

NESD HEAD START HOME BASE MEAL COUNT

Whole Grain (WG) must be served if a bread/grain is served and noted on menu.

UNIT _____ MONTH _____ YEAR _____

ENROLLED CHILDREN					DATE _____		
					FOOD PREPARED	SERVING SIZE	TOTAL AMOUNT AVAILABLE
					DATE _____		
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					DATE _____		
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					DATE _____		
					FOOD PREPARED	SERVING SIZE	TOTAL AMOUNT AVAILABLE
CHILDREN					SNACKS DURING HOME VISIT		
ADULTS					<u>FOOD AND COST:</u>		

FOR AMOUNT PREPARED:

- *LIST WEIGHT (OZ, LB, GAL)
- *BREAD ITEMS: See Bread Grain Chart.
- *ATTACH WHOLE GRAIN INGREDIENT LABEL. NEED ONE LABEL PER ITEM PER SCHOOL YEAR)**
- *PEANUT BUTTER = 1 TBSP.
- *YOGURT = 2 oz. (1/4 c.)
- *SPECIFY FRESH OR CANNED FRUIT.
- 1 Banana or Orange=1/2 c. 1 Apple=1 c.

SNACKS: SELECT AT LEAST TWO DIFFERENT FOOD GROUPS (CANNOT BE MILK AND JUICE)

1. MEAT OR ALTERNATE $\frac{1}{2}$ OZ.
2. FRUIT+ /OR VEGETABLE $\frac{1}{2}$ CUP TOTAL.
3. BREAD OR GRAIN $\frac{1}{2}$ SLICE / 1/2 SERVING
 (Whole Grain Only) $\frac{1}{4}$ CUP COOKED CEREAL
 1/3 CUP COLD CEREAL
4. 1% MILK $\frac{1}{2}$ CUP

HOME BASE SNACKS FOR THE MONTH OF: _____

1ST GROUP

DATE _____

2ND GROUP

DATE _____

SNACKS PLANNED IN THE HOME:

(IF NOT A HEAD START RECIPE, PLEASE ATTACH RECIPE)