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April 5, 2023

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 2022-23 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 2022-23**

<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>17</b>	<b>30</b>	<b>56</b>
b.	Number of children who dropped out during the school year.	<b>8</b>	<b>4</b>	<b>12</b>
c.	Number of children below federal poverty level:	<b>8</b>	<b>26</b>	<b>5</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>30</b>	<b>33</b>
<b>2 Ethnic Breakdown of Children</b>				
	Hispanic	<b>12</b>	<b>18</b>	<b>24</b>
	Caucasian, non-Hispanic	<b>2</b>	<b>3</b>	<b>10</b>
	Black	<b>0</b>	<b>5</b>	<b>16</b>
	Asian/Pacific Islander	<b>3</b>	<b>8</b>	<b>6</b>
	Other (American Indian)	<b>0</b>	<b>0</b>	<b>0</b>
	<b>Total</b>	<b>17</b>	<b>34</b>	<b>56</b>
<b>3 Primary Languages</b>				
	English	<b>13</b>	<b>23</b>	<b>55</b>
	Spanish	<b>2</b>	<b>5</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>1</b>	<b>1</b>	<b>0</b>
	<b>Total</b>	<b>17</b>	<b>30</b>	<b>56</b>
<b>4 Residence (at enrollment)</b>				
	Monrovia	<b>9</b>	<b>13</b>	<b>29</b>
	Arcadia	<b>3</b>	<b>6</b>	<b>0</b>
	Duarte	<b>2</b>	<b>5</b>	<b>6</b>
	Other	<b>3</b>	<b>6</b>	<b>21</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>0</b>	<b>23</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 2022-23**

<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	33	N/A	
2	Total number of volunteer hours	0	130	N/A	
<b>D. Medical Services</b>					
<b>1 Number of children who:</b>					
	a.	had physical exams	16	23	N/A
	b.	had dental exams	0	22	-
	c.	are up-to-date on immunizations	17	35	-
	d.	needed follow-up medical services	0	1	-
	e.	received follow-up medical services	0	0	0
	f.	needed follow-up dental services	0	3	-
	g.	received follow-up dental services	0	3	-
<b>E. Social Services</b>					
1	Total number of families:	17	30	33	
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	
<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 2022-23**

<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			\$ 199,839.00
2	Head Start			\$ 323,393.00
3	Family Child Care Food Program			\$ 17,128.18
4	Child Care Services-Family Child Care Homes			\$ 397,125.45
<b>Total</b>				<b>\$ 937,485.63</b>
<b>I. Agency Wide Total Revenues and Expenses for FY 2021-22</b>				
1	Overall Revenues			\$ 109,644,529.00
2	Overall Expenses			\$ 108,020,382.00

## **ADDENDUM A & B**

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

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

Options for Learning provides a quality Full-day preschool program at the Rotary Park location. This class serves 20 children, Monday-Friday, twelve months of the year from 7:30a.m. to 4:30p.m. The families in this program are typically working parents who are in need of full-time care and education throughout the year.

The HighScope curriculum, used by Options for Learning, is implemented throughout the daily routine, and helps to prepare children for future success in the educational system. This curriculum is based on children's individual needs and interests and focuses on active learning. Teachers observe children's progress, assess children's development, and plan lessons to challenge and scaffold children's thinking and learning.

Families are supported by ensuring quality childcare while they are working, as well as giving reassurance that their child is learning and growing in a safe environment. Teachers keep open communication with parents through daily exchanges at dropoff and pick-up times, with texts and photos/videos through the Learning Genie app, regular parent meetings, and parent conferences. Topics may include child development, strengthening skills at home, social and emotional support, and parenting tips. Conferences focus on the individual child's specific strengths, goals, and development.

During this program year, children, families, and staff have demonstrated a greater need for social and emotional support due to the additional stressors of the pandemic in recent years. Teachers implement activities to strengthen communication skills, encourage problem-solving, appropriately discussing feelings, and processing emotions. Options for learning works towards supporting the whole family by making goals with parents and providing resources to strengthen families. Staff have also been offered multiple trainings to increase their understanding of the importance of mental health for both children and adults.

