







Food Prep Center – BREAKFAST MENU – FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Corn Flakes Cereal 1 c. Apricots ½ c. 1% White Milk 6oz.	3. Scrambled eggs with Chz & Bacon 1.3 oz. wt (¼ c) WW Bread 1 sl. Diced Peaches ½ c. 1% White Milk 6oz.	4. WGPancake 1ea Mandarin Oranges ½ c. 1% White Milk 6oz.	5. Biscuit 1 ea. Sausage Patty 1ea. Pineapple Tidbits ½ c. 1% White Milk 6oz.	6. WW English Muffin ½ ea. Strawberry Cream Cheese 1ea. Diced Pears ½ c. 1% White Milk 6oz.
9. Lincoln's Birthday 	10. Egg Omelet w/ Cheese 1 ea. WG Bread 1 sl. Diced Peaches ½ c. 1% White Milk 6oz.	11. WG Waffle 1 ea. Mandarin Oranges ½ c. 1% White Milk 6 oz.	12. Scrambled eggs with Chz & Bacon 1.3 oz. wt (¼ c) WW Bread 1 sl. Tropical Fruits ½ c. 1% White Milk 6oz.	13. WW English Muffin ½ ea. Strawberry Cream Cheese 1ea. Diced Pears ½ c. 1% White Milk 6oz.
16. President's Day 	17. Biscuit 1 ea. Sausage Patty 1ea. Orange, Fresh 1 ea. 1% White Milk 6oz.	18. WGPancake 1ea Tropical Fruit ½ c. 1% White Milk 6oz.	19. Cooking Exper. Pg. 41 Creative Toast 1 sl. Apples/Banana ½ c. Raisins (garnish only) 1% White Milk 6oz	20. WW English Muffin ½ ea. Strawberry Cream Cheese 1ea. Diced Pears ½ c. 1% White Milk 6oz
23. WGToasty O's Cereal 1c. Apricots ½ c. 1% White Milk 6oz.	24. Scrambled eggs with Chz & Bacon 1.3 oz. wt (¼ c) WW Bread 1 sl. Mandarin Oranges ½ c. 1% White Milk 6oz.	25. WGWaffle 1ea Diced Peaches ½ c. 1% White Milk 6oz.	26. Biscuit 1 ea. Sausage Patty 1ea. Orange, Fresh 1 ea. 1% White Milk 6oz.	27. WW English Muffin ½ ea. Strawberry Cream Cheese 1ea. Diced Pears ½ c. 1% White Milk 6oz.



Head Start - PM SNACK MENU – FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Cheese Toast ½ sl. 1% White Milk	3. Graham Crackers .5 oz. or 1 ea. 1% White Milk ½ c.	4 Rice Cake .5 oz. or 1-1/2 ea. Diced Peaches ½ c. Water	5. Bean Burrito 1 ea. 1% White Milk ½ c.	6. Hi Ho Crackers .5 oz. or 4 ea. Turkey Ham .5 oz Water
9. Lincoln Birthday 	10. Chex Cereal ½ c. 1% White Milk ½ c.	11. Graham Crackers .5 oz or 1 ea. 1% White Milk ½ c.	12. Mini Bagel .5 oz. Cream Cheese .5 oz Orange wedges ½ c. Water	13. Cheez Its .5 oz or 10 ea. Fresh Strawberries ½ c. Water
16. Presidents Day 	17. Chex Cereal 1 oz. or ½ c. 1% White Milk ½ c.	18. Hi Ho Crackers .5 oz. or 4 ea. Apple Wedges ½ c. Water	19. Cooking Exper. Pg. 41 Creative Toast 1 sl. Apples/ Banana ½ c. Raisins (garnish only) 1% White Milk 6oz	20. Graham Crackers .5 oz. or 4 ea. Kiwi Slices ½ c. Water
23. Ritz Crackers ½ ea. Turkey Ham .5 oz. 1% White Milk ½ c.	24. Kix Cereal 1 oz. or ½ c. 1% White Milk ½ c.	25. Graham Crackers .5 oz. or 1 ea. Orange Wedges ½ c. Water	26. Quesadillas ½ ea. 1% White Milk ½ c.	27. Cheez Its .5 oz or 10 ea. 1% White Milk ½ c



