




Kitchen Site/Initial's:

<p>{Week 1} Meal Requirements</p>			<p>Wednesday 5/1</p>	<p>Thursday 5/2</p>	<p>Friday 5/3</p>
<p>Breakfast</p>  <p>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.</p>			<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1pc Turkey Sausage 1/2 Bagel 1/2c Strawberries 3/4c Milk</p>	<p>1/3c Cereal 1/2c Peaches 3/4c Milk</p>
<p>Lunch</p>  <p>Milk- 3/4 cup Meat or Meat Alternative-1.5oz 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>1.5oz Chicken Nuggets =5 1 WW Roll 1/4c Baked Beans 1/4c Pears 3/4c Milk</p>	<p>1.5oz Turkey & Gravy 1/4c Green Beans 1/4c Stuffing 1/4c Applesauce 1 WW Roll 3/4c Milk</p>	<p>1 Hamburger Patty =1.5oz 1 WG Bun 1/4c Lettuce & Tomato 1/4c Baked Fries 1/4c Mandarin Oranges 3/4c 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>1/2c Yogurt 1/2c Grape Juice</p>	<p>1/2 WG Jelly Sandwich 1/2c Milk</p>	<p>1 Bag Animal Crackers = {13grams} 1/2c Milk</p>

Childs Initial's:

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

Kitchen Site/Initial's:

{Week 2} Meal Requirements	Monday 5/6	Tuesday 5/7	Wednesday 5/8 H/S Last Day EHS-HS 1/2 Day	Thursday 5/9 EHS-HS Workday	Friday 5/10 HS Staff Last Day, EHS Workday
Breakfast  <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.	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		
Lunch  <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.	1.5oz Salisbury Steak / Gravy 1/4c Green Beans 1 Pc Peach Cobbler {B-18} 1/2 Slice WG Bread 3/4c Milk	1.5oz Teriyaki Glazed Chicken 1/4c Pinto Beans 1/4c Cantaloupe 1 Corn Muffin 3/4c Milk	1.5oz Chicken Patty 1 WG Bun 1/4c Lettuce & Tomato 1/4c Baked Fries 1/4c Pears 3/4c Milk		
Snack  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.	1oz Snack Mix Chex Strawberry Yogurt filled 1/2c Milk	4-Crackers = {10grams} 1-Slice Of Cheese Water	No Snack		

Kitchen Site/Initial's:

{Week 3} Meal Requirements	Monday 5/13	Tuesday 5/14	Wednesday 5/15	Thursday 5/16	Friday 5/17
Breakfast  <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.	1/3c Cereal 1/2 Banana 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 1/2 Banana 3/4c Milk
Lunch  <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.	1 Cheeseburger Patty =1.5oz 1 WG Bun 1/4c Lettuce & Tomato 1/4c Baked Fries 1/4c Mandarin Oranges 3/4c Milk	1 Slice Of Turkey Pepperoni Pizza 1/4c Romaine Salad 1/4c Pears 3/4c Milk	1.5oz Baked Ham 1/4c Broccoli & Cheese 1/4c Peaches 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	1.5oz Turkey & Gravy 1/4c Lima Beans 1/4c Applesauce 1 WW Roll 3/4c Milk
Snack  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.	1 Bag Animal Crackers = {13grams} 1/2c Milk	1 Nutri Grain Bar = {31grams} 1/2c Milk	1/2 WG Jelly Sandwich 1/2c Milk	1/2c Yogurt 1/2c Apple Juice	Chez its =(10grams) =1Bag 1/2c Mil

Childs Initial's:

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

Kitchen Site/Initial's:

{Week 4} Meal Requirements	Monday 5/20	Tuesday 5/21	Wednesday 5/22	Thursday 5/23	Friday 5/24
Breakfast  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	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 1/2 Banana 3/4c Milk
Lunch  Milk- 3/4 cup Meat or Meat Alternative- 1.5oz 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.	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 3/4c Milk	1.5oz Chicken Nuggets =5 1 WW Roll 1/4c Broccoli 1/4c Pears 3/4c Milk	1-Pc Glazed Meat Loaf {D-04} 1/4c Sweet Potatoes 1/4c Pineapple 1 WW Roll 3/4c Milk	1.5oz Boneless Grilled Chicken Breast With Gravy 1/4c Pinto Beans 1/4c Strawberries 1 Corn Muffin 3/4c 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.	1 Bag Animal Crackers = {13grams} 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 Milk

Childs Initial's:

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

Kitchen Site/Initial's:

{Week 5} Meal Requirements	Monday 5/27	Tuesday 5/28	Wednesday 5/29	Thursday 5/30	Friday 5/31
<p>Breakfast</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>AGENCY CLOSED</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1pc French Toast 1/2c Blueberries 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>
<p>Lunch</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>NO KIDS</p>	<p>1 Slice Of Cheese Pizza 1/4c Green Beans 1/4c Pears 3/4c Milk</p>	<p>1.5oz Baked Ham 1/4c Green Peas 1/4c Applesauce 1 WW Roll 3/4c Milk</p>	<p>1 Cheeseburger Patty =1.5oz 1 WG Bun 1/4c Romaine Salad 1/4c Baked Fries 1/4c Pineapple 3/4c Milk</p>	<p>1 Chicken Patty =1.5oz 1 WG Bun 1/4c Zucchini Squash With Cheese 1/4c Mandarin Oranges 3/4c 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 <u>Bread/Grain</u>- 1/2 slice bread, 1/3 cup cereal, 1/2c pasta, rice.</p>	<p>NO KIDS</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>Graham Crackers = {13 Grams} 1/2c Mil</p>

Childs Initial's:

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

Kitchen Site/Initial's:

*** 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 ½ slice of bread.

*Corn Muffin USDA recipe {A-02} 1 muffin provides the equivalent of ¾ 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.

*Whole Grain Chicken Nugget CN Label {5} - .608oz nuggets provides 2oz. of meat/meat alternative and 1 bread serving.

*Peach Cobbler USDA recipe {B-18} 1 piece provide ¼ cup of fruit.