

**ANNUAL REPORT TO THE CITY OF MONROVIA ON OPTIONS FOR LEARNING FULL-DAY PRESCHOOL/HEAD START/SURROUND CARE/CHILD CARE SERVICES-FAMILY CHILD CARE HOMES FOR YEAR 2017-2018**

<b>Options for Learning Programs:</b>		<b>Full-day Preschool</b>	<b>Head Start</b>	<b>Surround Care</b>	<b>Child Care Services -Family Child Care Homes</b>
<b>A. Population Served</b>					
<b>1 Overall Counts</b>					
a.	Number of children who were enrolled during the school year.	28	49	26	54
b.	Number of children who dropped out during the school year.	3	18	3	14
c.	Number of children below federal poverty level:	12	37	2	54
d.	Number of children who were handicapped:	0	2	0	0
e.	Number of Families	26	44	17	31
<b>2 Ethnic Breakdown of Children</b>					
	Hispanic	15	36	15	16
	Caucasian, non-Hispanic	9	5	8	3
	Black	2	4	2	32
	Asian/Pacific Islander	2	2	1	3
	Other (American Indian)	0	2	0	0
	<b>Total</b>	<b>28</b>	<b>49</b>	<b>26</b>	<b>54</b>
<b>3 Primary Languages</b>					
	English	26	32	26	53
	Spanish	1	14	0	1
	Cantonese, Mandarin, other Chinese	1	0	0	0
	Vietnamese	0	1	0	0
	Other	0	2	0	0
	<b>Total</b>	<b>28</b>	<b>49</b>	<b>26</b>	<b>54</b>
<b>4 Residence (at enrollment)</b>					
	Monrovia	10	26	16	20
	Arcadia	8	8	1	3
	Duarte	3	7	0	13
	Other	7	3	9	18
<b>5 Ages of Children Served</b>					
		3to5	3to5	4.9-12	0to12
<b>B. Parent Education</b>					
1	Number of parents who have volunteered in classroom & received hands-on parenting child development education:	10	35	N/A	N/A
2	Number of parents who attended parent education workshops	30	30	22 (workshops, family night)	N/A

**ANNUAL REPORT TO THE CITY OF MONROVIA ON OPTIONS FOR LEARNING FULL-DAY PRESCHOOL/HEAD START/SURROUND CARE/CHILD CARE SERVICES-FAMILY CHILD CARE HOMES FOR YEAR 2017-2018**

<b>Options for Learning Programs:</b>		<u>Full-day Preschool</u>	<u>Head Start</u>	<u>Surround Care</u>	<u>Child Care Services-Family Child Care Homes</u>	
<b>C. Volunteer Time</b>						
1	Total number of volunteers including parents:	10	35	N/A	N/A	
2	Total number of volunteer hours	115	527	N/A	N/A	
<b>D. Medical Services</b>						
<b>1 Number of children who:</b>						
	a.	had physical exams	28	38	N/A	N/A
	b.	had dental exams	20	29	-	-
	c.	are up-to-date on immunizations	28	46	-	-
	d.	needed follow-up medical services	0	0	-	-
	e.	received follow-up medical services	0	0	-	-
	f.	needed follow-up dental services	8	1	-	-
	g.	received follow-up dental services	0	0	-	-
<b>E. Social Services</b>						
1	Total number of families:	28	44	17	42	
2	Number receiving social services directly from Options for Learning	0	0	N/A	N/A	
3	Number receiving social services through referral to other public and private agencies:	0	3	0	0	
<b>F. Meal Types Provided to Children This Year</b> (Also attach a menu for one month)						
1	Breakfast	YES	YES	YES	YES	
	Lunch	YES	YES	NO (Bring their own)	YES	
	Afternoon Snack	YES	YES	YES	YES	
<b>G. Classroom Learning</b>						
<b>1 Brief description of learning objects/activities this year: (See Addendum A)</b>						
2	List sample field trips this year:	Monrovia Fire Dept.	Monrovia Library	Farm		
		Monrovia Library	Monrovia Rec Park	Pomona Fairplex		
		Library		Seaside Lagoon		
				Redondo Beach		
				CA Science Center		
				Engineering Video		
<b>3 List special events &amp; community resource people/presentations (See Addendum B)</b>						

**ANNUAL REPORT TO THE CITY OF MONROVIA ON OPTIONS FOR LEARNING FULL-DAY PRESCHOOL/HEAD START/SURROUND CARE/CHILD CARE SERVICES-FAMILY CHILD CARE HOMES FOR YEAR 2017-2018**

