

**ANNUAL REPORT  
TO THE CITY OF MONROVIA  
ON OPTIONS HEAD START/SURROUND CARE/CHILD CARE FCCH/STATE PRESCHOOL  
FOR YEAR 2014 – 2015**

	<u>*FDP</u>	<u>HS</u>	<u>SC</u>	<u>CC FCCH</u>
<b>A. <u>Population Served</u></b>				
<b>1. <u>Overall Counts</u></b>				
a. Number of children who were enrolled during the school year.	46	68	30	45
b. Number of children who dropped out during the school year.	15	19	6	16
c. Number of children below federal poverty level:	13	64	2	45
d. Number of children who were handicapped:	0	4	0	0
e. Number of Families	43	67	21	24
<b>2. <u>Ethnic Breakdown of Children</u></b>				
Hispanic	37	53	22	13
Caucasian, non-Hispanic	0	8	3	16
Black	6	5	2	14
Asian/Pacific Islander	2	2	3	2
Other (American Indian)	1	0	0	0
Total	46	68	30	45
<b>3. <u>Primary Languages</u></b>				
English	42	39	30	41
Spanish	2	24	0	2
Cantonese, Mandarin, other Chinese	1	1	0	2
Vietnamese	0	0	0	0
Other	1	4	0	0
Total	46	68	30	45
<b>4. <u>Residence (at enrollment)</u></b>				
Monrovia	20	60	24	30
Arcadia	5	1	0	4
Duarte	9	0	0	2
Other	12	7	6	9
<b>5. <u>Ages of Children Served</u></b>				
	3-5	3-5	5-12	0-12

\* NOTE: FDP (Full Day Preschool) formerly CDC (Child Development Centers)

1.

CDC                      HS                      SC                      CC FCCH

**B. Parent Education**

1. Number of parents who have volunteered in classroom and received hands-on Parenting child development education:	0	25	N/A	N/A
2. Number of parents who attended Parent education workshops:	0	8	0	N/A

**C. Volunteer Time**

1. Total number of volunteers including Parents:	0	52	N/A	N/A
2. Total number of volunteer hours	0	600	N/A	N/A    1

**D. Medical Services**

1. Number of children who:				
a. had physical exams	46	53	N/A	N/A
b. had dental exams	27	41		
c. are up-to-date on immunizations	45	54		
d. needed follow-up medical services	N/A	8		
e. received follow-up medical services	N/A	5		
f. needed follow-up dental services	N/A	11		
g. received follow-up dental services	N/A	5		

**E. Social Services**

1. Total number of families:	43	67	N/A	N/A
2. Number receiving social services directly from Options:	0	0	N/A	N/A
3. Number receiving social services Through referral to other public And private agencies:	0	12	0	0

**F. Meal Types Provided to Children This Year  
(Also attach a menu for one month)**

1. Breakfast	YES	YES	YES	YES
Lunch	Yes	YES	YES	YES
Afternoon Snack	YES	NO	(Bring own) YES	YES

2.

FDP

HS

SC

CC FCCH

**G. Classroom Learning**

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

(See Addendum A)

2. List sample field trips this year:

NONE	Monrovia Rec Park	The Cove
	Monrovia Library	The Grammy Museum
	Brad Oaks El School	Gene Autry Museum
	Fire Dept.	Library (on site visit)
	Police	Citrus College (on site visit)
	Monrovia Pumpkin Patch	Healthy Life Styles

3. List special events and community resource people/presentations

(See Addendum B)

**H. Value of all Options services to Monrovia this year (July 1 to June 30):**

1. Child Development Center – Center Based classrooms	\$ <u>300,000</u>
2. Head Start – Center Based and Home Based	\$ <u>340,000</u>
3. Surround Care (to include):	\$ <u>86,000</u>
- Plymouth	
- Mayflower	
4. Family Child Care Food Program	\$ <u>21,000</u>
5. Child Care FCCH	\$ <u>185,000</u>
Total	\$ <u>932,000</u>

## **ADDENDUM A**

### **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 home visits and/or trainings.

Family Child Care Environment Rating Scale Visits conducted:

