

Childs Initial's:

**Step Toddler Menu {1-3 Years Old}**

**April 2019**

**Kitchen Site/Initial's:**

<b>{Week 1} Meal Requirements</b>	Monday 4/1	Tuesday 4/2	Wednesday 4/3	Thursday 4/4	Friday 4/5 PD Training Day
<p><b>Breakfast</b></p>  <p><u>Milk</u>- 1/2 cup <u>Vegetable/Fruit/ Fruit Juice</u>- 1/4 cup <u>Grain/Bread</u>- 1/2 slice, 1/4 cup hot or 1/4 cup cold Cereal.</p>	<p>1pc French Toast 1/4c Fruit Cocktail 1/2c Milk</p>	<p>1/4c Cereal 1/2 Banana 1/2c Milk</p>	<p>1pc Turkey Sausage 1/2 Bagel 1/4c Mandarin Oranges 1/2c Milk</p>	<p>1/4c Cereal 1/2 Banana 1/2c Milk</p>	<p><b>NO KIDS</b></p>
<p><b>Lunch</b></p>  <p><u>Milk</u>- 1/2 cup <u>Meat or Meat Alternative</u>-1oz 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.</p>	<p>1oz Ground Beef 1/4c Baked Beans 1/4c Mashed Potatoes 1/4c Cantaloupe 1-Corn Muffin 1/2c Milk</p>	<p>1oz Boneless Grilled Chicken Breast With Gravy 1/4c Broccoli &amp; Cheese 1/4c Blueberries 1/2 Slice WG Bread 1/2c Milk</p>	<p>1oz Turkey &amp; Gravy 1/4c Green Beans 1/4c Stuffing 1/4c Applesauce 1 WW Roll 1/2c Milk</p>	<p>1/2 Hamburger Patty =1oz 1/2 WG Bun 1/4c Baked Fries 1/4c Peaches 1/2c Milk</p>	<p><b>NO KIDS</b></p>
<p><b>Snack</b></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 <u>Bread/Grain</u>- 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><b>NO KIDS</b></p>

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Kitchen Site/Initial's:


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

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**Kitchen Site/Initial's:**

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




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Kitchen Site/Initial's:

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

<b>{Week 5} Meal Requirements</b>	Monday 4/29	Tuesday 4/30
<p><b>Breakfast</b></p>  <p><b>Milk-</b> 1/2 cup <b>Vegetable/Fruit/ Fruit Juice-</b> 1/4 cup <b>Grain/Bread-</b> 1/2 slice, 1/4 cup hot or 1/4 cup cold Cereal.</p>	<p>1/4c Cereal</p> <p>1/2 Banana</p> <p>1/2c Milk</p>	<p>1pc French Toast</p> <p>1/4c Mandarin Oranges</p> <p>1/2c Milk</p>
<p><b>Lunch</b></p>  <p><b>Milk-</b> 1/2 cup <b>Meat or Meat Alternative-</b> 1oz lean meat, or cheese, 1/2 egg, 1/4cup beans, 4oz yogurt <b>Fruits/vegetables-</b> serve 2 different ones- total of 1/4 cup.</p> <p><b>Bread/Grain-</b> 1/2 slice bread, 1/4 cup pasta, noodles, or rice.</p>	<p>1oz Boneless Grilled Chicken Breast With Gravy</p> <p>1/4c Broccoli &amp; Cheese</p> <p>1/4c Blueberries</p> <p>1/2 Slice WG Bread</p> <p>1/2c Milk</p>	<p>1oz 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>1/2c Milk</p>
<p><b>Snack</b></p>  <p>Serve 2 Components- <b>Milk-</b> 1/2 cup <b>Meat or Meat Alternative-</b> 1/2 oz. meat or cheese, 1/2 egg or 2oz yogurt <b>Fruits/vegetables-</b> 1/2cup</p> <p><b>Bread/Grain-</b> 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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Kitchen Site/Initial's:

**\* 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 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.

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