

Childs Initial's:

Step Head Start Menu {3-5 Years Old}

July 2018

Kitchen Site/Initial's:

{Week 4} Meal Requirements	Monday 7/2	Tuesday 7/3	Wednesday 7/4	Thursday 7/5	Friday 7/6
<p>Breakfast</p>  <p>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.</p>	<p>No Kids Training</p>	<p>No Kids Training</p>	<p>Agency Closed</p>	<p>1-Piece French Toast 1/2c Applesauce 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 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>No Kids Training</p>	<p>No Kids Training</p>	<p>Agency Closed</p>	<p>1.5oz Taco Meat 1 WG Tortilla Shell Soft 1/4c Spanish Rice 1/4c Lettuce & Tomato 1/4c Pineapple 3/4c Milk</p>	<p>1.5oz Fish Sticks = 3 1/2 Slice WG Bread 1/4c Romaine Salad 1/4c Pears 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>No Kids Training</p>	<p>No Kids Training</p>	<p>Agency Closed</p>	<p>1 Nutri Grain Bar = {31grams} 1/2c Milk</p>	<p>1oz Snack Mix Chex Strawberry Yogurt filled 1/2c Milk</p>

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Step Head Start Menu {3-5 Years Old}

July 2018

Kitchen Site/Initial's:

{Week 2} Meal Requirements	Monday 7/9	Tuesday 7/10	Wednesday 7/11	Thursday 7/12	Friday 7/13
<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>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1- Piece Turkey Sausage 1/2 WG Bread 1/2c Mixed Fruit 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1-Piece French Toast 1/2c Mandarin Oranges 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>1-Piece Glazed Meat Loaf { D-04} 1 WW Roll 1/4c Sweet Potatoes 1/4c Strawberries 3/4c Milk</p>	<p>1.5oz Chicken Breast W/Gravy 1 WW Roll 1/4c Lima Beans 1/4c Pineapple 3/4c Milk</p>	<p>3/8c Beef Spaghetti Casserole { D-03 } 1 WW Roll 1/4c Romaine Salad 1/4c Blueberries 3/4c Milk</p>	<p>1.5oz Sliced Turkey w/Gravy 1/4c Green Beans 1/4c Pears 1 WW Roll 3/4c Milk</p>	<p>1.5oz Chicken Chunks =10 1/4c Carrots 1/4c Peaches 1 WW Roll 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>Pretzels Hard {10 grams} =1 Bag 1/2c Milk</p>	<p>1 Nutri Grain Bar = {31grams} 1/2c Milk</p>	<p>1/2-PeanutButter & Jelly Sandwich 1/2c Milk</p>	<p>1/2c Yogurt 1/2c Grape Juice</p>	<p>4-Crackers 1-Slice Of Cheese Water</p>

Kitchen Site/Initial's:

{Week 3} Meal Requirements	Monday 7/16	Tuesday 7/17	Wednesday 7/18	Thursday 7/19	Friday 7/20
<p>Breakfast</p>  <p>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.</p>	<p>1/3c Cereal</p> <p>1/2 Banana</p> <p>3/4c Milk</p>	<p>1-Piece French Toast</p> <p>1/2c Applesauce</p> <p>3/4c Milk</p>	<p>1/3c Cereal</p> <p>1/2 Banana</p> <p>3/4c Milk</p>	<p>1/4c Oatmeal</p> <p>1/2c Blueberries</p> <p>3/4c Milk</p>	<p>1/3c Cereal</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>1.5oz Fish Sticks = 3</p> <p>1/2 Slice WG Bread</p> <p>1/4c Romaine Salad</p> <p>1/4c Peaches</p> <p>3/4c Milk</p>	<p>1.5oz Hamburger Patty</p> <p>1 WG Bun</p> <p>1/4c Baked Seasoned Fries</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>3/4c Milk</p>	<p>1.5oz Ground Beef</p> <p>1/4c Baked Beans</p> <p>1/4c Mashed Potatoes</p> <p>1/4c Pineapple</p> <p>1- Corn Muffin</p> <p>3/4c Milk</p>	<p>1 Slice Cheese Pizza</p> <p>1/4c Broccoli</p> <p>1/4c Apple Slices</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>1 Graham Crackers {13grams}</p> <p>1/2c Milk</p>	<p>Pretzels Hard {10 grams} =1 Bag</p> <p>1/2c Milk</p>	<p>Teddy Grahams {13 grams}</p> <p>1/2c Grape Juice</p>	<p>4- Crackers</p> <p>1-Slice Of Cheese</p> <p>Water</p>	<p>1/2- PeanutButter & Jelly Sandwich</p> <p>1/2c Milk</p>

