

Childs Initial's:

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

Kitchen Site/Initial's:

{Week 3} Meal Requirements	Monday 1/1	Tuesday 1/2	Wednesday 1/3	Thursday 1/4	Friday 1/5
<p>Breakfast</p>  <p>Milk- 3/4 cup Vegetable/Fruit/ Fruit Juice- 1/2 cup Grain/Bread- 1/2 slice, 1/2 cup hot or 1/3 cup cold Cereal.</p>	<p>Agency Closed</p> <p>Happy New Year</p>	<p>No Kids</p>	<p>No Kids</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1 Slice WG Toast 1/2c Blueberries 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>Agency Closed</p>	<p>No Kids</p>	<p>No Kids</p>	<p>1.5oz Diced Chicken 1-WG Tortilla Shell 1/4c Spanish Rice 1/4c Pinto Beans 1/4c Strawberries 1/2c Milk</p>	<p>1.5oz Hamburger Patty 1 WG Bun 1/4c Baked Seasoned Fries 1/4c Mandarin Oranges 1/2c 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>Agency Closed</p>	<p>No Kids</p>	<p>No Kids</p>	<p>1/2c Yogurt 1/2c Grape Juice</p>	<p>1 Graham Crackers {13 grams} 1/2c Milk</p>

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Kitchen Site/Initial's:

{Week 4} Meal Requirements	Monday 1/8	Tuesday 1/9	Wednesday 1/10	Thursday 1/11	Friday 1/12
<p>Breakfast</p>  <p>Milk- 3/4 cup Vegetable/Fruit/ Fruit Juice- 1/2 cup Grain/Bread- 1/2 slice, 1/2 cup hot or 1/3 cup cold Cereal.</p>	<p>1/3c Cereal</p> <p>1/2 Banana</p> <p>3/4c Milk</p>	<p>1/3c Oatmeal</p> <p>1/4c Blueberries</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>1 Slice WG Toast</p> <p>1/2c Peaches</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>5- Meat Balls =1.5oz</p> <p>1/2 WG Bun</p> <p>1/4c Romaine Salad</p> <p>1/4c Pears</p> <p>3/4c Milk</p>	<p>1.5oz Teriyaki Chicken</p> <p>1/2 WW Roll</p> <p>1/4c Broccoli</p> <p>1/4c Applesauce</p> <p>3/4c Milk</p>	<p>1.5oz Salisbury Steak W/Gravy</p> <p>1/2 WW Roll</p> <p>1/4c Creamed Corn</p> <p>1/4c Strawberries</p> <p>3/4c Milk</p>	<p>1 Slice Pepperoni Pizza</p> <p>1/4c Glazed Carrots</p> <p>1/4c Fresh Apple Slices</p> <p>3/4c Milk</p>	<p>1.5oz Chicken Chunks = 10</p> <p>1/2 WW Roll</p> <p>1/4c Mashed Potatoes</p> <p>1/4c Blueberries</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>6-Vanilla Wafers =(16 grams)</p> <p>1/2c Milk</p>	<p>1oz Snack Mix Chex Strawberry Yogurt filled</p> <p>1/2c Milk</p>	<p>Gold Fish {10 grams}</p> <p>1/2c Milk</p>	<p>1/2c Yogurt</p> <p>1/2c Apple Juice</p>	<p>Cheez-its {10 grams}</p> <p>1/2c Pineapple Juice</p>

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Kitchen Site/Initial's:

{Week 1} Meal Requirements	Monday 1/15	Tuesday 1/16	Wednesday 1/17	Thursday 1/18	Friday 1/19
<p>Breakfast</p>  <p>Milk- 3/4 cup Vegetable/Fruit/ Fruit Juice- 1/2 cup Grain/Bread- 1/2 slice, 1/2 cup hot or 1/3 cup cold Cereal.</p>	<p>Agency Closed</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1-Waffle 1/2c Pears 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1 Slice WG Toast 1/2c Mandarin Oranges 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. Bread/Grain- 1/2 slice bread, 1/4 cup pasta, noodles, or rice.</p>	<p>Martin Luther King</p>	<p>1.5oz Chicken Patty 1/2 WG Bun 1/4c Lima Beans 1/4c Mandarin Oranges 3/4c Milk</p>	<p>1pc Baked Scrambled Eggs {D-15} 1 Hash Brown Patty 1/4c Blueberries 1/2 Slice WG Bread 3/4c Milk</p>	<p>1.5oz Sliced Baked Ham 1/4c Broccoli 1/4c Peach Cobbler *B-18 1/2 WW Roll 3/4c Milk</p>	<p>1.5oz Taco Meat 1/2c Taco Shell Pieces = .9oz 1oz Spanish Rice 1/4c Fresh Apples 1/4c Pinto Beans 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 Bread/Grain- 1/2 slice bread, 1/3 cup cereal, 1/2c pasta, rice.</p>	<p>Agency Closed</p>	<p>Graham Crackers {13 grams} 1/2c Milk</p>	<p>1-Multigrain Apple Cinnamon Snack Bar {31grams} 1/2c Milk</p>	<p>Pretzels Hard {10 grams} =1 Bag 1/2c Milk</p>	<p>Teddy Grahams {13 grams} 1/2c Grape Juice</p>

