

Childs Initial's:

Step Head Start Menu {3-5 Years Old}

April 2019

Kitchen Site/Initial's:

{Week 1} Meal Requirements	Monday 4/1	Tuesday 4/2	Wednesday 4/3	Thursday 4/4	Friday 4/5 PD Training Day
<p>Breakfast</p>  <p>Milk- 3/4 cup Vegetable/Fruit/ Fruit Juice- 1/2 cup Grain/Bread- 1/2 slice, 1/4 cup hot or 1/3 cup cold Cereal.</p>	<p>1pc French Toast 1/2c Fruit Cocktail 3/4c Milk</p>	<p>1/3c Cereal 1/2c Banana 3/4c Milk</p>	<p>1pc Turkey Sausage 1/2 Bagel 1/2c Mandarin Oranges 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>NO KIDS</p>
<p>Lunch</p>  <p>Milk- 3/4 cup Meat or Meat Alternative-1.5oz lean meat, or cheese,1/2 egg,1/4cup beans, 4oz yogurt Fruits/vegetables- serve 2 different ones- total of 1/4 cup. Bread/Grain- 1/2 slice bread, 1/4 cup pasta, noodles, or rice.</p>	<p>1.5oz Ground Beef 1/4c Baked Beans 1/4c Mashed Potatoes 1/4c Cantaloupe 1-Corn Muffin 3/4c Milk</p>	<p>1.5oz Boneless Grilled Chicken Breast With Gravy 1/4c Broccoli & Cheese 1/4c Blueberries 1/2 Slice WG Bread 3/4c Milk</p>	<p>1.5oz Turkey & Gravy 1/4c Green Beans 1/4c Stuffing 1/4c Applesauce 1 WW Roll 3/4c Milk</p>	<p>1 Hamburger Patty =1.5oz 1 WG Bun 1/4c Baked Fries 1/4c Peaches 3/4c Milk</p>	<p>NO KIDS</p>
<p>Snack</p>  <p>Serve 2 Components- Milk- 1/2 cup Meat or Meat Alternative- 1/2 oz. meat or cheese,1/2 egg or 2oz yogurt Fruits/vegetables- 1/2cup Bread/Grain- 1/2 slice bread, 1/3 cup cereal, 1/2c pasta, rice.</p>	<p>1 Bag Animal Crackers = {13grams} 1/2c Milk</p>	<p>1 Nutri Grain Bar = {31grams} 1/2c Milk</p>	<p>1/2c Yogurt 1/2c Grape Juice</p>	<p>1/2 WG Jelly Sandwich 1/2c Milk</p>	<p>NO KIDS</p>

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Kitchen Site/Initial's:

{Week 2} Meal Requirements	Monday 4/8	Tuesday 4/9	Wednesday 4/10	Thursday 4/11	Friday 4/12
Breakfast  <u>Milk-</u> 3/4 cup <u>Vegetable/Fruit/ Fruit Juice-</u> 1/2 cup <u>Grain/Bread-</u> 1/2 slice, 1/4 cup hot or 1/3 cup cold Cereal.	1/4c Oatmeal 1/2c Peaches 3/4c Milk	1/3c Cereal 1/2 Banana 3/4c Milk	1pc Turkey Sausage 1/2 Bagel 1/2c Mandarin Oranges 3/4c Milk	1/3c Cereal 1/2 Banana 3/4c Milk	1pc French Toast 1/2c Fruit Cocktail 3/4c Milk
Lunch  <u>Milk-</u> 3/4 cup <u>Meat or Meat Alternative-</u> 1.5oz lean meat, or cheese,1/2 egg,1/4cup beans, 4oz yogurt <u>Fruits/vegetables-</u> serve 2 different ones- total of 1/4 cup. <u>Bread/Grain-</u> 1/2 slice bread, 1/4 cup pasta, noodles, or rice.	1.5oz Salisbury Steak / Gravy 1/4c Green Beans 1 Pc Mixed Berry Cobbler 1/2 Slice WG Bread 3/4c Milk	1 Slice Of Cheese Pizza 1/4c Romaine Salad 1/4c Fresh Apple Slices 3/4c Milk	1.5oz Chicken Patty 1 WG Bun 1/4c Zucchini Squash Topped with Shredded Cheese 1/4c Pears 3/4c Milk	Meat Balls 5pcs =1.5oz 1 WG Bun 1/4c Mixed Vegetables 1/4c Strawberries 3/4c Milk	1.5oz Teriyaki Glazed Chicken 1/4c Pork - Beans 1/4c Cantaloupe 1 WW Roll 3/4c Milk
Snack  Serve 2 Components- <u>Milk-</u> 1/2 cup <u>Meat or Meat Alternative-</u> 1/2 oz. meat or cheese,1/2 egg or 2oz yogurt <u>Fruits/vegetables-</u> 1/2cup <u>Bread/Grain-</u> 1/2 slice bread, 1/3 cup cereal, 1/2c pasta, rice.	1oz Snack Mix Chex Strawberry Yogurt filled 1/2c Milk	4-Crackers = {10grams} 1-Slice Of Cheese Water	1/2 WG Jelly Sandwich 1/2c Milk	1/2c Yogurt 1/2c Apple Juice	6-Vanilla Wafers {16 Grams} 1/2c Milk