<b>Options for Learning Programs:</b>		<b>Full-day Preschool</b>	<b>Head Start</b>	<b>Surround Care</b>	<b>Child Care Services-Family Child Care Homes</b>
<b>H. Value of all Options services to Monrovia this year (July 1 to June 30):</b>					
1	Full-day Preschool				\$317,549
2	Head Start				\$476,623
3	Surround Care				\$181,877
4	Family Child Care Food Program				\$37,159
5	Child Care Services-Family Child Care Homes				\$261,045
<b>Total</b>					<b>\$1,274,253</b>
<b>I. Agency Wide Total Revenues and Expenses for FY 2016-17</b>					
1	Overall Revenues				\$86,183,940
2	Overall Expenses				\$82,928,415

## ADDENDUM A

### G. Classroom Learning

#### Full-day Preschool

1. Brief description of learning objects/activities this year:

Full-day Preschool provides a quality full-day preschool program for 24 children Monday-Friday, twelve months of the year. Our classroom curriculum, High-Scope, is implemented throughout the daily routine preparing children and their families to transfer to kindergarten in the fall. Based on children's progress and assessments, daily lesson plans are developed around each child's individual needs to support each child in all areas of development.

#### Head Start

1. Brief description of learning objects/activities this year:

The Head Start program is designed to prepare children for success in Kindergarten. Some enrolled children will be enrolling in Kindergarten at the end of the Head Start program year and some enrolled children will return for a second year in Head Start due to their age. Children, who are enrolled in the classroom model, are actively involved in variety of activities each day including: letter recognition, counting, problem solving, experimenting and exploring, enjoying books and developing pre-reading skills, taking turns and working in a group, and increasing vocabulary and the ability to use words to solve conflicts. Our program is individualized for each child including children with special needs. Learning comes thru hands on activities and direct interaction with other children and adults. Parents are welcomed into the classroom each day and support children's learning in a variety of ways.

Some children are enrolled in the home based model of Head Start which means the Head Start teacher comes to their home each week for individualized instruction. The teacher and the parent work together to provide a rich, preschool experience for the child in his/her own home. The curriculum used in our home based program emphasizes using everyday items found in the child's home as teaching tools. Counting cereal boxes, identifying alphabet letters on food cans from the kitchen and learning to categorize by sorting clothes from the dryer are some examples of learning opportunities in the home. Twice a month children enrolled in the home based model meet together with the teacher for a group experience. Once a month this group experience is held in the Head Start classroom and once a month the group meets in the local library, park or another local space where children can have a social, educational experience with the other children.

#### Surround Care

1. Brief description of learning objects/activities this year:

Options for Learning Surround Care at Plymouth in Monrovia continues to offer and provide a quality program that supports educational success through our curriculum rich focus on Science, Technology, Engineering, Arts, and Math (STEAM), Harvest of the Month, 6 Pillars of Character (Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship) and an Anti-bullying curriculum. By placing an emphasis on one of the 6 Pillars of Character every month

## **ADDENDUM A- Continued**

throughout the year, our staff send a clear message to the students: Bullying is not something a person of character should do. Our staff creates an environment in which bullying is not acceptable and not tolerated by including activities such as role playing on how to be responsible, to be honest and to be caring.

Our staff at Plymouth provide opportunities to extend the learning for the children and develop the skills that assist them to reach their fullest potential. The children created a garden that consisted of broccoli, cauliflower, cabbage, peppers, cilantro, artichoke, kale and tomatoes. In addition, the staff have incorporated cooking activities into the Harvest of the Month curriculum, i.e. stir fry with broccoli and carrots, salsa with tomatillos and onions. The children learned about the history of the vegetable(s) such as the country in which it originated from and its health benefits. Not only did the activity engage the children's involvement but it also provided an educational experience for them.

Our staff also planned and implemented STEAM activities such as making airplanes out of popsicle sticks and spoons, volcanoes with baking soda and vinegar and learning about the chemical reaction of vinegar, soda and water. The staff also implemented an activity where the children learned about different languages through the use of the computers in the classroom to translate the stories that they wrote.

Last but not least, the children also participated in field trips to The Farm at Pomona Fairplex, the Seaside Lagoon in Redondo Beach and the California Science Center where the children watched a video focusing on Engineering.

### **CHILD CARE FCCHE Network**

#### **1. Brief description of learning objects/activities this year:**

Child Development and quality improvement information is disseminated via handouts, one-on-one and/or group discussions with the child care provider during home visits and/or trainings.

