




Childs Initial's:

Step Head Start Menu {3-5 Years Old}  
December 2017

Kitchen Site/Initial's:

<p>{Week 2} Meal Requirements</p>					<p>Friday 12/1</p>
<p>Breakfast</p>  <p><b>Milk-</b> 3/4 cup <b>Vegetable/Fruit/</b> <b>Fruit Juice-</b> 1/2 cup <b>Grain/Bread-</b> 1/2 slice, 1/2 cup hot or 1/3 cup cold Cereal.</p>					<p>1- Pancake  1/2c Strawberries  3/4c Milk</p>
<p>Lunch</p>  <p><b>Milk-</b> 3/4 cup <b>Meat or Meat</b> <b>Alternative-</b>1.5oz 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>1.5oz Sliced Turkey w/Gravy  1/3c Mashed Potatoes  1/3c Green Beans  1/4c Applesauce  1/2 WW Roll  3/4c Milk</p>
<p>Snack</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>6-Vanilla Wafers = {16 grams}  1/2c Milk</p>

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December 2017**

Kitchen Site/Initial's:

{Week 3} Meal Requirements	Monday 12/4	Tuesday 12/5	Wednesday 12/6	Thursday 12/7	Friday 12/8
<b>Breakfast</b>  <u>Milk</u> - 3/4 cup <u>Vegetable/Fruit/</u> <u>Fruit Juice</u> - 1/2 cup <u>Grain/Bread</u> - 1/2 slice, 1/2 cup hot or 1/3 cup cold Cereal.	1/3c Cereal  1/2 Banana  3/4c Milk	1- Waffle  1/2c Peaches  3/4c Milk	1/4c Oatmeal  1/2 Blueberries  3/4c Milk	1/3c Cereal  1/2 Banana  3/4c Milk	1- Pancake  1/2c Strawberries  3/4c Milk
<b>Lunch</b>  <u>Milk</u> - 3/4 cup <u>Meat or Meat</u> <u>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 Hamburger Patty  1 WG Bun  1/4c Baked Seasoned Fries  1/4c Mandarin Oranges  3/4c Milk	3/8c Pinto Beans  1 Corn Muffin {A-02}  1/4c Greens  1/4c Baked Cinnamon Apples  3/4c Milk	1 Slice Pepperoni Pizza  1/4c Romaine Salad  1/4c Pineapple  3/4c Milk	1.5oz Fish Sticks = 3  1/2 Slice WG Bread  1/4c Broccoli  1/4c Mixed Fruit  3/4c Milk	1.5oz Diced Chicken  1-WG Tortilla Shell  1/4c Spanish Rice  1/4c Lima Beans  1/4c Apple Sauce  3/4c Milk
<b>Snack</b>  Serve 2 Components- <u>Milk</u> - 1/2 cup <u>Meat or Meat</u> <u>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 Cheddar  1/2c Grape Juice	1/2 Peanut Butter/Jelly Sandwich  1/2c Milk	1/2c Yogurt  1/2c Apple Juice	Teddy Grahams {13 grams}  1/2c Grape Juice	1 Apple Filled WG Churro {54 grams}  1/2c Milk

Childs Initial's:

**Step Head Start Menu {3-5 Years Old}  
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Kitchen Site/Initial's:

<b>{Week 4} Meal Requirements</b>	Monday 12/11	Tuesday 12/12	Wednesday 12/13	Thursday 12/14	Friday 12/15
<b>Breakfast</b>  <u>Milk- 3/4 cup</u> <u>Vegetable/Fruit/ Fruit Juice- 1/2 cup</u> <u>Grain/Bread- 1/2 slice, 1/2 cup hot or 1/3 cup cold Cereal.</u>	1/3c Cereal  1/2 Banana  3/4c Milk	1- Waffle  1/2c Peaches  3/4c Milk	1/4c Oatmeal  1/2c Blueberries  3/4c Milk	1/3c Cereal  1/2 Banana  3/4c Milk	1- Pancake  1/2c Strawberries  3/4c Milk
<b>Lunch</b>  <u>Milk- 3/4 cup</u> <u>Meat or Meat Alternative-1.5oz lean meat, or cheese,1/2 egg,1/4cup beans, 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 pasta, noodles, or rice.</u>	1.5oz Diced Chicken Breast W/Gravy  1/2 WW Roll  1/4c Peas  1/4c Pineapple  3/4c Milk	1-Piece Glazed Meat Loaf { D-04}  1/2 WW Roll  1/4c Green Beans  1/4c Apple Sauce  3/4c Milk	1.5oz Chicken Chunks = 7  1/2 WW Roll  1/4c Sweet Potatoes  1/4c Mixed Fruit  3/4c Milk	1.5oz Salisbury Steak W/Gravy  1/2 WW Roll  1/4c Creamed Corn  1/4c Mandarin Oranges  3/4c Milk	1.5oz Sliced Baked Ham  1/4c Peaches  1/4c Broccoli  1/2 WW Roll  3/4c Milk
<b>Snack</b>  Serve 2 Components- <u>Milk- 1/2 cup</u> <u>Meat or Meat Alternative- 1/2 oz. meat or cheese,1/2 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 cereal, 1/2c pasta, rice.</u>	Gold Fish {10 grams}  1/2c Milk	Pretzels Hard {10 grams} =1 Bag  1/2c Milk	Graham Crackers {13 grams}  1/2c Milk	1/2c Yogurt  1/2c Pineapple Juice	Teddy Grahams {13 grams}  1/2c Grape Juice

# CHRISTMAS BREAK BEGINS 12/18/2018 – 1/4/2019



## \* Foot Notes\*

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

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

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

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

\*Peach Cobbler USDA recipe {B-18} 1 piece provides 1/4c of Fruit.

\*Glazed Meat Loaf USDA recipe {D-04A} 1 Piece provides the equivalent of 1 1/2oz of cooked lean meat, 18 cup of vegetable, and the equivalent of 1/2 slice of bread.

\*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.

\*Fish Sticks CN Label 4-1oz Breaded Fish portions provide 2oz's equivalent meat.