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Kitchen Site/Initial's:

{Week 3} Meal Requirements	Monday 4/15 *****	Tuesday 4/16 SPRING	Wednesday 4/17 BREAK	Thursday 4/18 BEGINS	Friday 4/19 *****
Breakfast  Milk- 3/4 cup Vegetable/Fruit/ Fruit Juice- 1/2 cup Grain/Bread- 1/2 slice, 1/4 cup hot or 1/3 cup cold Cereal.					AGENCY CLOSED
Lunch  Milk- 3/4 cup Meat or Meat Alternative-1.5oz lean meat, or cheese, 1/2 egg, 1/4cup beans, 4oz yogurt Fruits/vegetables- serve 2 different ones- total of 1/4 cup. Bread/Grain- 1/2 slice bread, 1/4 cup pasta, noodles, or rice.					NO KIDS
Snack  Serve 2 Components- Milk- 1/2 cup Meat or Meat Alternative- 1/2 oz. meat or cheese, 1/2 egg or 2oz yogurt Fruits/vegetables- 1/2cup Bread/Grain- 1/2 slice bread, 1/3 cup cereal, 1/2c pasta, rice.					NO KIDS

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Kitchen Site/Initial's:

{Week 4} Meal Requirements	Monday 4/22	Tuesday 4/23	Wednesday 4/24	Thursday 4/25	Friday 4/26
Breakfast  <u>Milk- 3/4 cup</u> <u>Vegetable/Fruit/</u> <u>Fruit Juice- 1/2 cup</u> <u>Grain/Bread- 1/2 slice,</u> <u>1/4 cup hot or 1/3 cup</u> <u>cold Cereal.</u>	AGENCY CLOSED	1/3c Cereal 1/2 Banana 3/4c Milk	1pc French Toast 1/2c Blueberries 3/4c Milk	1/3c Cereal 1/2 Banana 3/4c Milk	1/3c Cereal 1/2c Peaches 3/4c Milk
Lunch  <u>Milk- 3/4 cup</u> <u>Meat or Meat</u> <u>Alternative-1.5oz lean</u> <u>meat, or cheese,1/2</u> <u>egg,1/4cup beans,</u> <u>4oz yogurt</u> <u>Fruits/vegetables-</u> <u>serve 2 different ones-</u> <u>total of 1/4 cup.</u> <u>Bread/Grain-</u> <u>1/2 slice bread, 1/4 cup</u> <u>pasta, noodles, or rice.</u>	NO KIDS	3/8c Beef Spaghetti Casserole {D-03} 1/4c Green Peas 1/4c Applesauce 1 WW Roll 3/4c Milk	1 Slice Of Turkey Pepperoni Pizza 1/4c Romaine Salad 1/4c Pears 3/4c Milk	1.5oz Chicken Nuggets =5 1 WW Roll 1/4c Baked Beans 1/4c Strawberries 3/4c Milk	1-Pc Glazed Meat Loaf {D-04} 1/4c Romaine Salad 1/4c Pineapple 1 WW Roll 3/4c Milk
Snack  Serve 2 Components- <u>Milk- 1/2 cup</u> <u>Meat or Meat</u> <u>Alternative- 1/2 oz.</u> <u>meat or cheese,1/2</u> <u>egg or 2oz yogurt</u> <u>Fruits/vegetables-</u> <u>1/2cup</u> <u>Bread/Grain-</u> <u>1/2 slice bread, 1/3 cup</u> <u>cereal, 1/2c pasta, rice.</u>	NO KIDS	1 Nutri Grain Bar = {31grams} 1/2c Milk	1/2 WG Jelly Sandwich 1/2c Milk	1/2c Yogurt 1/2c Grape Juice	Chez its ={10grams} =1Bag 1/2c Mil

