

STEP Head Start Menu {3-5 Years Old}

Kitchen Site/Initials: March 2020

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	Week 2 nd -6 th	Monday 3/2	Tuesday 3/3	Wednesday 3/4	Thursday 3/5	Friday 3/6
Breakfast	3/4c Milk	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	EHS/HS
	1/2c 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	3/4c Milk	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	
	1/4c Fruit	Pears	Peaches	Mandarin Oranges	Mixed Berries	
	1/4c Vegetable	Green Beans	Green Peas	Lettuce/Tomatoes Potato Tots	Broccoli With Cheese	
	Grain (1.5oz) Meat/Meat Alternate	1 WG Roll 1.5oz Diced Chicken Breast With Gravy	1 WG Roll 1- Salisbury Steak With Gravy	1 WG Bun 1-Hamburger Patty	1 WG Roll 1.5oz Sliced Turkey With Gravy	
Snack	1/2c Milk 1/2c Juice	1% Milk (age 3-5)	Grape Juice	Water	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	-----	1-Slice 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	3/4c Milk	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)
	1/2c Fruit/Vegetable	Banana	Strawberries	Blueberries	Banana	Tropical Fruit
	1c Grain 1oz Meat/Meat Alternate	Rice Krispies	Corn Flakes	1-WG Pancake	Kix	Cheerios
Lunch	3/4c Milk	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)
	1/4c Fruit	Peaches	Pears	Fruit Cocktail	Mixed Berries	Pineapple
	1/4c Vegetable	Baked Fries 1/8c Cole Slaw	Romaine Salad	Green Beans	Broccoli & Cheese	Mashed Potatoes
	Grain (1.5oz) Meat/Meat Alternate	1 WG Bun 1.5oz Pulled Pork BBQ	1 WG Bun 1- Chicken Patty	1 Garlic Stick 5- Meatballs With Marinara Sauce	1 WG Roll 3- Teriyaki Glazed Chicken Strips	1 WG Roll 1-Salisbury Steak With Gravy
Snack	1/2c Milk 1/2c Juice	1% Milk (age 3-5)	Grape Juice	Water	1% Milk (age 3-5)	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
	(1/2oz) Meat (2oz) Meat Alternate	-----	1-Slice Cheese	Yogurt	-----	

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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	3/4c Milk	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)
	1/2c 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	3/4c Milk	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)
	1/4c Fruit	Peaches	Blueberries	Tropical Fruit	Mandarin Oranges	Pineapple
	1/4c Vegetable	Green Beans	Baked Fries Lettuce/Tomato	Romaine Salad	Hash Brown Lettuce/Tomato	Spanish Rice Romaine Salad
	Grain	1 Slice WG Bread	1 WG Bun		1 WG Bun	9- Pieces WG Tortilla Chips
	(1.5oz) Meat/Meat Alternate	1.5oz Sliced Ham	1.5oz Hamburger	1 Slice Cheese Pizza	1.5oz Chicken Patty	1.5oz Chicken Taco Meat
Snack	1/2c Milk 1/2c Juice	1% Milk (age 3-5)	Grape Juice	Water	1% Milk (age 3-5)	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	3/4c Milk	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)
	1/2c 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	3/4c Milk	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)	1% Milk (age 3-5)
	1/4c Fruit	Peaches	Strawberries	Pineapple	Tropical Fruit	Applesauce
	1/4c Vegetable	Romaine Salad	Glazed Carrots	Sweet Potatoes	Broccoli & Cheese	Romaine Salad
	Grain		1/4c Macaroni salad	1 WG Roll	1 WG Bun	1 WG Garlic Stick
	(1.5oz) Meat/Meat Alternate	1 Pepperoni Cheese Pizza	3- Chicken Nuggets	1 pc Glazed Meatloaf	1.5oz Grilled Chicken Breast	3/8c Baked Spaghetti Casserole
Snack	1/2c Milk 1/2c Juice	1% Milk (age 3-5)	Grape Juice	Water	1% Milk (age 3-5)	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	-----

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