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March 22, 2024

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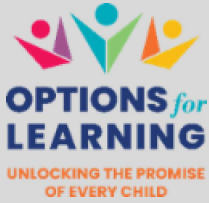
Dear Heather,

Enclosed please find the city of Monrovia annual report for Options for Learning's programs operating in the city.

If you happen to have any questions, feel free to let me know. We look forward to presenting at the Commission meeting in April.

Sincerely,

Janet Zamanyan
Executive Secretary
Options for Learning
626-479-8967



Options for Learning Report to City of Monrovia 2022-23 Rotary Park and Monrovia

Options for Learning Programs	Early Learning Center Based	Early Learning Home Based	Childcare Services- Family Childcare Homes
A. Population Served			
1. Overall Counts			
a. Number of children who were enrolled during the school year.	48	9	54
b. Number of children who dropped out during the school year.	14	1	6
c. Number of children below federal poverty level.	34	7	6
d. Number of children who were handicapped.	0	0	1
e. Number of families	48	9	34
2. Ethnic Breakdown of Children			
Hispanic	30	7	16
Caucasian, non-Hispanic	6	0	12
Black	3	1	22
Asian/Pacific Islander	9	1	4
Other (American Indian)	0	0	0
Total	48	9	54
3. Primary Languages			
English	32	1	50
Spanish	11	7	2

Cantonese, Mandarin, other Chinese	3	1	2
Vietnamese	0	0	0
Other	2	0	0
Total	48	9	54
4. Residence (at Enrollment)			
Monrovia	22	4	31
Arcadia	10	4	2
Duarte	4	1	7
Other	12	0	14
5. Ages of Children Served			
	3 to 5	0 to 5	0 to 12
B. Parent Education			
1. Number of parents who have volunteered in classroom and received hands on parenting children development education.	0	6 (socializations)	N/A
2. Number of parents who attended parent education workshops	0	0	N/A
C. Volunteer Time			
1. Total number of volunteers including parents:	0	n/a	N/A
2. Total number of volunteer hours:	0	n/a	N/A
D. Medical Services			
1. Number of children who:			
a. Had physical exams	37	7	N/A
b. Had dental exams	20	4	N/A

c. Are up to date on immunizations	42	9	N/A
d. Needed follow up medical services	29	4	N/A
e. Received follow up medical services	22	4	N/A
f. Needed follow up dental services	2	1	N/A
g. Received follow up dental services	2	0	N/A
E. Social Services			
1. Total number of Families:	48	9	34
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)			
Breakfast	Yes	n/a	Yes
Lunch	Yes	n/a	Yes
Afternoon Snack	Yes	n/a	Yes
G. Center-Based and Home-Based Learning			
1. Brief description of learning objectives/activities this year (see Addendum A)			
2. List sample field trips this year:	Reptile Show	The Children's Museum	
	Bubble Mania	Lucky Art Crayonology	
		Los Angeles Zoo	
		Cal Poly Pomona Pumpkin Patch	

3. List special events and community resource people/presentations (see Addendum B):	Read Aloud Program with local librarian	UCLA Mobile Eye Clinic	
	UCLA Mobile Eye Clinic	Socialization at Julian Fisher Park	
H. Value of all Options services to Monrovia this year (July 1 to June 30)			
1. Early Learning Center-Based & Home-Based Combined			\$589,442
3. Family Childcare Food Program			\$21,872.87
4. Childcare Services Family Childcare Homes			\$575,960.95
Total			
I. Agency Wide Total Revenues and Expenses for FY 2022-23			
1. Overall Revenues	\$142,818,697		
2. Overall Expenses	\$134,081,585		

ADDENDUM A & B

Brief description of learning objectives/activities this year:

Early Learning Center Based and Home Based

Options for Learning provides quality full-day and part-day preschool programs at our Rotary Park and Monrovia centers. Our Rotary Park center serves 20 children, Monday-Friday, year-round from 7:00a.m. to 5:00p.m. Our Monrovia center serves 20 children, Monday-Friday, 11 months a year from 7:30-5:00pm two sessions are provided- morning and afternoon. Families in our program are typically working parents or going to school who need care throughout the year. Options for Learning also provides a home-based option that serves 9 families, each receiving a personalized visit once a week for an hour and a half from our qualified parent educators.

