Installation/Facility Week of/Dates: Week 1* Minimum Serving Size Per Age Fall/Winter 1-2 3-5 6-18 Monday Tuesday Wednesday Thursday Friday 18 Breakfast Fluid Milk** 1/2 c 3/4 cFluid Milk 1% or Whole Fluid Milk 1% or Whole 1 c Fruit/Veg 1/4 c 1/2 c 1/2 c Orange (Mandarin Pineapple (crushed Hash brown potatoes Strawberries Banana oranges) pineapple) Bread/ Grain 1/2 1/2 WGR corn puffs cereal WGR pumpkin muffin WGR English muffin 1 serving Oatmeal WGR toast serving serving KIX square Meat/ Other Scrambled eggs Yogurt Lunch Baked chicken Beef-vegetable stew*** Cheese pizza Turkey burger slider*** Pork lo Mein Pork*** Meat/ Alt 1 oz 1 1/2 oz 2 oz Chicken Beef Cheese Ground turkey/egg Bread/ Grain 1/2 1/2 WGR biscuit WGR pizza crust WGR roll 1 serving Brown rice WGR pasta serving serving Apple*** Fruit/Veg 1/8 c 1/4 c 1/4 c Winter squash Honeydew melon Peaches Carrots Spinach salad*** Vegetable 1/4 c 1/2 c Potato, carrots, peas*** 1/8 c Green beans Pinto beans Broccoli (sautéed spinach) in stew Fluid Milk** 1/2 c 3/4 c Fluid Milk 1% or Whole 1 c Other Lettuce, tomato PM Snack Fruit 1/2 c 1/2 c 3/4 c Pear Cantaloupe Orange (Mandarin oranges)

Tomato, cucumber

WGR bagel with cream

cheese

Creamy vegetable dip

Broccoli, cauliflower [steamed for CDC]

WGR crackers

Sesame dipping sauce

Graham crackers

Fluid Milk 1% or Whole

Sunbutter^^

Trail mix [no pretzels or

dried fruit for CDC]^

Fluid Milk 1% or Whole

Vegetable

Meat/ Alt

Bread/ Grain

Fluid Milk**

Other

1/2 c

1/2 oz

1/2

serving

1/2 c

1/2 c

1/2 oz

1/2

serving

1/2 c

3/4 c

1 oz

1 serving

1 c

Cheese

WGR soft pretzel

appropriate. WGR is whole grain rich. Menu subject to change. **Serve only unflavored whole r	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. $^{\circ}$ Cooking project. $^{\circ}$ SAC	Conly. Additional serving size information is located in the weekly notes and appendix.
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^{*}All hard foods must be cut to 1/4 inch for children under 2 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. For children under 18 months, see appendix for important information. 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 ontions. According project. AASAC only. Additional serving size information is located in the weekly notes and appendix

