

### Extended Snack Menu – April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Tortilla Chips 6-8 ea. Refried Beans 1/8 c. Water	2. Apples Wedges ½ c. 1% White Milk ½ c.	3. Waffles 1 ea. Strawberry Yogurt ¼ c. Water
6. Hi Ho Crackers ½ c. or 4 ea. 1% White Milk ½ c.	7. Cheez Its Crackers 10 ea. Apples Wedges ½ c. Water	8. Oranges ½ c. Cheese Sticks 1 ea. Water	9. Graham Crackers 1 ea. 1% White Milk ½ c.	10. Tortilla Chips 6-8 ea. Refried Beans 1/8 c. Water
13. Kix Cereal ¾ c. 1% White Milk ½ c.	14. Waffles 1 ea. 1% White Milk ½ c.	15. Hi Ho Crackers ½ c. or 4 ea. 1% White Milk ½ c.	16. Cheerios Cereal ½ c. 1% White Milk ½ c.	17. Oranges ½ c. Cheese Sticks .5 oz Water
20. Graham Crackers .5 oz. 1% White Milk ½ c.	21. Tortilla Chips 6-8 ea. Refried Beans 1/8 c. Water	22. Hi Ho Crackers ½ c. or 4 ea. 1% White Milk ½ c.	23. Graham Crackers 1 ea. 1% White Milk ½ c.	24. Waffles 1 ea. Strawberry Yogurt ¼ c. Water
27. Cheez Its Crackers 10 ea. 1% White Milk ½ c.	28. Oranges ½ c. Cheese Sticks 1 ea. Water	29. Kix Cereal ¾ c. 1% White Milk ½ c.	30. Graham Crackers 1 ea. 1% White Milk ½ c.	

*USDA is an equal opportunity provider, employer, and lender.*

### Día Extended Menú – Abril 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1. Chips de tortilla Frijoles refritos Agua	2. Rodajas de manzana Leche blanca 1%	3. Waffle Yogur de Fresa Agua
6. Galletas Hi Ho Leche blanca 1%	7. Galletas de Cheez Its Rodajas de manzana Agua	8. Naranjas Palitos de queso Agua	9. Galletas de Miel Leche blanca 1%	10. Chips de Tortilla Frijoles refritos Agua
13. Cereal Kix Leche blanca 1%	14. Waffle Leche blanca 1%	15. Galletas Hi Ho Leche blanca 1%	16. Cereal Cheerios Leche blanca 1%	17. Naranjas Palitos de queso Leche blanca 1%
20. Galletas de Miel Leche blanca 1%	21. Chips de Tortilla Frijoles refritos Agua	22. Galletas Hi Ho Leche blanca 1%	23. Galletas de Miel Leche blanca 1%	24. Waffle Yogur de Fresa Agua
27. Galletas de Cheez Its Leche blanca 1%.	28. Naranjas Palitos de queso Agua	29. Cereal Kix Leche blanca 1%	30. Galletas de Miel Leche blanca 1%	

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

## EXTENDED SNACK MENU PLANNING WORKSHEET

Center: \_\_\_\_\_ Teacher: \_\_\_\_\_  
 Week Of 4-1-26 to 4-3-26 Estimated meals served: Children 12 Adults 2

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: _____			
4-1-26	Tortilla Chips 6-8 ea.	#Of Children:	6 oz. bag				
	Refried Beans 1/8 c.	#Of Adults:	16 oz.				
	Water						
#Of Children	Milk substitutions ½ c.	<i>Soy Milk</i> _____	Lactose Free ____	Name Of Other: _____			
4-2-26	Apples Wedges ½ c.	#Of Children:	~5 lbs. or 14 ea.				
	1% White Milk ½ c.	#Of Adults:	½ gal.				
#Of Children	Milk substitutions ½ c.	<i>Soy Milk</i> _____	Lactose Free ____	Name Of Other: _____			
4-3-26	Waffles 1 ea.	#Of Children:	14 ea.				
	Strawberry Yogurt ¼ c.	#Of Adults:	32 oz.				
	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): \_\_\_\_\_

