

Installation/Facility

Week of/Dates:

Week 1* Fall/Winter 18	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
Late PM Snack								
Fruit	1/2 c	1/2 c	3/4 c		Fruit^	Fruit^		Fruit^
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz				Cheese^	
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Graham cracker	Trail mix [no pretzels or dried fruit for CDC]		WGR crackers	WGR soft pretzel
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole		Fluid Milk 1% or Whole		
Other								

*All hard foods must be cut to 1/4 inch for children under 18 months and to 1/2 inch for children 2-3 years of age. For children under 3 years of age replace menu item with the food in parenthesis. Foods will not be cut into rounds in CYS Facilities. Water available at meals/snacks and in classroom. Condiments are served as appropriate. WGR is whole grain rich. Menu subject to change. **Serve only unflavored whole milk to children age one. Serve only unflavored 1% or skim milk to children 2 years old and older. *** See menu notes for additional information or substitution options. ^See notes for restrictions for children under 18 months. ^^SAC only. Additional serving size information is located in the weekly notes.

This institution is an equal opportunity provider.

Week 1 Notes

^Fruit and cheese:

For children under 18 months, do not serve pineapple (regular or crushed), oranges (regular), grapes, or blueberries. For children under 18 months, cheese should be shredded or cut into pieces smaller than the maximum width of 1/4-inch.

Tuesday

- Trail mix
 1-2 years: 1/4 cup (no pretzels or dried fruit)
 3-5 years: 1/3 cup (no pretzels or dried fruit)
 6-18 years: 3/4 cup

Approved by: _____

Signature Date: _____

Menus approved for use through: _____

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Week of/Dates:

Week 2* Fall/Winter 18	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
Late PM Snack								
Fruit	1/2 c	1/2 c	3/4 c		Fruit^		Fruit^	Fruit^
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz			Cheese^		
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Graham Cracker	Trail mix [no pretzels or dried fruit for CDC]	WGR soft pretzel		WGR crackers
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole			Fluid Milk 1% or Whole	
Other								

* All hard foods must be cut to 1/4 inch for children under 18 months and to 1/2 inch for children 2-3 years of age. For children under 3 years of age replace menu item with the food in parenthesis. Foods will not be cut into rounds in CYS Facilities. Water available at meals/snacks and in classroom. Condiments are served as appropriate. WGR is whole grain rich. Menu subject to change. **Serve only unflavored whole milk to children age one. Serve only unflavored 1% or skim milk to children 2 years old and older. *** See menu notes for additional information or substitution options. ^See notes for restrictions for children under 18 months. ^^SAC only. Additional serving size information is located in the weekly notes.

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Week 2 Notes

^Fruit and cheese:

For children under 18 months, do not serve pineapple (regular or crushed), oranges (regular), grapes, or blueberries. For children under 18 months, cheese should be shredded or cut into pieces smaller than the maximum width of 1/4-inch.

- Trail mix
 1-2 years: 1/4 cup (no pretzels or dried fruit)
 3-5 years: 1/3 cup (no pretzels or dried fruit)
 6-18 years: 3/4 cup

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Week 3* Fall/Winter 18	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
Late PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Fruit^		Fruit^	Fruit^	
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz			Cheese^		Sliced turkey
Bread/ Grain	1/2 serving	1/2 serving	1 serving		WGR crackers		Graham crackers	WGR crackers
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole			
Other								

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 **Serve only unflavored whole milk to children age one. Serve only unflavored 1% or skim milk to children 2 years old and older. ^See notes for restrictions for children under 18 months. ^^SAC only. Additional serving size information is located in the weekly notes.

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Week 3 Notes

^Fruit and cheese:

For children under 18 months, do not serve pineapple (regular or crushed), oranges (regular), grapes, or blueberries. For children under 18 months, cheese should be shredded or cut into pieces smaller than the maximum width of 1/4-inch.

Friday

- Sliced turkey (lunchmeat)
 1-5 years: ¾ oz
 6-18 years: 1 ½ oz

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Week 4* Fall/Winter 18	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
Late PM Snack								
Fruit	1/2 c	1/2 c	3/4 c		Fruit^			Fruit^
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Cheese^			Sliced turkey	
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR pretzel	Trail mix [no pretzels or dried fruit for CDC]	Graham crackers	WGR crackers	
Fluid Milk**	1/2 c	1/2 c	1 c			Fluid Milk 1% or Whole		Fluid Milk 1% or Whole
Other								

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Week 4 Notes

^Fruit and cheese:

For children under 18 months, do not serve pineapple (regular or crushed), oranges (regular), grapes, or blueberries. For children under 18 months, cheese should be shredded or cut into pieces smaller than the maximum width of 1/4-inch.

Tuesday

- Trail mix
 1-2 years: 1/4 cup (no pretzels or dried fruit)
 3-5 years: 1/3 cup (no pretzels or dried fruit)
 6-18 years: 3/4 cup

Thursday

- Sliced turkey (lunchmeat)
 1-5 years: 3/4 oz
 3-5 years: 1 1/2 oz

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Week 5* Fall/Winter 18	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
Late PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Fruit^	Fruit^	Fruit^		
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Cheese			Graham crackers	Cheese
Bread/ Grain	1/2 serving	1/2 serving	1 serving			WGR crackers		WGR soft pretzel
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole		Fluid Milk 1% or Whole	
Other								

* All hard foods must be cut to 1/4 inch for children under 18 months and to 1/2 inch for children 2-3 years of age. For children under 3 years of age replace menu item with the food in parenthesis. Foods will not be cut into rounds in CYS Facilities. Water available at meals/snacks and in classroom. Condiments are served as appropriate. WGR is whole grain rich. Menu subject to change.
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Week 5 Notes

^Fruit and cheese:
 For children under 18 months, do not serve pineapple (regular or crushed), oranges (regular), grapes, or blueberries. For children under 18 months, cheese should be shredded or cut into pieces smaller than the maximum width of 1/4-inch.

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Signature Date: _____

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