

Childs Initial's:

**Step Head Start Menu {3-5 Years Old}
August 2018**

Kitchen Site/Initial's:

{Week 4} Meal Requirements			Wednesday 8/22 1/2 Students Return	Thursday 8/23 1/2 Students Return	Friday 8/24 All Students Return
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.			1/3c Cereal 1/2 Banana 3/4c Milk	1/3c Cereal 1/2 Banana 3/4c Milk	1/3c Cereal 1/2c Blueberries 3/4c Milk
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.			1.5oz Salisbury Steak 1/4c Creamed Corn 1/4c Strawberries 1/2 Slice WG Bread 3/4c Milk	1.5oz Teriyaki Chicken 1/4c Broccoli & Cheese 1/4c Mixed Fruit 1 WW Roll 3/4c Milk	1.5oz Chicken Chunks =10 1/4c Glazed Carrots 1/4c Pears 1 WW Roll 3/4c Milk
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.			Teddy Grahams {13 grams} 1/2c Grape Juice	1 Nutri Grain Bar = {31grams} 1/2c Milk	1oz Snack Mix Chex Strawberry Yogurt filled 1/2c Milk

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{Week 2} Meal Requirements	Monday 8/27	Tuesday 8/28	Wednesday 8/29	Thursday 8/30	Friday 8/31
<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>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1/3c Cereal 1/2c Pears 3/4c Milk</p>	<p>1pc French Toast 1/2c Peaches 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1/3c Cereal 1/2c Blueberries 3/4c Milk</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 Sliced Ham 1/4c Sweet Potatoes 1/4c Applesauce 1 WW Roll 3/4c Milk</p>	<p>1.5oz Taco Meat WW Tortilla Shell 1/4c Lettuce Tomato Cheese 1/4c Pineapple 3/4c Milk</p>	<p>1.5oz Tuna patty {D-10} 1 WG Roll 1/4c Mashed Potatoes 1/4c Strawberries 3/4c Milk</p>	<p>1.5oz Hamburger Patty 1 WG Bun 1/4c Baked Seasoned Fries 1/4c Mandarin Oranges 3/4c Milk</p>	<p>1 Slice Cheese Pizza 1/4c Broccoli 1/4c Apple Slices 3/4c Milk</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>Pretzels Hard {10 grams} =1 Bag 1/2c Milk</p>	<p>1 Nutri Grain Bar = {31grams} 1/2c Milk</p>	<p>1/2-PeanutButter & Jelly Sandwich 1/2c Milk</p>	<p>1/2c Yogurt 1/2c Grape Juice</p>	<p>4-Crackers 1-Slice Of Cheese Water</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.

*Chicken Breast Chunks CN Label 13 0.34oz fully cooked breaded chicken breast chunks with rib meat provides 2.00 oz. equivalent meat and 1.00 oz. equivalent grains.

*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.

*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.

*Tuna Patty USDA recipe {D-10} 1 Patty provides the equivalent of 1½ oz. of cooked lean meat and the equivalent of ½ slice bread.