

Childs Initial's:

**Step Toddler Menu {1-3 Years Old}  
January 2018**

Kitchen Site/Initial's:

{Week 1 } Meal Requirements	Monday 1/1	Tuesday 1/2	Wednesday 1/3	Thursday 1/4	Friday 1/5
<p><b>Breakfast</b></p>  <p><b>Milk-</b> 1/2 cup <b>Vegetable/Fruit/ Fruit Juice-</b> 1/4 cup <b>Grain/Bread-</b> 1/2 slice, 1/4 cup hot or 1/4 cup cold Cereal.</p>	<p><b>Agency Closed</b></p> <p><b>Happy New Year</b></p>	<p><b>No Kids</b></p>	<p><b>No Kids</b></p>	<p><b>1/4c Cereal</b> <b>1/2 Banana</b> <b>1/2c Milk</b></p>	<p><b>1 Slice WG Toast</b> <b>1/4c Blueberries</b> <b>1/2c Milk</b></p>
<p><b>Lunch</b></p>  <p><b>Milk-</b> 1/2 cup <b>Meat or Meat Alternative-</b>1oz lean meat, or cheese,1/2 egg,1/4cup beans, 4oz yogurt <b>Fruits/vegetables-</b> serve 2 different ones- total of 1/4 cup.</p> <p><b>Bread/Grain-</b> 1/2 slice bread, 1/4 cup pasta, noodles, or rice.</p>	<p><b>Agency Closed</b></p>	<p><b>No Kids</b></p>	<p><b>No Kids</b></p>	<p><b>1oz Diced Chicken</b> <b>1-WG Tortilla Shell</b> <b>1/4c Spanish Rice</b> <b>1/4c Pinto Beans</b> <b>1/4c Strawberries</b> <b>1/2c Milk</b></p>	<p><b>1oz Hamburger Patty</b> <b>1/2 WG Bun</b> <b>1/4c Baked Seasoned Fries</b> <b>1/4c Mandarin Oranges</b> <b>1/2c Milk</b></p>
<p><b>Snack</b></p>  <p>Serve 2 Components- <b>Milk-</b> 1/2 cup <b>Meat or Meat Alternative-</b> 1/2 oz. meat or cheese,1/2 egg or 2oz yogurt <b>Fruits/vegetables-</b> 1/2cup</p> <p><b>Bread/Grain-</b> 1/2 slice bread, 1/3 cup cereal, 1/2c pasta, rice.</p>	<p><b>Agency Closed</b></p>	<p><b>No Kids</b></p>	<p><b>No Kids</b></p>	<p><b>1/2c Yogurt</b> <b>1/2c Grape Juice</b></p>	<p><b>1 Graham Crackers {13 grams}</b> <b>1/2c Milk</b></p>

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Kitchen Site/Initial's:

<b>{Week 2} Meal Requirements</b>	Monday 1/8	Tuesday 1/9	Wednesday 1/10	Thursday 1/11	Friday 1/12
<p><b>Breakfast</b></p>  <p><b>Milk-</b> 1/2 cup <b>Vegetable/Fruit/ Fruit Juice-</b> 1/4 cup <b>Grain/Bread-</b> 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>1/4c Oatmeal  1/4c Blueberries  1/2c Milk</p>	<p>1/4c Cereal  1/2 Banana  1/2c Milk</p>	<p>1/4c Cereal  1/4c Pineapple  1/2c Milk</p>	<p>1 Slice WG Toast  1/4c Peaches  1/2c Milk</p>
<p><b>Lunch</b></p>  <p><b>Milk-</b> 1/2 cup <b>Meat or Meat Alternative-</b>1oz lean meat, or cheese,1/2 egg,1/4cup beans, 4oz yogurt <b>Fruits/vegetables-</b> serve 2 different ones- total of 1/4 cup.</p> <p><b>Bread/Grain-</b> 1/2 slice bread, 1/4 cup pasta, noodles, or rice.</p>	<p>3- Meat Balls =1oz  1/2 WG Bun  1/4c Romaine Salad  1/4c Pears  1/2c Milk</p>	<p>1oz Teriyaki Chicken  1/2 WW Roll  1/4c Broccoli  1/4c Applesauce  1/2c Milk</p>	<p>1oz Salisbury Steak W/Gravy  1/2 WW Roll  1/4c Creamed Corn  1/4c Strawberries  1/2c Milk</p>	<p>1 Slice Pepperoni Pizza  1/4c Glazed Carrots  1/4c Fresh Apple Slices  1/2c Milk</p>	<p>1oz Chicken Chunks = 7  1/2 WW Roll  1/4c Mashed Potatoes  1/4c Blueberries  1/2c Milk</p>
<p><b>Snack</b></p>  <p>Serve 2 Components- <b>Milk-</b> 1/2 cup <b>Meat or Meat Alternative-</b> 1/2 oz. meat or cheese,1/2 egg or 2oz yogurt <b>Fruits/vegetables-</b> 1/2cup</p> <p><b>Bread/Grain-</b> 1/2 slice bread, 1/3 cup cereal, 1/2c pasta, rice.</p>	<p>6-Vanilla Wafers  =(16 grams)  1/2c Milk</p>	<p>1oz Snack Mix Chex Strawberry Yogurt filled  1/2c Milk</p>	<p>Gold Fish {10 grams}  1/2c Milk</p>	<p>1/2c Yogurt  1/2c Apple Juice</p>	<p>Cheez-its {10 grams}  1/2c Pineapple Juice</p>

