



**CITY OF MONROVIA  
COMMUNITY SERVICES COMMISSION  
AGENDA REPORT**

**DEPARTMENT:** Community Services

**MEETING DATE:** April 12, 2022

**PREPARED BY:** Heather Sayers,  
Recreation Supervisor

**AGENDA LOCATION:** AR-1

**TITLE:** 2021-2022 Options for Learning Annual Report

**OBJECTIVE:** The purpose of this report is to provide the Community Services Commission with the 2021 – 2022 Options for Learning Annual Report for the programs operating in Recreation Park and Rotary Park.

**BACKGROUND:** The City and Options for Learning have long-standing lease agreements for use of land space at Recreation Park and Rotary Park to conduct full day preschool, Headstart, Surround Care, and Child Care / Family Child Care Home Education Network (FCCHE) programs. These programs are designed to provide children with opportunities to strengthen all areas of development.

**Recreation Park**

The City and Options for Learning have had a lease agreement for use of Recreation Park since 1989. The purpose of this lease is to provide space for a mobile classroom. This classroom houses the Options for Learning Headstart program. This program services children 3 – 5 years old and focuses on providing opportunities for children to learn in a classroom environment.

During the annual update in 2019-2020, Staff learned Options for Learning was in need of a larger space to serve more children in our community. Since then Staff has been working with Options for Learning for a proposed expansion. Due to the pandemic this project was put on hold; however, staff are positioned to assist as needed once Options is ready to move this project forward.

**Rotary Park**

The City and Options for Learning have had a lease agreement for use of Rotary Park since 1987. The purpose of this lease is to provide land space for the Options for Learning Full Day Preschool Program.

**ANALYSIS:** The lease agreements that were renewed in 2021 and had four 1-year automatic renewals, stipulates that Options for Learning provide an annual report of their services. The report received from Options includes data on: population served, parental education, volunteer data, nutrition information, classroom activities, and learning. The report also provides an overview of data, specifically, the number of children enrolled in the programs, number of families enrolled, number of Monrovia Residents enrolled, and the number of volunteer hours.

The following information summaries the 2021-2022 annual report:

Options for Learning Programs	Full Day Preschool	Headstart	FCCHE
Number of Children Enrolled	20	42	52
Number of Families	17	40	30
Number of Children below Poverty Level	9	29	4

Number of Monrovia Residents	8	23	35
Number of Non-Residents	12	17	17
Number of Volunteer Hours	0	150	N/A

The full report, provided by Options for Learning, can be found in Attachment A.

**OPTIONS:** The Community Services Commission has the following options to consider:

1. Receive and file the 2021 – 2022 Options for Learning Annual Report.
2. Request additional information from staff.

**RECOMMENDATIONS:** Staff recommends the Community Services Commission move to receive and file, AR-1 2021 – 2022 Options for Learning Annual Report.

**COMMISSION ACTION REQUIRED:** If Community Services Commission concurs, the appropriate action would be a motion to: Receive and file 2021 – 2022 Options for Learning Annual Report as outlined in this report.



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[OptionsForLearning.org](http://OptionsForLearning.org)

March 11, 2022

Heather Sayers  
Recreation Supervisor  
Monrovia Community Center  
119 West Palm Ave.  
Monrovia, CA 91016

Dear Heather:

Enclosed please find the City of Monrovia Annual Report 2021-22 for Options for Learning's programs operating in the city.

Please let me know if I can answer any questions that you may have. We look forward to presenting at the April meeting.

Thank you.

