



Options
for Learning

March 8, 2021

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

Dear Recreation Supervisor:

Enclosed please find the City of Monrovia Annual Report 2020-2021 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 2020-21

Options for Learning Programs:		<u>Full-day Preschool</u>	<u>Head Start</u>	<u>Child Care Services - Family Child Care Homes</u>
A. Population Served				
1 Overall Counts				
a.	Number of children who were enrolled during the school year.	18	17	46
b.	Number of children who dropped out during the school year.	5	0	11
c.	Number of children below federal poverty level:	8	10	5
d.	Number of children who were handicapped:	0	0	0
e.	Number of Families	16	17	21
2 Ethnic Breakdown of Children				
	Hispanic	13	11	16
	Caucasian, non-Hispanic	2	2	7
	Black	1	1	20
	Asian/Pacific Islander	2	4	3
	Other (American Indian)	0	0	0
	Total	18	18	46
3 Primary Languages				
	English	16	13	45
	Spanish	0	4	1
	Cantonese, Mandarin, other Chinese	2	0	0
	Vietnamese	0	0	0
	Other	0	0	0
	Total	18	17	46
4 Residence (at enrollment)				
	Monrovia	6	10	32
	Arcadia	4	4	1
	Duarte	1	0	1
	Other	5	3	12
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:	10 (through virtual meetings)	0	N/A
2	Number of parents who attended parent education workshops	0	0	N/A

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Options for Learning Programs:		<u>Full-day Preschool</u>	<u>Head Start</u>	<u>Child Care Services - Family Child Care Homes</u>
C. Volunteer Time				
1	Total number of volunteers including parents:	No volunteering due to COVID	0	N/A
2	Total number of volunteer hours	0	0	N/A
D. Medical Services				
1 Number of children who:				
a.	had physical exams	18	14	N/A
b.	had dental exams	2	14	-
c.	are up-to-date on immunizations	18	16	-
d.	needed follow-up medical services	1	1	-
e.	received follow-up medical services	1	1	-
f.	needed follow-up dental services	0	2	-
g.	received follow-up dental services	0	2	-
E. Social Services				
1	Total number of families:	16	17	21
2	Number receiving social services directly from Options for Learning	0	0	N/A
3	Number receiving social services through referral to other public and private agencies:	0	0	N/A
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:	None due to the pandemic.	None due to the pandemic.	
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 2020-21

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			\$ 317,549.00
2	Head Start			\$ 476,623.00
3	Family Child Care Food Program			\$ 24,267.15
4	Child Care Services-Family Child Care Homes			\$ 195,438.00
Total				\$ 1,013,877.15
I. Agency Wide Total Revenues and Expenses for FY 2019-20				
1	Overall Revenues			\$ 107,107.07
2	Overall Expenses			\$ 101,746,338.00

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. We provide a quality full-day preschool program for 10 children. The site is open Monday-Friday, twelve months of the year from 7:30 a.m. to 4:30 p.m. We reduced our class size to be in compliance with Los Angeles County Department of Public Health guidelines to ensure that proper social distancing is maintained. The added cleaning and sanitizing requirements to reduce the potential spread of COVID-19 required us to decrease the number of hours we are open to provide care and learning. 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. We usually encourage families to participate in the program in a variety of ways, but this year we were limited. Our parent meetings provide parent education on various topics and we work to make all families feel welcome and comfortable. We accomplished through virtual parent meetings and increased communication via text and email.

This program year we focused on creating a socially distanced environment to meet the physical, social, emotional, and academic needs of each child.

- a) **Hand washing and Hand Sanitizing:** Staff used hand sanitizer at arrival. Hand sanitizer is dispensed onto children's hands before entering the classroom. Children and staff wash their hands several times during the day and only use hand sanitizer when soap and water is not readily available to them, such as when they are on the playground.
- b) **Disinfecting and cleaning:** Staff sanitize frequently touched surfaces several times during the day and complete a more thorough cleaning/sanitizing process at the end of the day. The playground equipment is sanitized after use. The work to clean and sanitize the center is completed by the teaching staff during their scheduled shifts. Operating hours have been shortened to allow for thorough disinfecting when children leave the site at the end of the day.
- c) **Individual Materials:** Children have their own materials that they do not share with other children. Their personal materials are kept in a labeled box with their name on the containers. These materials are sanitized once a week. If there is a need to swap out materials within the week, the materials are disinfected the day the swap occurs. Each week when the toys in the personal containers are sanitized, materials are rotated to ensure the children receive a variety of activities over the course of the month.
- d) **Family Engagement:** Although parents are not permitted inside of the classrooms, parents meet with teachers through Zoom for virtual tours, parent conferences, and parent education meetings.

