




Childs Initial's:

Step Toddler Menu {1-3 Years Old}
December 2017

Kitchen Site/Initial's:

<p>{Week 2 } Meal Requirements</p>					<p>Friday 12/1</p>
<p>Breakfast</p>  <p><u>Milk</u>- 1/2 cup <u>Vegetable/Fruit/</u> <u>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>1- Pancake 1/4c Strawberries 1/2c Milk</p>
<p>Lunch</p>  <p><u>Milk</u>- 1/2 cup <u>Meat or Meat</u> <u>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.</p> <p><u>Bread/Grain</u>- 1/2 slice bread, 1/4 cup pasta, noodles, or rice.</p>					<p>1oz Sliced Turkey w/Gravy 1/3c Mashed Potatoes 1/3c Green Beans 1/4c Applesauce 1/2 WW Roll 1/2c Milk</p>
<p>Snack</p>  <p>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</p> <p><u>Bread/Grain</u>- 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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{Week 3} Meal Requirements	Monday 12/4	Tuesday 12/5	Wednesday 12/6	Thursday 12/7	Friday 12/8
Breakfast  <u>Milk</u> - 1/2 cup <u>Vegetable/Fruit/</u> <u>Fruit Juice</u> - 1/4 cup <u>Grain/Bread</u> - 1/2 slice, 1/4 cup hot or 1/4 cup cold Cereal.	1/4c Cereal 1/2 Banana 1/2c Milk	1- Waffle 1/4c Peaches 1/2c Milk	1/4c Oatmeal 1/4c Blueberries 1/2c Milk	1/4c Cereal 1/2 Banana 1/2c Milk	1- Pancake 1/4c Strawberries 1/2c Milk
Lunch  <u>Milk</u> - 1/2 cup <u>Meat or Meat</u> <u>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.	1oz Hamburger Patty 1/2 WG Bun 1/4c Baked Seasoned Fries 1/4c Mandarin Oranges 1/2c Milk	3/8c Pinto Beans 1 Corn Muffin {A-02} 1/4c Greens 1/4c Baked Cinnamon Apples 1/2c Milk	1/2 Slice Pepperoni Pizza 1/4c Romaine Salad 1/4c Pineapple 1/2c Milk	1oz Fish Sticks = 2 1/2 Slice WG Bread 1/4c Broccoli 1/4c Mixed Fruit 1/2c Milk	1oz Diced Chicken 1-WG Tortilla Shell 1/4c Spanish Rice 1/4c Lima Beans 1/4c Apple Sauce 1/2c Milk
Snack  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

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

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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.

***THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER* *MENU'S ARE PROVIDED BY A LICENSED DIETICIAN.**