




Childs Initial's:

**Step Toddler Menu {1-3 Years Old}
May 2018**

Kitchen Site/Initial's:

{Week 4} Meal Requirements		Tuesday 5/1	Wednesday 5/2	Thursday 5/3	Friday 5/4
<p>Breakfast</p>  <p><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.</p>		<p>1-Pancake 1/4c Blueberries 1/2c Milk</p>	<p>1/4c Cereal 1/2 Banana 1/2c Milk</p>	<p>1/4c Oatmeal 1/4c Mandarin Oranges 1/2c Milk</p>	<p>1/4c Cereal 1/2 Banana 1/2c Milk</p>
<p>Lunch</p>  <p><u>Milk</u>- 1/2 cup <u>Meat or Meat</u> <u>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>3- Meat Balls =1oz 1/2 WG Bun 1/4c Mixed Vegetables 1/4c Pears 1/2c Milk</p>	<p>1oz Teriyaki Chicken 1 WW Roll 1/4c Broccoli W/Cheese 1/4c Mixed Fruit 1/2c Milk</p>	<p>1oz Salisbury Steak W/Gravy 1 WW Roll 1/4c Creamed Corn 1/4c Strawberries 1/2c Milk</p>	<p>1oz Chicken Breast W/Gravy 1 WW Roll 1/4c Lima Beans 1/4c Pineapple 1/2c Milk</p>
<p>Snack</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</p> <p><u>Bread/Grain</u>- 1/2 slice bread, 1/3 cup cereal, 1/2c pasta, rice.</p>		<p>1/2- PeanutButter & 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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Step Toddler Menu {1-3 Years Old}

May 2018

Kitchen Site/Initial's:

{Week 1} Meal Requirements	Monday 5/7	Tuesday 5/8	Wednesday 5/9 {Last Day For HS 1/2 Day}	Thursday 5/10 {PC/FC HS/EHS Workday}	Friday 5/11
Breakfast  <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.	1/2 Bagel 1/2 Piece Turkey Sausage 1/4c Mixed Fruit 1/2c Milk	1/4c Cereal 1/2 Banana 1/2c Milk	1/4c Oatmeal 1/4c Pineapple 1/2c Milk	No Kids	1/4c Cereal 1/2 Banana 1/2c Milk
Lunch  <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. <u>Bread/Grain</u> - 1/2 slice bread, 1/4 cup pasta, noodles, or rice.	1oz Taco Meat 1 WG Tortilla Shell Soft 1/4c Romaine Salad 1/4c Strawberries 1/2c Milk	1oz Fish Sticks = 2 1/2 Slice WG Bread 1/4c Green Peas 1/4c Pears 1/2c Milk	1oz Hamburger Patty 1/2 WG Bun 1/4c Baked Seasoned Fries 1/4c Mandarin Oranges 1/2c Milk	No Kids	1oz Sliced Ham 1 WW Roll 1/4c Green Beans 1/4c Applesauce 1/2c 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	6-Vanilla Wafers = {16 grams} 1/2c Milk	1/2 Day No Snack	No Kids	1 Nutri Grain Bar = {31grams} 1/2c Milk

Childs Initial's:

Step Toddler Menu {1-3 Years Old}

May 2018

Kitchen Site/Initial's:

{Week 2} Meal Requirements	Monday 5/14	Tuesday 5/15	Wednesday 5/16	Thursday 5/17	Friday 5/18
<p>Breakfast</p>  <p><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.</p>	<p>1/4c Cereal 1/2 Banana 1/2c Milk</p>	<p>1-Piece French Toast 1/4c Applesauce 1/2c Milk</p>	<p>1/4c Cereal 1/2 Banana 1/2c Milk</p>	<p>1/4c Oatmeal 1/4c Pineapple 1/2c Milk</p>	<p>1/4c Cereal 1/2 Banana 1/2c Milk</p>
<p>Lunch</p>  <p><u>Milk-</u> 1/2 cup <u>Meat or Meat</u> <u>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>1oz Sliced Turkey w/Gravy 1/4c Green Beans 1/4c Mixed Fruit 1 WW Roll 1/2c Milk</p>	<p>1oz Chicken Chunks = 7 1 WW Roll 1/4c Broccoli 1/4c Strawberries 1/2c Milk</p>	<p>1-Piece Glazed Meat Loaf { D-04} 1 WW Roll 1/4c Sweet Potatoes 1/4c Peaches 1/2c Milk</p>	<p>1oz Chicken Patty 1 WG Bun 1/4c Baked Seasoned Fries 1/4c Mandarin Oranges 1/2c Milk</p>	<p>3/8c Beef Spaghetti Casserole { D-03 } 1 WW Roll 1/4c Romaine Salad 1/4c Blueberries 1/2c Milk</p>
<p>Snack</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</p> <p><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 & Jelly Sandwich 1/2c Milk</p>

Childs Initial's:

**Step Toddler Menu {1-3 Years Old}
May 2018**



Kitchen Site/Initial's:

{Week 3} Meal Requirements	Monday 5/21	Tuesday 5/22	Wednesday 5/23	Thursday 5/24	Friday 5/25
<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>1/4c Cereal 1/2 Banana 1/2c Milk</p>	<p>1- Pancake 1/4c Applesauce 1/2c Milk</p>	<p>1/4c Cereal 1/2 Banana 1/2c Milk</p>	<p>1/4c Oatmeal 1/4c Pears 1/2c Milk</p>	<p>1/4c Cereal 1/2 Banana 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. <u>Bread/Grain</u>- 1/2 slice bread, 1/4 cup pasta, noodles, or rice.</p>	<p>1oz Ground Beef 1/4c Baked Beans 1/4c Mashed Potatoes 1/4c Pineapple 1- Corn Muffin 1/2c Milk</p>	<p>1/2 Slice Cheese Pizza 1/4c Romaine Salad 1/4c Blueberries 1/2c Milk</p>	<p>1oz Fish Sticks = 2 1/2 Slice WG Bread 1/4c Green Peas 1/4c Mandarin Oranges 1/2c Milk</p>	<p>1oz Diced Chicken 1-WG Tortilla Shell 1/4c Spanish Rice 1/4c Lettuce Tomato 1/4c Strawberries 1/2c Milk</p>	<p>1oz Hamburger Patty 1/2 WG Bun 1/4c Baked Seasoned Fries 1/4c Peaches 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 <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>

Childs Initial's:

**Step Toddler Menu {1-3 Years Old}
May 2018**

Kitchen Site/Initial's:

{Week 4} Meal Requirements	Monday 5/28 Closed	Tuesday 5/29	Wednesday 5/30	Thursday 5/31	
<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>Memorial Day</p>	<p>1/4c Cereal 1/2 Banana 1/2c Milk</p>	<p>1- Pancake 1/4c Applesauce 1/2c Milk</p>	<p>1/4c Cereal 1/2 Banana 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>Memorial Day</p>	<p>1oz Teriyaki Chicken 1 WW Roll 1/4c Broccoli W/Cheese 1/4c Mixed Fruit 1/2c Milk</p>	<p>1oz Salisbury Steak W/Gravy 1 WW Roll 1/4c Creamed Corn 1/4c Strawberries 1/2c Milk</p>	<p>1/2 Slice Pepperoni Pizza 1/4c Romaine Salad 1/4c Blueberries 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>Memorial Day</p>	<p>6-Vanilla Wafers = {16 grams} 1/2c Milk</p>	<p>1/2c Yogurt 1/2c Grape Juice</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.

*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.