- Technical assistance provided prior to FCCERS visit
- Follow-up with a Quality Improvement Plan or Goals & Objectives Plan
- Health & Safety visits
- Technical assistance for FCCHE Child Portfolio

Materials and supplies furnished to family child care providers:

- Portfolio Samples
- Curriculum calendars
- Can Do! Math Activity Kits
- Dolls From Around The World
- Multicultural Play Food
- Let's Talk! Multicultural Puppet Set
- Nature Blocks
- Bamboo Building Blocks Set
- Block Play Traffic Signs
- Fill in the Blank Magnetic Activity Tin Set
- All About Me Theme Box
- Dealing With Feelings Board Book Collection
- Feelings & Emotions Paperback Library
- Shapes Discovery Boxes

##### **HEAD START**

Head Start continues to serve both Home Based program and our Center Based program (serving ages 3-5). This year we have added an afternoon session to serve more children. Our focus this year has had a slight change due to serving mostly three year olds versus 4 year olds. Teaching staff have had a bigger emphasis on social and self-help skills to assist the younger children.

Our emphasis this year with our parents has been on having more male parents/relatives involved in the children's lives. The response has been good. We have many more males volunteering in the classroom and attending various workshops. We continue to offer a variety of workshops to help parents with parenting and developmental issues.

Head Start continues to promote reading to children in the classroom and in the homes. The Librarian which used to come once a month to read to the children is now coming weekly to read to the children. Parents were invited to go on field trips to the library to obtain library cards.

Our partnership with the community continues to be strong. Children have had opportunities to visit the library, and are scheduled to visit the fire department and police department.

4.

## **ADDENDUM A**

### **Continued**

#### **FULL DAY PRESCHOOL**

In our Monrovia classroom, we provide a quality full-day preschool program for 24 children Monday - Friday, twelve months of the year. Our classroom curriculums, High Scope and Options Pak Literacy Curriculum, are implemented throughout the daily routine preparing children and their families to enter kindergarten in the fall. Our daily lesson plans are created and customized around each child's individual needs as we support each child in all areas of development.

#### **SURROUND CARE**

Surround Care's summer focused on College readiness and careers. The summer program was centered on the theme "Thad's Entertainment." In addition, Surround Care had the opportunity to offer children a, "I'm Going to College" day at UCLA. The toured the campus and enjoyed watching a few football games. During the summer months, they had the opportunity to hear from guest speakers from various colleges and career backgrounds. They enjoyed field trips to the Cove, Gene Autry Museum and Grammy Museum.

The Monrovia sites continue to enjoy visits and stories read by the Librarian from the City of Monrovia Public Library.

Surround Care brought back the Harvest of the Month curriculum. The children have enjoyed learning about healthy eating and life styles. Each month they tasted various fruits and vegetables, learned the nutritional values and enjoyed cooking experiences. The Plymouth site in Monrovia has established a vegetable garden that is flourishing with zucchini, squash, carrots, tomatoes, lettuce, etc. For Plymouth family night, created elaborate props and performed a play for their families.

Character Counts continues to be part of the curriculum of Surround Care, Trustworthiness, Respect, Responsibility, Fairness, Country Citizenship, as teachers focus and prepare lessons on the Six Character Pillars. This past year, the teachers took part in various trainings on Character Counts, Bullying Prevention, Common Core Standards, Science, Technology, engineering and Science Activities (STEM).

## ADDENDUM B.

### **3. List special events and community resource people/presentations:**

#### **CHILD CARE FCCH NETWORK**

##### **Presentations and Child Development Trainings:**

- Stages & Ages/Environment for Infants and Toddlers
- Empowering Your Understanding of Children's Development Through Watching and Listening
- Language Development of Children From Birth to 3 Years
- Cognitive Development of Children From Birth to 3 Years
- The Aggressive Child
- DRDP/Portfolio Information
- Mandated Reporter Training

##### **Staff Development Trainings:**

- California Preschool Learning Foundations Volume 1 Mathematics: Mathematical Reasoning
- California Preschool Learning Foundations Volume 2 Health Overview
- California Preschool Learning Foundations Volume 2 Visual and Performing Arts
- California Preschool Learning Foundations Volume 3 Science Domain
- Desired Results Developmental Profile –DRDP (2015)

##### **Parent Involvement Workshops (PAC):**

- Reporting Health & Safety concerns and/or complaints
- Community Resources
- How to Identify Learning Disabilities
- School Readiness

#### **HEAD START**

**For children:** Librarian visits, fire department and police educational visits, and dentist visits. This year, we will also be visiting the L.A. Zoo and the Science Museum.