Family Child Care Environment Rating Scale Visits conducted:

- Technical assistance provided prior to FCCERS visit
- Follow-up with a Quality Improvement Plan or Goals & Objectives Plan
- Health & Safety visits
- Technical assistance for FCCHEN Child Portfolio
- Technical assistance for Age-appropriate Curriculums

### **CHILD CARE FCCHE Network**

Materials and supplies furnished to family child care providers:

- Portfolio Samples
- Curriculum calendars
- Slot & Build Texture Shapes
- Let's Get Talking Prompt Box

## **ADDENDUM B**

### **G. Classroom Learning**

3. List special event and community resource people/presentation:

#### **Full-day Preschool**

- Dental Screens: provided by dentists in the San Gabriel Valley.
- Kindergarten Transition: Activities such as visits from local Kindergarten after school programs.
- Bi-Monthly Parent Education Meetings: topics include: Curriculum, Child Development, Nutrition, and more.
- School readiness activities with an emphasis in early literacy.

#### **Head Start**

3. List special event and community resource people/presentation:

All children had their vision screened by UCLA and their hearing screening from the Hear Center. Children who are found to need glasses receive a free pair of glasses thru our partnership with UCLA. These community partners bring valuable services right to the center in Recreation Park. The local librarian supports our pre-reading goals by providing books and visiting the classroom. A field trip, planned by staff in collaboration with the parents, will be the highlight of the end of the year activities in May.

#### **CHILD CARE FCCHE Network**

3. List special events and community resources people/presentations: N/A

#### **Presentations and Child Development Trainings:**

- Immunization and You
- Learning Environments That Foster Inclusion of Child & Disabilities
- Developing Culturally Responsive Family-Educator Relationships
- Learning Through Relationships with Infants
- A Holistic Approach to Understanding Infant & Toddler Development & Learning
- Building A Strong Sense of Professionalism As a FCCP
- Essentials For Developing Your Early Care and Education Program Philosophy
- Understanding The Spread of Disease & Health Policies
- Joyful Noise! Music in Education
- Cultivating The Leader in You
- Anti-Bias Curriculum
- Babies-Culture & Raising Children
- Hiring A Child Care Assistant
- Socialization & Guidance Strategies In Young Children's Best Interest
- Observation, Screening, Assessment and Documentation
- Health & Safety and Nutrition
- Administration and Supervision
- Leadership in Early Childhood Education
- Infant/Toddler Cognition Including Math & Science

## **ADDENDUM B- Continued**

- The Importance of Bilingualism
- I Am A Leader: I Am An Agent Of Change
- Positive Interactions In Educational Environments
- Evaluating Quality Child Care and Observing The Center
- Child With Different Abilities: Rights and Inclusion
- Conflict Resolution Strategies With Staff and Colleagues
- Professionalism: My Way Of Acting
- Health Living: Safety Nutrition and Exercise
- Tax/Record Keeping
- Social and Emotional Development
- Relationship, Interactions and Guidance
- Planning and Guiding Early Learning and Development
- Creating and Maintaining Program Policies and Practices
- Autism (part 1 & 2)
- Fostering Emotional Literacy
- Developing & Sustaining Parent Engagement

### **Staff Development Trainings:**

- California Preschool Learning Foundations Volume 1, English Language Development: Reading Concepts about Print
- Educator Workshop for Systems and Interactions
- Communicating with Parents When Concerns Arise
- PSE Webinar
- DRDP and the ERS Webinar
- DRDP Summary of Findings Webinar
- CMR Preparedness Webinar
- 12 Month Eligibility Webinar
- Family Child Care Environment Rating Scale (FCCERS) training

### **Parent Involvement Workshops (PAC):**

- Reporting Health & Safety concerns and/or complaints
- Community Resources
- Science
- Technology
- Engineering
- Art
- Math
- Multi-Cultural

