

Childs Initial's:

**Step Head Start Menu {3-5 Years Old}  
September 2018**

Kitchen Site/Initial's:

<b>{Week 2} Meal Requirements</b>	Monday 9/3	Tuesday 9/4	Wednesday 9/5	Thursday 9/6	Friday 9/7
<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>	<b>AGENCY CLOSED</b>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1pc French Toast 1/2c Mandarin Oranges 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1/3c Cereal 1/2c Fruit Cocktail 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>	<b>LABOR DAY</b>	<p>1/2 Turkey &amp; Cheese Sandwich = 1.5oz Meat 1/4c Green Beans 1/4c Sliced Apples 3/4c Milk</p>	<p>Chicken Chunks 10pcs= 1.5oz 1/4c Glazed Carrots 1/4c Pears 1 WW Roll 3/4c Milk</p>	<p>1-Pc Glazed Meat Loaf {D-04} 1/4c Romaine Salad 1/4c Pineapple 1 WW Roll 3/4c Milk</p>	<p>1.5oz Boneless Chicken Breast With Gravy 1/4c Broccoli 1/4c Blueberries 1/2 Slice WG Bread 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>	<b>AGENCY CLOSED</b>		<p>Teddy Grahams {13 grams} 1/2c Grape Juice</p>	<p>1 Nutri Grain Bar = {31grams} 1/2c Milk</p>	<p>1oz Snack Mix Chex Strawberry Yogurt filled 1/2c Milk</p>

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Kitchen Site/Initial's:

<b>{Week 3} Meal Requirements</b>	Monday 9/10	Tuesday 9/11	Wednesday 9/12	Thursday 9/13	Friday 9/14
<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>1/3c Cereal 1/2c Pears 3/4c Milk</p>	<p>1pc French Toast 1/2c Peaches 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1/3c Cereal 1/2c Strawberries 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 Diced Chicken Shredded Cheese 1/4c Lettuce Tomato 1/4c Blueberries 1 WW Tortilla Shell 3/4c Milk</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>Fish Sticks 3Pcs = 1.5oz 1/4c Romaine Salad 1/4c Mandarin Oranges 1 WW Roll 3/4c Milk</p>	<p>Mexican Chicken With Rice {D-06A} 1 pc = 1.5oz 1/4c Mexicali Corn {I-15} 1/4c Slices Apples 3/4c Milk</p>	<p>1 Hamburger Patty =1.5oz 1 Bun 1/4c Baked Fries 1/4c Cantaloupe 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>Pretzels Hard {10 grams} =1 Bag 1/2c Milk</p>	<p>4-Crackers 1-Slice Of Cheese Water</p>	<p>1/2 Jelly Sandwich 1/2c Milk</p>	<p>1/2c Yogurt 1/2c Grape Juice</p>	<p>6- Vanilla Wafers {16rams} 1/2c Milk</p>

Kitchen Site/Initial's:

{Week 4} Meal Requirements	Monday 9/17	Tuesday 9/18	Wednesday 9/19	Thursday 9/20	Friday 9/21
<b>Breakfast</b>  <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  1/2c Mandarin Oranges  3/4c Milk	1pc French Toast  1/2c Applesauce  3/4c Milk	1/3c Cereal  1/2 Banana  3/4c Milk	1/3c Cereal  1/2c Mandarin Oranges  3/4c Milk
<b>Lunch</b>  <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.	1.5oz Boneless Chicken Breast  1/4c Broccoli with Cheese  1/4c Pineapple  1 WW Roll  3/4c Milk	1.5oz Salisbury Steak  1/4c Greens  1/4c Peach Cobbler {B-18}  1/2 Slice WG Bread  3/4c Milk	1.5oz Teriyaki Glazed Chicken  1/4c Green Beans  1/4c Fruit Cocktail  1 WW Roll  3/4c Milk	Macaroni and Cheese with Ham 1 pc = 1.5oz {D-20A}  1/4c Lima Beans  1/4c Strawberries  3/4c Milk	Meat Balls 5pcs =1.5oz  1 Bun  1/4c Mixed Vegetables  1/4c Blueberries  3/4c Milk
<b>Snack</b>  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 Graham Cracker ={13grams}  1/2c Milk	1 Nutri Grain Bar = {31grams}  1/2c Milk	Teddy Grahams ={13 grams}  1/2c Milk	1/2c Yogurt  1/2c Grape Juice	Chez its ={10grams}  =1Bag  1/2c Milk

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Kitchen Site/Initial's:

{Week 2} Meal Requirements	Monday 9/24	Tuesday 9/25	Wednesday 9/26	Thursday 9/27	Friday 9/28
<b>Breakfast</b>  <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	1/3c Cereal  1/2c Pears  3/4c Milk	1pc French Toast  1/2c Blueberries  3/4c Milk	1/3c Cereal  1/2 Banana  3/4c Milk	1/3c Cereal  1/2c Pineapple  3/4c Milk
<b>Lunch</b>  <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 Taco Meat  WG Tortilla Chips Cheese Sauce  1/4c Pinto Beans  1/4c Pineapple  3/4c Milk	1 Asian Tuna Burger  1 Bun  1 Slice Tomato  1/4c Romaine Lettuce  1/4c Baked Fries  1/4c Strawberries  3/4c Milk	1 Hamburger Patty =1.5oz  1Bun  1/4c Sweet Potato Fries  1/4c Mandarin Oranges  3/4c Milk	1 pc Baked Scrambled Egg = 2oz  1 Hash brown Patty  1/4c Baked Cinnamon Apple  1/2 Slice WG Bread  3/4c Milk	1.5oz Baked Ham  1/4c Broccoli With Cheese  1/4c Peach Cobbler {B-18}  1 WW Roll  3/4c Milk
<b>Snack</b>  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.	Goldfish {10 grams} =1 Bag  1/2c Milk	1 Nutri Grain Bar = {31grams}  1/2c Milk	1/2 Jelly Sandwich  1/2c Milk	1/2c Yogurt  1/2c Grape Juice	4-Crackers  1-Slice Of Cheese  Water

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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.
- \* Mexican Chicken with Rice USDA recipe {D-06A} 1 piece provides 1.5oz of cooked poultry and the equivalent of ½ slice bread.
- \* Mexican Corn USDA recipe {I-15} ¼ cup {No.16 scoop} provides ¼ cup of vegetable.
- \* Fish Sticks CN Label 4 – 1oz Breaded Fish portions provide 2oz's equivalent meat.
- \*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.
- \*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.
- \* 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.
- \* Meat Ball CN Label {5} 2.5oz Meatballs equal 2oz's meat/meat alternate.
- \* Macaroni and Cheese with Ham USDA recipe {D-20A} 1 piece provides the equivalent of 1.5 oz. of cooked lean meat and the equivalent of 1.5 oz. slices of bread.
- \* Baked Scrambled Egg USDA recipe {D-15} 1 piece provides 1 large egg or the equivalent of 2oz of cooked lean meat.
- \*Peach Cobbler USDA recipe {B-18} 1 piece provide ¼ cup of fruit.
- \*Corn Muffin USDA recipe {A-02} 1 muffin provides the equivalent of ¾ slice bread.
- \* Asian Tuna Burger USDA recipe 2oz burger is the equivalent of 1/8 cup dark green,1/8 cup red & orange and 1 1/4oz of grains.