#### **G. 2. Field Trips:**

Full-day Preschool – none this year due to the pandemic.

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

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

##### **Health**

- CA Child Care Preventive Health & Safety
- Health, Safety & Nutrition
- Best practices for preventing the spread of infectious diseases.

## **ADDENDUM A & B**

- Nutrition laws and regulations for child-care programs
- Lead poisoning prevention
- Universal Precautions
- Pedestrian Safety
- Covid Guidelines and Updates **Mental Health**
- Trauma Informed Care
- Child Mental Health: What teachers need to know
- Violence and Active Shooter Training
- Professional Resilience in Challenging Times
- Serving children and families experiences homelessness
- Responding to Childhood Trauma
- How Trauma Impacts Development **Self-Care & Wellness**
- Nurturing the Nurturer
- Educator Strategies for Health and Stress Management
- Self-care for Educators Professional Development
- Preventing and Responding to Domestic Violence
- Cooking with Kids to build strong mind and body
- Early Brain Development: The Caregiver Connection
- Developmental Milestones (Social-Emotional & Language)
- Exploring the importance of bilingualism at an early age
- Individual Leadership development
- Historical Trauma in the U.S.
- ECE Competencies: Strengthening the Knowledge and Skills of Early Childhood Professionals
- Cognition including Math & Science
- Child Care Disaster Preparedness
- Conflict in the workplace
- Brain Development
- Exploring our own perceptions and biases
- Yoga for Kids
- Culturally Responsive Practices
- STEAM in Early Childhood Education
- Observation and Screening Children
- Child Abuse
- HighScope Curriculum
- CLASS

### **Challenging Behavior/Classroom Management**

- Challenging Behavior Training
- Tantrums Training
- Conflict Resolution
- Identifying the expressions of emotions in young children

## ADDENDUM A & B

- Working with children with special needs
- Inclusive Environments
- Supporting Positive Behavior: Best Practices
- Significance of Caregiver/Infant Relationships **Family Support Training**
- Family Engagement
- Strengthening Families

### Head Start

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

Our program promotes and encourages staff to build authentic partnerships with parents. We welcome parents' expertise in participating in their child's learning. Parents learn that early learning includes self-regulation, joint attention, and other executive functions, as well as vocabulary, language, cognitive, and social and emotional skills. Parents build a deeper understanding of the milestone children reach in their development, and how to support children's learning both at home and at school. The children and families in our program receive full comprehensive services. Such services include Health support services including dental and vision referrals, Nutrition, Mental Health, Disabilities, and a high quality Education. Head Start partners with the community and families to enhance the lives of our families, as we prepare children for kindergarten.

Our Head Start program implements the High Scope Curriculum, a research-based curriculum that focuses on five key experiences. Those key experiences include 1) Children's home, culture, and language are reflected in a variety of developmentally appropriate activities and through open-ended materials, 2) Opportunities for children to make discoveries, examine, combine, and transform materials and ideas, 3) Children gain knowledge and develop creative problem-solving skills with the help of teachers who support a child's current level of thinking and challenge them to advance to the next stage, also known as "scaffolding.", 4) Children communicate verbally and nonverbally, thinking about their actions, expressing their thoughts about what they understand, and modifying their thinking as they learn and explore, 5) Children choose materials and play partners, build on their play ideas, and plan activities according to their interests and needs. Teachers plan activities based on the developmental domains which include social, cognitive, language and physical development. In addition, teachers promote STEAM (Science, Technology, Engineering, Art, Math) learning. In collaboration with parents, individual attainable goals are set for children-Children's growth is measured by assessing and monitoring their developmental growth. During home visits/conferences, children's outcomes promote teacher/parent discussions, focusing on strategies and activities that support children's ongoing developmental growth.

This program year we focused on:

- a) Social and Emotional development of children
  - Children's Social and emotional well-being is closely linked to school readiness. Due to the pandemic, we noticed children required more support in promoting positive behaviors, building positive relationships with children, expressing, recognizing, and managing their own emotions, as well as responding appropriately to others' emotions. This year we provided more trainings and strategies that center on nurturing children ability to regulate emotions, learn to communicate with their peers, and strengthen children's self-confidence. In addition, we have strengthened our partnerships with

## **ADDENDUM A & B**

Mental Health agencies, and contracted a qualified consultant to support teachers and children in the classrooms.