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FPC – MENÚ DEL DESAYUNO – Febrero 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2. Cereal de hojuelas de maíz Chabacanos Leche blanca 1%	3. Huevos revueltos con queso y bacon Pan integral Rebanada de duraznos 1% de leche blanca	4. Panqueques Mandarina Leche blanca 1%	5. Torta de salchicha Galleta Trocitos de piña 1% de leche blanca	6. Panecillo ingles GE Queso crema de fresas Cereal de hojuelas de maíz Peras de cubitos Leche blanca 1%
9. El Cumpleaño de Lincoln 	10. Tortilla de huevo con queso Pan integral Rebanadas de duraznos Leche blanca 1%	11. WG Waffle Mandarina Leche blanca 1%	12. Huevos revueltos con queso y bacon Pan integral Frutas tropicales Leche blanca 1%	13. Panecillo ingles GE Queso crema de fresas Cereal de hojuelas de maíz Peras de cubitos Leche blanca 1%
16. Día de los Presidentes 	17. Torta de salchicha Galleta Trocitos de piña Naranja fresca Leche blanca 1%	18. Panqueques Cereal Tasty O's Frutas tropicales Leche blanca 1%	19. Cooking Exper. Pg. 41 Brindis Creativo Pan Intregal Queso Crema Rodajas de manzana/ Platanos Pasas (solo guarnicion) Leche blanca 1%	20. Panecillo ingles GE Queso crema de fresas Pera en cubitos Leche blanca 1%
23. Cereales Toasty O's Chabacanos Leche blanca 1%	24. Huevos revueltos con queso y bacon Pan integral Mandarina Leche blanca 1%	25. WG Waffle Rebanada de duraznos Leche blanca 1%	26. Torta de salchicha Galleta Naranja fresca Leche blanca 1%	27. Panecillo ingles GE Queso crema de fresas Cereal de hojuelas de maíz Peras de cubitos Leche blanca 1%

Head Start - MENU DE MERIENDAS PM – Febrero 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2. Tostada con queso Leche blanca 1%	3. Galletas de miel Leche blanca 1%	4. Tarta de arroz dados de duraznos Agua	5. Burito de judias Leche blanca 1%	6. Galletas Hi Ho jamón de pavo Agua
9. El Cumpleaño de Lincoln 	10. Cereales Chex Leche blanca 1%	11. Galletas de miel Leche blanca 1%	12. Mini bajel Queso crema Porciones de naranja agua	13. Cheez Its .5 oz or 10 ea. Fresas Fresca Agua
16. Día de los Presidentes 	17. Cereales Chex Leche blanca 1%	18. Galletas Hi Ho cunas de manzana Agua	19. Cooking Exper. Pg. 41 Pan Intregal Queso Crema Rodajas de manzana Platanos Pasas Leche blanca 1%	20. Galletas de miel Cortes de kiwis Agua
23. Ritz crackers Jamon de pavo Leche blanca 1%	24. Cereal de Kix Leche blanca 1%	25. Galletas de miel Porciones de naranja Agua	26. Quesadillas Leche blanca 1%	27. Cheez Its .5 oz or 10 ea. Leche blanca 1%

Esta institución es un proveedor que ofrece igualdad de oportunidades.



MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 2-2-2026 & 2-6-2026

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
2-2-26	Cheese Toast ½ sl. Cheese .5 oz.	#of Children:	12 @ ½ ea. 12 oz.				
	1% White Milk	#of Adults:	1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free _____	Name of Other: _____			
2-3-26	Graham Crackers .5oz or 1 ea.	#of Children:	14 oz.				
	1% White Milk ½ c.	#of Adults:	1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free _____	Name of Other: _____			
2-4-26	Rice Cake .5 oz or 1-1/2 ea.	#of Children:	14 oz.				
	Diced Peaches ½ c.	#of Adults:					
	Water		-				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free _____	Name of Other: _____			
2-5-26	Bean Burrito 1 ea.	#of Children:	24 @1 ea.				
	1% White Milk ½ c.	#of Adults:	1 gal.				
			-				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free- _____	Name of Other - _____			
2-6-26	HiHo Crackers .5 oz. 4 ea. Turkey Ham .5 oz.		12 oz. 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.

Center: _____

Reason for Changes/substitutions: _____

FPC Breakfast menu : FPC Lunch Menu :

HS PM Snack Menu :

HS Ext Snack Menu :

Changes & Dates : _____

Changes & Dates : _____

TD/CD signature: _____ Approved by: _____ Write in your nutrition assistant's name.

Make a copy for your own file and send in the original weekly.

All substitutions must be written on Posted Menu, and Menu Planning Worksheet.



MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 2-9-2026 & 2-13-2026

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
2-9-26	Holiday	#of Children:					
		#of Adults:					
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
2-10-26	Chex Cereal 1/2 c.	#of Children:	12 oz. or 18 oz.				
	1% White Milk ½ c.	#of Adults:	1 gal.				
# of Children		Soy Milk _____	Lactose Free ____	Name of Other: _____			
2-11-26	Graham Crackers .5 oz or 1 ea.	#of Children	14 oz.				
	1% White Milk.	#of Adults	1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
2-12-26	Mini Bagel .5 oz.	#of Children:	12 @ 1/2 ea.				
	Cream Cheese .5 oz.		12 oz.				
	Orange Wedges ½ c.	#of Adults:	13.75 lbs.				
	Water		-				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
2-13-26	Cheez Its .5 oz or 10 ea.	#of Children:	14 oz.				
	Fresh Strawberries ½ c.		4.75 lbs.				
	1% White Milk	#of Adults.	1 gal.				

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

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

Center: _____ Reason for Changes/substitutions: _____

FPC Breakfast menu : FPC Lunch Menu : HS PM Snack Menu : HS Ext Snack Menu :

Changes & Dates : _____

Changes & Dates : _____

TD/CD signature: _____ Approved by: _____ Write in your nutrition assistant's name.



MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 2-16-2026 thru 2-20-2026

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
2-16-26	Holiday	#of Children:					
		#of Adults:					
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
2-17-26	Chex Cereal 1 oz. or ½ c.	#of Children:	18 oz.				
	1% White Milk ½ c.	#of Adults:	1 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
2-18-26	Hi Ho Crackers .5 oz.	#of Children:	14 oz.				
	Apple Wedges ½ c.	#of Adults:	3.25 lbs.				
	Water		1 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
2-19-26	Creative Toast – Cooking Exp. P. 41	#of Children:					
Breakfast/ PM Snacks	Whole Wheat Bread 1 sl.	#of Adults:	24 @ 1 ea.				
	Cream Cheese 1 Tbsp.		14 oz.				
	Apples, sliced ¼ c.		3.5 lbs.				
	Bananas, slices ½ c.		3.5 lbs.				
	Raisins 3 ea.		1 oz.- 3 boxes				
	1% White Milk 6 oz.		1-1/2gal. BFS				
	1% White Milk ½ c. or 4 oz.		1 gal. PM SNK				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
2-20-26	Graham Crackers .5 oz. or 1 ea.	#of Children:	14 oz.				
	Kiwi Slices	#of Adults:	5.75 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.

Center: _____ Reason for Changes/substitutions: _____

FPC Breakfast menu FPC Lunch Menu HS PM Snack Menu HS Ext Snack Menu

Changes & Dates : _____

Changes & Dates : _____

TD/CD signature: _____ Approved by: _____ Write in your nutrition assistant's name.



MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 2-23-2026 thru 2-27-2026

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
2-23-26	Ritz Crackers .5 oz. or 4 ea. Turkey Ham .5 oz.	#of Children:	13 oz.				
	1% White Milk ½ c.	#of Adults:	1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free- _____	Name of Other - _____			
2-24-26	Kix Cereal 1 oz. or ½ c.	#of Children:	18 oz.				
	1% White Milk ½ c.	#of Adults:	1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free- _____	Name of Other - _____			
2-25-26	Graham Crackers .5 oz.	#of Children:	14 oz.				
	Orange Wedges ½ c.	#of Adults:	13.75 lbs.				
	Water		-				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free- _____	Name of Other - _____			
2-26-26	WG Flour Tortillas ½ ea.	#of Children:	12 @ ½ ea.				
	Jack Cheese .5 oz.	#of Adults:	12 oz.				
	Water						
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free- _____	Name of Other - _____			
2-27-26	Cheez Its .5 oz or 10 ea.	#of Children:	14 oz.				
	1% White Milk ½ c.	#of Adults:	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.

Center: _____ Reason for Changes/substitutions: _____

FPC Breakfast menu FPC Lunch Menu HS PM Snack Menu HS Ext Snack Menu

Changes & Dates : _____

Changes & Dates : _____

TD/CD signature: _____ Approved by: _____ Write in your nutrition assistant's name.



GROCERY LIST

Dates 2-2-2026 thru 2-6-2026

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
2-2-26	12 @ ½ ea.	WW Bread
	12 oz.	Cheddar Cheese
	3 gal	1% White Milk **Total for the week
2-3-26	14 oz.	Graham Crackers
	*	1% White Milk
2-4-26	14 oz.	Rice Cake
	5-20 oz. or	Diced Peaches
	-	Water
2-5-26	23 @ 1 ea.	Bean Burrito
	*	1% White Milk
2-6-26	12 oz.	Hi Ho Crackers
	12 oz.	Turkey Ham deli meat
	-	Water

Date: 2-9-2026 thru 2-13-2026

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
2-9-26	Holiday	
2-10-26	12 oz. or 18 oz.	Chex Cereal
	1 gal.	1% White Milk
	3 gals.	1% White Milk ** Total for the week
2-11-26	14 oz.	Graham Crackers
	*	1% White Milk
2-12-26	12@ ½ ea.	Mini Bagels
	12 oz.	Cream Cheese
	13.75 lbs.	Orange Wedges
	-	Water
2-13-26	14 oz.	Cheez its Crackers
	4.75 lbs.	Fresh Strawberries
	*	1% White Milk

If water is scheduled and you have plenty of Milk, you may use the milk on water days.



GROCERY LIST

Date: 2-16-2026 thru 2-20-2026

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
2-16-26		Holiday
2-17-26	18 oz.	Chex Cereal
	3-1/2 gal.	1% White Milk **Total for the Week
2-18-26	12 oz.	Hi Ho Crackers
	3.25 lbs.	Apple Wedges
	-	Water
2-19-26	Cooking Experience	Creative Toast - pg 41
	BFS or SNK	
	23 sl.	Whole Wheat Bread
	14 oz.	Cream Cheese
	3.5 lbs.	Apple slices
	3.5 lbs.	Banana
	2 oz.	Raisins
	1-1/2 gal BFS	1% White Milk
	1 gal. SNK	
2-20-26	14 oz.	Graham Crackers
	5.75 lbs.	Kiwi
	-	Water

Date: 2-23-2026 thru 2-27-2026

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
2-23-26	13 oz.	Ritz Crackers .5 oz or 4 ea.
	12 oz.	Turkey Ham
	3 gal.	1% White Milk - **Total for the Week*
2-24-26	18 oz.	Kix Cereal
	*	1% White Milk
2-25-26	14 oz.	Graham Crackers
	13.75 lbs.	Orange Wedges
	-	Water
2-26-26	12 @ 1/2 ea.	WG Flour Tortillas
	12 oz.	Jack Cheese
	-	Water
2-27-26	14 oz.	Cheez Its Crackers
	*	1% White Milk