Our center-based programs implement 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.

Our home-based program utilizes the Parents as Teachers Curriculum a research-based curriculum that focuses on increasing parent knowledge of early childhood development and improving parenting practices, providing early detection of developmental delays and health issues, preventing child abuse and neglect and increasing children's school readiness and school success. Together, the parent educator and parent work on specific activities that meet the needs of the child and parent to help them reach their highest potential.

Teachers in both our center-based and home-based programs plan activities based on developmental domains which include social, cognitive, language and physical development. In addition, teachers promote STEAM (Science, Technology, Engineering, Art, Math) learning daily. Teachers collaborate with parents to attain individual goals set for each child's growth and are measured by assessing and monitoring their developmental growth through the Desired Results Developmental Profile (DRDP) tool for center-based children, and the Portage Assessment Tool for our home-based program. During home visits/conferences, children's outcomes promote teacher/parent discussions, focusing on strategies and activities that support children's ongoing developmental growth both at school and at home.

Teachers keep open communication with parents through daily exchanges at drop-off and pick-up times, regular parent meetings, parent conferences and through Hubbe a parent data/communication dashboard where parents can receive anecdotal notes with photos/videos of their child's daily progress. Similarly, our parent educators maintain open communication with parents throughout their weekly home-visits, parent conferences, and socializations which take place two times per month.

During this program year, children, families, and staff continue to demonstrate a need for social and emotional support due to lingering effects of the pandemic. Teachers consistently implement activities to support children's social and emotional

development, encourage problem-solving, self-regulation, discussing feelings with others, and processing emotions. Options for Learning works towards supporting the whole family by establishing 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, the importance of creating and maintaining inclusive environments, supporting kindergarten readiness and much more listed below.

G. 2. Field Trips:

This year our Monrovia center-based classrooms will have on site field trips which will include the Reptile Show and Bubble Mania. Our home-based program had the opportunity to visit; the Children's Museum in La Habra, Lucky Art Crayonology in Montclair, the Los Angeles Zoo and the Cal Poly Pomona Pumpkin Patch.

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

Community Resources;

- Read Aloud Program with local librarian
- UCLA Mobile Eye Clinic
- Home-based socializations at Julian Fisher Park

Monthly Parent Meeting Presentations, presented by Family Engagement Staff and Classroom Teacher;

- Health, Safety & Nutrition
- Pedestrian Safety
- Observation and Screening Children
- Child Abuse
- HighScope Curriculum
- CLASS Assessment Tool
- Challenging Behavior/Classroom Management
- Challenging Behavior Training
- Tantrums Training
- Conflict Resolution
- Working with children with special needs
- Inclusive Environments
- Supporting Positive Behavior: Best Practices

- Family Engagement
- Strengthening Families

Staff Development Trainings:

- Safety in the Workplace
- Communicable Diseases
- Pedestrian Education
- Food Program: Civil Rights, Food portions, Meal Counts & Procedures
- HighScope/ Setting-up the classroom environment
- The CLASS Tool
- Child Abuse
- The Importance of Attendance
- Using a Social-Emotional Lens to Support Children with Autism Spectrum Disorder
- CLASS/ Concept Development and critical thinking skills
- Helping Children Self Regulate Health
- Effective Parent Orientations
- Health/ Medication, Allergies & Alternative Meals
- Health/ Dental & Universal Precautions
- Initial Concern Form Procedure & Process for referrals
- CLASS: Instructional Support – identify strategies and promote high Instructional Support in the classroom
- Vision & Hearing Screening Inform staff of the importance of hearing & vision screenings
- Health Daily Checks and Contagious Illnesses
- Mental Health Discussions: Expressing your thoughts, emotions, and creativity
- Monitoring Attendance & Daily Average Attendance Percentiles

ADDENDUM A & B

Brief description of learning objectives/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:

