

Early Head Start Classroom Food Record

Classroom Number: _____

Date: _____

C	Monday		Amt. Served		Tuesday		Amt. Served		Wednesday		Amt. Served		Thursday		Amt. Served		Friday		Amt. Served				
	Freezer Temp		Amount	Unit	Freezer Temp		Amount	Unit	Freezer Temp		Amount	Unit	Freezer Temp		Amount	Unit	Freezer Temp		Amount	Unit			
	Fridge Temp				Fridge Temp				Fridge Temp				Fridge Temp				Fridge Temp						
Breakfast	Meat	3/4 c Puffed Cereal				1/2 oz WGR Orange Cranberry Bread				1/4 c Oatmeal				1/2 oz WGR French Toast Sticks				1 sq Cheesy Egg, Sausage and Potato Casserole					
	Grain	1/2 c Banana (C)				1/2 c Peaches (C)				1/2 c Mixed Berries (C)				1/2 c Applesauce				(1/5 oz Meat/ 1/4 c Vegetable)					
	Fruit/Veg	1/2 c 1% or Whole Milk				1/2c 1% or Whole Milk				1/2 c 1% or Whole Milk				1/2 c 1% of Whole Milk				1/2 c 1% or Whole Milk					
	Veg																						
	Milk																						
AM Snack	Meat	1/2 c 1% or Whole Milk				1/8 c Cottage Cheese				1/2 oz Soft pretzel				1 Sheet WGR Graham Cracker				1/2 oz WGR Animal Crackers					
	Grain	1/2 oz String Cheese				1/2 c Cucumber Slices				1/2 oz Cheese Sauce				1/2 c Pumpkin Puff (A)				1/2 c V8 Juice					
	Fruit/Veg																						
	Veg																						
	Milk																						
Lunch	Meat	<u>Grilled Ham and Cheese</u> (1.5 oz meat/ .75 oz WGR)				1.5 oz Salisbury Steak				<u>1.5 c Chicken Ramen</u> (1.5 oz Meat, 1 oz WGR, 5/8 c veg)				<u>Beef Taco</u> 1 oz Meat				<u>Asian Tuna Burger</u> (2 oz meat, 1 oz WGR bun)					
	Grain	1/8 c Mango (A)				1/2 oz WGR Dinner Roll				1/8 c Orange Slices (C)				1/2 oz Cheddar Cheese				1/8 c Cantaloupe (A)					
	Fruit/Veg	1/8 c Broccoli Bites				1/8 c Beets				1/2 c 1% or Whole Milk				1/2 oz WGR Tortilla				1/8 c Peas and Carrots					
	Veg	1/2 c 1% or Whole Milk				1/8 c Mashed Sweet Potatoes						1/8 c Mandarin Orange (A)				1/4 c Romaine Lettuce				1/2 c 1% or Whole Milk			
	Milk					1/2 c 1% or Whole Milk						1/8 c Tomatoes				1/2 c 1% or Whole Milk							
PM Snack	Meat	1/8 c Cottage Cheese				1/2 oz Cheese Sauce				1 Sheet WGR Graham Cracker				1/2 oz WGR Animal Crackers				1/2 oz WGR Breadstick					
	Grain	1/2 c Cucumber Slices				1/2 oz WGR Soft Pretzel				1/2 c Pumpkin Puff (A)				1/2 c V8 Juice				1/2 c 1% or Whole Milk					
	Fruit/Veg																						
	Veg																						
	Milk																						
Serve Notes																				Marinara with PM Snack			

Monday	B	S	L	S	Tuesday	B	S	L	S	Wednesday	B	S	L	S	Thursday	B	S	L	S	Friday	B	S	L	S
0-12					0-12					0-12					0-12					0-12				
13-36					13-36					13-36					13-36					13-36				
Adults					Adults					Adults					Adults					Adults				