**Options Child Care Center Food Program**

11/30/2017



**PRESCHOOL MENU**

**MENU 1**

REQUIREMENT:	SERVING SIZE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST--THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)</b>						
Grains	1/2 slice or 3/4 cup	Cheerios (or other dry cereal)	Whole Grain Cinnamon Toast	Wheat Cereal (or other dry cereal)	Whole Grain 1/2 Bagel	Crispy Rice/ Rice Krispies (or other dry cereal)
Vegetables/Fruit/both	1/2 cup	Orange Wedges (or Seasonal Fruit)	Canned Apricot (or Seasonal Fruit)	Cantaloupe (or Seasonal Fruit)	Pears (or Seasonal Fruit)	Banana Slices (or Seasonal Fruit)
Milk	3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
extra item					Cream Cheese	
<b>LUNCH--ALL FIVE COMPONENTS</b>						
Meat or Meat Alternatives	1 1/2 oz.	Turkey Sandwich	Chicken Roll Up	Make Your Own	Chili Beans	Natural Cheese Sandwich
Vegetable	1/4 cup	Dark Green Salad	Celery Sticks	Lettuce & Tomatoes	Carrot Sticks	Peas & Carrots
Fruit	1/4 cup	Red Apple (or Seasonal Fruit)	Peaches (or Seasonal Fruit)	Banana (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)	Oranges (or Seasonal Fruit)
Grains	1/2 oz. 1/2 slice	Whole Grain Bread	Whole Grain Tortillas	Whole Grain Corn Tortillas	Whole Grain Cornbread Muffin	Whole Grain Pita Bread
Milk	3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
extra item						
<b>SNACK--TWO OF THE FIVE COMPONENTS</b>						
Meat or Meat Alternatives	1/2 oz.					String Cheese
Vegetable	1/2 cup				Cabbage and Carrot Salad	
Fruit	1/2 cup	Mixed Fruit (or Seasonal Fruit)	Pears (or Seasonal Fruit)	Whole Grain Graham Crackers	Pineapple (or Seasonal Fruit)	Fuji Apples Slices (or Seasonal Fruit)
Grains	1/2 oz.	Club Crackers	Cheese Crackers			
Milk	1/2 cup			1% Non-Flavored Milk		
extra item						



Options Child Care Center Food Program

11/30/2017



**PRESCHOOL MENU**

**MENU 2**

**REQUIREMENT: SERVING SIZE**

**BREAKFAST—THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)**

**FRIDAY**

**THURSDAY**

**WEDNESDAY**

**TUESDAY**

**MONDAY**

**Grains** 1/2 slice or 3/4 cup

Whole Grain  
1/2 English Muffin

Special "K"  
(or other dry cereal)

Blueberry Muffin  
(or other muffin)

Corn Flakes  
(or other dry cereal)

**Vegetables/Fruit/or both** 1/2 cup

Honeydew  
(or Seasonal Fruit)

Cinnamon Applesauce

Peaches  
(or Seasonal Fruit)

**Milk** 3/4 cup

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

extra item

Jam

**LUNCH—ALL FIVE COMPONENTS**

**Meat or Meat** 1 1/2 oz

Roast Beef Roll Up

Diced Chicken

Children Make Their Own  
Bean & Cheese Tostada

Turkey Slices  
Sandwich

Chicken Hummus Gyro

**Vegetable** 1/4 cup

Cabbage & Carrot Salad

Celery & Carrot Sticks

Shredded Lettuce &  
Diced Tomatoes Salad

Zucchini Slices

Cucumber  
& Sliced Tomatoes

**Fruit** 1/4 cup

Apricot

Pineapple  
(or Seasonal Fruit)

Pears  
(or Seasonal Fruit)

Peaches  
(or Seasonal Fruit)

Mandarin Oranges  
(or Seasonal Fruit)

**Grains** 1/2 oz 1/2 slice

Whole Grain  
Tortilla

Whole Grain  
Roll

Whole Grain  
Tostada

Whole Grain  
Bread

Whole Grain  
Pita Bread

**Milk** 3/4 cup

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

extra item

**SNACK—TWO OF THE FIVE COMPONENTS**

**Meat or Meat** 1/2 oz.

Hummus

Cheese Cubes

**Vegetable** 1/2 cup

Raw Vegetables

Cucumbers

Apple Juice  
(or other fruit juice)

