

Kitchen Site/Initial's:

<p>{Week 4} Meal Requirements</p>					<p>Friday 6/1</p>
<p>Breakfast</p>  <p><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.</p>					<p>Workday</p>
<p>Lunch</p>  <p><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.</p>					<p>Workday</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>Workday</p>


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> - 1/2 cup <u>Vegetable/Fruit/</u> <u>Fruit Juice</u> - 1/4 cup <u>Grain/Bread</u> - 1/2 slice, 1/4 cup hot or 1/4 cup cold Cereal.	1/4c Cereal  1/2 Banana  1/2c Milk	1/4c Oatmeal  1/4c Mixed Fruit  1/2c Milk	1/4c Cereal  1/2 Banana  1/2c Milk	1-Pancake  1/4c Blueberries  1/2c Milk	1/4c Cereal  1/2 Banana  1/2c Milk
<b>Lunch</b>  <u>Milk</u> - 1/2 cup <u>Meat or Meat</u> <u>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.	1oz Fish Sticks = 2  1/2 Slice WG Bread  1/4c Romaine Salad  1/4c Pears  1/2c Milk	1oz Hamburger Patty  1/2 WG Bun  1/4c Baked Seasoned Fries  1/4c Mandarin Oranges  1/2c Milk	1/2 Slice Cheese Pizza  1/4c Romaine Salad  1/4c Sliced Apples  1/2c Milk	1oz Sliced Ham  1 WW Roll  1/4c Lima Beans  1/4c Strawberries  1/2c Milk	1oz Taco Meat  1 WG Tortilla Shell Soft  1/4c Spanish Rice  1/4c Lettuce & Tomato  1/4c Pineapple  1/2c 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 = {31grams}  1/2c Milk

Childs Initial's:

**Step Toddler Menu {1-3 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>- 1/2 cup <u>Vegetable/Fruit/</u> <u>Fruit Juice</u>- 1/4 cup <u>Grain/Bread</u>- 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-Piece French Toast  1/4c Applesauce  1/2c Milk</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><b>Lunch</b></p>  <p><u>Milk</u>- 1/2 cup <u>Meat or Meat</u> <u>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.</p>	<p>1oz Chicken Chunks = 7  1 WW Roll  1/4c Glazed Carrots  1/4c Pears  1/2c Milk</p>	<p>1-Piece Glazed Meat Loaf { D-04}  1 WW Roll  1/4c Sweet Potatoes  1/4c Strawberries  1/2c Milk</p>	<p>1oz Chicken Breast With Gravy  1/4c Broccoli With Cheese  1/4c Peaches  1 WW Roll  1/2c Milk</p>	<p>3/8c Beef Spaghetti Casserole { D-03 }  1 WW Roll  1/4c Romaine Salad  1/4c Pineapple  1/2c Milk</p>	<p>1oz Sliced Turkey w/Gravy  1/4c Green Beans  1/4c Mixed Fruit  1 WW Roll  1/2c 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>

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

<b>{Week 3} Meal Requirements</b>	Monday 6/18	Tuesday 6/19	Wednesday 6/20	Thursday 6/21	Friday 6/22
<p><b>Breakfast</b></p>  <p><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.</p>	<p>1/4c Cereal 1/2 Banana 1/2c Milk</p>	<p>1- Pancake 1/4c Applesauce 1/2c Milk</p>	<p>1/4c Cereal 1/2 Banana 1/2c Milk</p>	<p>1/4c Oatmeal 1/4c Strawberries 1/2c Milk</p>	<p>1/4c Cereal 1/2 Banana 1/2c Milk</p>
<p><b>Lunch</b></p>  <p><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.</p>	<p>1/2 Slice Cheese Pizza 1/4c Green Peas 1/4c Blueberries 1/2c Milk</p>	<p>1.oz Fish Sticks = 2 1/2 Slice WG Bread 1/4c Romaine Salad 1/4c Mandarin Oranges 1/2c Milk</p>	<p>1oz Hamburger Patty 1/2 WG Bun 1/4c Baked Seasoned Fries 1/4c Peaches 1/2c Milk</p>	<p>1oz Diced Chicken 1-WG Tortilla Shell 1/4c Spanish Rice 1/4c Romaine Salad 1/4c Pears 1/2c Milk</p>	<p>1oz Ground Beef 1/4c Baked Beans 1/4c Mashed Potatoes 1/4c Pineapple 1- Corn Muffin 1/2c Milk</p>
<p><b>Snack</b></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>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>	<p>4- Crackers 1-Slice Of Cheese Water</p>	<p>1 Nutri Grain Bar = {31 grams} 1/2c Milk</p>

Childs Initial's:

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

**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> 1/2 cup <b>Vegetable/Fruit/</b> <b>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- Pancake  1/4c Applesauce  1/4c Milk</p>	<p>1/4c Cereal  1/2 Banana  1/2c Milk</p>	<p>1-Piece French Toast  1/4c Blueberries  1/2c Milk</p>	<p>1/4c Cereal  1/2 Banana  1/2c Milk</p>
<p><b>Lunch</b></p>  <p><b>Milk-</b> 1/2 cup <b>Meat or Meat</b> <b>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 Teriyaki Chicken  1 WW Roll  1/4c Broccoli  1/4c Mixed Fruit  1/2c Milk</p>	<p>1oz Salisbury Steak W/Gravy  1 WW Roll  1/4c Creamed Corn  1/4c Strawberries  1/2c Milk</p>	<p>1/2 Slice Pepperoni Pizza  1/4c Lima Beans  1/4c Peaches  1/2c Milk</p>	<p>3- Meat Balls =1oz  1 WG Bun  1/4c Peas &amp; Carrots  1/4c Pears  1/2c Milk</p>	<p>1oz Chicken Breast W/Gravy  1 WW Roll  1/4c Sweet Potatoes  1/4c Pineapple  1/2c 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  <b>Bread/Grain-</b> 1/2 slice bread, 1/3 cup cereal, 1/2c pasta, rice.</p>	<p>1 Pc Banana Bread  1/2c Milk</p>	<p>6-Vanilla Wafers = {16 grams}  1/2c Milk</p>	<p>1/2c Yogurt  1/2c Grape Juice</p>	<p>Teddy Grahams {13 grams}  1/2c Apple Juice</p>	<p>1 Nutri Grain Bar = {31grams}  1/2c Milk</p>

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**Step Toddler Menu {1-3 Years Old}  
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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 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.

\*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.