




Childs Initial's:

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

Kitchen Site/Initial's:

<p>{Week 3} Meal Requirements</p>				<p>Thursday 3/1</p>	<p>Friday 3/2</p>
<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 1/2 Banana 3/4c Milk</p>	<p>PC/FC HS/EHS Staff Development Day</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>3/8c Pinto Beans 1/4c Greens 1/4c Mashed Potatoes 1/4c Pineapple 1- Corn Muffin 3/4c Milk</p>	<p>PC/FC HS/EHS Staff Development Day</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-Nutri Grain Bar {31grams} 1/2c Milk</p>	<p>PC/FC HS/EHS Staff Development Day</p>

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{Week 4} Meal Requirements	Monday 3/5	Tuesday 3/6	Wednesday 3/7	Thursday 3/8	Friday 3/9 {PC EHS/HS Workday}
<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>	1/2 Bagel 1/2 Piece Turkey Sausage 1/2c Mixed Fruit 3/4c Milk	1/3c Cereal 1/2 Banana 3/4c Milk	1-Pancake 1/2 Applesauce 3/4c Milk	1/3c Cereal 1/2 Banana 3/4c Milk	1/4c Oatmeal 1/2c Peaches 3/4c Milk
<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>	1.5oz Salisbury Steak W/Gravy 1 WW Roll 1/4c Creamed Corn 1/4c Strawberries 3/4c Milk	1.5oz Chicken Chunks = 7 1 WW Roll 1/4c Glazed Carrots 1/4c Blueberries 3/4c Milk	1.5oz Diced Chicken Breast W/Gravy 1 WW Roll 1/4c Broccoli & Cheese 1/4c Mandarin Oranges 3/4c Milk	5- Meat Balls =1.5oz 1 WG Bun 1/4c Mixed Vegetables 1/4c Pears 3/4c Milk	1.5oz Teriyaki Chicken 1 WW Roll 1/4c Green Peas 1/4c Pineapple 3/4c Milk
<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>	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:

{Week 1} Meal Requirements	Monday 3/12 {FC EHS/HS Workday}	Tuesday 3/13	Wednesday 3/14	Thursday 3/15	Friday 3/16
Breakfast  <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.	1/2 Bagel 1/2 Piece Turkey Sausage 1/2c Pineapple 3/4c Milk	1/3c Cereal 1/2 Banana 3/4c Milk	1-Waffle 1/2c Applesauce 3/4c Milk	1/3c Cereal 1/2 Banana 3/4c Milk	1/4c Oatmeal 1/2c Peaches 3/4c Milk
Lunch  <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.	1pc Baked Scrambled Eggs {D-15} 1 Hash Brown Patty 1/4c Fresh Apples 1/2 Slice WG Bread 3/4c Milk	1.5oz Sliced Baked Ham 1/4c Broccoli 1/4c Peach Cobbler *B-18 1 WW Roll 3/4c Milk	1.5oz Taco Meat 1-WW Soft Shell 1oz Spanish Rice 1/4c Mandarin Oranges 1/4c Pinto Beans 3/4c Milk	1 Slice Pepperoni Pizza 1/4c Romaine Salad 1/4c Pineapple 3/4c Milk	1.5oz Hamburger Patty 1 WG Bun 1/4c Baked Seasoned Fries 1/4c Mandarin Oranges 3/4c Milk
Snack  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 {13grams} 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

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Kitchen Site/Initial's:

{Week 2} Meal Requirements	Monday 3/19	Tuesday 3/20	Wednesday 3/21	Thursday 3/22	Friday 3/23
<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>1/2 Bagel</p> <p>1/2 Piece Turkey Sausage</p> <p>1/2c Mixed Fruit</p> <p>3/4c Milk</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>1/4c Oatmeal</p> <p>1/2c Blueberries</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 Diced Chicken Breast W/Gravy</p> <p>1 WW Roll</p> <p>1/4c Broccoli</p> <p>1/4c Strawberries</p> <p>3/4c 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>3/4c Milk</p>	<p>1.5oz 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>3/4c Milk</p>	<p>1.5oz Chicken Chunks = 10</p> <p>1 WW Roll</p> <p>1/4c Baked Beans</p> <p>1/4c Mandarin Oranges</p> <p>3/4c 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>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 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</p> <p>1-Slice Of Cheese</p> <p>Water</p>

Kitchen Site/Initial's:

<p>{Week 3} Meal Requirements</p>	<p>Monday 3/26</p>	<p>Tuesday 3/27</p>	<p>Wednesday 3/28</p>	<p>Thursday 3/29</p>	<p>Friday 3/30</p>
<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, 1/4cup hot or 1/3 cup cold Cereal.</p>	<p>1/2 Bagel</p> <p>1/2 Piece Turkey Sausage</p> <p>1/2c Pineapple</p> <p>3/4c Milk</p> <p>{FC HS/EHS*****</p>	<p>1/3c Cereal</p> <p>1/2 Banana</p> <p>3/4c Milk</p> <p>NO KIDS*****</p>	<p>1-Waffle</p> <p>1/2c Applesauce</p> <p>3/4c Milk</p> <p>SPRING BREAK}</p>	<p>1/3c Cereal</p> <p>1/2 Banana</p> <p>3/4c Milk</p> <p>*****</p>	<p>Agency Closed</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.</p> <p><u>Bread/Grain</u>- 1/2 slice bread, 1/4 cup pasta, noodles, or rice.</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 Hamburger Patty</p> <p>1 WG Bun</p> <p>1/4c Baked Seasoned Fries</p> <p>1/4c Peaches</p> <p>3/4c Milk</p>	<p>1.5oz Fish Sticks = 3</p> <p>1/2 Slice WG Bread</p> <p>1/4c Broccoli</p> <p>1/4c Mandarin Oranges</p> <p>3/4c Milk</p>	<p>1.5oz 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>3/4c Milk</p>	<p>Agency Closed</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</p> <p><u>Bread/Grain</u>- 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>No Snack</p> <p>{PC EHS/HS Early Dismissal}</p>	<p>Agency 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.
- *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, 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.