**For parents:** Various trainings on the following topics: Safety and Emergency preparation, Pedestrian Education, Daddy socials to promote male involvement, promoting fitness, importance of reading to children, kindergarten enrollment informational meeting, dental health, and school readiness goals.

#### **FULL DAY PRESCHOOL**

- Dental Screens: provided by dentists in the San Gabriel Valley.
- Kindergarten Transition: Activities such as visits from local Kindergarten after school programs.
- Bi-Monthly Parent Education Meetings: topics include: Curriculum, Child Development, Nutrition, and more.
- School readiness activities with an emphasis in early literacy.

#### **SURROUND CARE**

- Gene Autry Museum
- Four day camping trip to Vail Lake, Temecula, CA
- The Cove, Riverside
- The Grammy Museum, Los Angeles

# Options Child Care Center Food Program

CDC, CS, HS, SPS

## MENU 1

Revised: 08/07/14



REQUIREMENT:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
Bread/for alternative 1/2 slice-- 1/2 serv.-- or -- 1/2 oz.	Cinnamon Toast (or other dry cereal)	Cinnamon Toast	Raisin Bran (or other dry cereal)	1/2 Bagel w/ Margarine	Crispy Rice/ Rice Krispies (or other dry cereal)
Fruit/Juice/Vegetable 1/2 cup 1% Milk (3/4 cup)	Orange Wedges (or Seasonal Fruit) 1% Milk	Apricot (or Seasonal Fruit) 1% Milk	Pears (or Seasonal Fruit) 1% Milk	Cantaloupe (or Seasonal Fruit) 1% Milk	Banana Slices (or Seasonal Fruit) 1% Milk
<b>LUNCH</b>					
<b>OTHER</b>					
(Meat, cheese, egg or peanut butter) 1 1/2 oz.-- 1 pc.-- 3 Tbsp.	Chicken Noodle Soup Toasted Cheese	Sloppy Joe's	Chicken Soft Tacos (w/shredded cheese)	Sweet & Sour Meatballs	Vegetarian Baked Beans
Vegetable and/or Fruit 1/4 cup Veg. and 1/4 cup Fruit	Green Salad Apple (or Seasonal Fruit) Wheat Bread	Peas & Carrots Seasonal Fruit Wheat Buns	Lettuce & Tomatoes Honeydew (or Seasonal Fruit) Corn Tortillas	Cucumber & Tomatoes Banana (or Seasonal Fruit) Rice	Celery Sticks Oranges (or Seasonal Fruit) Corn Bread
Bread or alt. 1/2 slice or 1/2 oz. 1% Milk (3/4 cup)	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
<b>SNACK</b>					
<b>2 OF 4 COMPONENT</b>					
(Meat, cheese, egg or peanut butter) 1 1/2 oz.-- or 1/2 serv.-- 1 Tbsp. or alternate Yogurt: 2 oz.					
Vegetable or fruit/juice 1/2 cup	Grape Juice	Pears (or Seasonal Fruit) Roll	Fuji Apples (or Seasonal Fruit) Cheese Crackers	Orange Juice	Freaky Friday Fruit Cup (fresh mixed fruit)
Bread or Cereal: 1/2 slice or 1/2 oz. 1% Milk (1/2 cup)	Pretzel			Graham Crackers	Ritz

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**Options Child Care Center Food Program**  
**CDC, CS, HS, SPS**

**MENU 2**

Revised: 08/07/14



**MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**

**REQUIREMENT:**  
**BREAKFAST**

Bread/for alternative 1/2 slice-- 1/2 serv.-- or -- 1/2 oz.	Corn Flakes (or other dry cereal)	Cheerios (or other dry cereal)	1/2 Bagel w/jam	Rice Chex (or other dry cereal)
Fruit/Juice/Vegetable 1/2 cup 1% Milk 3/4 cup	Oranges (or Seasonal Fruit) 1% Milk	Banana (or Seasonal Fruit) 1% Milk	Cantaloupe (or Seasonal Fruit) 1% Milk	Banana Slices (or Seasonal Fruit) 1% Milk

