









Food Prep Center – BREAKFAST MENU – May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 WG English Muffin ½ ea. Strawberry Cream Cheese 1 ea. Apricots ½ c. 1% White Milk 6 oz.
4 WG Toasty O's Cereal 1 c. Diced Pears ½ c. 1% White Milk 6 oz.	5 Egg Omelet w/ Cheese 1 ea. WG Bread 1 sl. Apricots ½ c. 1% White Milk 6 oz.	6 WG Waffle 1 ea. Tropical Fruit ½ c. 1% White Milk 6 oz.	7 Scrambled Eggs w/ Cheese & Bacon 2 oz. ea. WG Bread 1 sl. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	8 WG English Muffin ½ ea. Strawberry Cream Cheese 1 ea. Mandarin Oranges ½ c. 1% White Milk 6 oz.
11 Corn Flakes Cereal 1 c. Diced Pears ½ c. 1% White Milk 6 oz.	12 WG Pancake 1 ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	13 Sausage Patty 1 ea. WG Biscuit 1 ea. Apricots ½ c. 1% White Milk 6 oz.	14 Eggs Omelet w/ Cheese 1 ea. WG Bread 1 sl. Diced Peaches ½ c. 1% White Milk 6 oz.	15 WG English Muffin ½ ea. Strawberry Cream Cheese 1 ea. Tropical Fruits ½ c. 1% White Milk 6 oz.
18 WG Tasty O's Cereal 1 c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	19 Scrambled Eggs w/ Cheese & Bacon 2 oz. ea. WG Bread 1 sl. Diced Pears 1 ea. 1% White Milk 6 oz.	20 WG Waffle 1 ea. Apricots ½ c. 1% White Milk 6 oz.	21 Sausage Patty 1 ea. WG Biscuit 1 sl. Tropical Fruits ½ c. 1% White Milk 6 oz.	22 WG English Muffin ½ ea. Strawberry Cream Cheese 1 ea. Orange, Fresh ½ c. 1% White Milk 6 oz.
25 Memorial Day Holiday	26. Corn Flakes Cereal 1 c. Tropical Fruit ½ c. 1% White Milk 6 oz.	27 WG Pancake 1 ea. Diced Peaches ½ c. 1% White Milk 6 oz.	28 Egg Omelet w/ Cheese 1 ea WG Bread 1 sl. Apricots ½ c. 1% White Milk 6 oz.	29 Closed: EOY All Staff In-Service

Head Start – PM SNACK MENU – May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Quesadillas ½ ea.. 1 % White Milk 4 oz.
4 Plain Rice Cakes 1- ½ ea. or .5 oz. Apricots ½ c. 1% White Milk 4 oz.	5. Tortilla Chips ½ c. or .5 oz. Pico De Gallo Salsa 1 T. and Vegetarian Refried Beans 1 T. Water	6. Cheerios ¾ c. Orange slices ½ c. Agua	7. Quesadillas ½ ea.. 1% White Milk 4 oz.	8. Graham Crackers 1 ea. or .5 oz. Applesauce ½ c. Water
11. Cheez Its .5 oz or 10 ea. Strawberries ½ c. Water	12. Kix Cereal ¾ c. or .5 oz. 1% White Milk ½ c. or 4 oz.	13. Graham Crackers 1 ea. or .5 oz. 1% White Milk 4 oz.	14. Plain Rice Cakes 1- ½ ea. or .5 oz. Orange slices ½ c. 1% White Milk 4 oz.	15. Assorted Crackers 4 ea. or .5 oz. Apple Slices ½ c. Water
18. Bean and Cheese Burrito 1 ea. 1% White Milk ½ c. or 4 oz.	19. Kix Cereal ¾ c or .5 oz. 1% White Milk ½ c. or 4 oz.	20. Quesadillas ½ ea. 1% White Milk ½ c. or 4 oz.	21. Cheez Its .5 oz or 10 ea. Fresh Strawberries or Any Canned Fruit (Check Pantry) ½ c. Water	22. Graham Crackers .5 oz. or 1 ea. 1% White Milk 4 oz.
25 Memorial Day Holiday	26. Graham Crackers 1 ea. or .5 oz 1% White Milk ½ c. or 4 oz.	27. Hi Ho Crackers 4 ea. or .5 oz. Any Canned Fruits (Check Pantry) ½ c. 1% White Milk ½ c.	28. Tortilla Chips ½ c. or .5 oz. Pico De Gallo Salsa 1 T. and Vegetarian Refried Beans 1 T. Water	29. Closed: EOY All Staff In-Service