Sincerely,

Janet Zamanyan  
Executive Secretary

Enclosure

**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 2021-22**

<b>Options for Learning Programs:</b>		<u>Full-day Preschool</u>	<u>Head Start</u>	<u>Child Care Services - Family Child Care Homes</u>
<b>A. Population Served</b>				
<b>1 Overall Counts</b>				
a.	Number of children who were enrolled during the school year.	<b>20</b>	<b>42</b>	<b>52</b>
b.	Number of children who dropped out during the school year.	<b>2</b>	<b>4</b>	<b>6</b>
c.	Number of children below federal poverty level:	<b>9</b>	<b>29</b>	<b>4</b>
d.	Number of children who were handicapped:	<b>0</b>	<b>0</b>	<b>1</b>
e.	Number of Families	<b>17</b>	<b>40</b>	<b>30</b>
<b>2 Ethnic Breakdown of Children</b>				
	Hispanic	<b>14</b>	<b>31</b>	<b>21</b>
	Caucasian, non-Hispanic	<b>2</b>	<b>2</b>	<b>6</b>
	Black	<b>2</b>	<b>3</b>	<b>19</b>
	Asian/Pacific Islander	<b>2</b>	<b>6</b>	<b>6</b>
	Other (American Indian)	<b>0</b>	<b>0</b>	<b>0</b>
	<b>Total</b>	<b>20</b>	<b>42</b>	<b>52</b>
<b>3 Primary Languages</b>				
	English	<b>19</b>	<b>28</b>	<b>51</b>
	Spanish	<b>0</b>	<b>12</b>	<b>1</b>
	Cantonese, Mandarin, other Chinese	<b>1</b>	<b>1</b>	<b>0</b>
	Vietnamese	<b>0</b>	<b>0</b>	<b>0</b>
	Other	<b>0</b>	<b>1</b>	<b>0</b>
	<b>Total</b>	<b>20</b>	<b>42</b>	<b>52</b>
<b>4 Residence (at enrollment)</b>				
	Monrovia	<b>8</b>	<b>23</b>	<b>35</b>
	Arcadia	<b>3</b>	<b>7</b>	<b>0</b>
	Duarte	<b>2</b>	<b>5</b>	<b>3</b>
	Other	<b>7</b>	<b>5</b>	<b>14</b>
<b>5 Ages of Children Served</b>				
		<b>3to5</b>	<b>3to5</b>	<b>0to12</b>
<b>B. Parent Education</b>				
1	Number of parents who have volunteered in classroom & received hands-on parenting child development education:	<b>0</b>	<b>0</b>	<b>N/A</b>
2	Number of parents who attended parent education workshops	<b>6</b>	<b>12</b>	<b>N/A</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 2021-22**

<b>Options for Learning Programs:</b>		<u>Full-day Preschool</u>	<u>Head Start</u>	<u>Child Care Services - Family Child Care Homes</u>	
<b>C. Volunteer Time</b>					
1	Total number of volunteers including parents:	No volunteering due to COVID	15	N/A	
2	Total number of volunteer hours	0	150	N/A	
<b>D. Medical Services</b>					
<b>1 Number of children who:</b>					
	a.	had physical exams	20	37	N/A
	b.	had dental exams	0	37	-
	c.	are up-to-date on immunizations	20	37	-
	d.	needed follow-up medical services	0	2	-
	e.	received follow-up medical services	0	2	-
	f.	needed follow-up dental services	0	4	-
	g.	received follow-up dental services	0	3	-
<b>E. Social Services</b>					
1	Total number of families:	17	40	30	
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:	3	0	N/A	
<b>F. Meal Types Provided to Children This Year</b> (Also attach a menu for one month)					
1	Breakfast	YES	YES	YES	
	Lunch	YES	YES	YES	
	Afternoon Snack	YES	YES	YES	
<b>G. Classroom Learning</b>					
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 2021-22**

<b>Options for Learning Programs:</b>		<u>Full-day Preschool</u>	<u>Head Start</u>	<u>Child Care Services - Family Child Care Homes</u>
<b>H. Value of all Options services to Monrovia this year (July 1 to June 30):</b>				
1	Full-day Preschool			\$ 308,740.42
2	Head Start			\$ 423,862.56
3	Family Child Care Food Program			\$ 24,267.15
4	Child Care Services-Family Child Care Homes			\$ 110,688.12
<b>Total</b>				\$ 867,558.25
<b>I. Agency Wide Total Revenues and Expenses for FY 2021-22</b>				
1	Overall Revenues			\$ 104,312,259.00
2	Overall Expenses			\$ 101,749,320.00

## 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 20 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:

- 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 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 Support:** Through direct observation and from information gathered by children's families, teachers document current academic, social and emotional levels and plan activities to meet children at their current levels. Teachers then introduce new materials and activities to challenge children to develop new skill levels.
- d) **Family Engagement:** Although parents are not permitted to volunteer or observe in the classrooms, parents meet with teachers through Zoom for virtual tours, parent conferences,

## **ADDENDUM A**

and parent education meetings in addition to one-on-one conversations upon drop-off and pick-up.

