

Childs Initial's:

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

Kitchen Site/Initial's:

{Week 2} Meal Requirements	Monday 12/3	Tuesday 12/4	Wednesday 12/5	Thursday 12/6	Friday 12/7
<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>1/4c Oatmeal</p> <p>1/2c Blueberries</p> <p>3/4c Milk</p>	<p>1/3c Cereal</p> <p>1/2c Banana</p> <p>3/4c Milk</p>	<p>1pc Turkey Sausage</p> <p>1/2 Bagel</p> <p>1/2c Strawberries</p> <p>3/4c Milk</p>	<p>1/3c Cereal</p> <p>1/2 Banana</p> <p>3/4c Milk</p>	<p>1/3c Cereal</p> <p>1/2c Pineapple</p> <p>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.</p> <p>Bread/Grain- 1/2 slice bread, 1/4 cup pasta, noodles, or rice.</p>	<p>1.5oz Teriyaki Glazed Chicken</p> <p>1/4c Green Beans</p> <p>1/4c Fruit Cocktail</p> <p>1 WW Roll</p> <p>3/4c Milk</p>	<p>1.5oz Sliced Turkey With Gravy</p> <p>1/4c Broccoli</p> <p>1/4c Applesauce</p> <p>1 WW Roll</p> <p>3/4c Milk</p>	<p>1.5oz Hamburger Patty</p> <p>1 Bun</p> <p>1/4c Baked Fries</p> <p>1/4c Mandarin Oranges</p> <p>3/4c Milk</p>	<p>1.5oz Diced Chicken Cheese</p> <p>1/4c Lettuce Tomato</p> <p>1/4c Pears</p> <p>9- Pieces WW Tortilla Shell</p> <p>3/4c Milk</p>	<p>Macaroni & Cheese with Ham 1 pc = 1.5oz {D-20A}</p> <p>1/4c Lima Beans</p> <p>1/4c Mixed Fruit</p> <p>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</p> <p>Bread/Grain- 1/2 slice bread, 1/3 cup cereal, 1/2c pasta, rice.</p>	<p>1/2 Cheese Sandwich</p> <p>Water</p>	<p>1 Graham Cracker ={13grams}</p> <p>1/2c Milk</p>	<p>6- Vanilla Wafers {16rams}</p> <p>1/2c Milk</p>	<p>1 Nutri Grain Bar = {31grams}</p> <p>1/2c Milk</p>	<p>1/2c Yogurt</p> <p>1/2c Apple Juice</p>

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

Kitchen Site/Initial's:

{Week 3} Meal Requirements	Monday 12/10	Tuesday 12/11	Wednesday 12/12	Thursday 12/13	Friday 12/14
<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 1/2c Banana 3/4c Milk</p>	<p>1/4c Oatmeal 1/2c Strawberries 3/4c Milk</p>	<p>1pc Turkey Sausage 1/2 Bagel 1/2c Pineapple 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>FC-PC EHS-HS WORKDAY AGENCY HOLIDAY PARTY</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. <u>Bread/Grain-</u> 1/2 slice bread, 1/4 cup pasta, noodles, or rice.</p>	<p>Mexican Chicken With Rice {D-06A} 1 pc = 1.5oz 1/4c Mexicali Corn {1-15} 1/4c Slices Apples 3/4c Milk</p>	<p>1 Slice Pepperoni Pizza 1/4c Romaine Salad 1/4c Mandarin Oranges 3/4c Milk</p>	<p>Meat Balls 5pcs =1.5oz 1 Bun 1/4c Mixed Vegetables 1/4c Blueberries 3/4c Milk</p>	<p>1.5oz Baked Ham 1/4c Broccoli With Cheese 1/4c Fresh Apple Slices 1 WW Roll 3/4c Milk</p>	<p>NO KIDS</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 <u>Bread/Grain-</u> 1/2 slice bread, 1/3 cup cereal, 1/2c pasta, rice.</p>	<p>1-Mozzarella String Cheese 4- Ritz Crackers {10 grams} Water</p>	<p>Pretzels Hard {10 grams} = 1 Bag 1/2c Milk</p>	<p>1/2 Cheese Sandwich Water</p>	<p>1/2c Yogurt 1/2c Grape Juice</p>	<p>NO KIDS</p>

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

Kitchen Site/Initial's:

CHRISTMAS BREAK 12/17/2018 - 1/7/2019

* Foot Notes*

* Mexican Chicken with Rice USDA recipe {D-06A} 1 piece provides 1.5oz of cooked poultry and the equivalent of ½ slice bread.

* Mexican Corn USDA recipe {I-15} ¼ cup {No.16 scoop} provides ¼ cup of vegetable.

* Macaroni and Cheese with Ham USDA recipe {D-20A} 1 piece provides the equivalent of 1.5 oz. of cooked lean meat and the equivalent of 1.5 oz. slices 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.