- b) Mental Health practices for teachers
- Early childhood programs, including Head Start, has faced unique and difficult challenges and stressors. Our program is addressing the impacts of Mental Health and how it impacts our staff. This year we have providing more activities, trainings, and strategies and resources that address Mental Health, helping staff increase individual resilience. Our focus has been to help Head Start Staff learn to overcome feelings of stress, anxiety, and burnout and help staff lead a happier, healthier work-life balance.
- c) Building Healthy relationships with families
- Due to the pandemic, parents returned with reservations about sending their children to school. This year trainings focused on promoting effective family engagement practices. Teachers are learning how to help parents feel a sense safety and trust in our classrooms. Teachers have learned the importance of building mutual respectful and trusting partnerships with parents. In return this has made it easier for teachers to promote healthy conversations regarding challenging issues, such as concerns about development or behavior.
- d) Implementing strategies that support Dual Language Learners
- There is a growing population of children in our classrooms who are DLLs children who have a home language other than English. Our program has provided training for teachers that focus on effective strategies to help children reach academic achievement in school.

### **Staff Development Trainings:**

- Using a Trauma Informed Lens to Sensitively/ Approach Challenging Conversations with Parents
- Safety in the Workplace
- COVID Updates & Guidelines
- Communicable Diseases
- Pedestrian Education
- HighScope/ Lesson Plans & Purposeful Teaching
- Food Program: Civil Rights, Food portions, Meal Counts & Procedures
- HighScope/ Setting-up the classroom environment
- The CLASS Tool/ Emotional Support ● Child Abuse
- The Importance of Attendance
- Using a Social-Emotional Lens to Support Children with Autism Spectrum Disorder
- High Scope/ Greeting Time & The Message Board
- CLASS/ Concept Development and critical thinking skills
- The Quiet Area/ Helping Children Self Regulate ● Health/ Medication, Allergies & Alternative Meals
- Effective Parent Orientations
- Supporting Dual Language Learners
- Nutrition: Picky Eating and Overweight/Obesity in children



## **ADDENDUM A & B**

- Health/ Medication, Allergies & Alternative Meals
- Parent Orientation
- Health/ Dental & Universal Precautions
- Self-Care/Identify early physical, emotional, and behavioral signs of personal emotional fatigue
- The Learning Genie & Effective Anecdotes
- Strategies to develop self-care, reduce stress, and manage professional affect in the workplace
- Child Assistance Request (CAR) Procedure & Process for referrals
- CLASS: Instructional Support – identify strategies and promote high Instructional Support in the classroom
- HighScope Curriculum: Read A-louds Strategies for intentional literacy activities to challenge children's critical thinking, and strategies that support DDLs
- Mental Health Component – Introduce staff to our Mental Health Partnership with Foothill Family
- HighScope: "The Importance of Building Relationships with Families"
- Reframing language to help de-escalate upset parents over school year concerns ● CLASS: Classroom Organization – How transitions challenge children cognitively and emotionally.
- Vision & Hearing Screening Inform staff of the importance of hearing & vision screenings
- Mindfulness/Techniques to help bring calmness into your life
- In-Kind Training/Promoting volunteerism in our program
- CLASS: Concept Development-How to elevate Instructional Support in your daily routine ● HighScope-Implementation of the Learning Wheel through effective anecdotes ● Food, Safety, Essentials
- HighScope: Scaffolding Children's Learning at Small Group Time
- Health Daily Checks and Contagious Illnesses
- Mental Health Discussions: Expressing your thoughts, emotions, and creativity
- Monitoring Attendance & Daily Average Attendance Percentiles
- HighScope Training: The Importance of Building relationships with Families ● Toilet Training; Practical support, tips on the stages of the Toilet Learning journey ● Transforming Challenging Behaviors
- School Readiness: Early Learning Outcome Framework
- Creating an Intentional Outdoor Environment
- MVP KIDS/Building Children's Social & Emotional Development with books & puppets \*Note that Child Safety & Supervision and Safety in the Workplace training continues monthly