### **G. Classroom Learning**

#### **Head Start**

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

Head Start offers comprehensive services to our children and families in our program. One of our services is our education component which focuses on the school readiness goals of children. As we partner with the parents/guardians of the children in our program, we work towards enhancing the developmental skills that prepare the children for kindergarten success. Our program promotes and encourages parent participation in their child's learning by inviting them to monthly parent meetings, parent workshops, parent conferences and home visits. As parents partner with program staff together they develop family goals and parents receive information on their child's progress as well as information on how to support their child's learning at home.

In our program we follow the research based High Scope Curriculum, for which children participate in hands on learning experiences through activities that are planned based on the developmental needs and interests of the children. The activities actively engage children and focus on the various developmental domains which include social, cognitive, language and physical development. In our program, adult-child interactions are a prime focus for children's learning. Though the daily interactions and STEAM (Science, Technology, Engineering, Art, Math) activities, our program promotes children to brainstorm, predict, evaluate, create, plan, as well as to use and enhance other skills that encourages their higher order of thinking. Our program is inclusive of children with special needs and we individualize them through planned activities and material that support their individual goals.

### **G. Classroom Learning**

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

##### **1. Brief description of learning objectives/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 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



## **ADDENDUM A**

- 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
- Can Do! Math Learning Sets
- Lakeshore STEM Activity Kits
- 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**

- Staff Development topics offered to teachers
- Integrated Pest Management
- Child Abuse
- Universal Precautions
- Pedestrian Safety
- COVID guidelines and updates
- STEAM (Science Engineering art and Math)
- Federal Food Program procedures and updates (including safe practices during an epidemic)
- HighScope Curriculum
- Daily Routine
- Strategies to support Social Emotional Development
- Conflict Resolution
- Training on Trauma Informed
- Social Emotional Development
- Challenging Behaviors and Safety
- CLASS (Classroom Assessment Scoring System)
- Strength Based Coaching for teachers and supervisors
- Emphasis on Emotional Support and Classroom Management
- Trauma Informed Care
- Strategies for working with challenging behaviors DRDP implementation
- Family Engagement
- Parent Progress Reports

#### **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

## **ADDENDUM B**

- Community Partners read to children virtually
- CLASS (Classroom Assessment Scoring System)
- Strength Based Coaching for teachers and supervisors
- Emphasis on Emotional Support and Classroom Management
- Trauma Informed Care
- Strategies for working with challenging behaviors DRDP implementation
- Family Engagement
- Parent Progress Reports

### **G. Classroom Learning**

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

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

##### Presentations and Child Development Trainings:

- Adults As Learners
- Advocating for Child Care, Parents, Children and Staff–Leadership in Early Childhood Education
- Am I A Leader? (Individual Leadership Development)
- Are Babies Too Young To Learn About Race?
- Building A Healthy Brain
- Child Abuse: What Is It And What Are Your Responsibilities?
- Classroom Management With A Smile
- Consistency Is The Key!
- Creating A Positive Work Culture
- Data Drive Curriculum Planning
- Develop and Provide Resources For Family Engagement
- Developmental Domains In Early Childhood Education–Child Development And Learning
- Dual Language Program Models and Strategies
- Early Socialization
- Emotional Intelligence: Understanding Yourself To Connect With Others
- Engaging Families In Assessments (DRDP, ERS, ASQ)
- Environmental Health And Safety Problem Solving
- How To Address Culture, Diversity And Equity In Young Children
- Indoor Safety In The Early Childhood Setting–Health, Safety & Nutrition
- Infant/Toddler: Cognition Including Math and Science
- Infant/Toddler: Social/Emotional Development and Support
- Injury Prevention
- Is Being Bilingual Bad? Exploring The Importance Of Bilingualism At An Early Age
- Is It Language Loss?
- It Takes More Than A Village

