

Childs Initial's:

Step Head Start Menu {3-5 Years Old}

May 2018

Kitchen Site/Initial's:

<p>{Week 4} Meal Requirements</p>		<p>Tuesday 5/1</p>	<p>Wednesday 5/2</p>	<p>Thursday 5/3</p>	<p>Friday 5/4</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-Pancake 1/2c Blueberries 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1/4c Oatmeal 1/2c Mandarin Oranges 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</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>5- Meat Balls =1.5oz 1 WG Bun 1/4c Mixed Vegetables 1/4c Pears 3/4c Milk</p>	<p>1.5oz Teriyaki Chicken 1 WW Roll 1/4c Broccoli W/Cheese 1/4c Mixed Fruit 3/4c Milk</p>	<p>1.5oz Salisbury Steak W/Gravy 1 WW Roll 1/4c Creamed Corn 1/4c Strawberries 3/4c Milk</p>	<p>1.5oz Chicken Breast W/Gravy 1 WW Roll 1/4c Lima Beans 1/4c Pineapple 3/4c Milk</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>1/2- PeanutButter &amp; Jelly Sandwich 1/2c Milk</p>	<p>6-Vanilla Wafers = {16 grams} 1/2c Milk</p>	<p>1/2c Yogurt 1/2c Grape Juice</p>	<p>1 Graham Crackers {13grams} 1/2c Milk</p>

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**May 2018**

Kitchen Site/Initial's:

<p><b>{Week 1}</b> <b>Meal Requirements</b></p>	<p>Monday 5/7</p>	<p>Tuesday 5/8</p>	<p>Wednesday 5/9 {Last Day For HS 1/2 Day}</p>	<p>Thursday 5/10 {PC/FC HS/EHS Workday}</p>	<p>Friday 5/11</p>
<p><b>Breakfast</b></p>  <p><b>Milk- 3/4 cup</b> <b>Vegetable/Fruit/</b> <b>Fruit Juice- 1/2 cup</b> <b>Grain/Bread- 1/2 slice,</b> <b>1/4 cup hot or 1/3 cup</b> <b>cold Cereal.</b></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>1/4c Oatmeal</p> <p>1/2c Pineapple</p> <p>3/4c Milk</p>	<p><b>No Kids</b></p>	<p>1/3c Cereal</p> <p>1/2 Banana</p> <p>3/4c Milk</p>
<p><b>Lunch</b></p>  <p><b>Milk- 3/4 cup</b> <b>Meat or Meat</b> <b>Alternative-1.5oz lean</b> <b>meat, or cheese,1/2</b> <b>egg,1/4cup beans,</b> <b>4oz yogurt</b> <b>Fruits/vegetables-</b> <b>serve 2 different ones-</b> <b>total of 1/4 cup.</b></p> <p><b>Bread/Grain-</b> <b>1/2 slice bread, 1/4 cup</b> <b>pasta, noodles, or rice.</b></p>	<p>1.5oz Taco Meat</p> <p>1 WG Tortilla Shell Soft</p> <p>1/4c Romaine Salad</p> <p>1/4c Strawberries</p> <p>3/4c Milk</p>	<p>1.5oz Fish Sticks = 3</p> <p>1/2 Slice WG Bread</p> <p>1/4c Green Peas</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 Mandarin Oranges</p> <p>3/4c Milk</p>	<p><b>No Kids</b></p>	<p>1.5oz Sliced Ham</p> <p>1 WW Roll</p> <p>1/4c Green Beans</p> <p>1/4c Applesauce</p> <p>3/4c Milk</p>
<p><b>Snack</b></p>  <p><b>Serve 2</b> <b>Components-</b> <b>Milk- 1/2 cup</b> <b>Meat or Meat</b> <b>Alternative- 1/2 oz.</b> <b>meat or cheese,1/2</b> <b>egg or 2oz yogurt</b> <b>Fruits/vegetables-</b> <b>1/2cup</b></p> <p><b>Bread/Grain-</b> <b>1/2 slice bread, 1/3 cup</b> <b>cereal, 1/2c pasta, rice.</b></p>	<p>1oz Snack Mix Chex Strawberry Yogurt filled</p> <p>1/2c Milk</p>	<p>6-Vanilla Wafers = {16 grams}</p> <p>1/2c Milk</p>	<p>1/2 Day No Snack</p>	<p><b>No Kids</b></p>	<p>1 Nutri Grain Bar = {31grams}</p> <p>1/2c Milk</p>

Childs Initial's:

Step Head Start Menu {3-5 Years Old}

May 2018

Kitchen Site/Initial's:

