




Childs Initial's:

Step Toddler Menu {1-3 Years Old}  
September 2017

Kitchen Site/Initial's:

<p>{Week 1 } Meal Requirements</p>				<p>Friday 9/1</p>
<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><b>1-Pancake</b></p> <p><b>1/4c Peaches</b></p> <p><b>1/2c Milk</b></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><b>1oz Chicken Barbecue Sandwich {F-02}</b></p> <p><b>1 Slice Of WG Bread</b></p> <p><b>1/4c Green Beans</b></p> <p><b>1/4c Mixed Fruit</b></p> <p><b>1/2c Milk</b></p> <p><b>*Extra Sample*</b> <b>1oz Cole Slaw</b></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><b>Pretzels Hard {10 grams} =1 Bag</b></p> <p><b>1/2c Milk</b></p>

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Kitchen Site/Initial's:

<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><b>Breakfast</b></p>  <p><b>Milk-</b> 1/2 cup <b>Vegetable/Fruit/</b> <b>Fruit Juice-</b> 1/4 cup <b>Grain/Bread-</b> 1/2 slice, 1/4 cup hot or 1/4 cup cold Cereal.</p>	<p><b>Labor Day</b></p>	<p>1/4c Cereal  1/2 Banana  1/2c Milk</p>	<p>1/4c Cereal  1/4c Mixed Fruit  1/2c Milk</p>	<p>1/4c Cereal  1/2 Banana  1/2c Milk</p>	<p>1- Pancake  1/4c Peaches  1/2c Milk</p>
<p><b>Lunch</b></p>  <p><b>Milk-</b> 1/2 cup <b>Meat or Meat</b> <b>Alternative-</b>1oz 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>1oz Chicken Nuggets = 3  1/2 WW Roll  1/4c Glazed Carrots  1/4c Pears  1/2c Milk</p>	<p>3/8c Beef Spaghetti Casserole { D-03 }  1/2 WW Roll  1/4c Romaine Salad  1/4c Pineapple  1/2c Milk</p>	<p>1oz Baked Chicken Breast  1/4c Broccoli W/Cheese  1/4c Strawberries  1/2 WW Roll  1/2c Milk</p>	<p>1oz Fish Square = 1  1/2 WG Bun  1/4c Sliced Tomato  1/4c Potato Tots  1/4c Blueberries  1/2c Milk</p>
<p><b>Snack</b></p>  <p>Serve 2 Components- <b>Milk-</b> 1/2 cup <b>Meat or Meat</b> <b>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>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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Kitchen Site/Initial's:

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

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Kitchen Site/Initial's:

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

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Kitchen Site/Initial's:

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

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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}**