## **ADDENDUM B**

- It's Mine! Helping Children Resolve Conflict
- Languages Of Appreciation
- Making The Best Of Your Outdoor Environment
- Making Time! Time Management Skills For Administrators-Administration And Supervision
- Modifying The Environment For Positive Behaviors
- Moving Towards Cultural Awareness
- Outdoor Safety In The Early Childhood Setting-Health, Safety & Nutrition
- Preschoolers: Social/Emotional Development And Support
- Promote Opportunities For Families To Participate In Your FCCH
- School Age: Social/Emotional Development And Support
- Significance Of Caregiver/Infant Relationships
- STEAM In Early Childhood Education-Learning Environments And Curriculum
- Supporting Confident And Competent Toddlers For Toilet Learning
- Talking Race And Other Sensitive Topics With Young Children
- Tantrums: What To Do When Kids Lose It
- Temperament & Personality Development
- Understanding Child Development At Different Stages And How Children Learn
- Understanding The Principle Of Curriculum And Learn How To Implement Them
- Usage Of Assessments And Observation To Document Children's Behavior Or Special Needs
- Way To Make Inclusive Environments For All
- What Is A Play-Based Curriculum?

### Staff Development Trainings:

- A Blueprint For Reading Comprehension Instruction
- Big Questions, Worries And Fears: How To Have Hard Conversations With Little Children
- Boosting Child Engagement Through Classroom Schedules And Routines
- CAPP Virtual Conference
- CDE Summer Equity Summit
- Celebrating Great Teaching-How Teachers Can Use Small Moments To Make A Big Impact
- CLASS For Beginners: Understanding The CLASS Journey And How To Get Started
- Coaching And Supervising Staff For Social Emotional Development Growth
- Communication Differences In Students With Autism: Making Language Powerful
- Consent Is Social-Emotional Skill: Building A Culture Of Consent In Your School
- DRDP (2015) For Use With Infants and Toddlers
- Driving Continuous Quality Improvement With CLASS
- Engineering With Nature: Learning And Communicating Through Construction Play

## ADDENDUM B

- Equitable Interactions In Early Childhood Education
- Even Superheroes Need Support: The Power Of Emotional Intelligence For Early Childhood Educators
- Family Partnership and Culture
- Family Resilience: A Journey Of Strength And Support
- Focusing On Teacher-Child Interactions On A Broad Scale
- Free To Play Summit Conference
- Growing Natural Outdoor Preschool Classrooms To Scale: LAUSD Approach
- Guidelines For Early Learning In Child Care Home Settings
- Homelessness Module 1,2 &3
- How To Use Task Analysis To Plan Effective Lessons And Evaluate Progress
- Loose Parts Summit Conference
- Inclusion Works!
- Intentional Preschool Environments Set The Stage For Young Children
- Investing In Relationships: Using "Banking Time" To Foster More Equitable Relationships With Students
- Play and Assessments: YES! Reciprocal Partners In The Early Childhood Classroom Dance
- Preventative Health & Safety Training For Family, Friends and Neighbors
- Promoting The Resilience Of Children And Adults
- Pushing Past Bias And Challenging Classroom Behaviors
- Nature-based Learning Environments
- Ready And Resilient! Promoting The Resilience Of Children And Adults
- Scary Events And Young Children: Help Young Children Cope With Violence Around Them
- Screening To Identify Preschool Children's Strengths And Challenges Using A Cultural Wealth Framework
- Supporting The Social-Emotional Needs Of Every Child And Every Educator
- Teaching Expectations And Rules In Early Childhood Classrooms And Programs
- The Power Of Emotional Intelligence For Children Birth Through Eight
- Trauma Informed Care Module 1, 2 & 3
- Turn Challenging Behavior Into Prosocial Learning: A New Year Brings New Opportunities
- Utilizing Music And Play To Support Self-Regulation
- What Does It Take To Create "Ideal Learning" For ALL Children Today?
- What The Research Says About Documentation Systems & Outcome For Families, Teachers & Children
- Virtual Learning And Loose Parts To Create Meaning For Young Children
- Wonder of Wonders! Harnessing The Wonder Of Play Through Provocations

## **ADDENDUM B**

### Parent Involvement Workshops (PAC):

- Reporting Health & Safety concerns and/or complaints
- Community Resources
- Parent Involvement and Participation
- Infant/Toddler Activities-Contrast Book
- Preschool Activities-Moon Sand
- Preschool Activities-Making Snow
- School Age Activities-Lava Lamp
  - School Age Activities-Invisible Ink

