

### Extended SNACK MENU – February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Banana ½ c. 1% White Milk ½ c.	3. Goldfish Crackers .5 oz. Frozen Strawberries ½ c. Water	4. Pancakes 1 ea. 1% White Milk ½ c.	5. Graham Crackers .5 oz. or 1 ea. Mandarin Orange 1 ea. Water	6. Goldfish Crackers .5 oz or ¼ c. 1% White Milk
9. Graham Crackers .5 oz. 1% White Milk ½ c.	10. Cheese Sticks .5 oz. Pretzels .5 oz. or 1/3 c. Water	11. Kix Cereal ¾ c. 1% White Milk ½ c.	12. Ritz Crackers .5 oz. 1% White Milk ½ c.	13. Chex Cereal 1 oz. or ½ c. 1% White Milk ½ c.
16. <b>Holiday</b>	17. Pancakes 1 ea. 1% White Milk ½ c.	18. Cheese Sticks .5 oz. Pretzels .5 oz. or 1/3 c. Water	19. Cheerios Cereal 1 oz. or ½ c. 1% White Milk ½ c.	20. Quesadilla ½ ea. 1% White Milk ½ c.
23. Graham Crackers .5 oz. 1% White Milk ½ c.	24. Banana 1 ea. 1% White Milk ½ c.	25. Kix Cereal ¾ c. 1% White Milk ½ c.	26. Mini Bagel 1 ea. Cream Cheese .5 oz. 1% White Milk ½ c.	27. Ritz Crackers .5 oz. 1% White Milk ½ c.

### Menú Bocado Extendido – Febrero 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2. Plátano Leche blanca 1%	3. Goldfish Crackers .5 oz. Fresas congeladas Agua	4. Panqueques Leche blanca 1%.	5. Galletas de Miel Mandarinas Agua	6. Galletas de Goldfish Leche blanca 1%
9. Galletas de Miel Leche blanca 1%	10. Palitos de queso Pretzels Agua	11. Cereal Kix Leche blanca 1%	12. Galletas de Ritz Leche blanca 1%	13. Cereal Chex Leche blanca 1%
16. <b>Día festivo</b>	17. Panqueques Leche blanca 1%	18. Palitos de queso Pretzels agua	19. Cereal Cheerios Leche blanca 1%	20. Quesadillas Leche blanca 1%
23. Galletas de Miel Leche blanca 1%	24. Plátano Leche blanca 1%	25. Cereal Kix Leche blanca 1%	26. Bagel Crema queso Leche blanca 1%	27. Galletas de Ritz Leche blanca 1%

## MENU PLANNING WORKSHEET Extended Day

Week of 2-2-26 thru 2-6-26

Estimated meals served: Children 12 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:
2-2-26	Banana ½ c.	#of Children:	1.75 lbs.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk:_____</b>	<b>Lactose Free:_____</b>		<b>Name of Other:</b>		
2-3-26	Goldfish Crackers .5 oz. or ¼ c. Frozen Strawberries ½ c. Water	#of Children:	7 oz. 3 - 16 oz. bags				
		#of Adults:	-				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk:_____</b>	<b>Lactose Free:_____</b>		<b>Name of Other:</b>		
2-4-26	Pancakes 1 ea.	#of Children:	14 @ 1 ea.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk:_____</b>	<b>Lactose Free:_____</b>		<b>Name of Other:</b>		
2-5-26	Graham Cracker .5 oz or 1 ea.	#of Children:	7 oz.				
	Mandarin Oranges 1 ea. Water	#of Adults:	14 ea.				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk:_____</b>	<b>Lactose Free:_____</b>		<b>Name of Other:</b>		
2-6-26	Goldfish Crackers .5 oz. or ¼ c.	#of Children:	7 oz.				
	1% White Milk	#of Adults:	½ gal.				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk_____</b>	<b>Lactose Free_____</b>		<b>Name of Other:</b>		

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 2-9-26 thru 2-13-26

Estimated meals served: Children 12 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:
2-9-26	Graham Crackers	#of Children:	7 oz.				
	1% White Milk	#of Adults:	½ gal.				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk:_____</b>	<b>Lactose Free:_____</b>		<b>Name of Other:</b>		
2-10-26	Cheese Sticks .5 oz Pretzels .5 oz or 1/3 c. Water	#of Children:	7 oz. 7 oz.				
		#of Adults:	-				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk:_____</b>	<b>Lactose Free:_____</b>		<b>Name of Other:</b>		
2-11-26	Kix Cereal ¾ c.	#of Children:	7 oz.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk:_____</b>	<b>Lactose Free:_____</b>		<b>Name of Other:</b>		
2-12-26	Ritz Crackers .5 oz. or 4 ea.	#of Children:	7 oz.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk:_____</b>	<b>Lactose Free:_____</b>		<b>Name of Other:</b>		
2-13-26	Chex Cereal 1 oz. or ½ c.	#of Children:	7 oz.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk_____</b>	<b>Lactose Free_____</b>		<b>Name of Other:</b>		

Teacher Dir: \_\_\_\_\_ Date: \_\_\_\_\_ Reviewer: \_\_\_\_\_ Date: \_\_\_\_\_

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FPC Lunch Menu:

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Changes & Dates: \_\_\_\_\_

TD/CD signature: \_\_\_\_\_

Approved by (Nutrition Assistant Name): \_\_\_\_\_

### MENU PLANNING WORKSHEET Extended Day

Week of 2-16-26 thru 2-20-26

Estimated meals served: Children 12 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:
2-16-26	<b>** Holiday **</b>						
2-17-26	Pancakes 1 ea.	#of Children:	14 @ 1 ea.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk:_____</b>	<b>Lactose Free:_____</b>		<b>Name of Other:</b>		
2-18-26	Cheese Sticks .5 oz	#of Children:	7 oz.				
	Pretzels .5 oz or 1/3 c.	#of Adults:	7 oz.				
	Water	#of Adults:	-				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk:_____</b>	<b>Lactose Free:_____</b>		<b>Name of Other:</b>		
2-19-26	Cheerios Cereal 1 oz. or ½ c.	#of Children:	7 oz.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk:_____</b>	<b>Lactose Free:_____</b>		<b>Name of Other:</b>		
2-20-26	WG Flour Tortillas ½ ea. (10 in)	#Of Children:	23 oz or 2 - 10 pack				
	Jack Cheese 1 slice or 1/8 cup shredded	#Of Adults:	12 oz.				
	1% White Milk ½ c.		1 gal.				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk_____</b>	<b>Lactose Free_____</b>		<b>Name of Other:</b>		

Teacher Dir: \_\_\_\_\_ Date: \_\_\_\_\_ Reviewer: \_\_\_\_\_ Date: \_\_\_\_\_

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FPC Breakfast menu:

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HS PM Snack Menu:

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Approved by (Nutrition Assistant Name): \_\_\_\_\_

## MENU PLANNING WORKSHEET Extended Day

Week of 2-23-26 thru 2-27-26

Estimated meals served: Children 12 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:
2-23-26	Graham Crackers .5 oz.	#of Children:	7 oz.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk_____</b>	<b>Lactose Free_____</b>		<b>Name of Other:</b>		
2-24-26	Banana 1 each.	#of Children:	1.75 lbs.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk_____</b>	<b>Lactose Free_____</b>		<b>Name of Other:</b>		
2-25-26	Kix Cereal ¾ c.	#of Children:	7 oz.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk_____</b>	<b>Lactose Free_____</b>		<b>Name of Other:</b>		
2-26-26	Mini Bagel 1 ea.	#of Children:	7 @ 1 ea.				
	Cream Cheese .5 oz.	#of Adults:	7 oz.				
	1% White Milk ½ c.		½ gal.				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk_____</b>	<b>Lactose Free_____</b>		<b>Name of Other:</b>		
2-27-26	Hi Ho Crackers .5 oz.	#of Children:	7 oz.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk_____</b>	<b>Lactose Free_____</b>		<b>Name of Other:</b>		

Teacher Dir: \_\_\_\_\_ Date: \_\_\_\_\_ Reviewer: \_\_\_\_\_ Date: \_\_\_\_\_

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### EXTENDED DAY GROCERY LIST

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

Class size: 12 children /2 adults

Date:	Purchased Units	PM – Grocery List
2-2-26	1.7 lbs.	Banana
	<b>3 – ½ gals.</b>	<b>1% White Milk – total for the week**</b>
2-3-26	7 oz.	Goldfish Crackers
	3 – 16oz. bags	Frozen Strawberries
	-	Water
2-4-26	14 @ 1 ea.	Pancakes
	*	1% White Milk
2-5-26	7 oz.	Graham Crackers
	14 ea. (**not pounds)	Mandarin Oranges
	-	Water
2-6-26	7 oz.	Goldfish Crackers
	*	1% White Milk

Dates: 2-9-2026 thru 2-13-2026

Class size: 12 children /2 adults

Date:	Purchased Units	PM – Grocery List
2-9-26	7 oz.	Graham Crackers
	<b>4 – ½ gals.</b>	<b>1% White Milk– total for the week**</b>
2-10-26	7 oz.	Cheese Sticks
	7 oz.	Pretzels
	-	Water
2-11-26	7 oz.	Kix Cereal
	*	1% White Milk
2-12-26	7 oz.	Ritz Crackers
	*	1% White Milk
2-13-26	7 oz.	Chex Cereal
	*	1% White Milk

Date: 2-16-26 thru 2-20-26

Class size: 12 children /2 adults

Date:	Purchased Units	PM – Grocery List
2-16-26	<b>Holiday</b>	
2-17-26	14 @ 1 ea.	Pancakes
	<b>3 – ½ gals.</b>	<b>1% White Milk– total for the week **</b>
2-18-26	7 oz.	Cheese Sticks
	7 oz.	Pretzels
	-	Water
2-19-26	7 oz.	Cheerios Cereal
	*	1% White Milk
2-20-26	7 oz.	Jack Cheese
	7 @ ½ ea.	Tortilla Whole wheat
	*	1% White Milk

Dates: 2-23-2026 thru 2-27-2026

Class size: 12 children /2 adults

Date:	Purchased Units	PM – Grocery List
2-23-26	7 oz.	Graham Crackers
	<b>5 – ½ gals.</b>	<b>1% White Milk – total for the week**</b>
2-24-26	1.75 lbs.	Banana
	*	1% White Milk
2-25-26	17 oz.	Kix Cereal
	*	1% White Milk
2-26-26	14 @1 ea.	Mini Bagels
	7 oz.	Cream Cheese
	*	1% White Milk
2-27-26	7 oz.	Ritz Crackers
	*	1% White Milk

### **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.