




Childs Initial's:

Step Toddler Menu {1-3 Years Old}  
March 2018

Kitchen Site/Initial's:

<p>{Week 1 } Meal Requirements</p>				<p>Thursday 3/1</p>	<p>Friday 3/2</p>
<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>PC/FC HS/EHS Staff Development Day</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>3/8c Pinto Beans 1/4c Greens 1/4c Mashed Potatoes 1/4c Pineapple 1- Corn Muffin 1/2c Milk</p>	<p>PC/FC HS/EHS Staff Development Day</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} 1/2c Milk</p>	<p>PC/FC HS/EHS Staff Development Day</p>

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

<b>{Week 2} Meal Requirements</b>	<b>Monday 3/5</b>	<b>Tuesday 3/6</b>	<b>Wednesday 3/7</b>	<b>Thursday 3/8</b>	<b>Friday 3/9{PC EHS/HS Workday}</b>
<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.	1/2 Bagel  1/2 Piece Turkey Sausage  1/4c Mixed Fruit  1/2c Milk	1/4c Cereal  1/2 Banana  1/2c Milk	1-Pancake  1/2 Applesauce  1/2c Milk	1/4c Cereal  1/2 Banana  1/2c Milk	1/4c Oatmeal  1/4c Peaches  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.	1oz Salisbury Steak W/Gravy  1 WW Roll  1/4c Creamed Corn  1/4c Strawberries  1/2c Milk	1oz Chicken Chunks = 7  1 WW Roll  1/4c Glazed Carrots  1/4c Blueberries  1/2c Milk	1oz Diced Chicken Breast W/Gravy  1 WW Roll  1/4c Broccoli & Cheese  1/4c Mandarin Oranges  1/2c Milk	3- Meat Balls =1oz  1/2 WG Bun  1/4c Mixed Vegetables  1/4c Pears  1/2c Milk	1oz Teriyaki Chicken  1 WW Roll  1/4c Green Peas  1/4c Pineapple  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.	1oz Snack Mix Chex Strawberry Yogurt filled  1/2c Milk	Cheez-its {10 grams}  1/2c Grape Juice	Gold Fish {10 grams}  1/2c Milk	1/2c Yogurt  1/2c Apple Juice	6-Vanilla Wafers =(16 grams)  1/2c Milk

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Kitchen Site/Initial's:

<b>{Week 3} Meal Requirements</b>	Monday 3/12 {FC EHS/HS Workday}	Tuesday 3/13	Wednesday 3/14	Thursday 3/15	Friday 3/16
<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.	1/2 Bagel  1/2 Piece Turkey Sausage  1/2c Pineapple  1/2c Milk	1/4c Cereal  1/2 Banana  1/2c Milk	1-Waffle  1/2 Applesauce  1/2c Milk	1/4c Cereal  1/2 Banana  1/2c Milk	1/4c Oatmeal  1/4c Peaches  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, 1/4 cup 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.	1pc Baked Scrambled Eggs {D-15}  1 Hash Brown Patty  1/4c Fresh Apples  1/2 Slice WG Bread  1/2c Milk	1oz Sliced Baked Ham  1/4c Broccoli  1/4c Peach Cobbler *B-18  1 WW Roll  1/2c Milk	1oz Taco Meat  1-WW Soft Shell  1oz Spanish Rice  1/4c Mandarin Oranges  1/4c Pinto Beans  1/2c Milk	1/2 Slice Pepperoni Pizza  1/4c Romaine Salad  1/4c Pineapple  1/2c Milk	1oz Hamburger Patty  1/2 WG Bun  1/4c Baked Seasoned Fries  1/4c Mandarin Oranges  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.	1/2-Peanut Butter & Jelly Sandwich  1/2c Milk	1 Graham Crackers {13 grams}  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

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 3/19	Tuesday 3/20	Wednesday 3/21	Thursday 3/22	Friday 3/23
<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>1/2 Bagel</p> <p>1/2 Piece Turkey Sausage</p> <p>1/4c Mixed Fruit</p> <p>1/2c Milk</p>	<p>1/4c Cereal</p> <p>1/2 Banana</p> <p>1/2c Milk</p>	<p>1- Pancake</p> <p>1/4c Applesauce</p> <p>1/2c Milk</p>	<p>1/4c Cereal</p> <p>1/2 Banana</p> <p>1/2c Milk</p>	<p>1/4c Oatmeal</p> <p>1/4c Blueberries</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>1oz Diced Chicken Breast W/Gravy</p> <p>1 WW Roll</p> <p>1/4c Broccoli</p> <p>1/4c Strawberries</p> <p>1/2c Milk</p>	<p>3/8c Beef Spaghetti Casserole { D-03 }</p> <p>1 WW Roll</p> <p>1/4c Romaine Salad</p> <p>1/4c Pineapple</p> <p>1/2c Milk</p>	<p>1oz Sliced Turkey w/Gravy</p> <p>1/4c Egg Noodles</p> <p>1/4c Green Beans</p> <p>1/4c Peaches</p> <p>1 WW Roll</p> <p>1/2c Milk</p>	<p>1oz Chicken Chunks = 7</p> <p>1 WW Roll</p> <p>1/4c Baked Beans</p> <p>1/4c Mandarin Oranges</p> <p>1/2c Milk</p>	<p>1-Piece Glazed Meat Loaf { D-04}</p> <p>1 WW Roll</p> <p>1/4c Sweet Potatoes</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>1- Mozzarella String Cheese</p> <p>4 Ritz Crackers {10 grams}</p> <p>Water</p>	<p>Teddy Grahams {13 grams}</p> <p>1/2c Grape Juice</p>	<p>6-Vanilla Wafers = {16 grams}</p> <p>1/2c Milk</p>	<p>4- Crackers {10 grams}</p> <p>1-Slice Of Cheese</p> <p>Water</p>

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

<b>{Week 1} Meal Requirements</b>	Monday 3/26	Tuesday 3/27	Wednesday 3/28	Thursday 3/29	Friday 3/30
<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>1/2 Bagel</p> <p>1/2 Piece Turkey Sausage</p> <p>1/4c Pineapple</p> <p>1/2c Milk</p> <p>{FC HS/EHS****}</p>	<p>1/4c Cereal</p> <p>1/2 Banana</p> <p>1/2c Milk</p> <p><b>NO KIDS*****</b></p>	<p>1-Waffle</p> <p>1/4c Applesauce</p> <p>1/2c Milk</p> <p><b>SPRING BREAK}</b></p>	<p>1/4c Cereal</p> <p>1/2 Banana</p> <p>1/2c Milk</p> <p>*****</p>	<p><b>Agency Closed</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>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>1oz Hamburger Patty</p> <p>1/2 WG Bun</p> <p>1/4c Baked Seasoned Fries</p> <p>1/4c Peaches</p> <p>1/2c Milk</p>	<p>1oz Fish Sticks = 2</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 Sliced Turkey w/Gravy</p> <p>1/4c Egg Noodles</p> <p>1/4c Green Beans</p> <p>1/4c Blueberries</p> <p>1 WW Roll</p> <p>1/2c Milk</p>	<p><b>Agency Closed</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>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>	<p><b>No Snack</b></p> <p>{PC EHS/HS Early Dismissal}</p>	<p><b>Agency Closed</b></p>

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