**LUNCH**

(Meat, cheese, egg or peanut butter ) 1 1/2 oz.-- 1 pc.-- 3 Tbsp.	Swiss Cheese & Turkey Slices	Children Make Their Own Bean & Cheese Tostada	Diced Chicken w/Gravy	BBQ Beef
Vegetable and/or Fruit 1/4 cup Veg. and 1/4 cup Fruit	Bean & Lentil Soup Fuji Apple (or Seasonal Fruit)	Shredded Lettuce & Diced Tomatoes Salad Oranges (or Seasonal Fruit) Tostada 1% Milk	Broccoli Pineapple (or Seasonal Fruit) Hawaiian Bread	Green Salad & Sliced Tomatoes Apricot (or Seasonal Fruit) Rice 1% Milk
Bread or alt. 1/2 slice or 1/2 oz. 1% Milk (3/4 cup)	Wheat Bread 1% Milk	Fish Sticks	1% Milk	1% Milk

**SNACK**

2 OF 4 COMPONENT (Meat, cheese, egg or peanut butter ) 1 1/2 oz.-- or 1/2 serv.-- 1 Tbsp. or alternate Yogurt: 2 oz.	Cheese Cubes &	Cheese Cubes &	Seasonal Fresh Fruit	Apple Juice
Vegetable or fruit/juice 1/2 cup	Cucumbers & Ranch (or Seasonal Fruit)	Celery & Carrot Sticks	Club Crackers	Cinnamon Toast
Bread or Cereal: 1/2 slice or 1/2 oz. 1% Milk 1/2 cup	Saltine Crackers	Graham Crackers		

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## MENU 3

Revised: 08/07/14



### REQUIREMENT:

#### BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bread/for alternative 1/2 slice-- 1/2 serv.-- or -- 1/2 oz.	Raisin Bran (or other dry cereal)	1/2 Croissant	Cheerios (or other dry cereal)	Wheat Toast w/jam	Special "K" (or other dry cereal)
Fruit/Juice/Vegetable 1/2 cup 1% Milk 3/4 cup	Green Apple Slices (or Seasonal Fruit) 1% Milk	Honeydew (or Seasonal Fruit) 1% Milk	Apricots (or Seasonal Fruit) 1% Milk	Cantaloupe (or Seasonal Fruit) 1% Milk	Banana Slices (or Seasonal Fruit) 1% Milk

#### LUNCH

(Meat, cheese, egg or peanut butter) 1 1/2 oz. -- 1 pc. -- 3 Tbsps.	Tuna Salad Boat	Quesadillas (cheese & flour tortillas) Cabbage/Carrot Salad	Sweet & Sour Chicken	Vegetarian Baked Beans	Turkey Egg Rolls
Vegetable and/or Fruit 1/4 cup Veg. and 1/4 cup Fruit	Minestrone Carrot Sticks Oranges (or Seasonal Fruit) Hot Dog Buns	Apples (or Seasonal Fruit) Flour Tortillas	Pears (or Seasonal Fruit) Chow Mein Noodles	Cucumber & Sliced Tomatoes Pineapple (or Seasonal Fruit) Corn Bread	Peas & Carrots Seasonal Fruit Egg Rolls
1% Milk (3/4 cup)	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk

#### SNACK

2 OF 4 COMPONENT (Meat, cheese, egg or peanut butter) 1 1/2 oz. -- or 1/2 serv.-- 1 Tbsps. or alternate Yogurt: 2 oz.			Strawberry Yogurt		
Vegetable or fruit/juice 1/2 cup	Pears (or Seasonal Fruit)	Peaches (or Seasonal Fruit)	Banana Slices (or Seasonal Fruit)	Orange Juice	
Bread or Cereal: 1/2 slice or 1/2 oz. 1% Milk 1/2 cup	1/2 French Toast	Saltine Crackers		Vanilla Wafers	Graham Crackers 1% Milk

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## MENU 4

Revised: 08/07/14



### REQUIREMENT: BREAKFAST

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

Bread/or alternative  
1/2 slice-- 1/2 serv.-- or -- 1/2 oz.