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

FPC – MENÚ DE DESAYUNO – Mayo 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
				1 Muffin inglés integral Queso crema de fresa Albaricoques 1% Leche blanca
4 WG Toasty O's Cereal Peras picadas 1% Leche blanca	5 Tortilla de huevo con queso Pan integral Albaricoques 1% Leche blanca	6 WG Waffle Frutas tropicales 1% Leche blanca	7 Huevos revueltos con queso y tocino Pan integral Curiosidades seobre la pina	8 Muffin inglés integral Queso crema de fresa Mandarinas 1% Leche blanca
11 Cereal de Corn Flakes Peras picadas 1% Leche blanca	12 Panqueque Curiosidades seobre la pina 1% Leche blanca	13 Hamburguesa de salchicha Galleta integral Albaricoques	14 Tortilla de huevo con queso Pan integral Duraznos picadas 1% Leche blanca	15 Muffin inglés integral Queso crema de fresa Frutas tropicales 1% Leche blanca
18 WG Toasty O's Cereal Curiosidades seobre la pina 1% Leche blanca	19 Huevos revueltos con queso y tocino Pan integral Peras picadas 1% Leche blanca	20 WG Waffles Albaricoques 1% Leche blanca	21 Hamburguesa de salchicha Galleta integral Frutas tropicales 1% Leche blanca	22 Muffin inglés integral Queso crema de fresa Naranja fresca 1% Leche blanca
25 Día Festivo	26 Cereales Corn flakes Frutas tropicales 1% Leche blanca	27 Panqueque Duraznos picadas 1% Leche blanca	28 Tortilla de huevo con queso Pan integral Albaricoques 1% Leche blanca	29 Cerrqado: Fin de Año Todo el Personal En servicio

Head Start – MENÚ DE BOCADILLOS PM – Mayo 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
				1. Quesadillas 1% Leche blanca
4 Tortas de arroz Albaricoques 1% Leche blanca	5. Chips de tortilla Pico de gallo Frijoles refritos vegetarianos Agua	6. Cheerios Rodajas de naranja Agua	7. Quesadillas 1% Leche blanca	8. Galletas de graham Compota de manzana Agua
11. Galletas de Cheez Its Fresas Agua	12. Cereal de Kix 1% Leche blanca	13. Galletas de graham 1% Leche blanca	14. Tortas de arroz Rodajas de naranja 1% Leche blanca	15. Galletas variadas Rodajas de manzana Agua
18. Burito de alubias y queso 1% Leche blanca	19. Cereal de Kix 1% Leche blanca	20. Quesadillas 1% Leche blanca	21. Galletas de Cheez Its Fresas fresca o Cualquier fruta enlata(revisa la despensa) Agua	22. Galletas de graham 1% Leche blanca
25. Día Festivo	26. Galletas de graham 1% Leche blanca	27. Galletas de Hi Ho 1% Leche blanca	28. Chips de tortilla Pico de gallo Frijoles refritos vegetarianos Agua	29. Cerrqado: Fin de Año Todo el Personal En servicio

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

MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 5-1-2026

Estimated meal 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.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
5-1-26	WG Flour Tortillas ½ ea. or .5 oz.	#of Children:	12 @ ½ ea.				
	Jack Cheese .5 oz.	#of Adults:	12 oz.				
	1% White Milk ½ c. or 4 oz.		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 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

