

Childs Initial's:

**Step Toddler Menu {1-3 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
Breakfast  <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.	1/4c Oatmeal 1/4c Blueberries 1/2c Milk	1/4c Cereal 1/2c Banana 1/2c Milk	1pc Turkey Sausage 1/2 Bagel 1/4c Strawberries 1/2c Milk	1/4c Cereal 1/2 Banana 1/2c Milk	1/4c Cereal 1/4c Pineapple 1/2c Milk
Lunch  <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.	1oz Teriyaki Glazed Chicken 1/4c Green Beans 1/4c Fruit Cocktail 1 WW Roll 1/2c Milk	1oz Sliced Turkey With Gravy 1/4c Broccoli 1/4c Applesauce 1 WW Roll 1/2c Milk	1oz Hamburger Patty 1/2 Bun 1/4c Baked Fries 1/4c Mandarin Oranges 1/2c Milk	1oz Diced Chicken Cheese 1/4c Lettuce Tomato 1/4c Pears 9- Pieces WW Tortilla Shell 1/2c Milk	Macaroni & Cheese with Ham 1 pc = 1.5oz {D-20A} 1/4c Lima Beans 1/4c Mixed Fruit 1/2c Milk
Snack  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.	1/2 Cheese Sandwich Water	1 Graham Cracker = {13grams} 1/2c Milk	6- Vanilla Wafers {16grams} 1/2c Milk	1 Nutri Grain Bar = {31grams} 1/2c Milk	1/2c Yogurt 1/2c Apple Juice

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**Step Toddler Menu {1-3 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
Breakfast  <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.	1/4c Cereal 1/2 Banana 1/2c Milk	1/4c Oatmeal 1/4c Strawberries 1/2c Milk	1pc Turkey Sausage 1/2 Bagel 1/4c Pineapple 1/2c Milk	1/4c Cereal 1/2 Banana 1/2c Milk	FC-PC EHS-HS WORKDAY AGENCY HOLIDAY PARTY
Lunch  <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.	Mexican Chicken With Rice {D-06A} 1 pc = 1.5oz 1/4c Mexicali Corn {I-15} 1/4c Slices Apples 1/2c Milk	1/2 Slice Pepperoni Pizza 1/4c Romaine Salad 1/4c Mandarin Oranges 1/2c Milk	Meat Balls 3pcs =1oz 1/2 Bun 1/4c Mixed Vegetables 1/4c Blueberries 1/2c Milk	1oz Baked Ham 1/4c Broccoli With Cheese 1/4c Fresh Apple Slices 1 WW Roll 1/2c Milk	NO KIDS
Snack  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.	1-Mozzarella String Cheese 4- Ritz Crackers {10 grams} Water	Pretzels Hard {10 grams} = 1 Bag 1/2c Milk	1/2 Cheese Sandwich Water	1/2c Yogurt 1/2c Grape Juice	NO KIDS

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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.