### **Parent Trainings and Workshops:**

- The Importance of consistent attendance in school
- How the High Scope Curriculum Supports Children's Learning & School Readiness Skills
- The Head Start Learning Outcome Framework
- Promoting STEAM at Home

## **ADDENDUM A & B**

- Preparing your Child for Kindergarten Transition
- Pedestrian Safety
- Building Children's Self-Help skills and Toilet Training Skills
- In-Kind & Home Activity Logs
- National Earthquake Awareness Month
- The milestones; Your child's early development journey
- Discipline and Positive Behavior Guidance for Children
- The importance of Family Engagement
- Eating well for Healthy Living
- Let's Talk Toilet Training
- The Importance of Physical Activities for Children
- Activities that Support your child's Social and Emotional Development
- Activities in the home that support School Readiness
- The Importance of Reading to Children
- Helping Children Understand Their Family's Culture & Diversity
- The Importance of Physical Development: Fun Outdoor activities
- Preparing children for kindergarten
- Financial Wellness
- Managing Over wellness Feelings
- Positive Parenting
- Healing Through Grief and Loss
- Child Development and Preparing for Kindergarten
- Emotional Wellness training for Parents
- Building Healthy Co-Parenting Relationships
- Healthy Eating for your child
- Promoting Positive Behaviors
- Understanding my Child's Development

### **CHILD CARE FCCHE Network**

#### 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

## **ADDENDUM A & B**

- Technical assistance for Age-appropriate Curriculums

Materials and supplies furnished to family child care providers:

- Portfolio Samples
- Curriculum Calendars
- Feelings-Emotions Books
- Social Emotions Books (School-age)
- Early Math Activity Center
- Dominoes
- Giant Activity Dice
- Squish-Squeeze Sensory Beads
- Non-hardening Modeling Foam
- 6 ft Parachute
- Lets Get Moving Number Count Kit
- Lets Get Moving Activity Mats
- Game of Consequences
- Social Emotional Match-ups
- Understanding Myself Match-ups
- Building Relationships Match-ups
- Making Good Choices Match-ups

### G. Classroom Learning

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

### **CHILD CARE FCCHE Network**

#### Presentations and Child Development Trainings:

- Adapting activities to the Different ages of your Program
- Being Brain Strong From Birth To 3 Years Of Age
- Building Strong Relationships With Families - Leading With Families In Mind
- Challenging Behavior Management For Young Children
- Child Abuse And Prevention Part A & B
- Cognition Including Math & Science (Spatial Relationships, Classification, Number Sense, Measurement, Patterning, Shapes, Cause And Effect, Observation And Investigation, Knowledge Of The Natural World)
- Communication And Interactions With Children /Adults
- Creating A Culture Of Safety And Respect
- Creating A Positive Work Culture
- Developmental Domains In Early Childhood Education
- Diversity And Equity
- Dual Language Learners Training Modules
- Explore Strategies On How To Handle Tantrums
- Exploring Our Own Perceptions And Biases