<b>{Week 2}</b> <b>Meal Requirements</b>	Monday 5/14	Tuesday 5/15	Wednesday 5/16	Thursday 5/17	Friday 5/18
<p><b>Breakfast</b></p>  <p><u>Milk</u>- 3/4 cup <u>Vegetable/Fruit/</u> <u>Fruit Juice</u>- 1/2 cup <u>Grain/Bread</u>- 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>1-Piece French Toast 1/2c Applesauce 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1/4c Oatmeal 1/2c Pineapple 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>
<p><b>Lunch</b></p>  <p><u>Milk</u>- 3/4 cup <u>Meat or Meat</u> <u>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.</p>	<p>1.5oz Sliced Turkey w/Gravy 1/4c Green Beans 1/4c Mixed Fruit 1 WW Roll 3/4c Milk</p>	<p>1.5oz Chicken Chunks = 10 1 WW Roll 1/4c Broccoli 1/4c Strawberries 3/4c Milk</p>	<p>1-Piece Glazed Meat Loaf { D-04} 1 WW Roll 1/4c Sweet Potatoes 1/4c Peaches 3/4c Milk</p>	<p>1.5oz Chicken Patty 1 WG Bun 1/4c Baked Seasoned Fries 1/4c Mandarin Oranges 3/4c Milk</p>	<p>3/8c Beef Spaghetti Casserole { D-03 } 1 WW Roll 1/4c Romaine Salad 1/4c Blueberries 3/4c Milk</p>
<p><b>Snack</b></p>  <p>Serve 2 Components- <u>Milk</u>- 1/2 cup <u>Meat or Meat</u> <u>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.</p>	<p>1 Graham Crackers {13grams} 1/2c Milk</p>	<p>Pretzels Hard {10 grams} =1 Bag 1/2c Milk</p>	<p>Teddy Grahams {13 grams} 1/2c Grape Juice</p>	<p>Gold Fish {10 grams} 1/2c Milk</p>	<p>1/2-PeanutButter &amp; Jelly Sandwich 1/2c Milk</p>

Childs Initial's:



Step Head Start Menu {3-5 Years Old}

May 2018

Kitchen Site/Initial's:

<b>{Week 3} Meal Requirements</b>	Monday 5/21	Tuesday 5/22	Wednesday 5/23	Thursday 5/24	Friday 5/25
<p><b>Breakfast</b></p>  <p><u>Milk</u>- 3/4 cup <u>Vegetable/Fruit/ Fruit Juice</u>- 1/2 cup <u>Grain/Bread</u>- 1/2 slice, 1/4 cup hot or 1/3 cup cold Cereal.</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1- Pancake 1/2c Applesauce 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1/4c Oatmeal 1/2c Pears 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>
<p><b>Lunch</b></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. <u>Bread/Grain</u>- 1/2 slice bread, 1/4 cup pasta, noodles, or rice.</p>	<p>1.5oz Ground Beef 1/4c Baked Beans 1/4c Mashed Potatoes 1/4c Pineapple 1- Corn Muffin 3/4c Milk</p>	<p>1 Slice Cheese Pizza 1/4c Romaine Salad 1/4c Blueberries 3/4c Milk</p>	<p>1.5oz Fish Sticks = 3 1/2 Slice WG Bread 1/4c Green Peas 1/4c Mandarin Oranges 3/4c Milk</p>	<p>1.5oz Diced Chicken 1-WG Tortilla Shell 1/4c Spanish Rice 1/4c Lettuce Tomato 1/4c Strawberries 3/4c Milk</p>	<p>1.5oz Hamburger Patty 1 WG Bun 1/4c Baked Seasoned Fries 1/4c Peaches 3/4c Milk</p>
<p><b>Snack</b></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 <u>Bread/Grain</u>- 1/2 slice bread, 1/3 cup cereal, 1/2c pasta, rice.</p>	<p>1- Mozzarella String Cheese 4 Ritz Crackers {10 grams} Water</p>	<p>Teddy Grahams {13 grams} 1/2c Grape Juice</p>	<p>6-Vanilla Wafers = {16 grams} 1/2c Milk</p>	<p>4- Crackers 1-Slice Of Cheese Water</p>	<p>1 Nutri Grain Bar = {31 grams} 1/2c Milk</p>

Kitchen Site/Initial's:

{Week 4} Meal Requirements	Monday 5/28 Closed	Tuesday 5/29	Wednesday 5/30	Thursday 5/31
<p><b>Breakfast</b></p>  <p><u>Milk</u>- 3/4 cup <u>Vegetable/Fruit/</u> <u>Fruit Juice</u>- 1/2 cup <u>Grain/Bread</u>- 1/2 slice, 1/4cup hot or 1/3 cup cold Cereal.</p>	<p><b>Memorial Day</b></p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1- Pancake 1/2c Applesauce 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>
<p><b>Lunch</b></p>  <p><u>Milk</u>- 3/4 cup <u>Meat or Meat</u> <u>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.</p>	<p><b>Memorial Day</b></p>	<p>1.5oz Teriyaki Chicken 1 WW Roll 1/4c Broccoli W/Cheese 1/4c Mixed Fruit 3/4c Milk</p>	<p>1.5oz Salisbury Steak W/Gravy 1 WW Roll 1/4c Creamed Corn 1/4c Strawberries 3/4c Milk</p>	<p>1 Slice Pepperoni Pizza 1/4c Romaine Salad 1/4c Blueberries 3/4c Milk</p>
<p><b>Snack</b></p>  <p>Serve 2 Components- <u>Milk</u>- 1/2 cup <u>Meat or Meat</u> <u>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.</p>	<p><b>Memorial Day</b></p>	<p>6-Vanilla Wafers = {16 grams} 1/2c Milk</p>	<p>1/2c Yogurt 1/2c Grape Juice</p>	<p>Teddy Grahams {13 grams} 1/2c Apple Juice</p>

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May 2018**

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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.

\*Meat Balls CN Label {5} 2.5oz Meatballs equal 2oz's meat/meat alternate.

\*Glazed Meat Loaf USDA recipe {D-04A} 1 Piece provides the equivalent of 1 1/2oz of cooked lean meat, 18 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 ¼ 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.

\*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.

\*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.