Of Children	Milk Substitutions ½ c.	Soy Milk: _____	Lactose Free: _____		Name Of Other: _____		
12-20-24	Oranges ½ c. Cheese Sticks .5 oz Water	#Of Children:	6.75 lbs. 7 oz.				
		#Of Adults:					
# Of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name Of Other: _____		

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

Menu Change Notice:

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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 Extended Day

Week Of 12-23-24 - 12-27-24 Estimated meals served: Children 10 Adults 2 Weekly Refrigerator Temperatures _____ ° F

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Purchased Units:	Amount Served:	Amounts Of Leftovers:
12-23-24	Graham Crackers .5 oz. or 1 ea.	#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:		
12-24-24	Tortilla Chips .5 oz	#Of Children:	7 oz				
	Refried Beans 1/8 c. Water	#Of Adults:	16 oz.				
# Of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name Of Other:		
12-25-24	Ritz Crackers .5 oz or 4 ea.	#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:		
12-26-24	Graham Crackers .5 oz. or 1 ea.	#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:		
12-27-24	Rice Cake 1 ½ ea.	#Of Children:	21 ea.				
	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: _____

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 Extended Day

Week Of 12-30-24 - 12-31-24 Estimated meals served: Children 10 Adults 2 Weekly Refrigerator Temperatures _____ ° F

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Purchased Units:	Amount Served:	Amounts Of Leftovers:
12-30-24	Cheez Its Crackers .5 oz or 10 ea.	#Of Children:	7 oz.				
	1% White Milk	#Of Adults:	½ gal.				
# Of Children	Milk Substitutions ½ c.	Soy Milk _____	Lactose Free _____		Name Of Other:		
12-31-24	Graham Crackers .5 oz.	#Of Children:	7 oz.				
	Strawberry yogurt ¼ c.	#Of Adults:	24 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): _____

EXTENDED DAY GROCERY LIST

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

Class size: 12 children /2 adults

Date:	Purchased Units	PM - Grocery List
12-2-24	7 oz.	Tortilla Chips
	16 oz.	Refried Beans
	-	Water
12-3-24	7 oz.	Graham Crackers
	2 - ½ gal.	1% White milk - total for the week ***
12-4-24	7 oz.	Rice Cake
		Apple Slices
		1% White Milk
12-5-24	7 oz.	Cheese Sticks
	7 oz.	Ritz Crackers
		Water
12-6-24	14 ea.	WG Waffles
	24 oz.	Strawberry Yogurt
	-	Water

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

Class size: 12 children /2 adults

Date:	Purchased Units	PM - Grocery List
12-9-24	6.75 lbs.	Orange - sliced
	7 oz.	Cheese Sticks
	-	Water
12-10-24	7 oz.	Cheez Its Crackers
	6.75 lbs.	Apple Slices
	-	Water
12-11-24	7 oz.	Rice Cake
	½ gal.	1% White Milk - total for the week ***
12-12-24	7 oz.	Graham Cracker
	56 oz.	Applesauce
	-	Water
12-13-24	7 oz.	Tortilla Chips
	16 oz.	Refried Beans
	-	Water

Date: 12-16-2024 thru 11-15-2024

Class size: 12 children /2 adults

Date:	Purchased Units	PM - Grocery List
12-16-24	7 oz.	Cheese Sticks
	7 oz.	Ritz Crackers
		Water
12-17-24	14 @ 1 ea.	Waffles
	3 - ½ gals.	1% White Milk - total for the week ***
12-18-24	7 oz.	Rice Cake
	*	1% White Milk
12-19-24	14 oz.	Cheerios Cereal
	*	1% White Milk
12-20-24	6.75 lbs.	Orange - sliced
	7 oz.	Cheese Sticks
	-	Water

EXTENDED DAY GROCERY LIST

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

Class size: 12 children /2 adults

Date:	Purchased Units	PM – Grocery List
12-23-24	7 oz.	Graham Crackers
	4- ½ gals.	1% White Milk – total for the week ***
12-24-24	7 oz.	Tortilla Chips
	16 oz.	Refried Beans
	-	Water
12-25-24	7 oz.	Ritz Crackers
	*	1% White Milk
12-26-24	7 oz.	Graham Crackers
	*	1% White Milk
12-27-24	7 oz.	Rice Cake
	*	1% White Milk

Dates: 12-30-24 to 12-31-24

Class size: 12 children /2 adults

Date:	Purchased Units	PM – Grocery List
12-30-24	7 oz.	Cheez Its Cracker
	1 – ½ gal.	1% White milk - total for the week ***
12-31-24	7 oz.	Graham Crackers .5 oz.
	24 oz.	Strawberry Yogurt
	-	Water

IMPORTANT REMINDERS:

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

- 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
- 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 in the 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: 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.