## **ADDENDUM A & B**

- FCCERS: Healthy & Safe Learning Environments Importance Of Daily Schedules And Age Appropriate Curriculums
- Health, Safety And Nutrition
- How To Create Critical Thinking Questions
- How To Create The Philosophy Mission And Vision Statements
- How To Identify And Work With Children With Special Needs
- Inclusion And Children With Special Needs
- Module 1: How Trauma Impacts Development Part 1
- Module 2: How Trauma Impacts Development Part 2
- Module 3: Identifying Childhood Trauma
- Module 4: Responding To Childhood Trauma Part 1
- Module 5: Responding To Childhood Trauma Part 2
- Module 6: Strengthening Families
- Module 7: Self-Care For Providers
- Module 1: Understanding Historical Trauma
- Module 2: Resurfacing The Past – Historical Trauma In The U.S.
- Module 3: Historical Trauma – From Past To Present
- Module 4: Historical Trauma – Supporting Children And Families Today
- Observation And Documentation
- Parent Involvement/Partnership Building
- Preventing Early Childhood Obesity
- Self And Social Emotional Development
- Trauma-Informed Care For Infants & Toddlers Part 1: Recognizing Infant & Toddler Cues
- Informed Care For Infants & Toddlers Part 2: Understanding Infant & Toddler Cues
- Trauma-Informed Care For Infants & Toddlers Part 3: Responding In Hot Moments To Infants & Toddlers
- Trauma-Informed Care For Infants & Toddlers Part 4: Responding In Cool Moments To Infants & Toddlers
- Significance Of Caregiver/Infant Relationships
- Social Emotional Milestones And Language Milestones
- STEAM In Early Childhood Education
- The Anti-Bias Curriculum
- The Growing Brain
- What If I'M Not Bilingual? - Connecting With Children Through Languages
- What Is Creativity Using Reggio Emilia And Waldorf Strategies

### Staff Development Trainings:

- Community Engagement from an ECE Perspective
- Exploring Programming Through Music And Movement With Our Youngest Learners.
- Resilience And Mental Health Through Play, Rhythm And Science
- Babies Are Their Own Best Teachers
- The everyday Magic Of A Butterfly

## **ADDENDUM A & B**

- Incorporating Culture and caregivers Into A Preschool Curriculum
- I Hear Something! Exploring Music With Young Children
- Developing Systems Thinking Through Experiences In Light And Shadow
- The Power Of Free Play
- Stop Motion: Telling A Story One Frame At A Time
- Bug Homes Don't Need Stairs Because They Can Just Climb Up The Wall
- Justice, Equity, Diversity and Inclusion: Integrating JEDI Into Your Practice and Classroom
- Simplifying Science
- Exploring Light And Shadow With Infants and Toddlers
- CDSS Contract Monitoring Process
- CDSS Provider Payments
- CDSS Program Self-Evaluation
- Creating Equitable Spaces For Children
- Supporting Multilingual Learners In Early Childhood
- FCCH Housing Rights, State Budget & Legislative Updates
- How To Lead A Ready4K Family Workshop
- Challenging Behavior In The Autism Classroom: What Can We Do?
- Linking Arms: Strong Community Partnerships For Comprehensive Prevention Planning

### Parent Involvement Workshops (PAC):

- Reporting Health & Safety concerns and/or complaints
- Community Resources
- Parent Involvement and Participation
- Ready, Set, Let's Read (With Book Distribution To Attendees)
- Draw with Me Via Zoom

**Options for Learning 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>						
<b>Grains</b>	<i>1/2 slice or 3/4 cup</i>	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)
<b>Vegetables/Fruit/or both</b>	<i>1/2 cup</i>	Orange Wedges (or Seasonal Fruit)	Applesauce (or Seasonal Fruit)	Strawberries (or Seasonal Fruit)	Pears (or Seasonal Fruit)	Banana Slices (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>						
<b>LUNCH--ALL FIVE COMPONENTS</b>						
<b>Meat or Meat Alternatives</b>	<i>1 1/2 oz.</i>	Turkey Sandwich	Chicken Little (on whole bun)	Whole Grain Cheese Pizza	Sliced Turkey	Natural Cheese Sandwich
<b>Vegetable</b>	<i>1/4 cup</i>	Dark Green Salad	Celery Sticks	Shredded Lettuce	Carrot Sticks	Cabbage-Carrot Salad
<b>Fruit</b>	<i>1/4 cup</i>	Red Apple (or Seasonal Fruit)	Peaches (or Seasonal Fruit)	Banana (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)	Oranges (or Seasonal Fruit)
<b>Grains</b>	<i>1/2 oz. 1/2 slice</i>	Whole Grain Bread	Whole Grain Bun	Whole Grain Pizza Crust	Whole Grain Bread	Whole Grain Pita Bread
<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>						
<b>SNACK--TWO OF THE FIVE COMPONENTS</b>						
<b>Meat or Meat Alternatives</b>	<i>1/2 oz.</i>					String Cheese
<b>Vegetable</b>	<i>1/2 cup</i>					
<b>Fruit</b>	<i>1/2 cup</i>	Mixed Fruit (or Seasonal Fruit)	Pears (or Seasonal Fruit)		Apple Juice (or Fruit Juice)	Fuji Apples Slices (or Seasonal Fruit)
<b>Grains</b>	<i>1/2 oz.</i>	Club Crackers	Cheese Crackers	Whole Grain Graham Crackers	Whole Grain Goldfish	
<b>Milk</b>	<i>1/2 cup</i>			1% Non-Flavored Milk		
<b>extra item</b>						