- Age-appropriate Curriculum Technical Assistance
- Family Child Care Environment Technical Assistance
- FCCHEN Child Portfolio Technical Assistance
- Follow-up Technical Assistance as Needed
- Health & Safety Technical Assistance

Materials and supplies furnished to family child care providers:

- Curriculum Calendars
- Portfolio Samples
- FCCERS 3 Book
- Toddler Individual Learning Kit
 - 5 Ocean Animals Board Books
 - 10 Soft & Squeezy Ocean Animals
 - Hide & Seek Discovery Ball
 - 52 Toddler Bristle Builders
 - Button Size-Sorting Box
 - Double-Sided Activity Card
- Family Engagement Language Packs-Preschool
 - Sight Words
 - Retelling Rhyming Syllables
 - Letter Identification
 - Beginning Sounds
 - Vocabulary
 - Word Building
- Grab & Play Social Emotional Games
 - Feelings & Emotions
 - Kindness & Respect
 - Building Empathy

- T.I. 108 Calculators (Classroom Set w/ Instructions)

ADDENDUM B

G. Classroom Learning

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

CHILD CARE FCCHE Network

Presentations and Child Development Trainings:

An Introduction To The Learning Environment For FCC Early Childhood Programs

Building Relationships and Your Important Piece

Calming Strategies

Challenging Behaviors

Child Development Milestones Overview

Child Development Permits

Cognition Including Math & Science Of Infants & Toddlers (Part A & B)

Staff Development Trainings:

365 Essentials

Anxiety in Preschool Children: Identifying & Supporting Anxious Young Learners

Artificial Intelligence and Generative AI: Empowering a Deeper Conversation

Building Confidence & Resilience Skills in Young Children

Business Writing

CDSS How To Prepare for a Contract Monitoring & Error Rate Review

CDSS & CCPU: New Family Child Care Provider Benefits & Information

DRDP Online 2023 Dashboard

DRDP Online 2023 Integrated Observation Portfolio

DRDP Online 2023 What's New?

Email Etiquette

Office Ergonomics

OneNote

Power of Play Materials Summit

SharePoint

Supporting Families & Young Children In Times of Fear & Anxiety

Teams

Telebriefing for ECE Public Health Update on Covid & Other Respiratory Viruses

Time Management

UAGC 2023 7th Annual ECE Virtual Conference

Where Community Meets Curriculum: Equitable Strategies in the Classroom

Your Magic Wand for Calm Staff & Children

Parent Involvement Workshops (PAC):

- Community Resources
- Donut Stress, You Did Your Best
- Draw with Me (With Crayon Distribution to Attendees)
- Parent Involvement & Participation
- Reporting Health & Safety Concerns and/or Complaints