Cheerios  
(or other dry cereal)

1/2 Bagel  
w/Margarine

Rice Chex  
(or other dry cereal)

Hawaiian Roll

Crispy Rice/Rice Krispies  
(or other dry cereal)

Fruit/Juice/Vegetable 1/2 cup  
1% Milk 3/4 cup

Peaches  
(or Seasonal Fruit)  
1% Milk

Green Apples  
(or Seasonal Fruit)  
1% Milk

Seasonal Fruit  
(or Seasonal Fruit)  
1% Milk

Orange Wedges  
(or Seasonal Fruit)  
1% Milk

Banana Slices  
(or Seasonal Fruit)  
1% Milk

### LUNCH

(Meat, cheese, egg or peanut butter )  
1 1/2 oz. -- 1 pc. -- 3 Tbsps.

Sliced Turkey Roll-Ups  
Veg. Vegetable Soup

Six Cheese Lasagna

Turkey Sausage

Meat Balls  
(Beef/Turkey)

Chicken Salad

Vegetable and/or Fruit  
1/4 cup Veg. and 1/4 cup Fruit

Tomato Slices  
Fuji Apples Slices  
(or Seasonal Fruit)

Green Beans  
Oranges  
(or Seasonal Fruit)  
Lasagna

Applesauce  
Banana  
(or Seasonal Fruit)  
Pancakes

Carrot Sticks  
Honeydew Slices  
(or Seasonal Fruit)  
Rice

Broccoli  
Peaches  
(or Seasonal Fruit)  
Wheat Bread

Bread or alt. 1/2 slice or 1/2 oz.

1% Milk

1% Milk

1% Milk

1% Milk

1% Milk

### SNACK

#### 2 OF 4 COMPONENT

(Meat, cheese, egg or peanut butter )  
1 1/2 oz.-- or 1/2 serv.-- 1 Tbsps.  
or alternate Yogurt 2 oz.

Banana Chunks  
(or Seasonal Fruit)  
Toast & Jam

Mix Fruit  
(or Seasonal Fruit)  
Vanilla Wafers

Pineapple Juice

Pears  
(or Seasonal Fruit)  
Cheese Crackers

String Cheese

Vegetable or fruit/juice 1/2 cup

Banana Chunks  
(or Seasonal Fruit)  
Toast & Jam

Mix Fruit  
(or Seasonal Fruit)  
Vanilla Wafers

Pineapple Juice

Pears  
(or Seasonal Fruit)  
Cheese Crackers

Fuji Apples Slices  
(or Seasonal Fruit)

Bread or Cereal: 1/2 slice or 1/2 oz.

1% Milk

1% Milk

1% Milk

1% Milk

1% Milk

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## MENU 5

Revised: 09/07/14



### REQUIREMENT:

#### BREAKFAST

Bread/for alternative  
1/2 slice-- 1/2 serv.-- or -- 1/2 oz.

Fruit/Juice/Vegetable 1/2 cup

1% Milk (3/4 cup)

#### MONDAY

Corn Flakes  
(or other dry cereal)

Green Apples Slices  
(or Seasonal Fruit)  
1% Milk

#### TUESDAY

1/2 Croissant

Orange Wedges  
(or Seasonal Fruit)  
1% Milk

#### WEDNESDAY

Special "K"  
(or other dry cereal)

Pear  
(or Seasonal Fruit)  
1% Milk

#### THURSDAY

Cinnamon Toast

Cantaloupe  
(or Seasonal Fruit)  
1% Milk

#### FRIDAY

Rice Chex  
(or other dry cereal)

Banana  
(or Seasonal Fruit)  
1% Milk

#### LUNCH

(Meat, cheese, egg or peanut butter )  
1 1/2 oz.-- 1 pc.-- 3 Tbsps.

Vegetable and/or Fruit  
1/4 cup Veg. and 1/4 cup Fruit

Bread or alt. 1/2 slice or 1/2 oz.