**Fruit** 1/2 cup

Satlines

Wheat Thins

Cinnamon Toast

Pretzels

**Grains** 1/2 oz.

Satlines

Wheat Thins

Cinnamon Toast

Pretzels

**Milk** 1/2 cup

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

extra item

Options Child Care Center Food Program

11/30/2017



**PRE-SCHOOL MENU**

**MENU 3**

REQUIREMENT:	SERVING SIZE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST—THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)</b>						
Grains	1/2 slice or 3/4 cup	Wheat Cereal (or other dry cereal)	Bran Muffin (or other muffin)	Crispy Rice/ Rice Krispies (or other dry cereal)	Oatmeal	Cheerios (or other dry cereal)
Vegetables/Fruit/or both	1/2 cup	Peaches (or Seasonal Fruit)	Cantaloupe (or Seasonal Fruit)	Apricots (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)	Banana Slices (or Seasonal Fruit)
Milk	3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
extra item						
<b>LUNCH—ALL FIVE COMPONENTS</b>						
Meat or Meat Alternatives	1 1/2 oz	Turkey and Cheese	Fish Sticks	BBQ Beef Sandwich	Turkey Salad	Whole Grain Chicken Nuggets
Vegetable	1/4 cup	Dark Green Salad	Green Peas	Carrot Sticks	Cabbage and Carrot Salad	Broccoli
Fruit	1/4 cup	Apricots (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)	Pineapple (or Seasonal Fruit)	Pears (or Seasonal Fruit)	Fuji Apple Slices (or Seasonal Fruit)
Grains	1/2 oz 1/2 slice	Whole Grain English Muffin	Whole Grain Roll	Whole Grain Hamburger Bun	Whole Grain Crackers	Whole Grain Biscuit
Milk	3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
extra item						
<b>SNACK—TWO OF THE FIVE COMPONENTS</b>						
Meat or Meat Alternatives	1/2 oz.		String Cheese		Yogurt	
Vegetable	1/2 cup					
Fruit	1/2 cup	Apples (or Seasonal Fruit)	Pears (or Seasonal Fruit)	Bananas (or Seasonal Fruit)	Peaches (or Seasonal Fruit)	Grape Juice (or other fruit juice)
Grains	1/2 oz.	Cheese Crackers		Club Crackers		Whole Grain Graham Crackers
Milk	1/2 cup					
extra item						

Options Child Care Center Food Program

11/30/2017



**PRESCHOOL MENU**

**MENU 4**

**REQUIREMENT:**

**BREAKFAST—THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)**

	SERVING SIZE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grains	1/2 slice or 3/4 cup	Special "K" (or other dry cereal)	1/2 Whole Grain Bagel	Rice Chex (or other dry cereal)	Blueberry Muffin (or other muffin)	Corn Flakes (or other dry cereal)
Vegetables/Fruit/both	1/2 cup	Peaches (or Seasonal Fruit)	Green Apples (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)	Orange Wedges (or Seasonal Fruit)	Banana Slices (or Seasonal Fruit)
Milk	3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
extra item			Cream Cheese			

**LUNCH—ALL FIVE COMPONENTS**

Meat or Meat Alternatives	1 1/2 oz	Roast Beef Minestrone Soup	Grilled Chicken with Teriyaki Sauce	Black Beans	Turkey and Cheese Roll Up	Diced Chicken Salad
Vegetable	1/4 cup	Tomato Slices	Carrot Sticks	Cucumbers & Tomatoes	Celery Sticks	Broccoli
Fruit	1/4 cup	Apples (or Seasonal Fruit)	Mandarin Oranges (or Seasonal Fruit)	Pineapple (or Seasonal Fruit)	Peaches (or Seasonal Fruit)	Pears (or Seasonal Fruit)
Grains	1/2 oz 1/2 slice	Whole Grain Bread	Whole Grain Pita	Whole Grain Corn Muffin	Whole Grain Tortilla	Whole Grain English Muffin
Milk	3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
extra item						

**SNACK--TWO OF THE FIVE COMPONENTS**

Meat or Meat Alternatives	1/2 oz.					
Vegetable	1/2 cup			Green Salad	Cucumbers & Tomatoes	
Fruit	1/2 cup	Pears (or Seasonal Fruit)	Bananas (or Seasonal Fruit)			Applesauce
Grains	1/2 oz.	Whole Grain Animal Crackers		Wheat Thins	Rice Cake	Pretzels
Milk	1/2 cup	1% Non-Flavored Milk	1% Non-Flavored Milk			
extra item					Cream Cheese	

USDA is an equal opportunity provider and employer.

