




Kitchen Site/Initial's:

<p>{Week 1} Meal Requirements</p>					<p>Friday 3/1</p>
<p>Breakfast</p>  <p><b>Milk-</b> 3/4 cup <b>Vegetable/Fruit/ Fruit Juice-</b> 1/2 cup <b>Grain/Bread-</b> 1/2 slice, 1/4 cup hot or 1/3 cup cold Cereal.</p>					<p>1pc French Toast  1/2c Blueberries  3/4c Milk</p>
<p>Lunch</p>  <p><b>Milk-</b> 3/4 cup <b>Meat or Meat 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.  <b>Bread/Grain-</b> 1/2 slice bread, 1/4 cup pasta, noodles, or rice.</p>					<p>1 Hamburger Patty =1.5oz  1 WG Bun  1/4c Baked Fries  1/4c Peaches  3/4c Milk</p>
<p>Snack</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  <b>Bread/Grain-</b> 1/2 slice bread, 1/3 cup cereal, 1/2c pasta, rice.</p>					<p>1/2 WG Jelly Sandwich  1/2c Milk</p>

Childs Initial's:

**Step Head Start Menu {3-5 Years Old}  
March 2019**

Kitchen Site/Initial's:

<p><b>{Week 2}</b> <b>Meal Requirements</b></p>	<p>Monday 3/4 PC HS/EHS Workday</p>	<p>Tuesday 3/5</p>	<p>Wednesday 3/6</p>	<p>Thursday 3/7</p>	<p>Friday 3/8 PD Training Day</p>
<p><b>Breakfast</b></p>  <p><b>Milk-</b> 3/4 cup <b>Vegetable/Fruit/ Fruit Juice-</b> 1/2 cup <b>Grain/Bread-</b> 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>1pc French Toast  1/2c Fruit Cocktail  3/4c Milk</p>	<p>1pc Turkey Sausage  1/2 Bagel  1/2c Mandarin Oranges  3/4c Milk</p>	<p>1/3c Cereal  1/2 Banana  3/4c Milk</p>	<p><b>No Kids</b></p>
<p><b>Lunch</b></p>  <p><b>Milk-</b> 3/4 cup <b>Meat or Meat 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.  <b>Bread/Grain-</b> 1/2 slice bread, 1/4 cup pasta, noodles, or rice.</p>	<p>1.5oz Diced Chicken  1- WG Tortilla Shell  Shredded Cheese  1/4c Romaine Lettuce &amp; Diced Tomato  1/4c Fresh Apple Slices  3/4c Milk  Sample:1oz Spanish Rice</p>	<p>1.5oz Ground Beef  1/4c Baked Beans  1/4c Mashed Potatoes  1/4c Cantaloupe  1-Corn Muffin  3/4c Milk</p>	<p>1.5oz Boneless Grilled Chicken Breast  1/4c Sweet Potatoes  1/4c Pineapple  1/2 Slice WG Bread  3/4c Milk</p>	<p>1.5oz Turkey &amp; Gravy  1/4c Green Beans  1/4c Stuffing  1/4c Applesauce  1 WW Roll  3/4c Milk</p>	<p><b>No Kids</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  <b>Bread/Grain-</b> 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>4-Crackers  1-Slice Of Cheese  Water</p>	<p>1/2 WG Jelly Sandwich  1/2c Milk</p>	<p>1/2c Yogurt  1/2c Grape Juice</p>	<p><b>No Kids</b></p>

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**Step Head Start Menu {3-5 Years Old}  
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Kitchen Site/Initial's:

<b>{Week 3} Meal Requirements</b>	Monday 3/11  FC Workday	Tuesday 3/12	Wednesday 3/13	Thursday 3/14	Friday 3/15 PC ½ Day Workday
<b>Breakfast</b>  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.	1/3c Cereal  1/2 Banana  3/4c Milk	1pc French Toast  1/2c Pears  3/4c Milk	1/3c Cereal  1/2 Banana  3/4c Milk	1/3c Cereal  1/2c Mandarin Oranges  3/4c Milk	1/4c Oatmeal  1/2c Peaches  3/4c Milk
<b>Lunch</b>  Milk- 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.	1.5oz Teriyaki Glazed Chicken  1/4c Pork - Beans  1/4c Cantaloupe  1 WW Roll  3/4c Milk	1.5oz Salisbury Steak / Gravy  1/4c Green Beans  1 Pc Mixed Berry Cobbler  1/2 Slice WG Bread  3/4c Milk	1.5oz Baked Ham  1/4c Broccoli With Cheese  1/4c Applesauce  1 WW Roll  3/4c Milk	1.5oz Chicken Patty  1 WG Bun  1/4c Zucchini Squash Topped with Shredded Cheese  1/4c Pears  3/4c Milk	Meat Balls 5pcs =1.5oz  1 WG Bun  1/4c Mixed Vegetables  1/4c Strawberries  3/4c Milk
<b>Snack</b>  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.	1oz Snack Mix Chex Strawberry Yogurt filled  1/2c Milk	1 Nutri Grain Bar = {31grams}  1/2c Milk	Teddy Grahams ={13 grams}  1/2c Milk	1/2c Yogurt  1/2c Grape Juice	Chez its ={10grams}  =1Bag  1/2c Milk

Childs Initial's:

**Step Head Start Menu {3-5 Years Old}  
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Kitchen Site/Initial's:

{Week 4} Meal Requirements	Monday 3/18	Tuesday 3/19	Wednesday 3/20	Thursday 3/21	Friday 3/22
<b>Breakfast</b>  <b>Milk-</b> 3/4 cup <b>Vegetable/Fruit/ Fruit Juice-</b> 1/2 cup <b>Grain/Bread-</b> 1/2 slice, 1/4 cup hot or 1/3 cup cold Cereal.	1/4c Oatmeal  1/2c Pears  3/4c Milk	1/3c Cereal  1/2 Banana  3/4c Milk	1pc French Toast  1/2c Blueberries  3/4c Milk	1/3c Cereal  1/2 Banana  3/4c Milk	1/3c Cereal  1/2c Peaches  3/4c Milk
<b>Lunch</b>  <b>Milk-</b> 3/4 cup <b>Meat or Meat 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. <b>Bread/Grain-</b> 1/2 slice bread, 1/4 cup pasta, noodles, or rice.	1/2 Grilled Ham  & Cheese Sandwich  1/4c Green Beans  1/4c Fruit Cocktail  3/4c Milk	1.5oz Turkey & Gravy With 1.5oz Meat 1/4c Glazed Carrots  1/4c Applesauce  1 WW Roll  3/4c Milk	1.5oz Cheeseburger Patty  1 WG Bun  1/4c Baked Fries  1/4c Cantaloupe  3/4c Milk	1 Slice Of Cheese Pizza  1/4c Romaine Salad  1/4c Fresh Apple Slices  1 WW Roll  3/4c Milk	1.5oz Taco Meat  9 pcs- WG Tortilla Chips  Cheese Sauce  1/4c Lettuce/Tomato  1/4c Pineapple  3/4c Milk
<b>Snack</b>  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 <b>Bread/Grain-</b> 1/2 slice bread, 1/3 cup cereal, 1/2c pasta, rice.	Goldfish {10 grams} =1 Bag  1/2c Milk	1 Nutri Grain Bar = {31grams}  1/2c Milk	1/2 WG Jelly Sandwich  1/2c Milk	1/2c Yogurt  1/2c Grape Juice	Chez its ={10grams}  =1Bag  1/2c Mil

Chilids Initial's:

**Step Head Start Menu {3-5 Years Old}  
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**Kitchen Site/Initial's:**

<b>{Week 5} Meal Requirements</b>	Monday 3/25	Tuesday 3/26	Wednesday 3/27	Thursday 3/28	Friday 3/29
<b>Breakfast</b>  <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.	1pc French Toast  1/2c Mandarin Oranges  3/4c Milk	1/3c Cereal  1/2c Banana  3/4c Milk	1pc French Toast  1/2c Peaches  3/4c Milk	1/3c Cereal  1/2 Banana  3/4c Milk	1/3c Cereal  1/2c Pears  3/4c Milk
<b>Lunch</b>  <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.	1-Pc Glazed Meat Loaf {D-04}  1/4c Romaine Salad  1/4c Pineapple  1 WW Roll  3/4c Milk	1.5oz Boneless Grilled Chicken Breast With Gravy  1/4c Broccoli & Cheese  1/4c Blueberries  1/2 Slice WG Bread  3/4c Milk	3/8c Beef Spaghetti Casserole {D-03}  1/4c Green Peas  1/4c Applesauce  1 WW Roll  3/4c Milk	1 Slice Of Turkey Pepperoni Pizza  1/4c Romaine Salad  1/4c Mandarin Oranges  1 WW Roll  3/4c Milk	1.5oz Chicken Nuggets =5  1 WW Roll  1/4c Baked Beans  1/4c Strawberries  3/4c 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.	6- Vanilla Wafers {16rams}  1/2c Milk	1 Nutri Grain Bar = {31grams}  1/2c Milk	Teddy Grahams ={13 grams}  1/2c Milk	1/2c Yogurt  1/2c Grape Juice	Chez its ={10grams}  =1Bag  1/2c Mil

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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.
- \* Glazed Meat Loaf USDA recipe {D-04A} 1 Piece provides the equivalent of 1.5oz of cooked lean meat, 1/8 Cup of vegetable, and the equivalent of 1/2 slice of bread.
- \* Meat Ball CN Label {5} 2.5oz Meatballs equal 2oz's meat/meat alternate.
- \*Corn Muffin USDA recipe {A-02} 1 muffin provides the equivalent of 3/4 slice bread.
- \*Beef and Spaghetti Casserole Casserole USDA recipe {D-03} 3/8 cup {No.10 scoop} 1 1/2oz. of cooked lean meat 1/4 cup of vegetable, and the equivalent of 1/2 slice bread.
- \*Chicken Patty CN Label {1} 3.19oz fully cooked whole grain chicken breast patty with rib provides 2oz equivalent meat. Meat alternative and 1oz equivalent grains.
- \*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.
- \*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.
- \*Pepperoni Pizza Cn Label Each 4.48oz. Pizza with reduced pepperoni provides 2oz equivalent meat/meat alternate, 2oz equivalent grains, and 1/8cup red/orange vegetable.
- \*Mixed Berry Cobbler USDA Recipe 1 pc =3/8 cup fruit and 1 1/4 ounces of grain.