

Childs Initial's:

**Step Head Start Menu {3-5 Years Old}
January 2019**

Kitchen Site/Initial's:

{Week 2} Meal Requirements	Monday 1/7	Tuesday 1/8	Wednesday 1/9	Thursday 1/10 PC 1/2 Day	Friday 1/11
Breakfast  <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.	1/4c Oatmeal 1/2c Blueberries 3/4c Milk	1/3c Cereal 1/2 Banana 3/4c Milk	1pc French Toast 1/2c Pineapple 3/4c Milk	1/3c Cereal 1/2 Banana 3/4c Milk	1/3c Cereal 1/2c Fruit Cocktail 3/4c Milk
Lunch  <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.	1/2 Grilled Turkey & Cheese Sandwich 1.5oz Meat 1 Slice WG Bread 1/4c Green Beans 1/4c Applesauce 3/4c Milk	1 Cheeseburger Patty =1.5oz 1 Bun 1/4c Baked Fries 1/4c Mandarin Oranges 3/4c Milk	1.5oz Chicken Tender 1/4c Green Beans 1/4c Pears 1 WW Tortilla Wrap 3/4c Milk	1.5oz Ground Beef 1/4c Baked Beans 1/4c Mashed Potatoes 1/4c Peaches 1-Corn Muffin 3/4c Milk	1.5oz Boneless Grilled Chicken Breast 1/4c Broccoli & Cheese 1/4c Strawberries 1/2 Slice WG Bread 3/4c 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.	6- Vanilla Wafers {16rams} 1/2c Milk	Pretzels Hard {10 grams} =1 Bag 1/2c Milk	Teddy Grahams {13 grams} 1/2c Grape Juice	1 Nutri Grain Bar = {31grams} 1/2c Milk	1oz Snack Mix Chex Strawberry Yogurt filled 1/2c Milk

Childs Initial's:

**Step Head Start Menu {3-5 Years Old}
January 2019**

Kitchen Site/Initial's:

{Week 3} Meal Requirements	Monday 1/14	Tuesday 1/15	Wednesday 1/16	Thursday 1/17	Friday 1/18
Breakfast  <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.	1pc French Toast 1/2c Peaches 3/4c Milk	1/3c Cereal 1/2c Banana 3/4c Milk	1pc Turkey Sausage 1/2 Bagel 1/2c Peaches 3/4c Milk	1/3c Cereal 1/2 Banana 3/4c Milk	1/3c Cereal 1/2c Strawberries 3/4c Milk
Lunch  <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.	1 Slice Of Turkey Pepperoni Pizza 1/4c Green Peas 1/4c Pears 3/4c Milk	Meat Balls 5pcs =1.5oz 1 Bun 1/4c Mixed Vegetables 1/4c Mandarin Oranges 3/4c Milk	1.5oz Baked Ham 1/4c Broccoli With Cheese 1/4c Blueberries 1 WW Roll 3/4c Milk	1.5oz Salisbury Steak / Gravy 1/4c Green Beans 1/4c Applesauce 1/2 Slice WG Bread 3/4c Milk	1.5oz Teriyaki Glazed Chicken 1/4c Pork - Beans 1/4c Fruit Cocktail 1 WW Roll 3/4c 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.	Pretzels Hard {10 grams} =1 Bag 1/2c Milk	4-Crackers 1-Slice Of Cheese Water	1/2 Jelly Sandwich 1/2c Milk	1/2c Yogurt 1/2c Grape Juice	6- Vanilla Wafers {16rams} 1/2c Milk

Childs Initial's:

**Step Head Start Menu {3-5 Years Old}
January 2019**

Kitchen Site/Initial's:

{Week 4} Meal Requirements	Monday 1/21	Tuesday 1/22	Wednesday 1/23	Thursday 1/24	Friday 1/25
Breakfast  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.	Agency Closed	1/3c Cereal 1/2c Banana 3/4c Milk	1pc French Toast 1/2c Strawberries 3/4c Milk	1/3c Cereal 1/2 Banana 3/4c Milk	1/3c Cereal 1/2c Mandarin Oranges 3/4c Milk
Lunch  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.	Agency Closed	1.5oz Taco Meat 9 pcs- WG Tortilla Chips Cheese Sauce 1/4c Lettuce/Tomato 1/4c Pineapple 3/4c Milk	1 Slice Of Cheese Pizza 1/4c Romaine Salad 1/4c Pears 1 WW Roll 3/4c Milk	1.5oz Turkey & Gravy 1/4c Glazed Carrots 1/4c Blueberries 1 WW Roll 3/4c Milk	1 Chicken Patty = 1.5oz 1 Bun 1/4c California Blend Veggies 1/4c Strawberries 3/4c Milk
Snack  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.	Agency Closed	1 Nutri Grain Bar = {31grams} 1/2c Milk	Teddy Grahams ={13 grams} 1/2c Milk	1/2c Yogurt 1/2c Grape Juice	Chez its ={10grams} =1Bag 1/2c Milk

Childs Initial's:

**Step Head Start Menu {3-5 Years Old}
January 2019**

Kitchen Site/Initial's:

<p>{Week 2} Meal Requirements</p>	<p>Monday 1/28</p>	<p>Tuesday 1/29</p>	<p>Wednesday 1/30</p>	<p>Thursday 1/31</p>
<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>1/4c Oatmeal 1/2c Peaches 3/4c Milk</p>	<p>1/3c Cereal 1/2c Pears 3/4c Milk</p>	<p>1pc French Toast 1/2c Applesauce 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</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>3/8c Beef Spaghetti Casserole {D-03} 1/4c Green Peas 1/4c Mandarin Oranges 1 WW Roll 3/4c Milk</p>	<p>Chicken Chunks 10pcs= 1.5oz 1/4c Glazed Carrots 1/4c Strawberries 1 WW Roll 3/4c Milk</p>	<p>1-Pc Glazed Meat Loaf {D-04} 1/4c Romaine Salad 1/4c Pineapple 1 WW Roll 3/4c Milk</p>	<p>1.5oz Boneless Grilled Chicken Breast 1/4c Broccoli & Cheese 1/4c Blueberries 1/2 Slice WG Bread 3/4c 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>Goldfish {10 grams} =1 Bag 1/2c Milk</p>	<p>1 Nutri Grain Bar = {31grams} 1/2c Milk</p>	<p>1/2 Jelly Sandwich 1/2c Milk</p>	<p>1/2c Yogurt 1/2c Grape Juice</p>

Childs Initial's:

**Step Head Start Menu {3-5 Years Old}
January 2019**

Kitchen Site/Initial's:

*** Foot Notes***

- * Salisbury Steak CN Label each 3oz cooked beef Salisbury steak portion provides 2oz equivalent of 2oz of cooked lean meat.
- *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.
- * Glazed Meat Loaf USDA recipe {D-04A} 1 Piece provides the equivalent of 1.5oz of cooked lean meat, 1/8 Cup of vegetable, and the equivalent of ½ slice of bread.
- * Meat Ball CN Label {5} 2.5oz Meatballs equal 2oz's meat/meat alternate.
- * Baked Scrambled Egg USDA recipe {D-15} 1 piece provides 1 large egg or the equivalent of 2oz of cooked lean meat.
- *Corn Muffin USDA recipe {A-02} 1 muffin provides the equivalent of ¾ slice bread.
- *Beef and Spaghetti Casserole Casserole USDA recipe {D-03} 3/8 cup {No.10 scoop} 1 1/2oz. of cooked lean meat 1/4 cup of vegetable, and the equivalent of 1/2 slice bread.
- *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.
- *Cheese Pizza CN Label Each 4.60oz. Cheese/Cheese Substitute Pizza provides 2oz equivalent meat alternate, 2oz equivalent grains, and 1/8 cup red/orange vegetable.
- *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.