ADDENDUM A

Head Start

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

Our Head Start program promotes school readiness goals through the planned activities that enhance the developmental skills of children and 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 2021. Currently due to COVID-19 we are offering in-person and distance learning sessions to serve our children and families. Our program continues to implement the High Scope Curriculum that promotes active learning through hands on activities that help meet the developmental progress of children's social skills, cognitive skills, language and physical skills. We also incorporate STEAM (Science, Technology, Engineering, Arts, Math) based activities that promote a variety of concepts such as counting, problem solving, brainstorming, predicting, classifying and evaluating. Our program individualizes for children with special needs by planning and implementing activities to support children's individualized goals. Currently due to COVID-19 we have limited the parent volunteering in the classrooms, to prevent exposure to children and staff.

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 child care provider during weekly phone calls and/or zoom trainings.

Family Child Care Environment Rating Scale Visits:

- Technical assistance provided regarding Family Child Care Environment
- Follow-up with technical assistance as needed
- Health & Safety technical assistance
- Technical assistance for FCCHEN Child Portfolio
- Technical assistance for Age-appropriate Curriculums

Materials and supplies furnished to family child care providers:

- Portfolio Samples
- Curriculum calendars
- Washable Liquid Tempera Paint Assortment
- Paint Brushes
- Class set of Large Crayons
- Construction Paper
- White Drawing Paper
- Glue
- Hand Sanitizer
- Face Masks/Gloves
- Disinfecting Wipes

ADDENDUM B

G. Classroom Learning

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

Full-day Preschool

None this year due to the pandemic.

Head Start

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

Children receive a vision and hearing screening conducted by the Health Coordinator.

Staff Development Trainings · Supporting Dual Language Learners · COVID- Health and Safety practices · High Scope Curriculum Overview · Strategies to build resilience in children · Supporting children's mental health

G. Classroom Learning

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

CHILD CARE FCCHE Network

Presentations and Child Development Trainings:

- Adult Supervision and Class Management
- Be a Role Model for Your Staff
- Be Safe Not Sorry Covid 19 Ideas to Keep Your Place Clean
- Birth to Five Developmental Milestones
- Birth to Five Parenting Skills and Parent Engagement
- Child Nutrition
- Coaching/Mentoring Staff
- Developmentally Appropriate Practices For Infants & Toddlers
- Dual Language Learner Program and Strategies
- Dual Language Models and Strategies
- Early Childhood Assessment and Observation Tools
- Effective Communication with Parents: Getting Parents to Become Part of Your Team
- Exploring My Own Cultural Identity
- How to Attend the Attributes of Culture in Families
- How to Create a Cultural Equity Environment
- How to Work with Challenging People
- Identifying Expression and Emotions in Young Children
- Language & Literacy Development
- Observation and Documentation
- Preventive Health and Safety
- Safety and Supervision
- Sensory Processing Disorder: What is that?!

ADDENDUM B

- Social & Emotional Learning & Development
- Stress! Stress! Stress! How do I manage it all!
- Supporting and Fostering Parent Involvement
- Supporting Dual Language Development in Young Children
- Teaching Young Children Self-Management Skills & Self-Regulation
- Team Building to Support Families and Children
- The Aggressive Child: Why do they do it and what can I do?
- The Importance of a Strong Social Emotional Foundation in the Early Learning and Well Being in Preschoolers—Part 1& 2
- Use of Technology and Related Resources with Children and Families
- Use Reflective Practices In Early Care Education
- Ways To Make Inclusive Environments For All
- What Are The Legal Requirements Of ADA and Children & Parent Rights
- Working for Families in a Diverse World

Staff Development Trainings:

- Addressing Challenging Behavior through Data
- 5 Ways to Keep Pre-K Social Today
- A Stronger, More Ambitious Future for Child Care
- Addressing Challenging Behavior through Data
- Adventures in Risky Play: What is Your Yes?
- Aligning Your Program's Mission & Financial Model
- Anti-harassment, what would you do? (Supervisors)
- Best practices for remote and hybrid learning
- Building Equity in ECE Settings Through Perspective-Taking and Empathy
- CA CSEFEL Social and Emotional Foundations
- CAPP Conference: Day 1 & 2
- Children and Traumatic Stress
- CLASS-based Strategies for Supporting Teachers & Children
- Coaching 101: Getting Down to the Basics
- Coaching in a Virtual World
- Create an Equitable and Engaging Bilingual Virtual Classroom for Early Learners
- Cultivating Connections After Trauma
- DRDP 2015 Infant/Toddler Module 1, 2, 3 & 4
- DRDP Online Webinar for Administrators of State Funded Programs
- DRDP-K (2015) Module 1, 2 & 3
- Enhancing Remote Instruction with the Building Blocks Framework
- Equitable Interactions in Early Childhood Education
- Everyday Interventions for Young Children with Autism
- Executive Function and Challenging Behavior: A New Approach
- Guidelines for Early Learning in Child Care Home Settings Module 1, 2, 3 & 4
- Help Children Cope With Violence Around Them
- How Early Childhood Educators can Support Families Virtually

