




Childs Initial's:

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

Kitchen Site/Initial's:

<p>{Week 4} Meal Requirements</p>					<p>Friday 6/1</p>
<p>Breakfast</p>  <p><u>Milk</u>- 3/4 cup <u>Vegetable/Fruit/</u> <u>Fruit Juice</u>- 1/2 cup <u>Grain/Bread</u>- 1/2 slice, 1/4 cup hot or 1/3 cup cold Cereal.</p>					<p>Workday</p>
<p>Lunch</p>  <p><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.</p> <p><u>Bread/Grain</u>- 1/2 slice bread, 1/4 cup pasta, noodles, or rice.</p>					<p>Workday</p>
<p>Snack</p>  <p>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</p> <p><u>Bread/Grain</u>- 1/2 slice bread, 1/3 cup cereal, 1/2c pasta, rice.</p>					<p>Workday</p>

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

**June 2018**

Kitchen Site/Initial's:

{Week 1} Meal Requirements	Monday 6/4	Tuesday 6/5	Wednesday 6/6	Thursday 6/7	Friday 6/8
<b>Breakfast</b>  <u>Milk</u> - 3/4 cup <u>Vegetable/Fruit/</u> <u>Fruit Juice</u> - 1/2 cup <u>Grain/Bread</u> - 1/2 slice, 1/4 cup hot or 1/3 cup cold Cereal.	1/3c Cereal 1/2 Banana 3/4c Milk	1/4c Oatmeal 1/2c Mixed Fruit 3/4c Milk	1/3c Cereal 1/2 Banana 3/4c Milk	1-Pancake 1/2c Blueberries 3/4c Milk	1/3c Cereal 1/2 Banana 3/4c Milk
<b>Lunch</b>  <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 Fish Sticks = 3 1/2 Slice WG Bread 1/4c Romaine Salad 1/4c Pears 3/4c Milk	1.5oz Hamburger Patty 1 WG Bun 1/4c Baked Seasoned Fries 1/4c Mandarin Oranges 3/4c Milk	1 Slice Cheese Pizza 1/4c Romaine Salad 1/4c Sliced Apples 3/4c Milk	1.5oz Sliced Ham 1 WW Roll 1/4c Lima Beans 1/4c Strawberries 3/4c Milk	1.5oz Taco Meat 1 WG Tortilla Shell Soft 1/4c Spanish Rice 1/4c Lettuce & Tomato 1/4c Pineapple 3/4c Milk
<b>Snack</b>  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.	1oz Snack Mix Chex Strawberry Yogurt filled 1/2c Milk	4- Crackers 1-Slice Of Cheese Water	1/2-PeanutButter & Jelly Sandwich 1/2c Milk	1/2c Yogurt 1/2c Grape Juice	1 Nutri Grain Bar = {31 grams} 1/2c Milk

Childs Initial's:

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

**June 2018**

Kitchen Site/Initial's:

<b>{Week 2} Meal Requirements</b>	Monday 6/11	Tuesday 6/12	Wednesday 6/13	Thursday 6/14	Friday 6/15
<p><b>Breakfast</b></p>  <p><u>Milk</u>- 3/4 cup <u>Vegetable/Fruit/</u> <u>Fruit Juice</u>- 1/2 cup <u>Grain/Bread</u>- 1/2 slice, 1/4 cup hot or 1/3 cup cold Cereal.</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</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>1/4c Oatmeal 1/2c Blueberries 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>
<p><b>Lunch</b></p>  <p><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.</p>	<p>1.5oz Chicken Chunks = 10 1 WW Roll 1/4c Glazed Carrots 1/4c Pears 3/4c Milk</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 With Gravy 1/4c Broccoli With Cheese 1/4c Peaches 1 WW Roll 3/4c Milk</p>	<p>3/8c Beef Spaghetti Casserole { D-03 } 1 WW Roll 1/4c Romaine Salad 1/4c Pineapple 3/4c Milk</p>	<p>1.5oz Sliced Turkey w/Gravy 1/4c Green Beans 1/4c Mixed Fruit 1 WW Roll 3/4c Milk</p>
<p><b>Snack</b></p>  <p>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.</p>	<p>1 Graham Crackers {13grams} 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>	<p>Gold Fish {10 grams} 1/2c Milk</p>	<p>1/2-PeanutButter &amp; Jelly Sandwich 1/2c Milk</p>