Options Child Care Center Food Program

11/30/2017



**PRE-SCHOOL MENU**

**MENU 5**

REQUIREMENT:	SERVING SIZE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST—THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)</b>						
<b>Grains</b>	1/2 slice or 3/4 cup	Crispy Rice/ Rice Krispies (or other dry cereal)	1/2 Whole Wheat English Muffin	Cheerios (or other dry cereal)	Whole Grain Cinnamon Toast	Whole Wheat Cereal (or other dry cereal)
<b>Vegetables/Fruit/or both</b>	1/2 cup	Peaches (or Seasonal Fruit)	Cantaloupe (or Seasonal Fruit)	Pear (or Seasonal Fruit)	Orange Wedges (or Seasonal Fruit)	Banana (or Seasonal Fruit)
<b>Milk</b>	3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
<b>extra item</b>			Jam			
<b>LUNCH—ALL FIVE COMPONENTS</b>						
<b>Meat or Meat Alternatives</b>	1 1/2 oz	Sliced Turkey Roll-Ups	Diced Chicken	Fish Tacos	Meatball Sandwich with Marinara Sauce	Natural Cheese Slices
<b>Vegetable</b>	1/4 cup	Tomato Soup	Celery & Carrot Sticks	Cabbage and Carrot Salad	Dark Green Salad	Green Salad & Sliced Tomatoes
<b>Fruit</b>	1/4 cup	Fuji Apples Slices (or Seasonal Fruit)	Bananas (or Seasonal Fruit)	Pineapple (or Seasonal Fruit)	Peaches (or Seasonal Fruit)	Mix Fruit (or Seasonal Fruit)
<b>Grains</b>	1/2 oz 1/2 slice	Whole Grain Tortillas	Whole Grain Pita Bread	Whole Grain Corn Tortillas	Whole Grain Roll	Whole Grain English Muffins
<b>Milk</b>	3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
<b>extra item</b>			Jam	Cilantro/Lemon		
<b>SNACK—TWO OF THE FIVE COMPONENTS</b>						
<b>Meat or Meat Alternatives</b>	1/2 oz.	Party Sandwiches				
<b>Vegetable</b>	1/2 cup	Tomato Slices		Yogurt	Hummus	
<b>Fruit</b>	1/2 cup	Cucumber Slices	Grape Juice (or other fruit juice)	Mixed Fruit (or Seasonal Fruit)	Cucumber	Apples (or Seasonal Fruit)
<b>Grains</b>	1/2 oz.	Whole Grain Bread	Graham Crackers			Cheese Crackers
<b>Milk</b>	1/2 cup					
<b>extra item</b>		Cream Cheese				

USDA is an equal opportunity provider and employer.

Options Child Care Center Food Program

11/30/2017



**PRE-SCHOOL MENU**

**MENU 6**

REQUIREMENT: BREAKFAST—THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Grains</b> 1/2 slice or 3/4 cup	Rice Chex (or other dry cereal)	Oatmeal	Corn Flakes (or other dry cereal)	Bran Muffin (or other muffin)	Special "K" (or other dry cereal)
<b>Vegetables/Fruit/or both</b> 1/2 cup	Peaches (or Seasonal Fruit)	Mixed Canned Fruit (or Seasonal Fruit)	Orange Wedges (or Seasonal Fruit)	Red Apple Slices (or Seasonal Fruit)	Banana Slices (or Seasonal Fruit)
<b>Milk</b> 3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
<i>extra item</i>					

**LUNCH—ALL FIVE COMPONENTS**

<b>Meat or Meat Alternatives</b> 1 1/2 oz	Sliced Beef & Swiss	Grilled Chicken Fajita	Cheese Pizza	Diced Turkey Salad	BBQ Beef
<b>Vegetable</b> 1/4 cup	Tomato Soup	Spinach w/ Cheese Sprinkles	Dark Green Salad	Green Peas	Cabbage and Carrot Salad
<b>Fruit</b> 1/4 cup	Pears (or Seasonal Fruit)	Banana (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)	Pineapple (or Seasonal Fruit)	Pears (or Seasonal Fruit)
<b>Grains</b> 1/2 oz 1/2 slice	Whole Grain Pita Bread	Whole Grain Tortilla	Whole Grain Pizza Crust	Whole Grain Crackers	Whole Grain Hamburger Bun
<b>Milk</b> 3/4 cup	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
<i>extra item</i>		Cheese Sprinkles			

**SNACK—TWO OF THE FIVE COMPONENTS**

<b>Meat or Meat Alternatives</b> 1/2 oz.				Cheese Cubes	
<b>Vegetable</b> 1/2 cup	Green Salad			Raw Vegetables	
<b>Fruit</b> 1/2 cup		Pineapple Chunks (or Seasonal Fruit)	Apricots (or Seasonal Fruit)		Peaches (or Seasonal Fruit)
<b>Grains</b> 1/2 oz.	Pretzels	Rice Cakes	Whole Grain Animal Crackers		Whole Grain Cinnamon Toast
<b>Milk</b> 1/2 cup					
<i>extra item</i>		Cream Cheese			

**Options Child Care Center Food Program**

*School Age Menu*

**MENU 1**

REQUIREMENT: SERVING SIZE MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY



11/30/17

**BREAKFAST—THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)**

**Grains** 1 cup/ 1 slice/ 1 serving

Cheerios  
(or other dry cereal)

Whole Grain  
Cinnamon Toast

Wheat Cereal  
(or other dry cereal)

Whole Grain  
1/2 Bagel

Crispy Rice/  
Rice Krispies

**Vegetable/Fruit/for both** 1/2 cup

Orange Wedges  
(or Seasonal Fruit)