Kitchen Site/Initial's:

{Week 5} Meal Requirements	Monday 4/29	Tuesday 4/30
<p>Breakfast</p>  <p><u>Milk</u>- 3/4 cup <u>Vegetable/Fruit/ Fruit Juice</u>- 1/2 cup <u>Grain/Bread</u>- 1/2 slice, 1/4 cup hot or 1/3 cup cold Cereal.</p>	<p>1/3c Cereal</p> <p>1/2 Banana</p> <p>3/4c Milk</p>	<p>1pc French Toast</p> <p>1/2c Mandarin Oranges</p> <p>3/4c Milk</p>
<p>Lunch</p>  <p><u>Milk</u>- 3/4 cup <u>Meat or Meat Alternative</u>-1.5oz lean meat, or cheese,1/2 egg,1/4cup beans, 4oz yogurt <u>Fruits/vegetables</u>- serve 2 different ones- total of 1/4 cup.</p> <p><u>Bread/Grain</u>- 1/2 slice bread, 1/4 cup pasta, noodles, or rice.</p>	<p>1.5oz Boneless Grilled Chicken Breast With Gravy</p> <p>1/4c Broccoli & Cheese</p> <p>1/4c Blueberries</p> <p>1/2 Slice WG Bread</p> <p>3/4c Milk</p>	<p>1.5oz Taco Meat</p> <p>9 pcs- WG Tortilla Chips</p> <p>Cheese Sauce</p> <p>1/4c Lettuce/Tomato</p> <p>1/4c Pineapple</p> <p>3/4c Milk</p>
<p>Snack</p>  <p>Serve 2 Components- <u>Milk</u>- 1/2 cup <u>Meat or Meat Alternative</u>- 1/2 oz. meat or cheese,1/2 egg or 2oz yogurt <u>Fruits/vegetables</u>- 1/2cup</p> <p><u>Bread/Grain</u>- 1/2 slice bread, 1/3 cup cereal, 1/2c pasta, rice.</p>	<p>6- Vanilla Wafers {16rams}</p> <p>1/2c Milk</p>	<p>1 Nutri Grain Bar = {31grams}</p> <p>1/2c Milk</p>

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*** Foot Notes***

* Salisbury Steak CN Label each 3oz cooked beef Salisbury steak portion provides 2oz equivalent of 2oz of cooked lean meat.

* Glazed Meat Loaf USDA recipe {D-04A} 1 Piece provides the equivalent of 1.5oz of cooked lean meat, 1/8 Cup of vegetable, and the equivalent of 1/2 slice of bread.

* Meat Ball CN Label {5} 2.5oz Meatballs equal 2oz's meat/meat alternate.

*Corn Muffin USDA recipe {A-02} 1 muffin provides the equivalent of 3/4 slice bread.

*Beef and Spaghetti Casserole USDA recipe {D-03} 3/8 cup {No.10 scoop} 1 1/2oz. of cooked lean meat 1/4 cup of vegetable, and the equivalent of 1/2 slice bread.

*Chicken Patty CN Label {1} 3.19oz fully cooked whole grain chicken breast patty with rib provides 2oz equivalent meat. Meat alternative and 1oz equivalent grains.

*Cheese Pizza CN Label Each 4.60oz. Cheese/Cheese Substitute Pizza provides 2oz equivalent meat alternate, 2oz equivalent grains, and 1/8 cup red/orange vegetable.

*Taco Meat USDA recipe {E-13} 2oz meat= 1 salad provides the equivalent of 2oz's of cooked lean meat and the equivalent of 3/4c of vegetable and the equivalents of 1 slice of bread.

*Pepperoni Pizza Cn Label Each 4.48oz. Pizza with reduced pepperoni provides 2oz equivalent meat/meat alternate, 2oz equivalent grains, and 1/8cup red/orange vegetable.

*Mixed Berry Cobbler USDA Recipe 1 pc =3/8 cup fruit and 1 1/4 ounces of grain.

*Whole Grain Chicken Nugget CN Label {5} - .608oz nuggets provides 2oz. of meat/meat alternative and 1 bread serving.