Childs Initial's:

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

Kitchen Site/Initial's:

{Week 3} Meal Requirements	Monday 6/18	Tuesday 6/19	Wednesday 6/20	Thursday 6/21	Friday 6/22
<b>Breakfast</b>  <u>Milk</u> - 3/4 cup <u>Vegetable/Fruit/</u> <u>Fruit Juice</u> - 1/2 cup <u>Grain/Bread</u> - 1/2 slice, 1/4 cup hot or 1/3 cup cold Cereal.	1/3c Cereal  1/2 Banana  3/4c Milk	1- Pancake  1/2c Applesauce  3/4c Milk	1/3c Cereal  1/2 Banana  3/4c Milk	1/4c Oatmeal  1/2c Strawberries  3/4c Milk	1/3c Cereal  1/2 Banana  3/4c Milk
<b>Lunch</b>  <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 Slice Cheese Pizza  1/4c Green Peas  1/4c Blueberries  3/4c Milk	1.5oz Fish Sticks = 3  1/2 Slice WG Bread  1/4c Romaine Salad  1/4c Mandarin Oranges  3/4c Milk	1.5oz Hamburger Patty  1 WG Bun  1/4c Baked Seasoned Fries  1/4c Peaches  3/4c Milk	1.5oz Diced Chicken  1-WG Tortilla Shell  1/4c Spanish Rice  1/4c Romaine Salad  1/4c Pears  3/4c Milk	1.5oz Ground Beef  1/4c Baked Beans  1/4c Mashed Potatoes  1/4c Pineapple  1- Corn Muffin  3/4c Milk
<b>Snack</b>  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- Mozzarella String Cheese  4 Ritz Crackers {10 grams}  Water	Teddy Grahams {13 grams}  1/2c Grape Juice	6-Vanilla Wafers = {16 grams}  1/2c Milk	4- Crackers  1-Slice Of Cheese  Water	1 Nutri Grain Bar = {31 grams}  1/2c Milk

Kitchen Site/Initial's:

<b>{Week 4} Meal Requirements</b>	Monday 6/25 Closed	Tuesday 6/26	Wednesday 6/27	Thursday 6/28	Friday 6/29
<p><b>Breakfast</b></p>  <p><b>Milk-</b> 3/4 cup <b>Vegetable/Fruit/</b> <b>Fruit Juice-</b> 1/2 cup <b>Grain/Bread-</b> 1/2 slice, 1/4cup 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 Applesauce</p> <p>3/4c Milk</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 Blueberries</p> <p>3/4c Milk</p>	<p>1/3c Cereal</p> <p>1/2 Banana</p> <p>3/4c Milk</p>
<p><b>Lunch</b></p>  <p><b>Milk-</b> 3/4 cup <b>Meat or Meat</b> <b>Alternative-</b>1.5oz 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>1.5oz Teriyaki Chicken</p> <p>1 WW Roll</p> <p>1/4c Broccoli</p> <p>1/4c Mixed Fruit</p> <p>3/4c Milk</p>	<p>1.5oz Salisbury Steak W/Gravy</p> <p>1 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 Lima Beans</p> <p>1/4c Peaches</p> <p>3/4c Milk</p>	<p>5- Meat Balls =1.5oz</p> <p>1 WG Bun</p> <p>1/4c Peas &amp; Carrots</p> <p>1/4c Pears</p> <p>3/4c Milk</p>	<p>1.5oz Chicken Breast W/Gravy</p> <p>1 WW Roll</p> <p>1/4c Sweet Potatoes</p> <p>1/4c Pineapple</p> <p>3/4c Milk</p>
<p><b>Snack</b></p>  <p>Serve 2 Components- <b>Milk-</b> 1/2 cup <b>Meat or Meat</b> <b>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 Pc Banana Bread</p> <p>1/2c Milk</p>	<p>6-Vanilla Wafers = {16 grams}</p> <p>1/2c Milk</p>	<p>1/2c Yogurt</p> <p>1/2c Grape Juice</p>	<p>Teddy Grahams {13 grams}</p> <p>1/2c Apple Juice</p>	<p>1 Nutri Grain Bar = {31grams}</p> <p>1/2c Milk</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, 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.

\*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.

\*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.

\*Banana Bread USDA {A-13} 1piece provides the equivalent of 1 slice of bread.