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Kitchen Site/Initial's:

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

Childs Initial's:

**Step Toddler Menu {1-3 Years Old}  
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Kitchen Site/Initial's:

<b>{Week 4} Meal Requirements</b>	Monday 1/22	Tuesday 1/23	Wednesday 1/24	Thursday 1/25	Friday 1/26
<p><b>Breakfast</b></p>  <p><b>Milk-</b> 1/2 cup <b>Vegetable/Fruit/ Fruit Juice-</b> 1/4 cup <b>Grain/Bread-</b> 1/2 slice, 1/4 cup hot or 1/4 cup cold Cereal.</p>	<p>1/4c Cereal  1/4c Pineapple  1/2c Milk</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 Cereal  1/2 Banana  1/2c Milk</p>	<p>1 Slice WG Toast  1/4c Mandarin Oranges  1/2c Milk</p>
<p><b>Lunch</b></p>  <p><b>Milk-</b> 1/2 cup <b>Meat or Meat Alternative-</b>1oz lean meat, or cheese,1/2 egg,1/4cup beans, 4oz yogurt <b>Fruits/vegetables-</b> serve 2 different ones- total of 1/4 cup. <b>Bread/Grain-</b> 1/2 slice bread, 1/4 cup pasta, noodles, or rice.</p>	<p>1oz Chicken Chunks = 7  1/2 WW Roll  1/4c Baked Beans  1/4c Mixed Fruit  1/2c Milk</p>	<p>1-Piece Glazed Meat Loaf { D-04}  1/2 WW Roll  1/4c Sweet Potatoes  1/4c Blueberries  1/2c Milk</p>	<p>1oz Diced Chicken Breast W/Gravy  1/2 WW Roll  1/4c Broccoli  1/4c Strawberries  1/2c Milk</p>	<p>3/8c Beef Spaghetti Casserole { D-03 }  1/2 WW Roll  1/4c Romaine Salad  1/4c Pineapple  1/2c Milk</p>	<p>1oz Sliced Turkey w/Gravy  1/4c Egg Noodles  1/3c Green Beans  1/4c Applesauce  1/2 WW Roll  1/2c Milk</p>
<p><b>Snack</b></p>  <p>Serve 2 Components- <b>Milk-</b> 1/2 cup <b>Meat or Meat Alternative-</b> 1/2 oz. meat or cheese,1/2 egg or 2oz yogurt <b>Fruits/vegetables-</b> 1/2cup <b>Bread/Grain-</b> 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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Kitchen Site/Initial's:

<b>{Week 1} Meal Requirements</b>	Monday 1/29	Tuesday 1/30	Wednesday 1/31
<p><b>Breakfast</b></p>  <p><b>Milk-</b> 1/2 cup <b>Vegetable/Fruit/ Fruit Juice-</b> 1/4 cup <b>Grain/Bread-</b> 1/2 slice, 1/4 cup hot or 1/4 cup cold Cereal.</p>	<p>1/4c Cereal</p> <p>1/2 Banana</p> <p>1/2c Milk</p>	<p>1-Pancake</p> <p>1/4c Strawberries</p> <p>1/2c Milk</p>	<p>1/4c Oatmeal</p> <p>1/2 Banana</p> <p>1/2c Milk</p>
<p><b>Lunch</b></p>  <p><b>Milk-</b> 1/2 cup <b>Meat or Meat Alternative-</b>1oz lean meat, or cheese,1/2 egg,1/4cup beans, 4oz yogurt <b>Fruits/vegetables-</b> serve 2 different ones- total of 1/4 cup.</p> <p><b>Bread/Grain-</b> 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>1/2c Milk</p>	<p>1oz Fish Sticks = 3</p> <p>1/2 Slice WG Bread</p> <p>1/4c Broccoli</p> <p>1/4c Mandarin Oranges</p> <p>1/2c Milk</p>	<p>1oz 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><b>Snack</b></p>  <p>Serve 2 Components- <b>Milk-</b> 1/2 cup <b>Meat or Meat Alternative-</b> 1/2 oz. meat or cheese,1/2 egg or 2oz yogurt <b>Fruits/vegetables-</b> 1/2cup</p> <p><b>Bread/Grain-</b> 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.