**Options Child Care Center Food Program**

9/1/2020



**PRESCHOOL MENU**

**MENU 1**

REQUIREMENT:	SERVING SIZE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST---THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one</b>						
Grains	1/2 slice or 3/4 cup	Cheerios (or other dry cereal)	Whole Grain Bread	Wheat Cereal (or other dry cereal)	Rice Chex (or other dry cereal)	Crispy Rice/ Rice Krispies (or other dry cereal)
Vegetables/Fruit/or both	1/2 cup	Orange Wedges (or Seasonal Fruit)	Applesauce (or Seasonal Fruit)	Strawberries (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						
<b>LUNCH--ALL FIVE COMPONENTS</b>						
Meat or Meat Alternatives	1 1/2 oz.	Turkey Sandwich	Chicken Little (on whole bun)	Whole Grain Cheese Pizza	Sliced Turkey	Natural Cheese Sandwich
Vegetable	1/4 cup	Dark Green Salad	Celery Sticks	Shredded Lettuce	Carrot Sticks	Cabbage-Carrot Salad
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 Bun	Whole Grain Pizza Crust	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						
<b>SNACK--TWO OF THE FIVE COMPONENTS</b>						
Meat or Meat Alternatives	1/2 oz.					String Cheese
Vegetable	1/2 cup					
Fruit	1/2 cup	Mixed Fruit (or Seasonal Fruit)	Pears (or Seasonal Fruit)		Apple Juice (or Fruit Juice)	Fuji Apples Slices (or Seasonal Fruit)
Grains	1/2 oz.	Club Crackers	Cheese Crackers	Whole Grain Graham Crackers	Whole Grain Goldfish	
Milk	1/2 cup			1% Non-Flavored Milk		
extra item						

USDA is an equal opportunity provider and employer.

**Options Child Care Center Food Program**

9/1/2020

**PRESCHOOL MENU**



(rev. 10/16/2019)

**MENU 2**

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

<b>Grains</b>	<i>1/2 slice or 3/4 cup</i>	Corn Flakes (or other dry cereal)	Blueberry Muffin (or other muffin)	Special "K" (or other dry cereal)	Toasted Oat (or other dry cereal)	Rice Krispies (or other dry cereal)
<b>Vegetables/Fruit/or both</b>	<i>1/2 cup</i>	Peaches (or Seasonal Fruit)	Applesauce	Mix Fruit (or Seasonal Fruit)	Banana (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)
<b>Milk</b>	<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
<b>extra item</b>						

**LUNCH--ALL FIVE COMPONENTS**

<b>Meat or Meat Alternatives</b>	<i>1 1/2 oz</i>	Cheese Sandwich	Grilled Chicken	Cheese Tostada	Turkey Slices Sandwich	Cheese Burger
<b>Vegetable</b>	<i>1/4 cup</i>	Cabbage & Carrot Salad	Carrot Sticks	Shredded Lettuce & Diced Tomatoes	Celery Sticks	Sliced Cucumber
<b>Fruit</b>	<i>1/4 cup</i>	Pineapple (or Seasonal Fruit)	Pears (or Seasonal Fruit)	Bananas (or Seasonal Fruit)	Peaches (or Seasonal Fruit)	Oranges (or Seasonal Fruit)
<b>Grains</b>	<i>1/2 oz 1/2 slice</i>	Whole Grain Bread	Whole Grain Crackers	Whole Grain Tostada	Whole Grain Bread	Whole Grain Bun
<b>Milk</b>	<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
<b>extra item</b>						

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

<b>Meat or Meat Alternatives</b>	<i>1/2 oz.</i>					
<b>Vegetable</b>	<i>1/2 cup</i>					
<b>Fruit</b>	<i>1/2 cup</i>	Mandarin Oranges		Pear ( or Seasonal Fruit)	Apple Juice (or other fruit juice)	Pineapple ( or Seasonal Fruit)
<b>Grains</b>	<i>1/2 oz.</i>	Saltines Crackers	Whole Grain Graham Crackers	WG Wheat Thins	Whole Grain Bread	Pretzels
<b>Milk</b>	<i>1/2 cup</i>		1% Non-Flavored Milk			
<b>extra item</b>						

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**Options Child Care Center Food Program**

