

Childs Int:
Kitchen Site/ Ints:

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

Meal Requirements	Week 1	Monday 7/3	Tuesday 7/4	Wednesday 7/5	Thursday 7/6	Friday 7/7
{Breakfast} Milk- 3/4 cup Vegetable/Fruit/ Fruit Juice- 1/2 cup Grain/Bread- 1/2 slice, 1/3 cup hot or 1/4c cold Cereal		1 French Toast 1/2c Fruit Cocktail 3/4c Milk	Agency Closed	1/4c Oatmeal 1/2c Peaches 3/4c Milk	1/3c Ready To Eat Cereal 1/2 Banana 3/4c Milk	2-Pancakes 1/2c Blueberries 3/4c Milk
{Lunch} Milk-3/4 cup Meat or Meat alternative- 1.5oz Fruit- 1/4 cup Vegetables- 1/4 cup Grains/Bread- 1/2 slice bread, 1/4 cup pasta or noodles or rice		1pc Baked Scrambled Eggs {D-15} 1 Hash Brown Patty 1/4cBlueberries 1/2 Slice WG Bread 3/4c Milk	Independence Day	1.5oz Taco Meat {E-13} With Cheese 3/4c Romaine Salad 1/2c Taco Shell Pieces = .9oz 1/4c Pineapple 3/4c Milk	4- Fish Sticks =2oz 1/4c Baked Fries 1/4c Strawberries 1/2 Slice WG Bread 3/4c Milk 1oz Cole Slaw	1.5oz Hamburger 1 WG Bun 1/4c Sweet Potato Fries 1/4c Mandarin Oranges 3/4c Milk
{Snack} Milk- 1/2 cup Meat or Meat alternative- 1/2 oz. meat or cheese, or 2oz yogurt Bread/Grain- 1/2 slice bread, 1/3 cup pasta, or rice.		4- Crackers {10 grams} 1-Slice Of Cheese 1/2c Grape Juice	Agency Closed	1/2c Yogurt 1/2c Apple Juice	1oz Snack Mix Cheddar Chex 1/2c Milk	6 Vanilla Wafers {16 grams} 1/2c Milk

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Meal Requirements	Monday 7/10	Tuesday 7/11	Wednesday 7/12	Thursday 7/13	Friday 7/14 Closed
{Breakfast} Milk- 3/4 cup Vegetable/Fruit/ Fruit Juice- 1/2 cup Grain/Bread- 1/2 slice, 1/3 cup hot or 1/4c cold Cereal	1/2 Blueberry Bagel 1/2c Crushed Pineapple 3/4c Milk	1/4c Oatmeal 1/2c Peaches 3/4c Milk	1 WG Toast 1 Sausage Patty 1/2c Mandarin Oranges 3/4c Milk	1/3c Ready To Eat Cereal 1/2 Banana 3/4c Milk	PC/FC EHS Training Day
{Lunch} Milk-3/4 cup Meat or Meat alternative- 1.5oz Fruit- 1/4 cup Vegetables- 1/4 cup Grains/Bread- 1/2 slice bread, 1/4 cup pasta or noodles or rice	1.5oz Baked Chicken Breast 1/4c Apple Sauce 1/4c Broccoli 1/2 Slice WW Roll 3/4c Milk	1/2c Tuna Salad {F-11} 1/4c Mixed Vegetables 1/4c Strawberries 1/2 WW Roll 3/4c Milk	5- Meat Balls =1.5oz 1 WG Bun 1/4c Corn 1/4c Blueberries 3/4c Milk	1.5oz Chicken Nuggets = 5 1/4c Lima Beans 1/4c Pears 1/2 WW Roll 3/4c Milk	PC/FC EHS Training Day
{Snack} Milk- 1/2 cup Meat or Meat alternative- 1/2 oz. meat or cheese, or 2oz yogurt Bread/Grain- 1/2 slice bread, 1/3 cup pasta, or rice.	1 Mozzarella String Cheese 4 Crackers { 10 Grams} Water	Pretzels Hard {10 grams} =1 Bag 1/2c Milk	6 Vanilla Wafers {16 grams} 1/2c Milk	Gold Fish {10 grams} 1/2c Milk	PC/FC EHS Training Day

