



FIRST STEPS LEARNING ACADEMY

MENU 1

WEEKLY MENU PLAN FOR CHILDREN



Healthy
Bodies
Happy Minds
Bright Futures!

AGE GROUP(S): **1-2** **3-5** **6-18**

WEEK OF: _____



MILK OFFERED:

1 YEAR OLDS:
Unflavored Whole Milk

2's-5's:
Unflavored 1% or Fat Free

6+ YEARS:
Unflavored Fat Free or
Flavored Low



CHILD MEAL PATTERN & FOOD COMPONENTS

Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.

Fruit / Vegetable / Juice:
Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c

Grains: Ages 1-2: ¼ slice/svng; ¼ c; 3-5: ½ slice/svng, 1/3 c; 6-18: 1 slice/svng, ½ c

Meat/Meat Alternate (optional)



BREAKFAST

Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.

Meat / Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.

Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c

Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c

Grains: Ages 1-2: ¼ slice/svng; ¼ c; 3-5: ½ slice/svng, ½ c; 6-18: 1 slice/svng, ½ c



LUNCH / SUPPER

Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.

Meat / Meat Alternate: Ages 1-2: ½ oz.; 3-5: ½ oz.; 6-18: 1 oz.

Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c

Fruit: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c

Grains: Ages 1-2: ¼ slice/svng; ¼ c; 3-5: ½ slice/svng, ½ c; 6-18: 1 slice/svng, ½ c



SNACK

MONDAY



- Milk
- Apples
- Biscuits (WG)

TUESDAY



- Milk
- Bananas
- Rice Krispie Cereal (Enriched)

WEDNESDAY



- Milk
- Cinnamon Raisin Bagel
- Cream Cheese

THURSDAY



- Milk
- Blueberries
- Kix (WG)

FRIDAY



- Milk
- Grapes
- Waffles (Enriched)



- Hotdog
- Steamed Broccoli
- Apples



- Ham
- Apple Sauce
- Baked Beans
- WG Wheat Bread



- Ground Beef
- Lettuce, Tomatoes
- Peaches
- WG Wheat Soft Taco



- Barbe Q Chicken
- Fruit Salad
- Mixed Vegetables
- Rolls



- Breaded Fish
- Ketchup
- Green Beans
- Mandarin Oranges



- 100% Whole Grain Toast
- White Grape Juice



- Ritz (Enriched)
- White Grape Juice



- Saltine Crackers (Enriched)
- Peaches



- Sliced Turkey
- 100% Whole Grain Bread (1 slice)



- Graham Crackers
- Yogurt



NOTE: The type(s) of milk served must be noted n the menu for each age group (fat content and if flavored). The daily 100% whole grain serving must be noted on the menu (e.g. "WG" or "whole grain bread").



Refer to Meal Pattern for Children for serving sizes when planning menus.



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REVISED 4/2018





FIRST STEPS LEARNING ACADEMY

MENU 2

WEEKLY MENU PLAN FOR CHILDREN



Healthy
Bodies
Happy Minds
Bright Futures!

AGE GROUP(S): **1-2** **3-5** **6-18**

WEEK OF: _____



MILK OFFERED:

1 YEAR OLDS:
Unflavored Whole Milk

2's-5's:
Unflavored 1% or Fat Free

6+ YEARS:
Unflavored Fat Free or
Flavored Low



CHILD MEAL PATTERN & FOOD COMPONENTS

Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.

Fruit / Vegetable / Juice:
Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c

Grains: Ages 1-2: ¼ slice/svng;
¼ c; 3-5: ½ slice/svng, 1/3 c;
6-18: 1 slice/svng, ½ c

Meat/Meat Alternate (optional)

BREAKFAST

LUNCH /
SUPPER

Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.

Meat / Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.

Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c

Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c

Grains: Ages 1-2: ¼ slice/svng;
¼ c; 3-5: ½ slice/svng, ½ c;
6-18: 1 slice/svng, ½ c

Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.

Meat / Meat Alternate: Ages 1-2: ½ oz.; 3-5: ½ oz.; 6-18: 1 oz.

Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c

Fruit: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c

Grains: Ages 1-2: ¼ slice/svng;
¼ c; 3-5: ½ slice/svng, ½ c;
6-18: 1 slice/svng, ½ c

SNACK

MONDAY



- Milk
- Mandarin Oranges
- 100% Whole Grain Toast

TUESDAY



- Milk
- Strawberry
- Original Cheerios
- 100% Whole Grain

WEDNESDAY



- Milk
- Watermelon
- WG Biscuits

THURSDAY



- Milk
- Bananas
- Frosted Mini Wheats
- 100% Whole Grain

FRIDAY



- Milk
- Cantaloupe
- Pancakes (Enriched)



- Barbe Q Chicken
- Corn
- Mash Potatoes
- Hot Rolls



- Sloppy Joes
- Italian Green Beans
- Pineapple
- Bun



- Chicken
- Peas
- Fried Rice (Enriched)



- Spaghetti & Meat Sauce
- Steamed Baby Carrots
- Salad (Spinach, lettuce, tomatoe, cucumber)
- Garlic Bread



- Grilled Chicken
- Peaches
- Broccoli
- Corn Bread Muffins



- Yogurt
- Mixed Fruit



- Apple Juice
- Corn Muffin



- White Grape Juice
- Ritz (Enriched)



- Peaches
- Pretzels



- Apple Juice
- WG Toast



NOTE: The type(s) of milk served must be noted on the menu for each age group (fat content and if flavored). The daily 100% whole grain serving must be noted on the menu (e.g. "WG" or "whole grain bread").



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FIRST STEPS LEARNING ACADEMY

MENU 3

WEEKLY MENU PLAN FOR CHILDREN



Healthy Bodies
Happy Minds
Bright Futures!

AGE GROUP(S): **1-2** **3-5** **6-18**

WEEK OF: _____



MILK OFFERED:

1 YEAR OLDS:
Unflavored Whole Milk

2's-5's:
Unflavored 1% or Fat Free

6+ YEARS:
Unflavored Fat Free or
Flavored Low



CHILD MEAL PATTERN & FOOD COMPONENTS



BREAKFAST

Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.

Fruit / Vegetable / Juice:
Ages 1-2: ¼ c; 3-5: ¼ c;
6-18: ½ c

Grains: Ages 1-2: ¼ slice/svng;
¼ c; 3-5: ½ slice/svng, 1/3 c;
6-18: 1 slice/svng, ½ c



LUNCH / SUPPER

Meat / Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.

Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c

Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c

Grains: Ages 1-2: ¼ slice/svng;
¼ c; 3-5: ½ slice/svng, ½ c;
6-18: 1 slice/svng, ½ c



SNACK

Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.

Meat / Meat Alternate: Ages 1-2: ½ oz.; 3-5: ½ oz.; 6-18: 1 oz.

Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c

Fruit: Ages 1-2: ¼ c; 3-5: ¼ c;
6-18: ¼ c

Grains: Ages 1-2: ¼ slice/svng;
¼ c; 3-5: ½ slice/svng, ½ c;
6-18: 1 slice/svng, ½ c

MONDAY



- Milk
- Apple Sauce
- Muffins



- Ground Beef
- Tomatoes / Sauce
- Green Beans
- WG Garlic Toast



- Apples

TUESDAY



- Milk
- Bananas
- Rice Krispie Cereal (Enriched)



- Chicken and Vegetable Stirfry
- Stir Fry Vegetables
- Mandarin Oranges
- Rice



- White Grape Juice
- WG Toast

WEDNESDAY



- Milk
- 100% Whole Grain Bagel



- Chicken Po' Boy
- Lettuce & Tomato
- Apple Sauce
- Baked Beans



- Yogurt

THURSDAY



- Milk
- Strawberries
- WG Cheerios



- Baked Chicken
- Mixed Fruit
- Salad (Spinach, lettuce, Tomatoes, Cucumber)
- Rice



- Sliced Ham
- 100% Whole Grain Bread

FRIDAY



- Milk
- Cantaloupe
- French Toast Sticks



- Hamburger
- Baked Beans
- French Fries
- WG Hamburger Bun



- Apple Sauce
- Pretzels



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FIRST STEPS LEARNING ACADEMY

MENU 4

WEEKLY MENU PLAN FOR CHILDREN



Healthy
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Bright Futures!

AGE GROUP(S): **1-2** **3-5** **6-18**

WEEK OF: _____



MILK OFFERED:

1 YEAR OLDS:
Unflavored Whole Milk

2's-5's:
Unflavored 1% or Fat Free

6+ YEARS:
Unflavored Fat Free or
Flavored Low



CHILD MEAL PATTERN & FOOD COMPONENTS

Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.