9/1/2020



**PRE-SCHOOL MENU**

**MENU 3**

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

<b>Grains</b>	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)	Whole Grain Bread	Cheerios (or other dry cereal)
<b>Vegetables/Fruit/or both</b>	1/2 cup .	Peaches (or Seasonal Fruit)	Pear (or Seasonal Fruit)	Mandarin-Oranges (or Seasonal Fruit)	Mixed Fruit (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 Cheese	Chicken Sandwich	BBQ Beef Ribs Sandwich	Sliced Turkey	Bean & Cheese Burritos
<b>Vegetable</b>	1/4 cup	Dark Green Salad	Celery Sticks	Carrot Sticks	Cabbage and Carrot Salad	Broccoli Floret
<b>Fruit</b>	1/4 cup	Strawberries (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)	Apples (or Seasonal Fruit)	Pears (or Seasonal Fruit)	Fuji Apple Slices (or Seasonal Fruit)
<b>Grains</b>	1/2 oz 1/2 slice	Whole Grain English Muffin	Whole Grain Bread	Whole Grain Bun	Whole Grain Bread	Whole Grain Tortilla
<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>						

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

<b>Meat or Meat Alternatives</b>	1/2 oz.		String Cheese			
<b>Vegetable</b>	1/2 cup					
<b>Fruit</b>	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)
<b>Grains</b>	1/2 oz.	Cheese Crackers			Whole Grain Goldfish	Whole Grain Graham Crackers
<b>Milk</b>	1/2 cup			1% Non-Flavored Milk		
<i>extra item</i>						

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**Options Child Care Center Food Program**

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**PRESCHOOL MENU**

**MENU 4**

REQUIREMENT:	SERVING SIZE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST--THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)</b>						
<i>Grains</i>	<i>1/2 slice or 3/4 cup</i>	Special "K" (or other dry cereal)	Krispy Rice (or other dry cereal)	Rice Chex (or other dry cereal)	Blueberry Muffin (or other muffin)	Corn Flakes (or other dry cereal)
<i>Vegetables/Fruit/or both</i>	<i>1/2 cup</i>	Peaches (or Seasonal Fruit)	Green Apples (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)	Orange Wedges (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>						
<b>LUNCH--ALL FIVE COMPONENTS</b>						
<i>Meat or Meat Alternatives</i>	<i>1 1/2 oz</i>	Roast Beef	Sliced Chicken	Shredded Cheese Tostadas	Turkey & Cheese Roll Up	Sliced Chicken
<i>Vegetable</i>	<i>1/4 cup</i>	Green Salad	Carrot Sticks	Cucumber & Tomato	Celery Sticks	Broccoli Floret
<i>Fruit</i>	<i>1/4 cup</i>	Apples (or Seasonal Fruit)	Oranges (or Seasonal Fruit)	Pineapple (or Seasonal Fruit)	Peaches (or Seasonal Fruit)	Pears (or Seasonal Fruit)
<i>Grains</i>	<i>1/2 oz 1/2 slice</i>	Whole Grain Bread	Whole Grain Bread	Whole Grain Tostadas	Whole Grain Tortilla	Whole Grain Bread
<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>						
<b>SNACK--TWO OF THE FIVE COMPONENTS</b>						
<i>Meat or Meat Alternatives</i>	<i>1/2 oz.</i>					
<i>Vegetable</i>	<i>1/2 cup</i>			Green Salad		
<i>Fruit</i>	<i>1/2 cup</i>	Pears (or Seasonal Fruit)	Bananas (or Seasonal Fruit)		Grape Juice	Applesauce
<i>Grains</i>	<i>1/2 oz.</i>	Whole Grain Animal Crackers		Whole Grain Wheat Crackers	Whole Grain Saltine Crackers	Pretzels
<i>Milk</i>	<i>1/2 cup</i>		1% Non-Flavored Milk			

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**Options Child Care Center Food Program**

