











**Food Prep Center – BREAKFAST MENU – March 2026**

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

**Head Start - PM SNACK MENU – March 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Cheerios 1 c. Fresh Strawberries ½ c. 1% White Milk ½ c. or 4 oz.	3. Waffle 1 ea. Applesauce ½ c Water	4. Tortilla Chips .5 oz. Refried Beans and Cheese 1Tbsp Pico de Gallo 1 Tbsp Water	5. Graham Crackers 1 ea. Or .5 oz. 1% White Milk ½ c. or 4 oz.	6. Kix Cereal 1 c. 1% White Milk ½ c. or 4 oz.
9. Graham Crackers 1 ea. or .5 oz. 1% White Milk ½ c. or 4 oz.	10. Hi Ho Crackers 4 ea. Or .5 oz. Cheddar Cheese Water	11. Bean and Cheese Burrito 1 ea. 1% White Milk ½ c. or 4 oz.	12. Cheerios Cereal ½ c. or 1 oz. Banana ½ c. 1% White Milk ½ c. or 4 oz.	13. <b>HSHB SOC 1</b> Ritz Crackers .5 oz or 4 ea. Turkey Ham .5 oz. Water
16. Pretzel Sticks .5 oz Sabra Hummus 1 oz. Water	17. Quesadilla ½ ea. 1% White Milk ½ c. or 4 oz.	18. Graham Crackers 1 ea. or .5 oz. 1% White Milk ½ c. or 4 oz.	19. <b>Cooking Exp pg 58</b> <b>Hawaiian Ice. ¼ c. **see note</b> <b>Peaches, Banana MPW</b> <b>Pineapple, Crushed</b> Assorted Crackers .5 oz or 4 ea. Turkey Ham .5 oz Water	20. Assorted Crackers .5 oz. Kiwi Slices ½ c. Water
23. Graham Crackers 1 ea. or .5 oz. 1% White Milk ½ c or 4 oz.	24. Mini Bagel ½ ea. Cream Cheese .5 oz. 1% White Milk ½ c. or 4 oz.	25. Quesadilla ½ ea. or 22.5 g. Water	26. Hi Ho Crackers .5 oz. 1% White Milk ½ c. or 4 oz.	27. <b>HSHB SOC 2</b> Cheerios Cereal ½ c. or 1 oz. Strawberries ½ c. 1% White Milk ½ c. or 4 oz.
30. Waffles 1 ea. 1% White Milk ½ c. or 4 oz.	31. Holiday 			

## FPC – MENÚ DEL DESAYUNO – March 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2. Panqueque WGP Tarta de pina Leche blanca al 1%	3. Tortilla de huevo con queso Pan Integral Peras cortadas en cubos Leche blanca al 1%	4. Cereal Corn Flakes Albaricoques Leche blanca al 1%	5. Huevos revueltos con queso y tocino Pan Integral Duraznos picados Leche blanca al 1%	6. Muffin Ingles WG Crema de fresa Queso Naranja fresca Leche blanca al 1%
9. Cereal WG Toasty O's Tartaditas de pina Leche blanca al 1%	10. Hamburguesa de salchicha Galleta Duraznos picados Leche blanca al 1%	11. WG Waffle Albaricoques Leche blanca al 1%	12. Tortilla de huevo con queso Pan integral Peras cortadas en cubos Leche blanca al 1%	13. Muffin ingles WG Crema de fresa Queso Fruta tropical Leche blanca al 1%
16. Cereal Corn flakes Albaricoques Leche blanca al 1%	17. Huevos revueltos con queso y tocino Pan integral Peras cortadas en cubos Leche blanca	18. Panqueque WGP Duraznos de cubos Leche blanca al 1%	19. Hamburguesa de salchicha Galleta WG Naranja Fresca Leche blanca al 1%	20. Muffin ingles WG Crema de fresa Queso Fruta tropical Leche blanca al 1%
23. Cereal WG Toast O's Peras cortadas en cubos Leche blanca al 1%	24. Tortilla de huevo con queso Pan intergal Albaricoques Leche blanca al 1%	25. WG Waffle Duraznos en cubos Leche blanca al 1%	26. Huevos revueltos con queso y tocino Pan integral Trocitos de pina Leche blanca al 1%	27. Muffin ingles WG Crema de fresa Queso Mandarinas Leche blanca al 1%
30. Cereal corn flakes Peras cortadas en cubos Leche blanca al 1%	31. Dia Festivo 			