ADDENDUM B

- How Educators Can Respond to Students Experiencing Trauma
- How to Best Use Class in FCCH
- How to Coach & Develop Teachers at a Distance
- How to Help All Students De-Stress Using the Re-set Process
- How to Open a Can of Worms With Little Ones
- How to Support Meaningful Interactions in Virtual or Hybrid Classrooms
- Inclusion Works Through Collaboration w/Families and Service Providers
- Infant/Toddler Rater Certification
- Integrated Nature of Learning Module 1
- Language Learning Project
- Life Changing Professional Development for Early Educators
- Making The Connection: My Teachstone Remote Coaching
- Module 1: The Role of Play in Learning
- Module 1: Setting the Stage for Our Young Dual Language Learners
- Module 2: DLL Key Developmental Area: Math
- Module 3: DLL Key Developmental Area: Social-Emotional
- Module 4: DLL Key Developmental Area: Math and Social-Emotional
- Navigating the Deep Waters of Equity in Early Childhood Programs
- Navigating the New Normal
- Nurturing Educator Resilience in Times of Crisis
- Observation and Distance Learning
- Organizing Your Learning Environment for Success
- Parenting in Times of Covid-19 (0-10)
- Practical Guide to Social Emotional Learning
- Preserving Family Child Care Spaces: The Need for Facilities Infrastructure and Business Support
- Promoting (6th-12th Grade) Student Success in Online Learning
- Promoting Resilience and Hope in Times of Trauma
- Puppets: Pals for Children, Social-Emotional Learning Partners for Teachers
- Put Your Own Mask on First
- Quality Counts Family Engagement Module 1 Unit 1 & 2
- Quality Counts Family Engagement Module 2 Unit 1
- Rater Certification Module
- Rebuilding Community: Navigating the New Normal
- Responding to Dysregulation
- Serving Families & Children at Home During the Pandemic
- Space/Ratios with Social Distancing in Place
- Staying Motivated Through Online Learning
- Supporting Children's Language and Preventing Challenging Behaviors at Home
- Supporting Dual Language Learners
- Supporting Elementary Pre-K - 5th Grade Students with Learning
- Supporting Student with Learning Differences
- Supporting Students as They Navigate Online Learning
- Supporting Students with Learning Differences

ADDENDUM B

- Sustaining Your Wellness for the Long Haul
- The DRDP Modified Essential View
- The Power of Language
- The Powerful Role of Play in Early Education
- The Pyramid Model Goes to Family Child Care Homes
- The Value of Student Voice in SEL Planning and Strategy
- The What and Why of Family Engagement
- Trauma and Behavior
- Trauma and Brain Development
- Trauma and Young Children: What Every Early Educator Needs to Know
- Trauma-Informed Environments
- Trauma-Informed Skills for Online Learning Acceleration
- Using PBC to Coach Early Interventionists
- Virtual Learning and Loose Parts to Create Meaning for Young Children
- Voices from the Field
- What Do High-Quality In-classroom Interactions Look Like During Covid-19?
- What Does It Take To Create "Ideal Learning" For All Children Today
- What's Out There to Add to My Toolbox?

Parent Involvement Workshops (PAC):

- Reporting Health & Safety concerns and/or complaints
- Community Resources
- Parent Involvement and Participation
- Draw with Me Via Zoom

Options Child Care Center Food Program

11/30/2017



PRE-SCHOOL MENU

MENU 1

REQUIREMENT: SERVING SIZE

BREAKFAST—THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one

FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

Crispy Rice/ Rice Krispies
(or other dry cereal)

Whole Grain
1/2 Bagel

Wheat Cereal
(or other dry cereal)

Whole Grain
Cinnamon Toast

Cheerios
(or other dry cereal)

1/2 slice or 3/4 cup

Banana Slices
(or Seasonal Fruit)

Pears
(or Seasonal Fruit)

Cantaloupe
(or Seasonal Fruit)

Canned Apricot
(or Seasonal Fruit)

Orange Wedges
(or Seasonal Fruit)

1/2 cup

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

3/4 cup

Cream Cheese

Cream Cheese

Make Your Own

Make Your Own

Make Your Own

Make Your Own

Natural Cheese Sandwich

Chill Beans

Chicken Soft Tacos
(w/shredded cheese)
Lettuce & Tomatoes

Chicken Roll Up

Turkey Sandwich

1 1/2 oz.

