



HEAD START-HOME BASE
Socialization Day Exp I, Snack Menu

DATE: 5-12-17 HEAD START CENTER: HOME BASE AREA:

#OF CHILDREN:12 #OF ADULTS: 2 HOME BASE EDUCATOR:

MENU

AM or PM SNACK: circle one
Hi Ho crackers
Watermelon 1/2 c.
1% Milk 1/2 c.

MENU PLANNING WORKSHEET

Table with 3 columns: SNACK MENU, SERVING PORTION, AMOUNT PREPARED. Includes rows for Hi Ho crackers, Watermelon, and 1% Milk.

GROCERY LIST (FOR 1 HOME BASE EDUCATOR)

Table with 2 columns: AMOUNT *, DESCRIPTION. Lists 8 oz. Hi Ho Crackers, 4.5 lbs. Watermelon, and 1/2 gal. 1% Milk.

HB-Supervisor: Date:

Reviewer: Date:

Only one cooking experience per month.

EMERGENCY SNACK MEAL PATTERN SERVING: 14 Child Serving Size

ITEMS: INGREDIENTS:

One Grain: 14 @ 1 sl. Bread, 7 oz. Cereal, or 14 @ 1 ea. Frozen Pancake

Fruit: 1 -# 10 can or 8 cups Fresh Fruit @ 1/2 c. ea.

1% Milk: 1/2 gallon Water: Available in Center (do not Purchase)

* Amount needed for 1 Home Educator case load.



Make half your plate fruits and vegetables





HEAD START-HOME BASE
Socialization Experience II, Snack Menu

DATE: 5-26-17 HEAD START CENTER: _____ HOME BASE AREA: _____

#OF CHILDREN: 12 #OF ADULTS: 2 HOME BASE EDUCATOR: _____

MENU

<p>AM or PM SNACK: circle one Graham Crackers .5 oz. Vanilla Yogurt ½ c. 1% Milk ½ c.</p>

MENU PLANNING WORKSHEET

Actual Served - #of children _____ # of adults _____		
SNACK MENU	SERVING PORTION	AMOUNT PREPARED
Graham Crackers	.5 oz.	_____oz.
Vanilla Yogurt	½ c.	_____lbs.
1% Milk	½ c.	_____gal.

GROCERY LIST (FOR 1 HOME BASE EDUCATOR)

AMOUNT *	DESCRIPTION
8 oz.	Graham Crackers
2 lbs.	Vanilla Yogurt
½ gal.	1% Milk

HB-Supervisor: _____ Date: _____ Reviewer: _____ Date: _____

EMERGENCY SNACK MEAL PATTERN SERVING: 14 Child Serving Size

ITEMS:

INGREDIENTS:

One Grain: 14 @ 1 sl. Bread, 7 oz. Cereal, or 14 @ 1 ea. Frozen Pancake

1% Milk: ½ gal. Water: Available in Center (do not Purchase)

* Amount needed for 1 Home Educator case load.