## Head Start - MENÚ DE BOCADILLOS PM – March 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2. Cereal Cheeríos Fresas fresca Leche blanca 1%	3. Waffles Pure fe manzana Leche blanca 1%	4. Chips de tortilla frijoles refritos y queso Pico de gallo Agua	5. Galletas de miel Leche blanca 1%	6. Kix Cereal Leche blanca 1%
9. Galletas de miel Leche blanca 1%	10. Galletas Hi Ho Queso Cheddar Leche blanca 1%	11. Burrito de frijoles y queso Leche blanca 1%	12. Cereal Cheeríos Plátano Leche blanca 1%	13. Galletas Ritz Jamon de pavo Agua
16. Palitos de pretzel Sabra Hummus Agua	17. Quesadilla Leche blanca 1%	18. Galletas de miel Leche blanca 1%	19. <b>Experiencia de Cocina pg.58 Hielo Hawaiano ¼ c. Peaches, Banana Pineapple, Crushed</b> Galletas Surtida Jamon de pavo Agua	20. Surtido Galletas Rodajas de Kiwi Water
23. Galletas de miel Leche blanca 1%	24. Pan en la rosquilla Queso crema Leche blanca 1%	25. Quesadillas Agua	26. Galletas Hi Ho Leche blanca 1%	27. Cereal Cheeríos Fresas Agua
30. Waffles Leche blanca 1%	31. Dia Festivo 			

*El USDA es un proveedor, empleador y prestamista que ofrece igualdad de oportunidades.*

## MENU PLANNING WORKSHEET

Center: \_\_\_\_\_

Teacher: \_\_\_\_\_

Week of 3-2-2026 & 3-6-2026

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
3-2-26	Cheerios 1 c. or .5 oz.	#of Children:	18 oz.				
	Fresh Strawberries ½ c.	#of Adults:	6.75 lbs.				
	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>			
3-3-26	Waffle 1 ea.	#of Children:	23 @ 1 ea.				
	Applesauce ½ c.	#of Adults:	2 -48 oz. jar				
	Water						
<b># of Children</b>	<b>Milk substitutions ½ c.</b>	<b>Soy Milk _____</b>	<b>Lactose Free _____</b>	<b>Name of Other: _____</b>			
3-4-26	Tortilla Chips .5 oz.	#of Children:	12 oz.				
	Refried Beans + Cheddar Cheese 1 T.	#of Adults:	24 oz. + 8 oz.				
	Pico de Gallo 1 T.		24 oz.				
	Water		-				
<b># of Children</b>	<b>Milk substitutions ½ c.</b>	<b>Soy Milk _____</b>	<b>Lactose Free _____</b>	<b>Name of Other: _____</b>			
3-5-26	Graham Crackers .5 oz. or 1 ea.	#of Children:	14 oz.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	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>			
3-6-26	Kix Cereal 1 c.	#of Children:	18 oz.				
	1% White Milk ½ c.	#of Adults:	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: \_\_\_\_\_

If you have small milk cantons left from Breakfast or lunch due to low attendance, use them for PM snack. Before you go out and purchase milk.

### 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 Extended Snack Menu

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

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

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

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

Approved by: \_\_\_\_\_

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

Write in your nutrition assistant's name.

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

## MENU PLANNING WORKSHEET

Center: \_\_\_\_\_

Teacher: \_\_\_\_\_

Week of 3-9-2026 & 3-13-2026

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
3-9-26	Graham Crackers .5 oz.	<i>#of Children:</i>	14 oz.				
	1% White Milk ½ c. or 4 oz.	<i>#of Adults:</i>	1 gal.				
3-10-26	Hi Ho Crackers .5 oz.	<i>#of Children:</i>	12 oz.				
	Cheddar Cheese 5 oz.	<i>#of Adults:</i>	12 oz.				
	Water		-				
<b># of Children</b>	<b>Milk substitutions ½ c.</b>	<b>Soy Milk _____</b>	<b>Lactose Free _____</b>	<b>Name of Other: _____</b>			
3-11-26	Bean and Cheese Burrito 1 ea.	<i>#of Children:</i>	23 @ 1 ea.				
	1% White Milk ½ c. or 4 oz.	<i>#of Adults:</i>	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>			
3-12-26	Cheerios Cereal 1 c. or .5 oz.	<i>#of Children:</i>	18 oz				
	Banana ½ c.	<i>#of Adults:</i>	4.5 lbs.				
	1% White Milk ½ c. or 4 oz.		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>			
3-13-26	Ritz Crackers .5 oz. or 4 ea.	<i>#of Children:</i>	12 oz..				
	Turkey Ham .5 oz	<i>#of Adults:</i>	12 oz.				
	Water		-				
<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: \_\_\_\_\_

If you have small milk cantons left from Breakfast or lunch due to low attendance, use them for PM snack. Before you go out and purchase milk.

**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 Extended Snack Menu :

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

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

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

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

Approved by: \_\_\_\_\_

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

Write in your nutrition assistant's name.

