

STEP Head Start Menu {3-5 Years Old}

Kitchen Site/Initials: February 2020

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	Week 3 rd -7 th	Monday 2/3	Tuesday 2/4	Wednesday 2/5	Thursday 2/6	Friday 2/7
Breakfast	3/4c Milk	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	Work Day
	1/2c Fruit/Vegetable	Banana	Mixed Berries	Strawberries	Banana	No Kids
	1c Grain 1oz Meat/Meat Alternate	Cheerios	Special K	1/2 WG Bagel Turkey Sausage	Kix	
Lunch	3/4c Milk	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	
	1/4c Fruit	Peaches	Pears	Applesauce	Mandarin Oranges	
	1/4c Vegetable	Baked Beans	Green Beans	Sweet Potatoes	Lettuce/Tomatoes Potato Tots	
	Grain (1.5oz) Meat/Meat Alternate	1 WG Roll 1- Salisbury Steak	1 WG Roll 1.5oz Diced Chicken Breast With Gravy Noodles	Spanish Rice Ground Beef & Spanish Rice	1 WG Bun 1-Hamburger Patty	
Snack	1/2c Milk 1/2c Juice	1% Milk (age 3-5)	Grape Juice	Water	1% Milk (age 3-5)	
	1/2c Fruit	Apples Slices	-----	-----	-----	
	1/2c Vegetable	-----	-----	-----	-----	
	Grain	-----	13 grams Teddy Grahams	Graham Cracker	4- Ritz Crackers	
	(1/2oz) Meat (2oz) Meat Alternate	-----	-----	Yogurt	-----	
	Week 10 th -14 th	Monday 2/10	Tuesday 2/11	Wednesday 2/12	Thursday 2/13	Friday 2/14
Breakfast	3/4c Milk	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)
	1/2c Fruit/Vegetable	Banana	Strawberries	Mandarin Oranges	Banana	Blueberries
	1c Grain 1oz Meat/Meat Alternate	Rice Krispies	Corn Flakes	1/2 Slice WG Bread Turkey Sausage	Kix	1-WG Pancake
Lunch	3/4c Milk	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)
	1/4c Fruit	Pineapple	Peaches	Pears	Fruit Cocktail	Mixed Berries
	1/4c Vegetable	Mashed Potatoes	Baked Fries 1/8c Cole Slaw	Romaine Salad	Green Beans	Broccoli & Cheese
	Grain (1.5oz) Meat/Meat Alternate	1 WG Roll 1-Salisbury Steak With Gravy	1 WG Bun 1.5oz Pulled Pork BBQ	1 WG Bun 1- Chicken Patty	1 Garlic Stick 5- Meatballs With Marinara Sauce	1 WG Roll 3- Teriyaki Glazed Chicken Strips
Snack	1/2c Milk 1/2c Juice	1% Milk (age 3-5)	Grape Juice	Apple Juice	1% Milk (age 3-5)	1% Milk (age 3-5)
	1/2c Fruit	Apple Slices	-----	-----	-----	
	1/2c Vegetable	-----	-----	-----	-----	
	Grain	-----	10 grams Gold Fish	-----	13 grams Teddy Grahams	13 grams Graham Cracker Bites
	(1/2oz) Meat (2oz) Meat Alternate	-----	-----	Yogurt	-----	

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	Week 17 th -21 st	Monday 2/17	Tuesday 2/18	Wednesday 2/19	Thursday 2/20	Friday 2/21
Breakfast	3/4c Milk	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)
	1/2c Fruit/Vegetable	Banana	Fruit Cocktail	Pears	1/2 Banana	Strawberries
	1c Grain 1oz Meat/Meat Alternate	Oatmeal	Rice Krispies	Corn Flakes	Kix	1/2 Slice WG Bread Turkey Sausage
Lunch	3/4c Milk	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)
	1/4c Fruit	Pineapple	Peaches	Blueberries	Mandarin Oranges	Pineapple
	1/4c Vegetable	Spanish Rice Romaine Salad	Green Beans	Baked Fries Lettuce/Tomato	Hash Brown Lettuce/Tomato	Romaine Salad
	Grain	9- Pieces WG Tortilla Chips	1 Slice WG Bread	1 WG Bun	1 WG Bun	
	(1.5oz) Meat/Meat Alternate	1.5oz Chicken Taco Meat	1.5oz Sliced Ham	1.5oz Hamburger	1.5oz Chicken Patty	1 Slice Cheese Pizza
Snack	1/2c Milk 1/2c Juice	Water	Apple Juice	Grape Juice	Water	1% Milk (age 3-5)
	1/2c Fruit	Apple Slices	-----	-----	-----	-----
	1/2c Vegetable	-----	-----	-----	-----	-----
	Grain	-----	10 grams Gold Fish	-----	4-Ritz Crackers	Graham Crackers
	(1/2oz) Meat (2oz) Meat Alternate	Yogurt Dip	-----	Yogurt	Cheese	-----
	Week 24 th -28 th	Monday 2/24	Tuesday 2/25	Wednesday 2/26	Thursday 2/27	Friday 2/28
Breakfast	3/4c Milk	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)
	1/2c Fruit/Vegetable	1/2 Banana	Blueberries	1/2 Banana	Pears	Blueberries
	1c Grain 1oz Meat/Meat Alternate	Cheerios	Oatmeal	Corn Flakes	Kix	1/2 Slice WG Bread Turkey Sausage
Lunch	3/4c Milk	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)
	1/4c Fruit	Pineapple	Peaches	Strawberries	Pineapple	Tropical Fruit
	1/4c Vegetable	Romaine Salad	Romaine Salad	Glazed Carrots	Sweet Potatoes	Broccoli & Cheese
	Grain	1 WG Garlic Stick		1/4c Macaroni salad	1 WG Roll	1 WG Bun
	(1.5oz) Meat/Meat Alternate	3/8c Baked Spaghetti Casserole	1 Pepperoni Cheese Pizza	3- Chicken Nuggets	1 pc Glazed Meatloaf	1.5oz Grilled Chicken Breast
Snack	1/2c Milk 1/2c Juice	Water	1% Milk (age 3-5)	Grape Juice	1% Milk (age 3-5)	1% Milk (age 3-5)
	1/2c Fruit	Apple Slices	-----	-----	-----	-----
	1/2c Vegetable	-----	-----	-----	-----	-----
	Grain	-----	Graham Crackers	-----	Graham Crackers	13 grams Teddy Grahams
	(1/2oz) Meat (2oz) Meat Alternate	Yogurt Dip	-----	Yogurt	-----	-----

