

STEP Toddler Menu {1-2 Years Olds}

Kitchen Site/Initials:

March 2020

ATTENTION:

Menu changes can be documented on the last page are in box. But must be able to read. All Foods that require a CN Label or USDA recipe for foods listed on menus can be located in the kitchen on site for further information.

	Week 2 nd -6 th	Monday 3/2	Tuesday 3/3	Wednesday 3/4	Thursday 3/5	Friday 3/6
Breakfast	1/2c Milk	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	EHS/HS
	1/4c Fruit/Vegetable	Banana	Pineapple	Strawberries	Banana	PD Day
	1c Grain 1oz Meat/Meat Alternate	Cheerios	Special K	1/2 WG Bagel Turkey Sausage	Kix	No Kids
Lunch	1/2c Milk	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	
	1/8c Fruit	Pears	Peaches	Mandarin Oranges	Mixed Berries	
	1/8c Vegetable	Green Beans	Green Peas	Lettuce/Tomatoes Potato Tots	Broccoli With Cheese	
	Grain (1oz) Meat/Meat Alternate	1 WG Roll 1oz Diced Chicken Breast With Gravy	1 WG Roll 1/2 Salisbury Steak With Gravy	1/2 WG Bun 1/2 Hamburger Patty	1 WG Roll 1oz Sliced Turkey With Gravy	
Snack	1/2c Milk 1/2c Juice	Whole Milk {age1} 1% Milk (age 3-5)	Grape Juice	Water	Whole Milk {age1} 1% Milk (age 3-5)	
	1/2c Fruit	Apples Slices	-----	-----	-----	
	1/2c Vegetable	-----	-----	-----	-----	
	Grain	-----	4- Saltine Crackers	Graham Cracker	4- Ritz Crackers	
	(1/2oz) Meat (2oz) Meat Alternate	-----	Cheese	Yogurt	-----	
	Week 9 th -13 th	Monday 3/9 FC WD	Tuesday 3/10	Wednesday 3/11	Thursday 3/12	Friday 3/13
Breakfast	1/2c Milk	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)
	1/4c Fruit/Vegetable	Banana	Strawberries	Blueberries	Banana	Tropical Fruit
	1c Grain 1oz Meat/Meat Alternate	Rice Krispies	Corn Flakes	1-WG Pancake	Kix	Cheerios
Lunch	1/2c Milk	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)
	1/8c Fruit	Peaches	Pears	Fruit Cocktail	Mixed Berries	Pineapple
	1/8c Vegetable	Baked Fries 1/8c Cole Slaw	Romaine Salad	Green Beans	Broccoli & Cheese	Mashed Potatoes
	Grain (1oz) Meat/Meat Alternate	1/2 WG Bun 1oz Pulled Pork BBQ	1/2 WG Bun 1/2 Chicken Patty	1 Garlic Stick 3- Meatballs With Marinara Sauce	1 WG Roll 2- Teriyaki Glazed Chicken Strips	1 WG Roll 1/2 Salisbury Steak With Gravy
Snack	1/2c Milk 1/2c Juice	Whole Milk {age1} 1% Milk (age 3-5)	Grape Juice	Water	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)
	1/2c Fruit	Apples Slices	-----	-----	-----	
	1/2c Vegetable	-----	-----	-----	-----	
	Grain	-----	4- Saltine Crackers	Graham Cracker	4- Ritz Crackers	13 grams Graham Cracker Bites

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	Week 16 th -20 th	Monday 3/16	Tuesday 3/17	Wednesday 3/18	Thursday 3/19	Friday 3/20
Breakfast	1/2c Milk	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)
	1/4c Fruit/Vegetable	Banana	Fruit Cocktail	Strawberries	1/2 Banana	Pears
	1c Grain 1oz Meat/Meat Alternate	Mini Wheats	Rice Krispies	French Toast Sticks	Kix	Special K
Lunch	1/2c Milk	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)
	1/8c Fruit	Peaches	Blueberries	Tropical Fruit	Mandarin Oranges	Pineapple
	1/8c Vegetable	Green Beans	Baked Fries Lettuce/Tomato	Romaine Salad	Hash Brown Lettuce/Tomato	Spanish Rice Romaine Salad
	Grain	1/2 Slice WG Bread	1/2 WG Bun		1/2 WG Bun	9- Pieces WG Tortilla Chips
	(1oz) Meat/Meat Alternate	1oz Sliced Ham	1oz Hamburger	1/2 Slice Cheese Pizza	1oz Chicken Patty	1oz Chicken Taco Meat
Snack	1/2c Milk 1/2c Juice	Whole Milk {age1} 1% Milk (age 3-5)	Grape Juice	Water	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)
	1/2c Fruit	Apples Slices	-----	-----	-----	-----
	1/2c Vegetable	-----	-----	-----	-----	-----
	Grain	-----	4- Saltine Crackers	Graham Cracker	4- Ritz Crackers	Graham Crackers
	(1/2oz) Meat (2oz) Meat Alternate	-----	-----	Yogurt	Cheese	-----
	Week 23 rd -27 th	Monday 3/23	Tuesday 3/24	Wednesday 3/25	Thursday 3/26	Friday 3/27
Breakfast	1/2c Milk	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)
	1/4c Fruit/Vegetable	1/2 Banana	Blueberries	1/2 Banana	Pears	Blueberries
	1c Grain 1oz Meat/Meat Alternate	Cheerios	1/4c Oatmeal	Corn Flakes	Kix	1/2 Slice WG Bread Turkey Sausage
Lunch	1/2c Milk	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)
	1/8c Fruit	Peaches	Strawberries	Pineapple	Tropical Fruit	Applesauce
	1/8c Vegetable	Romaine Salad	Glazed Carrots	Sweet Potatoes	Broccoli & Cheese	Romaine Salad
	Grain		1/4c Macaroni salad	1 WG Roll	1/2 WG Bun	1 WG Garlic Stick
	(1oz) Meat/Meat Alternate	1/2 Pepperoni Cheese Pizza	2- Chicken Nuggets	1 pc Glazed Meatloaf	1oz Grilled Chicken Breast	3/8c Baked Spaghetti Casserole
Snack	1/2c Milk 1/2c Juice	Whole Milk {age1} 1% Milk (age 3-5)	Grape Juice	Water	Whole Milk {age1} 1% Milk (age 3-5)	Whole Milk {age1} 1% Milk (age 3-5)
	1/2c Fruit	Apples Slices	-----	-----	-----	-----
	1/2c Vegetable	-----	-----	-----	-----	-----
	Grain	-----	4- Saltine Crackers	Graham Cracker	4- Ritz Crackers	Graham Crackers
	(1/2oz) Meat (2oz) Meat Alternate	-----	-----	Yogurt	Cheese	-----