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## MENU PLANNING WORKSHEET

Center: \_\_\_\_\_

Teacher: \_\_\_\_\_

Week of 3-16-2026 thru 3-20-2026

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
3-16-26	Pretzel Sticks .5 oz.	<i>#of Children:</i>	12 oz.				
	Hummus 1 oz.	<i>#of Adults:</i>	24 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>			
3-17-26	WG Flour Tortilla ½ ea.	<i>#of Children:</i>	12 @ ½ ea.				
	Jack Cheese .5 oz.	<i>#of Adults:</i>	12 oz.				
	Water		-				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk - _____</b>	<b>Lactose Free- _____</b>	<b>Name of Other - _____</b>			
3-18-26	Graham Crackers .5 oz.	<i>#of Children:</i>	14 oz.				
	1% White Milk ½ c. or 4 oz.	<i>#of Adults:</i>	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>			
3-19-26 <b>Breakfast</b>	<b>Cooking Experience Pg. 58</b> <b>Hawaiian Ice ½ c.</b> Peaches 3 - 29 oz. can Bananas - 2 ea. Pineapple crushed, 3 - 29 oz. can <b>(do not need lemon and orange)</b>  Assorted Crackers .5 oz. or 4 ea. Turkey Ham .5 oz. 1% White Milk 6 oz.	<b>**Can be done the day before during independent choice, teacher will demonstrate while children watch the process, pour in cups, freeze and take out early next day so it not totally frozen eat/ drink with BFS.</b> <b>For Large centers, it doesn't need to be done on one day, can be done throughout the week.</b> <i>#of Children:</i> <i>#of Adults:</i>	½ c. for fruits  12 oz  12 oz. or 1 lb. 1-1/2 gal.				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk - _____</b>	<b>Lactose Free- _____</b>	<b>Name of Other - _____</b>			
3-19-26 <b>PM snack</b> <b>Cooking Experience</b>	<b>Cooking Experience Pg. 58</b> <b>Hawaiian Ice ¼ c.</b> Peaches 2 - 29 oz. can Bananas - 2 ea. Pineapple crushed, 2 - 29 oz. can <b>(do not need lemon and orange)</b>  Assorted Crackers .5 oz. or 4 ea. Turkey Ham .5 oz. Water	<b>**Can be done day before during independent choice, teacher will demonstrate while children watch the process, pour in cups and put freezer half way and serve for snack</b>  <i>#of Children:</i> <i>#of Adults:</i>	¼ c.  12 oz. 12 oz. or 1 lb. -				
<b># of Children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk - _____</b>	<b>Lactose Free- _____</b>	<b>Name of Other - _____</b>			
3-20-26	Assorted Crackers .5 oz.	<i>#of Children:</i>	12 oz.				
	Kiwi Slices ½ c.	<i>#of Adults:</i>	5.75 lbs.				
	Water		-				
<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.**

Center: \_\_\_\_\_

Reason for Changes/substitutions: \_\_\_\_\_

FPC Breakfast menu

FPC Lunch Menu

HS PM Snack Menu

HS Extended Snack Menu

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

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

## MENU PLANNING WORKSHEET

Center: \_\_\_\_\_

Teacher: \_\_\_\_\_

Week of 3-23-2026 thru 3-27-2026

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
3-23-26	Graham Crackers .5 oz.	#of Children:	14 oz.				
	1% White Milk ½ c or 4 oz.	#of Adults:	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>			
3-24-26	Mini Bagel ½ ea. or .5 oz	#of Children:	23 @ 1 ea.				
	Cream Cheese .5 oz.	#of Adults:	24 oz.				
	1% White Milk ½ c. or 4 oz.		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>			
3-25-26	WG Flour Tortilla ½ ea.	#of Children:	12 @ ½ ea.				
	Jack cheese .5 oz.	#of Adults:	12 oz.				
	Water		-				
<b># of children</b>	<b>Milk Substitutions ½ c.</b>	<b>Soy Milk - _____</b>	<b>Lactose Free-_____</b>	<b>Name of Other - _____</b>			
3-26-26	Hi Ho Crackers .5 oz.	#of Children:	12 @ ½ ea.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	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>			
3-27-26	Cheerios Cereal ½ c. or .5 oz.	#of Children:	12 oz.				
	Fresh Strawberries	#of Adults:	6.75 lbs.				
	1% White Milk ½ c. or 4 oz.		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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### 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 Extended Snack Menu

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

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

All 1% White Milk is unflavored.

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

Approved by: \_\_\_\_\_

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

Write in your nutrition assistant's name.