Childs Initial's:

Step Head Start Menu {3-5 Years Old}

July 2018




Kitchen Site/Initial's:

{Week 4} Meal Requirements	Monday 7/23	Tuesday 7/24	Wednesday 7/25	Thursday 7/26	Friday 7/27
Breakfast  <u>Milk</u> - 3/4 cup <u>Vegetable/Fruit/</u> <u>Fruit Juice</u> - 1/2 cup <u>Grain/Bread</u> - 1/2 slice, 1/4cup hot or 1/3 cup cold Cereal.	1/3c Cereal 1/2 Banana 3/4c Milk	1-Piece French Toast 1/2c Applesauce 3/4c Milk	1/3c Cereal 1/2 Banana 3/4c Milk	1/4c Oatmeal 1/2c Blueberries 3/4c Milk	1/3c Cereal 1/2 Banana 3/4c Milk
Lunch  <u>Milk</u> - 3/4 cup <u>Meat or Meat</u> <u>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.	1.5oz Chicken Chunks = 3 1 WW Roll 1/4c Glazed Carrots 1/4c Pears 3/4c Milk	5- Meat Balls =1.5oz 1 WG Bun 1/4c Mixed Vegetables 1/4c Pineapple 3/4c Milk	1.5oz Chicken Breast W/Gravy 1 WW Roll 1/4c Broccoli & Cheese 1/4c Peaches 3/4c Milk	1.5oz Salisbury Steak W/Gravy 1 WW Roll 1/4c Creamed Corn 1/4c Strawberries 3/4c Milk	1.5oz Teriyaki Chicken 1 WW Roll 1/4c Peas 1/4c Mixed Fruit 3/4c Milk
Snack  Serve 2 Components- <u>Milk</u> - 1/2 cup <u>Meat or Meat</u> <u>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 Graham Crackers {13grams} 1/2c Milk	Teddy Grahams {13 grams} 1/2c Grape Juice	6-Vanilla Wafers = {16 grams} 1/2c Milk	4- Crackers 1-Slice Of Cheese Water	1/2 Day Last Day For Kids No Snack

Childs Initial's:

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

Kitchen Site/Initial's:

{Week 4} Meal Requirements	Monday 7/30	Tuesday 7/31
<p>Breakfast</p>  <p>Milk- 1/2 cup Vegetable/Fruit/ Fruit Juice- 1/4 cup Grain/Bread- 1/2 slice, 1/4 cup hot or 1/4 cup cold Cereal.</p>	<p>Closed</p> <p>No Children</p> <p>No Staff</p>	<p>Closed</p> <p>No Children</p> <p>No Staff</p>
<p>Lunch</p>  <p>Milk- 1/2 cup Meat or Meat Alternative-1oz 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>Closed</p>	<p>Closed</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>Closed</p>	<p>Closed</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.

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

*Glazed Meat Loaf USDA recipe {D-04A} 1 Piece provides the equivalent of 1 1/2oz of cooked lean meat, 1/8 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 1/4 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.

*Corn Muffin USDA recipe {A-02} 1 Muffin provides the equivalent of 3/4 slice bread.

*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.

*Beef and Spaghetti Casserole USDA recipe {D-03} 3/8 cup (No.10 scoop) provides 1 1/2 oz. of cooked lean meat 1/4 cup of vegetable, and the equivalent of 1/2 slice bread.