



Options
for Learning

March 16, 2020

Attn: Recreation Supervisor
Monrovia Community Center
119 West Palm Avenue
Monrovia, CA 91016

Dear Recreation Supervisor:

Enclosed please find the City of Monrovia Annual Report 2019-2020 for Options for Learning's programs operating in the city.

Please let me know (or leave a message with my secretary, Janet Zamanyan) if I can answer any questions that you may have.

Thank you.

Sincerely,

Dolores Meade
Deputy Executive Director/COO
DM/jz

Enclosures

ANNUAL REPORT TO THE CITY OF MONROVIA ON OPTIONS FOR LEARNING FULL-DAY PRESCHOOL/HEAD START/CHILD CARE SERVICES-FAMILY CHILD CARE HOMES FOR YEAR 2019-20

Options for Learning Programs:		Full-day Preschool	Head Start	Child Care Services -Family Child Care Homes
A. Population Served				
1 Overall Counts				
a.	Number of children who were enrolled during the school year.	32	56	52
b.	Number of children who dropped out during the school year.	6	9	7
c.	Number of children below federal poverty level:	14	34	4
d.	Number of children who were handicapped:	0	0	0
e.	Number of Families	33	51	25
2 Ethnic Breakdown of Children				
	Hispanic	19	36	17
	Caucasian, non-Hispanic	7	6	5
	Black	2	2	27
	Asian/Pacific Islander	4	8	3
	Other (American Indian)	0	0	0
	Total	32	52	52
3 Primary Languages				
	English	27	26	51
	Spanish	1	19	1
	Cantonese, Mandarin, other Chinese	3	5	0
	Vietnamese	1	1	0
	Other	0	1	0
	Total	32	52	52
4 Residence (at enrollment)				
	Monrovia	12	31	28
	Arcadia	7	13	5
	Duarte	2	3	4
	Other	11	5	15
5 Ages of Children Served				
		3to5	3to5	0to12
B. Parent Education				
1	Number of parents who have volunteered in classroom & received hands-on parenting child development education:	40	25	N/A
2	Number of parents who attended parent education workshops	40	0	N/A

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Options for Learning Programs:		Full-day Preschool	Head Start	Child Care Services -Family Child Care Homes	
C. Volunteer Time					
1	Total number of volunteers including parents:	50	37	N/A	
2	Total number of volunteer hours	150	1058	N/A	
D. Medical Services					
1 Number of children who:					
	a.	had physical exams	32	49	N/A
	b.	had dental exams	6	43	-
	c.	are up-to-date on immunizations	31	50	-
	d.	needed follow-up medical services	1	0	-
	e.	received follow-up medical services	1	0	-
	f.	needed follow-up dental services	27	2	-
	g.	received follow-up dental services	0	2	-
E. Social Services					
1	Total number of families:	32	51	25	
2	Number receiving social services directly from Options for Learning	3	0	N/A	
3	Number receiving social services through referral to other public and private agencies:	0	1	8	
F. Meal Types Provided to Children This Year (Also attach a menu for one month)					
1	Breakfast	YES	YES	YES	
	Lunch	YES	YES	YES	
	Afternoon Snack	YES	YES	YES	
G. Classroom Learning					
1	Brief description of learning objects/activities this year: (See Addendum A)				
2	List sample field trips this year:	Monrovia Library	Monrovia Library		
			Monrovia Rec Park		
			The Reptile Show		
3	List special events & community resource people/presentations (See Addendum B)				

ANNUAL REPORT TO THE CITY OF MONROVIA ON OPTIONS FOR LEARNING FULL-DAY PRESCHOOL/HEAD START/CHILD CARE SERVICES-FAMILY CHILD CARE HOMES FOR YEAR 2019-20

Options for Learning Programs:		<u>Full-day Preschool</u>	<u>Head Start</u>	<u>Child Care Services -Family Child Care Homes</u>
H. Value of all Options services to Monrovia this year (July 1 to June 30):				
1	Full-day Preschool			\$317,549
2	Head Start			\$476,623
4	Family Child Care Food Program			\$31,311
5	Child Care Services-Family Child Care Homes			\$353,779
Total				\$1,179,262
I. Agency Wide Total Revenues and Expenses for FY 2018-19				
1	Overall Revenues			\$101,405,852
2	Overall Expenses			\$98,252,153