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Meal Requirements	Week 2	Monday 7/17	Tuesday 7/18	Wednesday 7/19	Thursday 7/20	Friday 7/21
{Breakfast} Milk- 3/4 cup Vegetable/Fruit/ Fruit Juice- 1/2 cup Grain/Bread- 1/2 slice, 1/3 cup hot or 1/4c cold Cereal		1/3c Ready To Eat Cereal 1/2 Banana 3/4c Milk	2-Pancakes 1/2c Blueberries 3/4c Milk	1/4c Oatmeal 1/2c Peaches 3/4c Milk	1/3c Ready To Eat Cereal 1/2 Banana 3/4c Milk	1/2 English Muffin 1/2c Pineapple 3/4c Milk
{Lunch} Milk-3/4 cup Meat or Meat alternative- 1.5oz Fruit- 1/4 cup Vegetables- 1/4 cup Grains/Bread- 1/2 slice bread, 1/4 cup pasta or noodles or rice		1.5oz Hamburger 1 WG Bun 1/4c Sweet Potato Wedges 1/4c Honey Dew 3/4c Milk	3/8c Pinto Beans 1 pc-Cornbread {A-02} 1/4c Mashed Potatoes 1/4c Strawberries 3/4c Milk	1/2c Chicken Salad {E-07} 1/4c Green Beans 1/4c Fresh Sliced Apples 1/2 WW Roll 3/4c Milk	4- Fish Sticks =2oz 1/4c Baked Fries 1/4c Strawberries 1/2 Slice WG Bread 3/4c Milk 1oz Cole Slaw	1.5oz Diced Chicken 1/2c Taco Shell Pieces =.9oz 1/4c Broccoli With Cheese 1/4c Pears 3/4c Milk
{Snack} Milk- 1/2 cup Meat or Meat alternative- 1/2 oz. meat or cheese, or 2oz yogurt Bread/Grain- 1/2 slice bread, 1/3 cup pasta, or rice.		Teddy Grahams {13 Grams} 1/2c Milk	Pretzels Hard {10 grams} =1 Bag 1/2c Milk	1 Nurtri Grain Bar {31 grams} 1/2c Milk	1oz Snack Mix Cheddar Chex 1/2c Milk	1 Mozzarella String Cheese 4 Crackers { 10 Grams} Water

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Meal Requirements	Week 3	Monday 7/24	Tuesday 7/25	Wednesday 7/26	Notes:
				Last Day	
{Breakfast} Milk- 3/4 cup Vegetable/Fruit/ Fruit Juice- 1/2 cup Grain/Bread- 1/2 slice, 1/3 cup hot or 1/4c cold Cereal		1/3c Ready To Eat Cereal 1/2 Banana 3/4c Milk	1/4c Oatmeal 1/2c Strawberries 3/4c Milk	1 WG Toast 1 Sausage Patty 1/2c Mixed Fruit 3/4c Milk	
{Lunch} Milk-3/4 cup Meat or Meat alternative- 1.5oz Fruit- 1/4 cup Vegetables- 1/4 cup Grains/Bread- 1/2 slice bread, 1/4 cup pasta or noodles or rice		1.5oz Chicken Patty 1 WG Bun 1/4c Baked Beans 1/4c Pineapple 3/4c Milk	1.5oz Sliced Baked Ham 1/4c Broccoli 1/4c Peach Cobbler {B-18} 1/2 WW Roll 3/4c Milk	1c Beef Ravioli 1/2 WW Roll 1/4c Peas 1/4c Mandarin Oranges 3/4c Milk	
{Snack} Milk- 1/2 cup Meat or Meat alternative- 1/2 oz. meat or cheese, or 2oz yogurt Bread/Grain- 1/2 slice bread, 1/3 cup pasta, or rice.		6 Vanilla Wafers {16 grams} 1/2c Milk	1 Mozzarella String Cheese 4 Ritz Crackers {10 grams} Water	NO SNACK EARLY DISMISSAL	

Foot Notes

- *Meat Balls CN Label {5} 2.5oz Meatballs equal 2oz's meat/meat alternate.**
- *Beef Ravioli CN Label {8} pieces=1cup which equals 2oz's meat/meat alternate and 3/8c vegetables.**
- *Baked Scrambled Eggs USDA recipe {D-15} 1 piece provides 1 large egg or the equivalent of 2oz's of cooked lean meat.**
- *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.**
- *Fish Sticks CN Label 4-1oz Breaded Fish portions provide 2oz's equivalent meat.**
- *Peach Cobbler USDA recipe {B-18} 1 piece provides 1/4c of Fruit.**
- * Chicken Salad USDA recipe {E-07} 1/2 cup (No. 8 scoop) provides 2oz of cooked poultry.**
- *Tuna Salad USDA recipe {F-11} 2oz's of fish provides 1/8cup of vegetables.**
- *Corn Muffin USDA recipe {A-02} 1 muffin provides the equivalent of 3/4 slice bread.**