Peas & Carrots

Carrot Sticks

Carrot Sticks

Celery Sticks

Dark Green Salad

1/4 cup

Oranges
(or Seasonal Fruit)

Mixed Fruit
(or Seasonal Fruit)

Banana
(or Seasonal Fruit)

Peaches
(or Seasonal Fruit)

Red Apple
(or Seasonal Fruit)

1/4 cup

Whole Grain
Pita Bread

Whole Grain
Cornbread Muffin

Whole Grain Corn
Tortillas

Whole Grain
Tortillas

Whole Grain
Bread

1/2 oz. 1/2 slice

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

3/4 cup

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

3/4 cup

SNACK—TWO OF THE FIVE COMPONENTS

String Cheese

Cabbage and Carrot Salad

Cabbage and Carrot Salad

Cabbage and Carrot Salad

Cabbage and Carrot Salad

1/2 oz.

Fuji Apples Slices
(or Seasonal Fruit)

Pineapple
(or Seasonal Fruit)

Pineapple
(or Seasonal Fruit)

Pears
(or Seasonal Fruit)

Mixed Fruit
(or Seasonal Fruit)

1/2 cup

Whole Grain
Graham Crackers

Whole Grain
Graham Crackers

Whole Grain
Graham Crackers

Cheese Crackers

Club Crackers

1/2 oz.

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

1/2 cup

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

1/2 cup

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

1% Non-Flavored Milk

1/2 cup

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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			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						

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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)						
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/for 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
<i>extra item</i>						
LUNCH--ALL FIVE COMPONENTS						
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
<i>extra item</i>						
SNACK--TWO OF THE FIVE COMPONENTS						
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					
<i>extra item</i>						

Options Child Care Center Food Program

11/30/2017



PRE-SCHOOL MENU

MENU 4

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	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	

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Options Child Care Center Food Program

11/30/2017

PRESCHOOL MENU

MENU 5



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	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	1/2 cup	Peaches (or Seasonal Fruit)	Cantaloupe (or Seasonal Fruit)	Pear (or Seasonal Fruit)	Orange Wedges (or Seasonal Fruit)	Banana (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

LUNCH—ALL FIVE COMPONENTS

Meat or Meat Alternatives	1 1/2 oz	Sliced Turkey Roll-Ups	Diced Chicken	Fish Tacos	Meatball Sandwich with Marinara Sauce	Natural Cheese Slices
Vegetable	1/4 cup	Tomato Soup	Celery & Carrot Sticks	Cabbage and Carrot Salad	Dark Green Salad	Green Salad & Sliced Tomatoes
Fruit	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)
Grains	1/2 oz 1/2 slice	Whole Grain Tortillas	Whole Grain Pita Bread	Whole Grain Corn Tortillas	Whole Grain Roll	Whole Grain English Muffins
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.	Party Sandwiches		Yogurt	Hummus	
Vegetable	1/2 cup	Tomatoe Slices			Cucumber	
Fruit	1/2 cup	Cucumber Slices	Grape Juice (or other fruit juice)	Mixed Fruit (or Seasonal Fruit)		Apples (or Seasonal Fruit)
Grains	1/2 oz.	Whole Grain Bread	Graham Crackers			Cheese Crackers
Milk	1/2 cup	Cream Cheese				

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Options Child Care Center Food Program

11/30/2017



PRESCHOOL MENU

MENU 6

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	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/both	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)
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						
LUNCH—ALL FIVE COMPONENTS						
Meat or Meat Alternatives	1 1/2 oz	Sliced Beef & Swiss	Grilled Chicken Fajita	Cheese Pizza	Diced Turkey Salad	BBQ Beef
Vegetable	1/4 cup	Tomato Soup	Spinach w/ Cheese Sprinkles	Dark Green Salad	Green Peas	Cabbage and Carrot Salad
Fruit	1/4 cup	Pears (or Seasonal Fruit)	Banana (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)	Pineapple (or Seasonal Fruit)	Pears (or Seasonal Fruit)
Grains	1/2 oz 1/2 slice	Whole Grain Pita Bread	Whole Grain Tortilla	Whole Grain Pizza Crust	Whole Grain Crackers	Whole Grain Hamburger Bun
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			Cheese Sprinkles			
SNACK—TWO OF THE FIVE COMPONENTS						
Meat or Meat Alternatives	1/2 oz.				Cheese Cubes	
Vegetable	1/2 cup	Green Salad			Raw Vegetables	
Fruit	1/2 cup		Pineapple Chunks (or Seasonal Fruit)	Apricots (or Seasonal Fruit)		Peaches (or Seasonal Fruit)
Grains	1/2 oz.	Pretzels	Rice Cakes	Whole Grain Animal Crackers		Whole Grain Cinnamon Toast
Milk	1/2 cup					
extra item			Cream Cheese			

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