Fruit / Vegetable / Juice:
Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c

Grains: Ages 1-2: ¼ slice/svng; ¼ c; 3-5: ½ slice/svng, 1/3 c; 6-18: 1 slice/svng, ½ c

Meat/Meat Alternate (optional)

BREAKFAST

LUNCH / SUPPER

SNACK

Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.

Meat / Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.

Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c

Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c

Grains: Ages 1-2: ¼ slice/svng; ¼ c; 3-5: ½ slice/svng, ½ c; 6-18: 1 slice/svng, ½ c

Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.

Meat / Meat Alternate: Ages 1-2: ½ oz.; 3-5: ½ oz.; 6-18: 1 oz.

Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c

Fruit: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c

Grains: Ages 1-2: ¼ slice/svng; ¼ c; 3-5: ½ slice/svng, ½ c; 6-18: 1 slice/svng, ½ c

MONDAY



- Milk
- Pears
- 100% Whole Grain Bread

TUESDAY



- Milk
- Strawberries
- WG Kix Cereal

WEDNESDAY



- Milk
- Pineapples
- WG Biscuits

THURSDAY



- Milk
- Blueberries
- WG Cheerios

FRIDAY



- Milk
- Mixed Fruit
- Enriched Pancakes



- Lasagna (Ground Beef)
- Green Beans
- Oranges
- Lasagna Noodles



- Chicken Nuggets
- Mixed Vegetables
- Banana
- Enriched Cornbread



- Chicken Tenders
- Collard Greens
- Watermelon
- Macaroni & Cheese



- Beef Roast
- Mash Potatoes
- Mixed Vegetables
- Hot Rolls



- Shredded Mozzarella Cheese
- Tomato Sauce
- Peas
- English Muffin



- Muffins
- Apple Juice



- Plain Bagel
- Cream Cheese
- Mixed Fruit



- WG Toast
- White Grape Juice



- Pretzels
- Peaches



- Enriched Fish Cheese Crackers
- Apple Juice



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MENU 5

WEEKLY MENU PLAN FOR CHILDREN



Healthy Bodies
Happy Minds
Bright Futures!

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WEEK OF: _____



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1 YEAR OLDS:
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Flavored Low



CHILD MEAL PATTERN & FOOD COMPONENTS



BREAKFAST

Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.

Fruit / Vegetable / Juice:
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Grains: Ages 1-2: ¼ slice/svng; ¼ c; 3-5: ½ slice/svng, 1/3 c; 6-18: 1 slice/svng, ½ c

Meat/Meat Alternate (optional)



LUNCH / SUPPER

Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.

Meat / Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.

Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c

Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c

Grains: Ages 1-2: ¼ slice/svng; ¼ c; 3-5: ½ slice/svng, ½ c; 6-18: 1 slice/svng, ½ c



SNACK

Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.

Meat / Meat Alternate: Ages 1-2: ½ oz.; 3-5: ½ oz.; 6-18: 1 oz.

Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c

Fruit: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c

Grains: Ages 1-2: ¼ slice/svng; ¼ c; 3-5: ½ slice/svng, ½ c; 6-18: 1 slice/svng, ½ c

MONDAY



- Milk
- Apple Sauce
- Raisin Bagel

TUESDAY



- Milk
- Bananas
- Grits

WEDNESDAY



- Milk
- French Toast Sticks

THURSDAY



- Milk
- Apples
- WG Kix Cereal

FRIDAY



- Milk
- Blueberries
- Muffins



- Ground Beef
- Tomato Sauce
- Green Beans
- WG Garlic Toast



- Hotdog
- French Fries
- Peas
- Hotdog Bun



- Breaded Fish Sticks & Ketchup
- Mandarin Oranges
- WG Toast



- Chicken Tenders
- Mash Potatoes
- Mixed Vegetables
- Hot Rolls



- Pulled Pork
- Red Potatoes
- Pears
- Hawaiian Rolls



- Graham Crackers
- Apple Juice



- Enriched Fish Cheese Crackers
- Grape Juice



- Pretzels
- Apple Sauce



- Plain Bagels
- Cream Cheese
- Mixed Fruit



- WG Toast
- Yogurt



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