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

EXTENDED SNACK MENU PLANNING WORKSHEET

Center: \_\_\_\_\_ Teacher: \_\_\_\_\_  
 Week Of 4-6-26 to 4-10-26 Estimated meals served: Children 12 Adults 2

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Amount Served:	Purchased Units:	Amt. of leftover
4-6-26	Hi Ho Crackers .5 oz. or 4 ea.	#Of Children:	6 oz. bag				
	1% White Milk ½ c.	#Of Adults:	½ gal.				
#Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			
4-7-26	Cheeze Its Crackers .5 oz or 10 ea.	#Of Children:	6 oz. bag				
	Apples Wedges ½ c.	#Of Adults:	~5 lbs. or 14 ea.				
	Water						
#Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			
4-8-26	Oranges ½ c.	#Of Children:	~8 lbs. or 14 ea.				
	Mozzarella Cheese Sticks 1 ea.	#Of Adults:	14 ea.				
	Water						
#Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			
4-9-26	Graham Crackers .5 oz. or 1 ea.	#Of Children:	14 ea. or 6 oz.				
	1% White Milk ½ c.	#Of Adults:	½ gal.				
#Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			
4-10-26	Tortilla Chips 6-8 ea.	#Of Children:	6 oz. bag				
	Refried Beans 1/8 c	#Of Adults:	16 oz.				
	Water						
#Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			

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

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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: \_\_\_\_\_

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

**EXTENDED SNACK MENU PLANNING WORKSHEET**

Center: \_\_\_\_\_ Teacher: \_\_\_\_\_  
 Week of 4-13-26 to 4-17-26 Estimated meals served: Children 12 Adults 2

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Amount Served:	Purchased Units:	Amt. of leftover
4-13-26	Kix Cereal ¾ c.	#Of Children:	6 oz.				
	1% White Milk ½ c.	#Of Adults:	½ gal.				
#Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			
4-14-26	Waffles 1 ea.	#Of Children:	14 ea.				
	1% White Milk ½ c.	#Of Adults:	½ gal.				
#Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			
4-15-26	Hi Ho Crackers .5 oz 4 ea.	#Of Children:	6 oz.				
	1% White Milk ½ c.	#Of Adults:	½ gal.				
#Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			
4-16-26	Cheerios Cereal ½ c.	#Of Children:	6 oz.				
	1% White Milk ½ c.	#Of Adults:	½ gal.				
#Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			
4-17-26	Oranges ½ c.	#Of Children:	~8 lbs. or 14 ea.				
	Cheese Sticks 1 ea.	#Of Adults:	14 ea.				
	Water						
#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): \_\_\_\_\_

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

**EXTENDED SNACK MENU PLANNING WORKSHEET**

Center: \_\_\_\_\_ Teacher: \_\_\_\_\_  
 Week of 4-20-26 to 4-24-26 Estimated meals served: Children 12 Adults 2

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Amount Served:	Purchased Units:	Amt. of leftover
4-20-26	Graham Crackers .5 oz.	#Of Children:	14 ea. or 6 oz.				
	1% White Milk ½ c.	#Of Adults:	½ gal.				
#Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			
4-21-26	Tortilla Chips 6-8 ea.	#Of Children:	6 oz. bag				
	Refried Beans 1/8 c.	#Of Adults:	16 oz.				
	Water						
#Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			
4-22-26	Hi Ho Crackers .5 oz or 4 ea.	#Of Children:	6 oz.				
	1% White Milk ½ c.	#Of Adults:	½ gal.				
#Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			
4-23-26	Graham Crackers .5 oz. or 1 ea.	#Of Children:	14 ea. or 6 oz.				
	1% White Milk ½ c.	#Of Adults:	½ gal.				
#Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			
4-24-26	Waffles 1 ea.	#Of Children:	14 ea.				
	Strawberry Yogurt ¼ c.	#Of Adults:	32 oz.				
	Water						
#Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			

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

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FPC Breakfast menu

FPC Lunch Menu

HS PM Snack Menu

HS Extended Snack Menu

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

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

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

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## EXTENDED SNACK MENU PLANNING WORKSHEET

