



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

DATE: 1-13-17 HEAD START CENTER: HOME BASE AREA:

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

MENU

AM or PM SNACK: circle one
Quesadilla - Jack cheese .5 oz.
Whole Wheat Tortilla 1 ea.
Banana 1/2 ea..
1% Milk 1/2 c.

MENU PLANNING WORKSHEET

Table with 3 columns: SNACK MENU, SERVING PORTION, AMOUNT PREPARED. Includes rows for Jack Cheese, Whole Wheat Tortilla, Banana, and 1% Milk.

GROCERY LIST (FOR 1 HOME BASE EDUCATOR)

Table with 2 columns: AMOUNT \*, DESCRIPTION. Lists items like Jack Cheese, Whole Wheat Tortilla, Bananas, and 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: 1-27 -17 HEAD START CENTER: HOME BASE AREA:

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

MENU

AM or PM SNACK: circle one
Chicken Noodle Soup 1/2 c. & Hi Ho Crackers .5 oz.
Apple Wedges 1 ea.
1% Milk 1/2 c.

MENU PLANNING WORKSHEET

Table with 3 columns: SNACK MENU, SERVING PORTION, AMOUNT PREPARED. Includes rows for Chicken Noodle Soup, Hi Ho Crackers, Apple Wedges, and 1% Milk.

GROCERY LIST (FOR 1 HOME BASE EDUCATOR)

Table with 2 columns: AMOUNT \*, DESCRIPTION. Lists items like Chicken Noodle Soup, Hi Ho Crackers, Apples, and 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: 1/2 gal. Water: Available in Center (do not Purchase)

\* Amount needed for 1 Home Educator case load.



Make half your plate fruits and vegetables

