




Childs Initial's:

Step Head Start Menu {3-5 Years Old}
September 2017

Kitchen Site/Initial's:

<p>{Week 1 } Meal Requirements</p>				<p>Friday 9/1</p>
<p>Breakfast</p>  <p>Milk- 3/4 cup Vegetable/Fruit/ Fruit Juice- 1/2 cup Grain/Bread- 1/2 slice, 1/2 cup hot or 1/3 cup cold Cereal.</p>				<p>1-Pancake</p> <p>1/2c Peaches</p> <p>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.</p> <p>Bread/Grain- 1/2 slice bread, 1/4 cup pasta, noodles, or rice.</p>				<p>1.5oz Chicken Barbecue Sandwich {F-02}</p> <p>1 Slice Of WG Bread</p> <p>1/4c Green Beans</p> <p>1/4c Mixed Fruit</p> <p>3/4c Milk</p> <p>*Extra Sample* 1oz Cole Slaw</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</p> <p>Bread/Grain- 1/2 slice bread, 1/3 cup cereal, 1/2c pasta, rice.</p>				<p>Pretzels Hard {10 grams} =1 Bag</p> <p>1/2c Milk</p>

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<p>{Week 2} Meal Requirements</p>	<p>Monday 9/4 Agency Closed</p>	<p>Tuesday 9/5</p>	<p>Wednesday 9/6</p>	<p>Thursday 9/7</p>	<p>Friday 9/8</p>
<p>Breakfast</p>  <p>Milk- 3/4 cup Vegetable/Fruit/ Fruit Juice- 1/2 cup Grain/Bread- 1/2 slice, 1/2 cup hot or 1/3 cup cold Cereal.</p>	<p>Labor Day</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1/3c Cereal 1/2c Mixed Fruit 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1- Pancake 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 1/2 WW Roll 1/4c Glazed Carrots 1/4c Pears 3/4c Milk</p>	<p>3/8c Beef Spaghetti Casserole { D-03 } 1/2 WW Roll 1/4c Romaine Salad 1/4c Pineapple 3/4c Milk</p>	<p>1.5oz Baked Chicken Breast 1/4c Broccoli W/Cheese 1/4c Strawberries 1/2 WW Roll 3/4c Milk</p>	<p>1.5oz Fish Square = 1 1 WG Bun 1/4c Sliced Tomato 1/4c Potato Tots 1/4c Blueberries 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>4- Crackers {10 grams} 1-Slice Of Cheese 1/2c Grape Juice</p>	<p>1 Nutri Grain Bar = {31grams} 1/2c Milk</p>	<p>6-Vanilla Wafers = {16 grams} 1/2c Milk</p>	<p>1/2c Yogurt 1/2c Apple Juice</p>

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{Week 3} Meal Requirements	Monday 9/11	Tuesday 9/12	Wednesday 9/13	Thursday 9/14	Friday 9/15
Breakfast  <u>Milk-</u> 3/4 cup <u>Vegetable/Fruit/ Fruit Juice-</u> 1/2 cup <u>Grain/Bread-</u> 1/2 slice, 1/2 cup hot or 1/3 cup cold Cereal.	1/3c Cereal 1/2c Peaches 3/4c Milk	1/3c Cereal 1/2 Banana 3/4c Milk	1/3c Cereal 1/2c Blueberries 3/4c Milk	1/3c Cereal 1/2 Banana 3/4c Milk	1-Pancake 1/2c Peaches 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 Chicken Tenders = 2 1/8c Cucumber Slices 1/4c Pasta-veg Salad {E-08} 1/4c Strawberries 3/4c Milk	1.5oz Fish Sticks { = 4} 1/2 WG Bread 1/4c Baked French Fries 1/4c Mandarin Oranges 3/4c Milk *Extra Sample* 1oz Cole Slaw	1.5oz Diced Chicken 1/2c Taco Shell Pieces = .9oz 1/4c Diced Tomato & Romaine Lettuce 1/4c Fresh Apples 3/4c Milk *Extra Sample* 1oz Spanish Rice	1.5oz Hamburger Patty 1 WG Bun 1/4c Broccoli 1/4c Apple Sauce 3/4c Milk	3/8c Pinto Beans 1 Corn Muffin {A-02} 1/4c Mashed Potatoes 1/4c Pineapple 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.	Gold Fish {10 grams} 1/2c Milk	1/2c Yogurt 1/2c Apple Juice	Graham Crackers {13 grams} 1/2c Milk	Pretzels Hard {10 grams} =1 Bag 1/2c Milk	Teddy Grahams {13 grams} 1/2c Grape Juice

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Kitchen Site/Initial's:

{Week 4} Meal Requirements	Monday 9/18	Tuesday 9/19	Wednesday 9/20	Thursday 9/21	Friday 9/22
<p>Breakfast</p>  <p>Milk- 3/4 cup Vegetable/Fruit/ Fruit Juice- 1/2 cup Grain/Bread- 1/2 slice, 1/2 cup hot or 1/3 cup cold Cereal.</p>	<p>1/3c Cereal 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 Mixed Fruit 3/4c Milk</p>	<p>1/3c Cereal 1/2 Banana 3/4c Milk</p>	<p>1-Pancake 1/2c Apple Sauce 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 Salisbury Steak W/Gravy 1/2 WW Roll 1/4c Peas 1/4c Fresh Apple Slices 3/4c Milk</p>	<p>1.5oz Teriyaki Chicken {D-12} 1/2 WW Roll 1/4c Mixed Vegetables 1/4c Pears 3/4c Milk</p>	<p>5- Meat Balls =1.5oz 1 WG Bun 1/4c Corn 1/4c Blueberries 3/4c Milk</p>	<p>1.5oz Chicken Patty 1 WG Bun 1/4c Sliced Tomato 1/4c Potato Tots 1/4c Pineapple 3/4c Milk</p>	<p>1.5oz Sliced Baked Ham 1/4c Broccoli 1/4c Peach Cobbler *B-18 1/2 WW Roll 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- Mozzarella String Cheese 4 Ritz Crackers {10 grams} Water</p>	<p>1oz Snack Mix Chex Strawberry Yogurt filled 1/2c Milk</p>	<p>Cheez-its {10 grams} 1/2c Grape Juice</p>	<p>1 Slice WG Bread 1 TSP Jelly 1/2c Milk</p>	<p>1/2c Yogurt 1/2c Apple Juice</p>

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{Week 1} Meal Requirements	Monday 9/25	Tuesday 9/26	Wednesday 9/27	Thursday 9/28	Friday 9/29
Breakfast  <u>Milk</u> - 3/4 cup <u>Vegetable/Fruit/ Fruit Juice</u> - 1/2 cup <u>Grain/Bread</u> - 1/2 slice, 1/2 cup hot or 1/3 cup cold Cereal.	1/3c Cereal 1/2c Peaches 3/4c Milk	1/3c Cereal 1/2 Banana 3/4c Milk	1/3c Cereal 1/2c Mixed Fruit 3/4c Milk	1/3c Cereal 1/2 Banana 3/4c Milk	1-Pancake 1/2c Peaches 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 Slice Pepperoni Pizza 1/4c Romaine Salad 1/4c Strawberries 3/4c Milk	1.5oz Hamburger Patty 1 WG Bun 1/4c Diced Tomato & Romaine Lettuce 1/4c Mandarin Oranges 3/4c Milk	1pc Baked Scrambled Eggs {D-15} 1 Hash Brown Patty 1/4c Blueberries 1/2 Slice WG Bread 3/4c Milk	1.5oz Baked Chicken Breast W/ Sweet-Sour Sauce 1/4c Green Beans 3/8c Molded Fruit Salad {E-01} 1/2 WW Roll 3/4c Milk	1.5oz Taco Meat {E-13} W/Cheese 1/2c Taco Shell Pieces = .9oz 1/4c Diced Tomato & Romaine Lettuce 1/4c Pineapple 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.	1- Mozzarella String Cheese 4 Ritz Crackers {10 grams} Water	1oz Snack Mix Chex Cheddar 1/2c Grape Juice	1 Nutri Grain Bar = {31grams} 1/2c Milk	1 Slice WG Bread 1 TSP Jelly 1/2c Milk	1/2c Yogurt 1/2c Apple Juice

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*** Foot Notes***

*Chicken Barbecue Sandwich USDA recipe {F-02} 1/2 sandwich provides 1 1/2 oz. of cooked poultry, 1/8 cup of vegetable, and the equivalent of 1 slice bread.

*Salisbury Steak CN Label each 3oz cooked beef Salisbury steak portion provides 2oz equivalent of 2oz of cooked lean meat.

*Baked Scrambled Eggs USDA recipe {D-15} 1 piece provides 1 large egg or the equivalent of 2oz's of cooked lean meat.

*Fish Square CN Label 1-3oz Breaded fish portion provides 1.5oz equivalent meat and .75 serving of bread alternate.

*Fish Sticks CN Label 4-1oz Breaded Fish portions provide 2oz's equivalent meat.

*Teriyaki Chicken USDA recipe {D-12} 1/3 (No. 12 scoop) provides 1 1/2 oz. of cooked poultry.

*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.

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

*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.

*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 Nuggets CN Label {5} cooked nuggets =2oz meat and 1oz serving of bread.

*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.

*Chicken Tender CN Label (2) 1oz fully cooked breaded strip chicken provides 2oz equivalent meat/meat alternate and .5oz equivalent grains.

*Pasta – Vegetable Salad USDA recipe {E-08} 1/2 cup (No.8 scoop provides 1/8 cup of vegetables and the equivalent of 1/2 slice bread.

*Corn Muffin USDS recipe {A-02} 1 Muffin provides the equivalent of 3/4 slice bread.

*Peach Cobbler USDA recipe {B-18} 1 piece provides 1/4c of Fruit.

*Molded Fruit Salad USDA recipe {E-01} 3/8 cup (No.10 scoop) provides 1/4 cup of fruit.

***New Food Introduction This Month* NOTES:**

{Spanish rice}

{Cole Slaw}