Center: \_\_\_\_\_ Teacher: \_\_\_\_\_  
 Week of 4-27-26 to 4-30-26 Estimated meals served: Children 12 Adults 2

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Amount Served:	Purchased Units:	Amt. of leftover
4-27-26	Cheez Its Crackers .5 oz. or 10 ea.	#Of Children:	6 oz.				
	1% White Milk ½ c.	#Of Adults:	½ gal.				
#Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			
4-28-26	Oranges ½ c.	#Of Children:	~8 lbs. or 14 ea.				
	Mozzarella Cheese Sticks 1 ea.	#Of Adults:	14 ea.				
	Water						
#Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			
4-29-26	Kix Cereal ¾ c.	#Of Children:	6 oz.				
	1% White Milk ½ c.	#Of Adults:	½ gal.				
#Of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name Of Other: _____			
4-30-26	Graham Crackers .5 oz. or 1 ea.	#Of Children:	4 ea. or 6 oz.				
	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: \_\_\_\_\_

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FPC Breakfast menu :

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

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

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### GROCERY LIST

Dates 4-1-26 to 4-3-26

Class size: 12 children / 2 adults

Date:	Purchased Units	PM – Grocery List
4-1-26	6 oz.	Tortilla Chips
	16 oz.	Refried Beans
		Water
4-2-26	~5 lbs. or 14 ea.	Apple wedges
	½ gal.	Milk
4-3-26	14 ea.	Waffles
	32 oz.	Strawberry yogurt
		Water

Dates 4-6-26 to 4-1-26

Class size: 12 children / 2 adults

Date:	Purchased Units	PM – Grocery List
4-6-26	6 oz.	Hi Ho Crackers
	<b>2 – ½ gal.</b>	<b>Milk ** Total for week **</b>
4-7-26	6 oz.	Cheez Its Crackers
	~5 lbs. or 14 ea.	Apple wedges
		Water
4-8-26	~8 lbs. or 14 ea.	Oranges
	14 ea.	Cheese Sticks
		Water
4-9-26	14 ea. or 6 oz.	Graham Crackers
	-	Milk
4-10-26	6 oz.	Tortilla Chips
	16 oz.	Refried Beans
		Water

Dates 4-13-26 to 4-17-26

Class size: 12 children / 2 adults

Date:	Purchased Units	PM – Grocery List
4-13-26	6 oz.	Kix Cereal
	<b>4 - ½ gal.</b>	<b>Milk ** Total for the week **</b>
4-14-26	14 ea.	Waffles
	-	Milk
4-15-26	6 oz.	Hi Ho Crackers
	-	Milk
4-16-26	6 oz.	Cheerios Cereal
	-	Milk
4-17-26	~8 lbs. or 14 ea.	Oranges
	6 oz.	Cheese Sticks
		Water

## GROCERY LIST

**Dates 4-20-26 to 4-24-26**

**Class size: 12 children / 2 adults**

Date:	Purchased Units	PM – Grocery List
4-20-26	14 ea. or 6 oz.	Graham Crackers
	3 - ½ gal.	Milk
4-21-26	6 oz.	Tortilla Chips
	16 oz.	Refried Beans
		Water
4-22-26	6 oz.	Hi Ho Crackers
	-	Milk
4-23-26	6 oz.	Graham Crackers
	-	Milk
4-24-26	14 ea.	Waffle
	32 oz.	Strawberry Yogurt
		Water

**Dates 4-27-26 to 4-30-26**

**Class size: 12 children / 2 adults**

Date:	Purchased Units	PM – Grocery List
4-27-26	6 oz.	Cheez Its Crackers
	2 - ½ gal.	Milk ** Total for the week **
4-28-26	~8 lbs. or 14 ea.	Oranges
	14 ea.	Cheese Sticks
		Water
4-29-26	6 oz.	Kix Cereal
	-	Milk
4-30-26	14 ea. or 6 oz.	Graham Crackers
	½ gal.	Milk

### Important Reminders:

- 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.
- 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. 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.
- 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.