ADDENDUM A

G. Classroom Learning

Full-day Preschool

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

Options for Learning's class at Rotary Park is overseen by our Full-day Preschool division. A quality full-day preschool program for 24 children, the site is open Monday-Friday, twelve months of the year from 7:00 a.m. to 5:30 p.m. Our focus population is working families who are in need of a year-round program providing both, education and childcare. The classroom curriculum, High-Scope, is implemented throughout the daily routine. Children and families are prepared to enter the local school district at the conclusion of their time in preschool. 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. At parent conferences, we listen to family goals and concerns for their children. Teachers work to include activities in the daily routine to support these goals and concerns for their children. Teachers work to include activities in the daily routine to support these goals and concerns. We encourage families to participate in the program in a variety of ways. Our parent meetings provide parent education on various topics and we work to make all families feel welcome and comfortable.

This program year we focused on these areas:

- a) Increasing children's attendance. Our average attendance for the year is 96.6%. Last year we were at 95%. We are pleased with this 1.5% increase. We will continue to educate parents about the value of consistent attendance at school.
- b) Science and Math. We've added more STEAM activities to our daily lesson plans.
- c) Community Partners
- d) Personal safety and health
- e) Utilize DRDP assessment results to plan individually for all children.

Head Start

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

Brief description of learning objectives/activities this year:

Our Head Start program promotes school readiness goals through the planned activities for children. The activities we offer to children focus on a variety of developmental skills that prepare them for success in Kindergarten. Some children based on their age will be returning to our program for a second year and others will be entering Kindergarten in 2020.

Our program follows the High Scope Curriculum in which children are actively engaged and participating in hands on learning activities. The activities provided focus on areas of development that include social skills, cognitive skills, language and physical skills. Alongside the child development focus areas, our program emphasizes STEAM (Science, Technology, Engineering, Arts, Math) which promote a variety of concepts such as counting, problem solving, brainstorming, predicting, classifying and evaluating. Throughout the day interactions are a prime focus for children's learning as

ADDENDUM A

children interact with other children and with adults. Our program individualizes for children with special needs by planning and implementing activities to support children's individualized goals. We encourage and promote parent involvement through a variety of classroom-based activities and field trips. Parents are welcomed into the classroom each day to support children's learning.

G. Classroom Learning

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

CHILD CARE FCCHE Network

Child Development and quality improvement information is disseminated via handouts, one-on-one and/or group discussions with the childcare 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

Materials and supplies furnished to family childcare providers:

- Portfolio Samples
- Curriculum calendars
- Button Sorting Center
- Early Math Activity Center
- Hardwood Hollow Blocks
- Jumbo Carboard Blocks
- Lacing Keys Activity Box
- Multicultural Clothing Set
- My First Pegboard Set
- Nuts About Math-Complete Set

ADDENDUM B

H. Classroom Learning

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

Full-day Preschool

- Promoting Positive Parenting -Parent training
- Handling Challenging Behavior -Parent training
- Establishing Boundaries and Limits -Parent training
- Nutrition and Health Eating at Home with your preschooler -Parent training
- Eric Boyd, Executive Director, Santa Anita Family YMCA, Monrovia. He read stories to the children and shared information about his program.
- Jeanette Montoya, Health Coordinator, conducted vision screenings
- The Hear Center, Hearing screenings
- Conducted the Early Childhood Environment Rating Scale and made environmental changes as needed.

Head Start

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

All children received a vision screening conducted by the Health Coordinator. The local librarian and our teaching staff collaborate to bring literacy-based activities into the classroom.

On-Site: The Reptile Show allowed children to explore with live reptiles and provided children with a memorable experience.

Staff Development Trainings

- Supporting Dual Language Learners
- Math activities for Active Learners
- High Scope Curriculum Overview

CHILD CARE FCCHE Network

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

Presentations and Child Development Trainings:

- How Trauma Impacts Development
- Stress Management for Child Care Providers
- An Introduction to Autism
- Relationships with Families of Dual Language Learners
- Marketing Essentials for Family Child Care
- Lesson Planning 101
- How to Develop a Relationship with Children and Families
- Development of Home Language and English
- Program Leadership: Staff Retention and Motivation
- Culture, Diversity and Equity: Respect for All Differences and Similarities
- Special Needs and Inclusion: Collaboration with Families and Service Providers
- Infants at Risk