Center: _____

Teacher: _____

Week of 5-4-2026 thru 5-8-2026

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
5-4-26	Plain Rice Cakes .5 oz. or 1-1/2 ea.	#of Children: 14 oz.	14 oz.				
	Apricots ½ c.	#of Adults: 16 oz.	1-#10 can or 7-15 oz. can				
	1% White Milk ½ c. or 4 oz.		1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
5-5-26	Tortilla Chips ½ c. or .5 oz.	#of Children:	12 oz.				
	Pico De Gallo Salsa 1 T	#of Adults:	16 oz.				
	Vegetarian Refried Beans 2 T.		2-15 oz. can				
	Water		-				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
5-6-26	Cheerios ¾ c. or .5 oz.	#of Children:	12 oz.				
	Orange slices ½ c.	#of Adults:	13.75 lbs.				
	1% White Milk		1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
5-7-26	WG Flour Tortillas ½ ea. or .5 oz.	#of Children:	12 @ ½ ea.				
	Jack Cheese .5 oz.	#of Adults:	12 oz.				
	1% White Milk ½ c. or 4 oz.		1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
5-8-26	Graham Crackers 1 ea or .5 oz.	#of Children:	14 oz.				
	Applesauce ½ c.		2-48 oz. jar				
	Water	#of Adults:	-				
# 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

Center: _____

Teacher: _____

Week of 5-11-2026 thru 5-15-2026

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
5-11-26	Cheez Its 10-ea. or .5 oz.	#of Children:	14 oz.				
	Fresh Strawberries ½ c.	#of Adults:	6.75 lbs.				
	Water		-				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free- _____	Name of Other - _____			
5-12-26	Kix Cereal ¾ c. or .5 oz.	#of Children:	18 oz.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free- _____	Name of Other - _____			
5-13-26	Graham Crackers .5 oz. or 1 ea.	#of Children:	14 oz.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free- _____	Name of Other - _____			
5-14-26	Plain Rice Cakes .5 oz. or 1-1/2 ea.	#of Children:	14 oz.				
	Orange slices ½ c.	#of Adults:	13.75 lbs.				
	1% White Milk ½ c. or 4 oz.		1 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free- _____	Name of Other - _____			
5-15-26	Assorted Crackers 4 ea. or .5 oz.	#of Children:	12 oz.				
	Apple Slices ½ c.	#of Adults:	3.25 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 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

Center: _____

Teacher: _____

Week of 5-18-2026 thru 5-22-2026

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
5-18-26	Bean and Cheese Burrito	<i>#of Children:</i>	24 ea.				
	1% White Milk ½ c. or 4 oz.	<i>#of Adults:</i>	1 gal.				
			-				
# of children	Milk Substitutions ½ c.	Soy Milk -	Lactose Free-	Name of Other - _____			
5-19-26	Kix Cereal ¾ c. or .5 oz.	<i>#of Children:</i>	18 oz.				
	1% White Milk ½ c. or 4 oz.	<i>#of Adults:</i>	1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk -	Lactose Free-	Name of Other - _____			
5-20-26	WG Flour Tortilla ½ ea.	<i>#of Children:</i>	12 @ ½ sl.				
	Jack Cheese .5 oz.	<i>#of Adults:</i>	12 oz.				
	1% White Milk ½ c. or 4 oz.		1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk -	Lactose Free-	Name of Other - _____			
5-21-26	Cheez Its 10-ea. or .5 oz.	<i>#of Children:</i>	14 oz.				
	Frozen Strawberries ½ c. or 1- #10 can any fruit (check pantry)		6.75 lbs. or 1 - #10 can				
	Water	<i>#of Adults:</i>	-				
# of children	Milk Substitutions ½ c.	Soy Milk -	Lactose Free-	Name of Other - _____			
5-22-26	Graham Crackers 1 ea or .5 oz.	<i>#of Children:</i>	14 oz.				
	1% White Milk ½ c or 4 oz.	<i>#of Adults:</i>	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 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