Cantaloupe  
(or Seasonal Fruit)

Pears  
(or Seasonal Fruit)

Banana Slices  
(or Seasonal Fruit)

**Milk** 8 oz.

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

Extra Item

Cream Cheese

**SNACK—TWO OF THE FIVE COMPONENTS**

**Meat or Meat Alternative** 1 oz./ 1/4 cup

Turkey Sandwiches

Sliced Turkey

String Cheese

Vegetarian

**Vegetable** 3/4 cup

Raw Vegetables

Green Salad

Baked Beans

**Fruit** 3/4 cup

Bellpeppers

Pears

Apples  
(or Seasonal Fruit)

**Grains** 1 cup/ 1 slice/ 1 serving

Whole Grain

Whole Grain

Whole Grain

Whole Grain

**Milk** 8 oz.

Pita Bread

Corn Muffin

Lime/Dressing

Mayo

Extra Item

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

**Options Child Care Center Food Program**

**School Age Menu**

**MENU 2**



11/30/17  
FRIDAY

REQUIREMENT:	SERVING SIZE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST--THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)</b>						
<b>Grains</b>	1 cup/ 1 slice/ 1 serving	Corn Flakes (or other dry cereal)	Blueberry Muffin (or other muffin)	Special "K" (or other dry cereal)	Whole Grain 1/2 English Muffin	Rice Chex (or other dry cereal)
<b>Vegetable/Fruit/for both</b>	1/2 cup	Peaches (or Seasonal Fruit)	Cinnamon Applesauce	Honeydew (or Seasonal Fruit)	Banana (or Seasonal Fruit)	Mixed Fruit (Apple, Pears & Oranges)
<b>Milk</b>	8 oz.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
<b>Extra Item</b>					Jam	
<b>SNACK--TWO OF THE FIVE COMPONENTS</b>						
<b>Meat or Meat Alternative</b>	1 oz./ 1/4 cup		Hummus	Burrito Vegetarian	Flower Fruit Bread	Egg Salad
<b>Vegetable</b>	3/4 cup	Cabbage Salad	Cucumbers	Shredded Cheese		
<b>Fruit</b>	3/4 cup	Mandarin Oranges		Refried Beans	Mixed Fruit (Apple, Oranges & Cantaloupe)	
<b>Grains</b>	1 cup/ 1 slice/ 1 serving			Whole Grain Tortilla	Whole Grain English Muffin	Whole Grain Toast
<b>Milk</b>	8 oz.					
<b>Extra Item</b>		Lime/Dressing			Cream Cheese	

USDA is an equal opportunity provider and employer.

**Options Child Care Center Food Program**

*School Age Menu*



11/30/17

**MENU 3**

REQUIREMENT: SERVING SIZE MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

**BREAKFAST—THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)**

<b>Grains</b>	1 cup/ 1 slice/ 1 serving	Wheat Cereal (or other dry cereal)	Bran Muffin (or other muffin)	Crispy Rice/ Rice Krispies (or other dry cereal)	Oatmeal	Cheerios (or other dry cereal)
<b>Vegetable/Fruit/for both</b>	1/2 cup	Peaches (or Seasonal Fruit)	Cantaloupe (or Seasonal Fruit)	Apricots (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)	Banana Slices (or Seasonal Fruit)
<b>Milk</b>	8 oz.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk

**Extra Item**

**SNACK—TWO OF THE FIVE COMPONENTS**

<b>Meat or Meat Alternative</b>	1 oz./ 1/4 cup	Sliced Turkey			Banana Pudding	
<b>Vegetable</b>	3/4 cup	Dark Green Salad	Raw Seasonal Vegetables			
<b>Fruit</b>	3/4 cup		Cauliflower Broccoli		Bananas Applesauce	Oranges Wedges
<b>Grains</b>	1 cup/ 1 slice/ 1 serving		Whole Grain Crackers	Whole Grain Pancakes	Whole Grain Animal Crackers	Whole Grain Goldfish
<b>Milk</b>	8 oz.			1% Non-Flavored Milk		
<b>Extra Item</b>		Lime/Dressing				