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**Options for Learning Child Care Center Food Program**

9/1/2020



<b>PRESCHOOL MENU</b>						
<b>MENU 2</b>						(rev.10/16/20nt)
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	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>	1/2 cup	Peaches (or Seasonal Fruit)	Applesauce	Mix Fruit (or Seasonal Fruit)	Banana (or Seasonal Fruit)	Mixed Fruit (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>						
<b>LUNCH--ALL FIVE COMPONENTS</b>						
<b>Meat or Meat Alternatives</b>	1 1/2 oz	Cheese Sandwich	Grilled Chicken	Cheese Tostada	Turkey Slices Sandwich	Cheese Burger
<b>Vegetable</b>	1/4 cup	Cabbage & Carrot Salad	Carrot Sticks	Shredded Lettuce & Diced Tomatoes	Celery Sticks	Sliced Cucumber
<b>Fruit</b>	1/4 cup	Pineapple (or Seasonal Fruit)	Pears (or Seasonal Fruit)	Bananas (or Seasonal Fruit)	Peaches (or Seasonal Fruit)	Oranges (or Seasonal Fruit)
<b>Grains</b>	1/2 oz 1/2 slice	Whole Grain Bread	Whole Grain Crackers	Whole Grain Tostada	Whole Grain Bread	Whole Grain 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
<b>extra item</b>						
<b>SNACK--TWO OF THE FIVE COMPONENTS</b>						
<b>Meat or Meat Alternatives</b>	1/2 oz.					
<b>Vegetable</b>	1/2 cup					
<b>Fruit</b>	1/2 cup	Mandarin Oranges		Pear ( or Seasonal Fruit)	Apple Juice (or other fruit juice)	Pineapple ( or Seasonal Fruit)
<b>Grains</b>	1/2 oz.	Saltines Crackers	Whole Grain Graham Crackers	WG Wheat Thins	Whole Grain Bread	Pretzels
<b>Milk</b>	1/2 cup		1% Non-Flavored Milk			
<b>extra item</b>						

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**Options for Learning Child Care Center Food Program**

9/1/2020



**PRESCHOOL MENU**

**MENU 3**

REQUIREMENT:	SERVING SIZE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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**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 for Learning Child Care Center Food Program**

9/1/2020



**PRE-SCHOOL 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)**

<b>Grains</b>	1/2 slice or 3/4 cup	Special "K"	Krispy Rice	Rice Chex	Blueberry Muffin	Corn Flakes
		(or other dry cereal)	(or other dry cereal)	(or other dry cereal)	(or other muffin)	(or other dry cereal)
<b>Vegetables/Fruit/or both</b>	1/2 cup	Peaches	Green Apples	Mixed Fruit	Orange Wedges	Banana Slices
		(or Seasonal Fruit)	(or Seasonal Fruit)	(or Seasonal Fruit)	(or Seasonal Fruit)	(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>						

**LUNCH--ALL FIVE COMPONENTS**

<b>Meat or Meat Alternatives</b>	1 1/2 oz	Roast Beef	Sliced Chicken	Shredded Cheese	Turkey & Cheese	Sliced Chicken
				Tostadas	Roll Up	
<b>Vegetable</b>	1/4 cup	Green Salad	Carrot Sticks	Cucumber	Celery Sticks	Broccoli Floret
				& Tomato		
<b>Fruit</b>	1/4 cup	Apples	Oranges	Pineapple	Peaches	Pears
		(or Seasonal Fruit)	(or Seasonal Fruit)	(or Seasonal Fruit)	(or Seasonal Fruit)	(or Seasonal Fruit)
<b>Grains</b>	1/2 oz 1/2 slice	Whole Grain	Whole Grain	Whole Grain	Whole Grain	Whole Grain
		Bread	Bread	Tostadas	Tortilla	Bread
<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>						