Center: _____

Teacher: _____

Week of 5-25-26 thru 5-29-26

Estimated meal 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
8-25-2025	Memorial Day Holiday	#of Children:					
		#of Adults:					
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free- _____	Name of Other - _____			
5-26-26	Graham Crackers 1 ea. or .5 oz.	#of Children:	14 oz.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free- _____	Name of Other - _____			
5-27-26	Hi Ho Crackers 4 ea. or .5 oz.	#of Children:	12 oz.				
	Any Canned Fruit (Check Pantry)		1- #10 can				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free- _____	Name of Other - _____			
5-28-26	Tortilla Chips ½ c. or .5 oz.	#of Children:	12 oz.				
	Pico De Gallo Salsa and Vegetarian Refried Beans 2 T.	#of Adults:	16 oz. 2-15 oz. can				
	Water						
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free- _____	Name of Other - _____			
5-29-26	E-O-Y In-Service	#of Children:	12 @ ½ sl.				
		#of Adults:	12 oz.				
			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 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): _____

GROCERY LIST

Dates: **5-1-2026**

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
5-1-26	12 @ ½ ea.	WG Tortillas
	12 oz.	Jack Cheese
	1 gal	1 % White Milk -Total for the week

Date: **5-4-2026 thru 5-8-2026**

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
5-4-26	14 oz.	Plain Rice Cakes
	7- 15 oz. can	Apricots
	3- 1 gal	1% White Milk –Total for the week
5-5-26	12 oz.	Tortilla Chips
	16 oz.	Pico De Gallo Salsa
	24 oz.	Vegetarian Refried Beans
	-	Water
5-6-26	12 oz.	Cheerios
	13.75 lbs.	Orange - sliced
	*	1% White Milk
5-7-26	12 @ ½ ea.	WG Flour Tortillas
	12 oz.	Jack Cheese
	*	1% White Milk
5-8-26	14 oz.	Graham Crackers
	2-48 oz. Jar	Applesauce
	-	Water

Date: **5-11-2026 thru 5-15-2026**

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
5-11-26	14 oz.	Cheez Its Crackers
	6.75 lbs.	Strawberries
	-	Water
5-12-26	18 oz.	Kix Cereal
	3 – 1 gal.	1% White Milk –Total for the week
5-13-26	14 oz.	Graham Crackers
	*	1% White Milk
5-14-26	14 oz.	Plain Rice Cakes
	13.75 lbs.	Orange - sliced
	*	1% White Milk
5-15-26	12 oz.	Assorted Crackers
	3.25 lbs.	Apples
	-	Water

GROCERY LIST

Date: 5-18-2026 thru 5-22-2026

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
5-18-26	12 oz.	Bean and Cheese Burrito
	4 -1 gal.	1% White Milk- **Total for the week
5-19-26	18 oz.	Kix Cereal
	*	1% White Milk
5-20-26	12 @ ½ sl.	WG Flour Tortilla
	12 oz.	Jack Cheese
	*	1 % White Milk
5-21-26	14 oz.	Cheez Its Crackers
	6.75 lbs.	Fresh Strawberries or 1-#10 can of Any Fruit from your pantry
	-	Water
5-22-26	14 oz.	Graham Crackers
	*	1% White Milk

Date: 5-25-2026 thru 5-29-2026

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
5-25-26	Holiday	
5-26-26	14 oz.	Graham Crackers
	2 – 1 gal.	1% White Milk – **Total for the week
5-27-26	12 oz.	Hi Ho Crackers
		1 -# 10 can of Any Canned Fruits from your pantry
	*	1% White Milk
5-28-26	12 oz.	Tortilla Chips
	16 oz.	Pico De Gallo Salsa
	24 oz.	Vegetarian Refried Beans
	-	Water
5-29-26	All staff In-Service	

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.