Options for Learning Nutrition Program



6/3/2023

<i>Early Learning Preschool Menu</i>						
MENU 1						
REQUIREMENT:	SERVING SIZE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST---THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or						
Grains	1/2 OZ.	Cheerios (or other dry cereal)	Whole Grain Bread Toast	Rice Chex (or other dry cereal)	Whole Grain 1/2 Bagel Cream cheese	Crispy Rice/ Rice Krispies (or other dry cereal)
Vegetables/Fruit/or both	4 OZ.	Orange Wedges (or Seasonal Fruit)	Applesauce (or Seasonal Fruit)	Strawberries (or Seasonal Fruit)	Pears (or Seasonal Fruit)	Banana Slices (or Seasonal Fruit)
Milk	6 OZ.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
LUNCH--ALL FIVE COMPONENTS						
Meat or Meat Alternatives	1 1/2 OZ.	Turkey Sandwich	Grilled Chicken Fajita	Whole Grain Cheese Pizza	Vegetarian Chili Beans	Natural Cheese Sandwich
Vegetable	2 OZ.	Dark Green Salad	Celery Sticks	Shredded Lettuce	Carrot Sticks	Peas & Carrots
Fruit	2 OZ.	Red Apple (or Seasonal Fruit)	Cantaloupes (or Seasonal Fruit)	Banana (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)	Oranges (or Seasonal Fruit)
Grains	1/2 OZ. OR 1/2 SLICE	Whole Grain Bread	Whole Grain Bread	Whole Grain Pizza Crust	Whole Grain Corn Bread	Whole Grain Pita Bread
Milk	6 OZ.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
extra item						
SNACK--TWO OF THE FIVE COMPONENTS						
Meat or Meat Alternatives	1/2 OZ.					String Cheese
Vegetable	4 OZ.				Cabbage-Carrot Salad	
Fruit	4 OZ.	Mixed Fruit (or Seasonal Fruit)	Orange Juice		Pineapple	Fuji Apples Slices (or Seasonal Fruit)
Grains	1/2 OZ.	Club Crackers	Cheese Crackers	Graham Crackers		
Milk	4 OZ.			1% Non-Flavored Milk		
DINNER-ALL FIVE COMPONENTS						
Meat or Meat Alternatives	1 1/2 OZ.	Roast Beef	Sliced Chicken	Shredded Cheese Tostadas	Turkey & Cheese Roll Up	Sliced Chicken
Vegetable	2 OZ.	Green Salad	Carrot Sticks	Cucumber & Tomato	Celery Sticks	Broccoli Floret
Fruit	2 OZ.	Apples (or Seasonal Fruit)	Oranges (or Seasonal Fruit)	Pineapple (or Seasonal Fruit)	Peaches (or Seasonal Fruit)	Pears (or Seasonal Fruit)
Grains	1/2 OZ.	Whole Grain Bread	Whole Grain Bread	Whole Grain Tostadas	Whole Grain Tortilla	Whole Grain Bread
Milk	6 OZ.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk

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Options for Learning Nutrition Program



6/3/2023

<i>Early Learning Preschool Menu</i>						
MENU 2						
REQUIREMENT:	SERVING SIZE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST---THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)						
<i>Grains</i>	1/2 OZ.	Corn Flakes (or other dry cereal)	Whole Grain Blueberry Muffin	Toasted Oat (or other dry cereal)	Whole Grain 1/2 English Muffins Strawberry Jam	Rice Krispies (or other dry cereal)
<i>Vegetables/Fruit/or both</i>	4 OZ.	Oranges (or Seasonal Fruit)	Applesauce	Honey Dew (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)	Bananas (or Seasonal Fruit)
<i>Milk</i>	6 OZ.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
LUNCH--ALL FIVE COMPONENTS						
<i>Meat or Meat Alternatives</i>	1 1/2 OZ.	Roast Beef	Teriyaki Diced Chicken	Children Make their own Bean and Cheese Tostadas	Turkey Slices Sandwich	Chicken Nuggets
<i>Vegetable</i>	2 OZ.	Minestrone Soup	Carrot Sticks	Shredded Lettuce & Diced Tomatoes	Zucchini	Sliced Cucumber & Tomatoes
<i>Fruit</i>	2 OZ.	Pineapple (or Seasonal Fruit)	Pears (or Seasonal Fruit)	Bananas (or Seasonal Fruit)	Apples (or Seasonal Fruit)	Oranges (or Seasonal Fruit)
<i>Grains</i>	1/2 OZ. OR 1/2 SLICE	Whole Grain Bread	Rice	Whole Grain Tostada	Whole Grain Pita Bread	Whole Grain Bread
<i>Milk</i>	6 OZ.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK--TWO OF THE FIVE COMPONENTS						
<i>Meat or Meat Alternatives</i>	1/2 OZ.			Yogurt		
<i>Vegetable</i>	4 OZ.	Raw Veggies				
<i>Fruit</i>	4 OZ.				Orange Juice (or other fruit juice)	Pineapple (or Seasonal Fruit)
<i>Grains</i>	1/2 OZ.	Saltines Crackers	Whole Grain Rice Chex	Wheat Crackers	Whole Grain Bread	Pretzels
<i>Milk</i>	4 OZ.		1% Non-Flavored Milk			
DINNER-ALL FIVE COMPONENTS						
<i>Meat or Meat Alternatives</i>	1 1/2 OZ.	Turkey Slices	Sliced Chicken	Bean & Cheese Burrito	Turkey Slices	Natural Cheese Slices
<i>Vegetable</i>	2 OZ.	Celery	Celery Sticks	Cabbage and Carrot Salad	Dark Green Salad	Carrot Sticks
<i>Fruit</i>	2 OZ.	Peaches (or Seasonal Fruit)	Bananas (or Seasonal Fruit)	Pineapple (or Seasonal Fruit)	Peaches (or Seasonal Fruit)	Mix Fruit (or Seasonal Fruit)
<i>Grains</i>	1/2 OZ.	Whole Grain Bread	Whole Grain Pita	Whole Grain Tortilla	Whole Grain Bread	Whole Grain Bread
<i>Milk</i>	6 OZ.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk

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Options for Learning Nutrition Program




6/3/2023

Early Learning 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 OZ.	Rice Chex (or other dry cereal)	Whole Grain Bran Muffin	Crispy Rice/ Rice Krispies (or other dry cereal)	Oatmeal	Cheerios (or other dry cereal)
Vegetables/Fruit/or both	4 OZ.	Cantaloupes (or Seasonal Fruit)	Pear (or Seasonal Fruit)	Mandarin-Oranges (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)	Banana Slices (or Seasonal Fruit)
Milk	6 OZ.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
LUNCH--ALL FIVE COMPONENTS						
Meat or Meat Alternatives	1 1/2 OZ.	Sliced Cheese	Chicken Tacos	BBQ Beef Ribs Sandwich	Sliced Turkey	Bean & Cheese Burritos
Vegetable	2 OZ.	Dark Green Salad	Shredded Lettuce Diced Tomatoes	Carrot Sticks	Cabbage and Carrot Salad	Broccoli Floret
Fruit	2 OZ.	Strawberries (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)	Apples (or Seasonal Fruit)	Oranges (or Seasonal Fruit)	Fuji Apple Slices (or Seasonal Fruit)
Grains	1/2 OZ. OR 1/2 SLICE	Whole Grain 1/2 English Muffin	Whole Grain Taco Shell	Whole Grain Bread	Whole Grain Bread	Whole Grain Tortilla
Milk	6 OZ.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK--TWO OF THE FIVE COMPONENTS						
Meat or Meat Alternatives	1/2 OZ.		String Cheese		Yogurt	
Vegetable	4 OZ.					
Fruit	4 OZ.	Apples (or Seasonal Fruit)	Pears (or Seasonal Fruit)	Bananas (or Seasonal Fruit)		Grape Juice (or other fruit juice)
Grains	1/2 OZ.	Cheese Crackers			Wheat Crackers	Graham Crackers
Milk	4 OZ.			1% Non-Flavored Milk		
DINNER-ALL FIVE COMPONENTS						
Meat or Meat Alternatives	1 1/2 OZ.	Sliced Beef	Turkey Sandwich	Quesadillas (Cheese/Tortillas)	Sliced Turkey Salad	Sliced Cheese Sandwich
Vegetable	2 OZ.	Cucumber & Tomato	Celery Sticks	Dark Green Salad	Tomatoes	Cabbage and Carrot Salad
Fruit	2 OZ.	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.	Whole Grain Pita Bread	Whole Grain Bread	Whole Grain Tortillas	Whole Grain Crackers	Whole Grain Bread
Milk	6 OZ.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk

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Options for Learning Nutrition Program						6/3/2023
Early Learning Preschool Menu						
MENU 4						
REQUIREMENT:	SERVING SIZE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST---THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)						
Grains	1/2 OZ.	Whole Grain 1/2 English Muffin	Krispy Rice (or other dry cereal)	Corn Flakes (or other dry cereal)	Whole Grain Blueberry Muffin	Rice Chex (or other dry cereal)
Vegetables/Fruit/or both	4 OZ.	Cantaloupes (or Seasonal Fruit)	Green Apples (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)	Orange Wedges (or Seasonal Fruit)	Banana Slices (or Seasonal Fruit)
Milk	6 OZ.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
LUNCH--ALL FIVE COMPONENTS						
Meat or Meat Alternatives	1 1/2 OZ.	Roast Beef	Chicken Tenders	Shredded Cheese Tostadas	Turkey & Cheese Roll Up	Turkey Egg Rolls
Vegetable	2 OZ.	Tomato Soup	Carrot Sticks	Cucumber & Tomato	Corn	Broccoli Floret
Fruit	2 OZ.	Apples (or Seasonal Fruit)	Oranges (or Seasonal Fruit)	Pineapple (or Seasonal Fruit)	Apples (or Seasonal Fruit)	Pears (or Seasonal Fruit)
Grains	1/2 OZ. OR 1/2 SLICE	Whole Grain Bread	Whole Grain Bread	Whole Grain Tostadas	Whole Grain Tortilla	Egg Rolls
Milk	6 OZ.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK--TWO OF THE FIVE COMPONENTS						
Meat or Meat Alternatives	1/2 OZ.					Hummus
Vegetable	4 OZ.			Green Salad		
Fruit	4 OZ.	Pears (or Seasonal Fruit)	Bananas (or Seasonal Fruit)		Grape Juice	
Grains	1/2 OZ.	Club Crackers	Dry Cereal	Wheat Crackers	Saltine Crackers	Whole Grain Pita Bread
Milk	4 OZ.		1% Non-Flavored Milk			
DINNER--ALL FIVE COMPONENTS						
Meat or Meat Alternatives	1 1/2 OZ.	Cheese Sandwich	Grilled Chicken	Cheese Tostada	Turkey Slices Sandwich	Chicken
Vegetable	2 OZ.	Cabbage & Carrot Salad	Carrot Sticks	Shredded Lettuce & Diced Tomatoes	Celery Sticks	Sliced Cucumber
Fruit	2 OZ.	Pineapple (or Seasonal Fruit)	Pears (or Seasonal Fruit)	Bananas (or Seasonal Fruit)	Peaches (or Seasonal Fruit)	Oranges (or Seasonal Fruit)
Grains	1/2 OZ.	Whole Grain Bread	Whole Grain Crackers	Whole Grain Tostada	Whole Grain Bread	Whole Grain Bread
Milk	6 OZ.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk

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Options for Learning Nutrition Program



6/3/2023

Early Learning Preschool Menu						
MENU 5						
REQUIREMENT:	SERVING SIZE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST---THREE COMPONENTS (MILK+VEGETABLE, FRUIT (one or both)+GRAIN)						
Grains	1/2 OZ.	Crispy Rice/ Rice Krispies (or other dry cereal)	Whole Grain 1/2 Bagel	Cheerios (or other dry cereal)	Oatmeal	Rice Chex (or other dry cereal)
Vegetables/Fruit/or both	4 OZ.	Strawberries (or Seasonal Fruit)	Mandarine-Oranges (or Seasonal Fruit)	Pear (or Seasonal Fruit)	Oranges (or Seasonal Fruit)	Banana (or Seasonal Fruit)
Milk	6 OZ.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
LUNCH--ALL FIVE COMPONENTS						
Meat or Meat Alternatives	1 1/2 OZ.	Sweet & Sour Turkey Meat Ball	Chicken Nuggets	Bean & Cheese Burrito	Turkey Slices	Mac & Cheese w/ Shredded Cheese
Vegetable	2 OZ.	Green Salad	Celery Sticks	Cabbage and Carrot Salad	Dark Green Salad	Broccoli
Fruit	2 OZ.	Apples (or Seasonal Fruit)	Oranges (or Seasonal Fruit)	Pineapple (or Seasonal Fruit)	Cantaloupes (or Seasonal Fruit)	Mix Fruit (or Seasonal Fruit)
Grains	1/2 OZ. OR 1/2 SLICE	Whole Grain Bread	Whole Grain Bread	Whole Grain Tortilla	Whole Grain Bread	Macaroni
Milk	6 OZ.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK--TWO OF THE FIVE COMPONENTS						
Meat or Meat Alternatives	1/2 OZ.			Yogurt	String Cheese	
Vegetable	4 OZ.	Mandarine-Oranges			Carrot Sticks	
Fruit	4 OZ.			Mixed Fruit (or Seasonal Fruit)		Apples Juice (or Seasonal Juice)
Grains	1/2 OZ.	Whole Grain Bread	Graham Cracker			Whole Grain Goldfish
Milk	4 OZ.		1% Non-Flavored Milk			
DINNER-ALL FIVE COMPONENTS						
Meat or Meat Alternatives	1 1/2 OZ.	Cheese Sandwich	Grilled Chicken	Cheese Tostada	Turkey Slices	Grilled Cheese Sandwich
Vegetable	2 OZ.	Cabbage & Carrot Salad	Carrot Sticks	Shredded Lettuce & Diced Tomatoes	Celery Sticks	Sliced Cucumber
Fruit	2 OZ.	Pineapple (or Seasonal Fruit)	Pears (or Seasonal Fruit)	Bananas (or Seasonal Fruit)	Peaches (or Seasonal Fruit)	Oranges (or Seasonal Fruit)
Grains	1/2 OZ.	Whole Grain Bread	Whole Grain Crackers	Whole Grain Tostada	Whole Grain Bread	Whole Grain Bread
Milk	6 OZ.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk

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Options for Learning Nutrition Program



6/3/2023

Early Learning 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 OZ.	Rice Chex (or other dry cereal)	Pancake	Corn Flakes (or other dry cereal)	Whole Grain Bran Muffins	Special "K" (or other dry cereal)
Vegetables/Fruit/or both	4 OZ.	Apples (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)	Oranges (or Seasonal Fruit)	Red Apple Slices (or Seasonal Fruit)	Banana Slices (or Seasonal Fruit)
Milk	6 OZ.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
LUNCH--ALL FIVE COMPONENTS						
Meat or Meat Alternatives	1 1/2 OZ.	Turkey Meat Balls w/ Gravy	Turkey Sandwich	Quesadillas (Cheese/Tortillas)	Roast Beef Sandwich	Grilled Swiss Cheese Sandwich
Vegetable	2 OZ.	Cucumber & Tomato	Celery Sticks	Dark Green Salad	Peas & Carrots	Cabbage and Carrot Salad
Fruit	2 OZ.	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. OR 1/2 SLICE	Whole Grain Pita Bread	Whole Grain Bread	Whole Grain Tortillas	Whole Grain Bread	Whole Grain Bread
Milk	6 OZ.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk
SNACK--TWO OF THE FIVE COMPONENTS						
Meat or Meat Alternatives	1/2 OZ.		Yogurt		Cheese Cubes	
Vegetable	4 OZ.	Apple Juice			Green Salad	
Fruit	4 OZ.		Pineapple (or Seasonal Fruit)	Apple		Mix Fruit (or Seasonal Fruit)
Grains	1/2 OZ.	Pretzels				Wheat Crackers
Milk	4 OZ.			1% Non-Flavored Milk		
DINNER-ALL FIVE COMPONENTS						
Meat or Meat Alternatives	1 1/2 OZ.	Sliced Cheese	Chicken Sandwich	BBQ Beef Ribs Sandwich	Sliced Turkey	Bean & Cheese Burritos
Vegetable	2 OZ.	Dark Green Salad	Celery Sticks	Carrot Sticks	Cabbage and Carrot Salad	Broccoli Floret
Fruit	2 OZ.	Strawberries (or Seasonal Fruit)	Mixed Fruit (or Seasonal Fruit)	Apples (or Seasonal Fruit)	Pears (or Seasonal Fruit)	Fuji Apple Slices (or Seasonal Fruit)
Grains	1/2 OZ.	Whole Grain English Muffin	Whole Grain Bread	Whole Grain Bread	Whole Grain Bread	Whole Grain Tortilla
Milk	6 OZ.	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk	1% Non-Flavored Milk

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