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



**Options Child Care Center Food Program**

*School Age Menu*



11/30/17

**MENU 4**

REQUIREMENT:	SERVING SIZE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST—THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)</b>						
<b>Grains</b>	1 cup/ 1 slice/ 1 serving	Special "K" (or other dry cereal)	Whole Grain 1/2 Bagel	Rice Chex (or other dry cereal)	Blueberry Muffin (or other muffin)	Corn Flakes (or other dry cereal)
<b>Vegetable/Fruit/both</b>	1/2 cup	Peaches (or Seasonal Fruit)	Green Apples (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)	Orange Wedges (or Seasonal Fruit)	Banana Slices (or Seasonal Fruit)
<b>Milk</b>	8 oz.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
<b>Extra Item</b>			Cream Cheese			
<b>SNACK—TWO OF THE FIVE COMPONENTS</b>						
<b>Meat or Meat Alternative</b>	1 oz./ 1/4 cup	Shake and NO-Bake Apple		Turkey Sandwiches	Quesadilla Snowflakes	
<b>Vegetable</b>	3/4 cup		String Cheese	Sliced Turkey	Shredded Cheese	Raw Vegetables Zucchini Snow Peas Cantalope
<b>Fruit</b>	3/4 cup	Apple Slices (or Seasonal Fruit)	Green Salad			
<b>Grains</b>	1 cup/ 1 slice/ 1 serving	Whole Grains Graham Crackers		Whole Grain Toast	Whole Grain Tortilla	
<b>Milk</b>	8 oz.					
<b>Extra Item</b>			Lime/Dressing	Mayo		Ranch Dip

USDA is an equal opportunity provider and employer.

**Options Child Care Center Food Program**

*School Age Menu*



11/30/17

**MENU 5**

**FRIDAY**

**THURSDAY**

**WEDNESDAY**

**TUESDAY**

**MONDAY**

**SERVING SIZE**

**BREAKFAST ---THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)**

<b>Grains</b>	1 cup/ 1 slice/ 1 serving	Crispy Rice/ Rice Krispies	Whole Grain 1/2 English Muffin	Cheerios (or other dry cereal)	Whole Grain Cinnamon Toast	Whole Wheat Cereal (or other dry cereal)
<b>Vegetable/Fruit/for both</b>	1/2 cup	Peaches (or Seasonal Fruit)	Cantaloupe (or Seasonal Fruit)	Pear (or Seasonal Fruit)	Orange Wedges (or Seasonal Fruit)	Banana (or Seasonal Fruit)
<b>Milk</b>	8 oz.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
<b>Extra Item</b>			Jam			

**SNACK--TWO OF THE FIVE COMPONENTS**

<b>Meat or Meat Alternative</b>	1 oz./ 1/4 cup	Party Sandwiches	Hummus			Tostadas Vegetarian Refried Beans Shredded Cheese
<b>Vegetable</b>	3/4 cup	Tomatoes Slices Cucumber Slices		Cabbage Salad		
<b>Fruit</b>	3/4 cup				Mixed Fruit (or Seasonal Fruit)	
<b>Grains</b>	1 cup/ 1 slice/ 1 serving	Whole Grain Bread	Whole Grain Pita Bread	Whole Grain Goldfish	Whole Grain French Toast	Whole Grain Tostada
<b>Milk</b>	8 oz.					
<b>Extra Item</b>		Cream Cheese		Lime/Dressing		

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

**Options Child Care Center Food Program**

School Age Menu						
MENU 6		11/30/17				
REQUIREMENT:	SERVING SIZE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST—THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)</b>						
<b>Grains</b>	1 cup/ 1 slice/ 1 serving	Rice Chex (or other dry cereal)	Oatmeal	Corn Flakes (or other dry cereal)	Bran Muffin (or other muffin)	Special "K" (or other dry cereal)
<b>Vegetable/Fruit/for both</b>	1/2 cup	Peaches (or Seasonal Fruit)	Mixed Canned Fruit (or Seasonal Fruit)	Orange Wedges (or Seasonal Fruit)	Red Apple Slices (or Seasonal Fruit)	Banana Slices (or Seasonal Fruit)
<b>Milk</b>	8 oz.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
<b>Extra Item</b>						
<b>SNACK—TWO OF THE FIVE COMPONENTS</b>						
<b>Meat or Meat Alternative</b>	1 oz./ 1/4 cup	Cheese Cubes		Sliced Turkey		
<b>Vegetable</b>	3/4 cup			Dark Green Salad	Cucumber	
<b>Fruit</b>	3/4 cup		Applesauce (or Seasonal Fruit)		Tomato	Oranges Wedges (or Seasonal Fruit)
<b>Grains</b>	1 cup/ 1 slice/ 1 serving	Whole Grain Crackers	Whole Grain Pancakes		Whole Grain Bagel	Whole Grain Animal Crackers
<b>Milk</b>	8 oz.					
<b>Extra Item</b>			Cinnamon	Lime/Dressing	Cream Cheese	

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