Childs Initial's:

Step Head Start Menu {3-5 Years Old}

January 2018




Kitchen Site/Initial's:

{Week 2} Meal Requirements	Monday 1/22	Tuesday 1/23	Wednesday 1/24	Thursday 1/25	Friday 1/26
<p>Breakfast</p>  <p>Milk- 3/4 cup Vegetable/Fruit/ Fruit Juice- 1/2 cup Grain/Bread- 1/2 slice, 1/2 cup hot or 1/3 cup cold Cereal.</p>	<p>1/3c Cereal 1/2c Pineapple 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1-Waffle 1/2c Peaches 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1 Slice WG Toast 1/2c Mandarin Oranges 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. Bread/Grain- 1/2 slice bread, 1/4 cup pasta, noodles, or rice.</p>	<p>1.5oz Chicken Chunks = 10 1/2 WW Roll 1/4c Baked Beans 1/4c Mixed Fruit 3/4c Milk</p>	<p>1-Piece Glazed Meat Loaf { D-04} 1/2 WW Roll 1/4c Sweet Potatoes 1/4c Blueberries 3/4c Milk</p>	<p>1.5oz Diced Chicken Breast W/Gravy 1/2 WW Roll 1/4c Broccoli 1/4c Strawberries 3/4c Milk</p>	<p>3/8c Beef Spaghetti Casserole { D-03 } 1/2 WW Roll 1/4c Romaine Salad 1/4c Pineapple 3/4c Milk</p>	<p>1.5oz Sliced Turkey w/Gravy 1/4c Egg Noodles 1/3c Green Beans 1/4c Applesauce 1/2 WW Roll 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 Bread/Grain- 1/2 slice bread, 1/3 cup cereal, 1/2c pasta, rice.</p>	<p>4- Crackers {10 grams} 1-Slice Of Cheese Water</p>	<p>1 Nutri Grain Bar = {31grams} 1/2c Milk</p>	<p>1- Mozzarella String Cheese 4 Ritz Crackers {10 grams} Water</p>	<p>Teddy Grahams {13 grams} 1/2c Grape Juice</p>	<p>6-Vanilla Wafers = {16 grams} 1/2c Milk</p>

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

Kitchen Site/Initial's:

{Week 3} Meal Requirements	Monday 1/29	Tuesday 1/30	Wednesday 1/31
<p>Breakfast</p>  <p>Milk- 3/4 cup Vegetable/Fruit/ Fruit Juice- 1/2 cup Grain/Bread- 1/2 slice, 1/2 cup hot or 1/3 cup cold Cereal.</p>	<p>1/3c Cereal</p> <p>1/2 Banana</p> <p>3/4c Milk</p>	<p>1-Pancake</p> <p>1/2c Strawberries</p> <p>3/4c Milk</p>	<p>1/4c Oatmeal</p> <p>1/2 Banana</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-Piece Glazed Meat Loaf { D-04}</p> <p>1/2 WW Roll</p> <p>1/4c Sweet Potatoes</p> <p>1/4c Pineapple</p> <p>3/4c Milk</p>	<p>1.5oz Fish Sticks = 3</p> <p>1/2 Slice WG Bread</p> <p>1/4c Broccoli</p> <p>1/4c Mandarin Oranges</p> <p>3/4c Milk</p>	<p>1.5oz Diced Chicken</p> <p>1-WG Tortilla Shell</p> <p>1/4c Spanish Rice</p> <p>1/4c Romaine Salad</p> <p>1/4c Pears</p> <p>1/2c 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 Nutri Grain Bar = {31grams}</p> <p>1/2c Milk</p>	<p>Teddy Grahams {13 grams}</p> <p>1/2c Milk</p>	<p>1/2c Yogurt</p> <p>1/2c Grape Juice</p>

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*** Foot Notes***

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

*Baked Scrambled Eggs USDA recipe {D-15} 1 piece provides 1 large egg or the equivalent of 2oz's of cooked lean meat.

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

*Chicken Patty CN Label {1} 3.19oz fully cooked whole grain chicken breast patty with rib provides 2oz equivalent meat. Meat alternative and 1oz equivalent grains.

*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.

*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.

*Taco Meat USDA recipe {E-13} 2oz meat= 1 salad provides the equivalent of 2oz's of cooked lean meat and the equivalent of 3/4c of vegetable and the equivalents of 1 slice of bread.

*Beef and Spaghetti Casserole USDA recipe {D-03} 3/8 cup (No.10 scoop) provides 1 1/2 oz. of cooked lean meat ¼ cup of vegetable, and the equivalent of 1/2 slice bread.

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