ADDENDUM B

- Licensing Regulations
- Preventive Health and Safety
- Technology and Social Media Policy in Early Care and Education Environments
- Advocating for Child Care, Parents, Children and Staff
- Health, Safety and Nutrition: Response to Health Requirements
- SIDS and Obesity
- Caring for Children's Teeth
- Child Care Immunizations Requirements
- Identifying Childhood Trauma
- Effective Observation of Young Children: Becoming a Behavior Detective
- Assessment and Observation of Young Children
- Creating a Persona Doll and Multicultural Activities
- Communicating with Challenging Parents
- Meaningful Activities for Dual Language Learners Hands-on
- The Power of Documentation-Observation
- Tax/Record Keeping
- How to Grow Your Business
- Strengthening Families
- Cognitive Development Including Math & Science; Number Sense of Quantity, Classification, Spatial Relationships and Knowledge of the Natural World
- Social Emotional Development
- FCCERS-Meals/Snacks (Basic Sanitary Conditions-Handwashing, Cleaning/Sanitizing Tables)
- Sensory Processing Disorder: What is that?
- Healthy Habits: Nutrition and Well-Being for Young Children

Staff Development Trainings:

- CPIN Mathematics: Algebra and Functions
- CPIN Mathematics: Math Reasoning
- CPIN Visual and Performing Arts: Music
- CPIN Visual and Performing Arts: Visual Art
- CPIN Best Practices for Planning Curriculum for Young Children-The Integrated Nature of Learning
- Child Care Advances Skills Meal Quality Forum
- Addressing Oral Health Throughout the Life Course
- ECSTEM

Parent Involvement Workshops (PAC):

- Reporting Health & Safety concerns and/or complaints
- Community Resources
- Parent Involvement and Participation
- 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
BREAKFAST--THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one						
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/or 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	
LUNCH--ALL FIVE COMPONENTS						
Meat or Meat Alternatives	1 1/2 oz.	Turkey Sandwich	Chicken Roll Up	Make Your Own Chicken Soft Tacos (w/shredded cheese)	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						
SNACK--TWO OF THE FIVE COMPONENTS						
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)		Pineapple (or Seasonal Fruit)	Fuji Apples Slices (or Seasonal Fruit)
Grains	1/2 oz.	Club Crackers	Cheese Crackers	Whole Grain Graham Crackers		
Milk	1/2 cup			1% Non-Flavored Milk		
extra item						

USDA is an equal opportunity provider and employer.

Options Child Care Center Food Program

11/30/2017



PRESCHOOL MENU

MENU 2

REQUIREMENT:	SERVING SIZE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST--THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)						
Grains	1/2 slice or 3/4 cup	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)
Vegetables/Fruit/or both	1/2 cup	Peaches (or Seasonal Fruit)	Cinnamon Applesauce	Honeydew (or Seasonal Fruit)	Banana (or Seasonal Fruit)	Mixed Fruit (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					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 (or Seasonal Fruit)	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 Alternatives	1/2 oz.		Hummus			Cheese Cubes
Vegetable	1/2 cup		Cucumbers			
Fruit	1/2 cup	Raw Vegetables		Mixed Fruit (or Seasonal Fruit)	Apple Juice (or other fruit juice)	
Grains	1/2 oz.	Saltines		Wheat Thins	Cinnamon Toast	Pretzels
Milk	1/2 cup					
extra item						

Options Child Care Center Food Program

11/30/2017



PRESCHOOL MENU

MENU 3

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

Options Child Care Center Food Program

11/30/2017



PRESCHOOL MENU

MENU 4

REQUIREMENT:	SERVING SIZE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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BREAKFAST--THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)

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/or 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			
extra item					Cream Cheese	

Options Child Care Center Food Program

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PRESCHOOL MENU

MENU 5

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

Options Child Care Center Food Program

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PRESCHOOL MENU

MENU 6

REQUIREMENT: SERVING SIZE **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY**
BREAKFAST---THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)

Grains	<i>1/2 slice or 3/4 cup</i>	Rice Chex (or other dry cereal)	Oatmeal	Corn Flakes (or other dry cereal)	Bran Muffin (or other muffin)	Special "K" (or other dry cereal)
Vegetables/Fruit/or both	<i>1/2 cup</i>	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)
Milk	<i>3/4 cup</i>	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

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

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