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PRESCHOOL MENU						
MENU 5						
REQUIREMENT:	SERVING SIZE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST---THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)</b>						
<i>Grains</i>	<i>1/2 slice or 3/4 cup</i>	Crispy Rice/ Rice Krispies (or other dry cereal)	Rice Chex (or other dry cereal)	Cheerios (or other dry cereal)	Whole Grain Bread	Whole Wheat Cereal (or other dry cereal)
<i>Vegetables/Fruit/or both</i>	<i>1/2 cup</i>	Peaches (or Seasonal Fruit)	Nectarines (or Seasonal Fruit)	Pear (or Seasonal Fruit)	Oranges (or Seasonal Fruit)	Banana (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>						
<b>LUNCH--ALL FIVE COMPONENTS</b>						
<i>Meat or Meat Alternatives</i>	<i>1 1/2 oz</i>	Sliced Turkey Roll-Ups	Sliced Chicken	Bean & Cheese Burrito	Turkey Slices	Natural Cheese Slices
<i>Vegetable</i>	<i>1/4 cup</i>	Green Salad	Celery Sticks	Cabbage and Carrot Salad	Dark Green Salad	Carrot Sticks
<i>Fruit</i>	<i>1/4 cup</i>	Apples (or Seasonal Fruit)	Bananas (or Seasonal Fruit)	Pineapple (or Seasonal Fruit)	Peaches (or Seasonal Fruit)	Mix Fruit (or Seasonal Fruit)
<i>Grains</i>	<i>1/2 oz 1/2 slice</i>	Whole Grain Tortillas	Whole Grain Pita	Whole Grain Tortilla	Whole Grain Bread	Whole Grain Bread
<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>						
<b>SNACK--TWO OF THE FIVE COMPONENTS</b>						
<i>Meat or Meat Alternatives</i>	<i>1/2 oz.</i>				String Cheese	
<i>Vegetable</i>	<i>1/2 cup</i>	Mandarine-Oranges			Carrot Sticks	
<i>Fruit</i>	<i>1/2 cup</i>			Mixed Fruit (or Seasonal Fruit)		Apples Juice (or Seasonal Juice)
<i>Grains</i>	<i>1/2 oz.</i>	Whole Grain Bread	Whole Grain Graham Crackers	Whole Grain Goldfish		Cheese Crackers
<i>Milk</i>	<i>1/2 cup</i>					
<i>extra item</i>			1% Non-Flavored Milk			

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**Options Child Care Center Food Program**

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**PRESCHOOL MENU**

**MENU 6**

REQUIREMENT:	SERVING SIZE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST---THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)</b>						
<i>Grains</i>	<i>1/2 slice or 3/4 cup</i>	Rice Chex (or other dry cereal)	Rice Krispy (or other dry cereal)	Corn Flakes (or other dry cereal)	Bran Muffin (or other muffin)	Special "K" (or other dry cereal)
<i>Vegetables/Fruit/or both</i>	<i>1/2 cup</i>	Peaches (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)	Oranges (or Seasonal Fruit)	Red Apple Slices (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>						
<b>LUNCH--ALL FIVE COMPONENTS</b>						
<i>Meat or Meat Alternatives</i>	<i>1 1/2 oz</i>	Sliced Beef	Turkey Sandwich	Quesadillas (Cheese/Tortillas)	Sliced Turkey Salad	Sliced Cheese Sandwich
<i>Vegetable</i>	<i>1/4 cup</i>	Cucumber & Tomato	Celery Sticks	Dark Green Salad	Tomatoes	Cabbage and Carrot Salad
<i>Fruit</i>	<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)
<i>Grains</i>	<i>1/2 oz 1/2 slice</i>	Whole Grain Pita Bread	Whole Grain Bread	Whole Grain Tortillas	Whole Grain Crackers	Whole Grain Bread
<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
<b>SNACK--TWO OF THE FIVE COMPONENTS</b>						
<i>Meat or Meat Alternatives</i>	<i>1/2 oz.</i>				Cheese Cubes	
<i>Vegetable</i>	<i>1/2 cup</i>	Apple Juice			Green Salad	
<i>Fruit</i>	<i>1/2 cup</i>		Pineapple (or Seasonal Fruit)			Peaches (or Seasonal Fruit)
<i>Grains</i>	<i>1/2 oz.</i>	Pretzels	Club Crackers	Whole Grain Animal Crackers		Whole Grain Crackers
<i>Milk</i>	<i>1/2 cup</i>			1% Non-Flavored Milk		
<i>extra item</i>						

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