




Childs Initial's:

**Step Toddler Menu {1-3 Years Old}
March 2019**

Kitchen Site/Initial's:

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

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Kitchen Site/Initial's:

{Week 2} Meal Requirements	Monday 3/4 PC HS/EHS Workday	Tuesday 3/5	Wednesday 3/6	Thursday 3/7	Friday 3/8 PD Training Day
Breakfast  <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	1pc French Toast 1/4c Fruit Cocktail 1/2c Milk	1pc Turkey Sausage 1/2 Bagel 1/4c Mandarin Oranges 1/2c Milk	1/4c Cereal 1/2 Banana 1/2c Milk	No Kids
Lunch  <u>Milk-</u> 1/2 cup <u>Meat or Meat</u> Alternative-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 Diced Chicken 1- WG Tortilla Shell Shredded Cheese 1/4cRomaine Lettuce & Diced Tomato 1/4c Fresh Apple Slices 1/2c Milk Sample:1oz Spanish Rice	1oz Ground Beef 1/4c Baked Beans 1/4c Mashed Potatoes 1/4c Cantaloupe 1-Corn Muffin 1/2c Milk	1oz Boneless Grilled Chicken Breast 1/4c Sweet Potatoes 1/4c Pineapple 1/2 Slice WG Bread 1/2c Milk	1oz Turkey & Gravy 1/4c Green Beans 1/4c Stuffing 1/4c Applesauce 1 WW Roll 1/2c Milk	No Kids
Snack  Serve 2 Components- <u>Milk-</u> 1/2 cup <u>Meat or Meat</u> Alternative- 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.	Pretzels Hard {10 grams} =1 Bag 1/2c Milk	4-Crackers 1-Slice Of Cheese Water	1/2 WG Jelly Sandwich 1/2c Milk	1/2c Yogurt 1/2c Grape Juice	No Kids

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Kitchen Site/Initial's:

{Week 3} Meal Requirements	Monday 3/11 FC Workday	Tuesday 3/12	Wednesday 3/13	Thursday 3/14	Friday 3/15 PC ½ Day Workday
Breakfast  Milk- 1/2 cup Vegetable/Fruit/ Fruit Juice- 1/4 cup Grain/Bread- 1/2 slice, 1/4 cup hot or 1/4 cup cold Cereal.	1/4c Cereal 1/2 Banana 1/2c Milk	1pc French Toast 1/4c Pears 1/2c Milk	1/4c Cereal 1/2 Banana 1/2c Milk	1/4c Cereal 1/4c Mandarin Oranges 1/2c Milk	1/4c Oatmeal 1/4c Peaches 1/2c Milk
Lunch  Milk- 1/2 cup Meat or Meat Alternative- 1oz 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.	1oz Teriyaki Glazed Chicken 1/4c Pork - Beans 1/4c Cantaloupe 1 WW Roll 1/2c Milk	1oz Salisbury Steak / Gravy 1/4c Green Beans 1 Pc Mixed Berry Cobbler 1/2 Slice WG Bread 1/2c Milk	1oz Baked Ham 1/4c Broccoli With Cheese 1/4c Applesauce 1 WW Roll 1/2c Milk	1oz Chicken Patty 1/2 WG Bun 1/4c Zucchini Squash Topped with Shredded Cheese 1/4c Pears 1/2c Milk	Meat Balls 3pcs =1oz 1/2 WG Bun 1/4c Mixed Vegetables 1/4c Strawberries 1/2c Milk
Snack  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

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

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Kitchen Site/Initial's:

{Week 5} Meal Requirements	Monday 3/25	Tuesday 3/26	Wednesday 3/27	Thursday 3/28	Friday 3/29
<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>1pc French Toast</p> <p>1/4c Mandarin Oranges</p> <p>1/2c Milk</p>	<p>1/4c Cereal</p> <p>1/2c Banana</p> <p>1/2c Milk</p>	<p>1pc French Toast</p> <p>1/4c Peaches</p> <p>1/2c Milk</p>	<p>1/4c Cereal</p> <p>1/2 Banana</p> <p>1/2c Milk</p>	<p>1/4c Cereal</p> <p>1/2c Pears</p> <p>1/2c Milk</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.</p> <p><u>Bread/Grain</u>- 1/2 slice bread, 1/4 cup pasta, noodles, or rice.</p>	<p>1-Pc Glazed Meat Loaf {D-04}</p> <p>1/4c Romaine Salad</p> <p>1/4c Pineapple</p> <p>1 WW Roll</p> <p>1/2c Milk</p>	<p>1oz Boneless Grilled Chicken Breast With Gravy</p> <p>1/4c Broccoli & Cheese</p> <p>1/4c Blueberries</p> <p>1/2 Slice WG Bread</p> <p>1/2c Milk</p>	<p>3/8c Beef Spaghetti Casserole {D-03}</p> <p>1/4c Green Peas</p> <p>1/4c Applesauce</p> <p>1 WW Roll</p> <p>1/2c Milk</p>	<p>1/2 Slice Of Turkey Pepperoni Pizza</p> <p>1/4c Romaine Salad</p> <p>1/4c Mandarin Oranges</p> <p>1 WW Roll</p> <p>1/2c Milk</p>	<p>1oz Chicken Nuggets =3</p> <p>1 WW Roll</p> <p>1/4c Baked Beans</p> <p>1/4c Strawberries</p> <p>1/2c Milk</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>6- Vanilla Wafers {16rams}</p> <p>1/2c Milk</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>Chez its ={10grams} =1Bag</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.
- * 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.

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