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

## MENU PLANNING WORKSHEET

Center: \_\_\_\_\_

Teacher: \_\_\_\_\_

Week of 3-30-2026 thru 3-31-2026

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
# of Children	Milk Substitutions ½ c.	<i>Soy Milk</i> - _____	Lactose Free-_____	Name of Other - _____			
3-30-26	Waffles 1 ea.	#of Children:	24 @ 1ea.				
	1% White Milk ½ c.	#of Adults:	1 gal.				
# of Children	Milk Substitutions ½ c.	<i>Soy Milk</i> - _____	Lactose Free-_____	Name of Other - _____			
3-31-26	Holiday	#of Children:					
		#of Adults:	24 oz.				
			1 gal				
# of Children	Milk Substitutions ½ c.	<i>Soy Milk</i> - _____	Lactose Free-_____	Name of Other - _____			

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

If you have small milk cantons left from Breakfast or lunch due to low attendance, use them for PM snack. Before you go out and purchase milk.

### 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 Extended Snack Menu

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

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

All 1% White Milk is unflavored.

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

Approved by: \_\_\_\_\_

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## GROCERY LISTS

Dates: 3-2-2026 thru 3-6-2026

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
3-2-26	18 oz.	Cheerios
	6.75 lbs.	Fresh Strawberries
	<b>4 – 1 gal.</b>	<b>1% White Milk– total for the week*</b>
3-3-26	24	Waffles
	2 - 48 oz. jars	Applesauce
	*	1% White Milk
3-4-26	12 oz.	Tortilla Chips
	24 oz. + 8 oz.	Vegetarian Refried Beans + Shredded Cheese
	24 oz.	Pico de Gallo
	-	Water
3-5-26	14 oz.	Graham crackers
	*	1% White Milk
3-6-26	18 oz.	Kix Cereal
	*	1% White Milk

Date: 3-9-2026 thru 3-13-2026

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
3-9-26	14 oz.	Graham Crackers
	<b>3- 1 gal.</b>	<b>1% White Milk– total for the week*</b>
3-10-26	14 oz.	Hi Ho Crackers
	12 oz.	Cheddar Cheese
	-	Water
3-11-26	23 @ 1 ea.	Bean and Cheese Burrito
	*	1% White Milk
3-12-26	18 oz.	Cheerios Cereal
	3.5 lbs.	Banana
	*	1% White Milk
3-13-26	12 oz.	Ritz Crackers
	12 oz.	Turkey Ham
	-	Water

**GROCERY LIST**

Date: 3-16-2026 thru 3-20-2026

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
3-16-26	12 oz	Pretzel sticks
	24 oz.	Sabra hummus
	-	Water
3-17-26	12 @ ½ ea.	WG Flour
	12 oz or 1 lb.	Jack Cheese
	-	Water
3-18-26	14 oz.	Graham Crackers
	<b>2- 1 gal</b>	<b>1% White Milk- total for the week*</b>
3-19-26 <b>Breakfast</b>		<b>Cooking Experience p 58.Hawaiian Ice</b> <b>**See note on MPW. Serving per child is ½ c. for BFS to meet fruit requirement.</b>
	3 - 29 oz.	<b>Peaches</b>
	2 ea.	<b>Bananas</b>
	3 - 29 oz. can	<b>Pineapple, crushed</b>
	12 oz. or 1 lbs.	Assorted Crackers
	12 oz. or 1 lb.	Turkey Ham
	*	1% White Milk
	<b>PM Snacks -</b>	<b>Cooking Expearence -purchase half the amount of fruits for PM Snacks – serving is ¼ c per child</b>
	12 oz.	Assorted Crackers
	12 oz. or 1 lb.	Turkey Ham
3-20-26	12 oz.	Assorted crackers
	5.75 lbs.	Kiwi slices
	-	water

All “day” classes are to make the PM cooking experience.

Purchase your own Breakfast: Cheerios Cereal 1 c., Canned Fruit ½ c., 1% White Milk 6 oz. ea.

**GROCERY LISTS**

Date: 3-23-2026 thru 3-27-2026

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
3-23-26	14 oz.	Graham Crackers
	<b>4- 1 gal.</b>	<b>1% White Milk- total for the week*</b>
3-24-26	12 @ ½ ea.	Mini Bagel
	24 oz.	Cream cheese
	*	1% White milk
3-25-26	12 @ ½ sl.	Flour tortilla WG
	12 oz.	Jack Cheese
	-	Water
3-26-26	12 oz.	Hi Ho Crackers
	*	1% White Milk
3-27-26	18 oz.	Cheerios Cereal
	6.75 lbs.	Frozen Strawberries
	*	1% White Milk

**GROCERY LISTS**

Date: 3-30-2026 thru 3-31-2026

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
3-30-26	23 @ 1 ea.	Mini Bagels
	24 oz.	Cream Cheese
	<b>1 gal</b>	<b>1% White Milk</b>
3-31-26		
	HOLIDAY	