1% Milk (3/4 cup)

Egg Salad  
Lentil & Veggie Soup

Tomato Slices  
Orange Wedges  
(or Seasonal Fruit)

1/2 Slice Wheat Bread

Meat Balls  
w/gravy

Celery & Carrot Sticks  
Pears  
(or Seasonal Fruit)

Rice

Chicken Nuggets

Broccoli  
Fuji Apple Slices  
(or Seasonal Fruit)

1/2 Slice Wheat Bread

Vegetarian Baked Beans

Zucchini Slices  
Orange Wedges  
(or Seasonal Fruit)

Corn Bread

Cheese Pizza

Green Salad  
& Sliced Tomatoes  
Mix Fruit  
(or Seasonal Fruit)

Pizza Crust

1% Milk

#### SNACK

##### 2 OF 4 COMPONENT

(Meat, cheese, egg or peanut butter )  
1 1/2 oz.-- or 1/2 serv.-- 1 Tbsps.  
or alternate Yogurt: 2 oz.

Vegetable or fruit/juice 1/2 cup

Bread or Cereal: 1/2 slice or 1/2 oz.

1% Milk (1/2 cup)

Grape Juice

Green Apples Slices  
(or Seasonal Fruit)

Saltine Crackers

Banana

(or Seasonal Fruit)

Pretzels

Pears

(or Seasonal Fruit)

Graham Crackers

Honeydew

(or Seasonal Fruit)

Hawaiian Roll

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# Options Child Care Center Food Program

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## MENU 6

Revised: 08/07/14

### REQUIREMENT:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### BREAKFAST

Bread/for alternative  
1/2 slice-- 1/2 serv.-- or -- 1/2 oz.

Raisin Bran  
(or other dry cereal)

Wheat Bread  
w/margarine

Cheerios  
(or other dry cereal)

1/2 Croissant

Special "K"  
(or other dry cereal)

Fruit/Juices/Vegetable 1/2 cup  
1% Milk (3/4 cup)

Pear  
(or Seasonal Fruit)  
1% Milk

Honeydew Smiles  
(or Seasonal Fruit)  
1% Milk

Orange Wedges  
(or Seasonal Fruit)  
1% Milk

Red Apple Slices  
(or Seasonal Fruit)  
1% Milk

Banana Slices  
(or Seasonal Fruit)  
1% Milk

### LUNCH

(Meat, cheese, egg or peanut butter )  
1 1/2 oz.-- 1 pc.-- 3 Tbsps.

Sliced Beef & Swiss

Quesadillas  
(Corn Tortillas/Cheese)

Diced Turkey  
w/gravy

Make Your Own Burrito!  
Vegetarian Bean & Cheese  
Broccoli

Fish Sticks

Vegetable and/or Fruit  
1/4 cup Veg. and 1/4 cup Fruit

Garden Vegetable Soup  
Fuji Apples  
(or Seasonal Fruit)

Raw Veggies  
Pineapple  
(or Seasonal Fruit)

Green Peas  
Pears  
(or Seasonal Fruit)

Bananas  
(or Seasonal Fruit)

Salad/Tomatoes  
Orange Wedges  
(or Seasonal Fruit)

Bread or ait. 1/2 slice or 1/2 oz.

Pita Bread

Corn Tortilla

Rice

Flour Tortillas

Roll

1% Milk (3/4 cup)

1% Milk

1% Milk

1% Milk

1% Milk

1% Milk

### SNACK

#### 2 OF 4 COMPONENT

(Meat, cheese, egg or peanut butter )  
1 1/2 oz.-- or 1/2 serv.-- 1 Tbsps.  
or alternate Yogurt: 2 oz.

String Cheese

Vegetable or fruit/juice 1/2 cup

Apple Juice

Pears  
(or Seasonal Fruit)

Apple Slices  
(or Seasonal Fruit)

Cantaloupe  
(or Seasonal Fruit)

Pears  
(or Seasonal Fruit)

Bread or Cereal: 1/2 slice or 1/2 oz.

Graham Crackers

Cheese Crackers

Cheese Crackers

Wheat Toast

Saltine Crackers

1% Milk (1/2 cup)

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