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

<b>Meat or Meat Alternatives</b>	1/2 oz.					
		<b>Vegetable</b>	1/2 cup		Green Salad	
<b>Fruit</b>	1/2 cup	Pears	Bananas		Grape Juice	Applesauce
		(or Seasonal Fruit)	(or Seasonal Fruit)			
<b>Grains</b>	1/2 oz.	Whole Grain		Whole Grain	Whole Grain	Pretzels
		Animal Crackers		Wheat Crackers	Saltine Crackers	
<b>Milk</b>	1/2 cup		1% Non-Flavored Milk			

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# Options for Learning Child Care Center Food Program

9/1/2020



PRESCHOOL 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)	Rice Chex (or other dry cereal)	Cheerios (or other dry cereal)	Whole Grain Bread	Whole Wheat Cereal (or other dry cereal)
<b>Vegetables/Fruit/or both</b>	1/2 cup	Peaches (or Seasonal Fruit)	Nectarines (or Seasonal Fruit)	Pear (or Seasonal Fruit)	Oranges (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
<i>extra item</i>						
<b>LUNCH--ALL FIVE COMPONENTS</b>						
<b>Meat or Meat Alternatives</b>	1 1/2 oz	Sliced Turkey Roll-Ups	Sliced Chicken	Bean & Cheese Burrito	Turkey Slices	Natural Cheese Slices
<b>Vegetable</b>	1/4 cup	Green Salad	Celery Sticks	Cabbage and Carrot Salad	Dark Green Salad	Carrot Sticks
<b>Fruit</b>	1/4 cup	Apples (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	Whole Grain Tortilla	Whole Grain Bread	Whole Grain Bread
<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>						
<b>SNACK--TWO OF THE FIVE COMPONENTS</b>						
<b>Meat or Meat Alternatives</b>	1/2 oz.				String Cheese	
<b>Vegetable</b>	1/2 cup	Mandarine-Oranges			Carrot Sticks	
<b>Fruit</b>	1/2 cup			Mixed Fruit (or Seasonal Fruit)		Apples Juice (or Seasonal Juice)
<b>Grains</b>	1/2 oz.	Whole Grain Bread	Whole Grain Graham Crackers	Whole Grain Goldfish		Cheese Crackers
<b>Milk</b>	1/2 cup					
<i>extra item</i>			1% Non-Flavored Milk			

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**Options for Learning Child Care Center Food Program**

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**PRE-SCHOOL MENU**

**MENU 6**

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	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)
<b>Vegetables/Fruit/or both</b>	1/2 cup	Peaches (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)	Oranges (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
<b>extra item</b>						
<b>LUNCH--ALL FIVE COMPONENTS</b>						
<b>Meat or Meat Alternatives</b>	1 1/2 oz	Sliced Beef	Turkey Sandwich	Quesadillas (Cheese/Tortillas)	Sliced Turkey Salad	Sliced Cheese Sandwich
<b>Vegetable</b>	1/4 cup	Cucumber & Tomato	Celery Sticks	Dark Green Salad	Tomatoes	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 Bread	Whole Grain Tortillas	Whole Grain Crackers	Whole Grain Bread
<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>SNACK--TWO OF THE FIVE COMPONENTS</b>						
<b>Meat or Meat Alternatives</b>	1/2 oz.				Cheese Cubes	
<b>Vegetable</b>	1/2 cup	Apple Juice			Green Salad	
<b>Fruit</b>	1/2 cup		Pineapple (or Seasonal Fruit)			Peaches (or Seasonal Fruit)
<b>Grains</b>	1/2 oz.	Pretzels	Club Crackers	Whole Grain Animal Crackers		Whole Grain Crackers
<b>Milk</b>	1/2 cup			1% Non-Flavored Milk		
<b>extra item</b>						

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