1-5 years: ½ cup 6-18 years: ½ cup 6-18 years: ½ cup 6-18 years: ½ cup 3-5 years: 3/4 cup 6-18 years: ½ cup 3-5 years: 3/4 cup 6-18 years: 1 cup ****Beef stew May serve vegetables separately ****Peas in beef stew For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of green beans. ****Apple For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for apples. ****Tomato 1-5 years: ½ cup 6-18 y	
Yogurt 1-5 years: ½ cup 6-18 years: ½ cup 6-18 years: ½ cup Beef stew: 1-5 3-5 years: 3/4 cup 6-18 years: 1 cup ***Peas in beef stew May serve vegetables separately ***Peas in beef stew For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of green beans. ***Apple For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for apples. Tomato 1-5 years: ½ cup 6-18 years: ½ cup	
1-5 years: ½ cup 6-18 years: ½ cup 6-18 years: ½ cup 6-18 years: ½ cup 3-5 years: 3/4 cup 6-18 years: ½ cup 3-5 years: 3/4 cup 6-18 years: 1 cup ****Beef stew May serve vegetables separately ****Peas in beef stew For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of green beans. ****Apple For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for apples. ****Tomato 1-5 years: ½ cup 6-18 y	continued
1-5 years: ½ cup 6-18 years: ½ cup 6-18 years: ½ cup 6-18 years: ½ cup 3-5 years: 3/4 cup 6-18 years: ½ cup 3-5 years: 3/4 cup 6-18 years: 1 cup ****Beef stew May serve vegetables separately ****Peas in beef stew For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of green beans. ****Apple For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for apples. ***Tomato 1-5 years: ½ cup 6-18 years: 1 Tisp 6-18 years: 1 Tisp 6-18 years: 1 Tisp 6-18 years: 1 Tisp 6-19 yea	occoli
6-18 years: ½ cup Beef stew: 1-2 years: ½ cup 3-5 years: 3/4 cup 6-18 years: 1 cup ***Beef stew May serve vegetables separately ****Peas in beef stew For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of green beans. ****Apple For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for apples. *Tomato 1-5 years: ½ cup 6-18 years: ½ Tbsp 6-18 years: 1 Tbsp 6-18 years: 1 Tbsp 6-18 years: 1 Tbsp 6-19 years: 1 Tbsp 7-19 years: 1 Tbsp 8-19 years: 1 T	years: ¼ cup
1-2 years: ½ cup 3-5 years: 3/4 cup 6-18 years: 1 cup • ***Beef stew May serve vegetables separately • ***Peas in beef stew For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of green beans. • ***Apple For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for apples. • Tomato 1-5 years: ½ cup 6-18 years: ½ cup 6-19 years: 1 ½ Tbsp	8 years: % cup
3-5 years: 3/4 cup 6-18 years: 1 cup ****Beef stew May serve vegetables separately ****Peas in beef stew For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of green beans. ****Apple For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for apples. * Tomato 1-5 years: ½ cup 6-18 years: ½ cup 6-18 years: ½ cup 6-18 years: ½ cup * Cucumber 1-5 years: ½ cup * Creamy vegetable dip 1-5 years: 1 Tbsp 6-18 years: 1 ½ Tbsp 6-19 years: 1 ½ Tbsp	uliflower
6-18 years: 1 cup ****Beef stew May serve vegetables separately ****Peas in beef stew For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of green beans. ****Apple For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for apples. * Tomato 1-5 years: ½ cup 6-18 years: ½ cup Cucumber 1-5 years: ½ cup Creamy vegetable dip 1-5 years: ½ cup Creamy vegetable dip 1-5 years: 1 15sp 6-18 years: 1 ½ Tbsp Creamy vegetable dip 1-5 years: 1 15sp 6-18 years: 1 ½ Tbsp 6-18 years: 1 ½ Tbsp 6-18 years: 1 ½ Tbsp 6-19 years: 1 ½ Tbsp	years: ¼ cup
****Beef stew May serve vegetables separately ****Peas in beef stew For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of green beans. ****Apple For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for apples. **Tomato 1-5 years: ¼ cup 6-18 years: ¼ cup **Cucumber 1-5 years: ½ cup **Creamy vegetable dip 1-5 years: ½ cup **Creamy vegetable dip 1-5 years: 1 Tbsp 6-18 years: 1 Tbsp 6-18 years: 1 Tbsp 6-18 years: 1 Tbsp 6-18 years: 1 Tbsp 6-19 years:	.8 years: ¾ cup
 ****Beef stew May serve vegetables separately ****Peas in beef stew For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of green beans. ****Apple For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for apples. * Tomato	
May serve vegetables separately ***Peas in beef stew For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of green beans. ***Apple For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for apples. *Tomato 1-5 years: ½ cup 6-18 years: ½ cup 6-18 years: ½ cup *Cucumber 1-5 years: ½ cup 6-18 years: ½ cup *Creamy vegetable dip 1-5 years: 1 Tbsp 6-18 years: 1 ½ Tbsp *** *Creamy vegetable dip 1-5 years: 1 Tbsp 6-18 years: 1 ½ Tbsp *** ** *Wednesday *Cheese pizza: 1-2 years: 1/2 piece 3-5 years: 1 piece *** ** ** ** ** ** ** ** **	same dipping sauce
***Peas in beef stew For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of green beans. ***Apple For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for apples. *Tomato 1-5 years: ¼ cup 6-18 years: ½ cup *Cucumber 1-5 years: ½ cup 6-18 years: ½ cup *Creamy vegetable dip 1-5 years: ½ Tbsp 6-18 years: 1 ½ Tbsp *Cheese pizza: 1-2 years: 1/2 piece 3-5 years: 1 piece *Tra 1-2 years: 1/2 piece 3-5 years: 1 piece *Tra 1-2 years: 1/2 piece 3-5 years: 1 piece	: 1 Tbsp
For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of green beans. 1-5 equal amount of green beans. 1-6 equal amount of green beans. 1-5 equal amount of equal amount	.8 years: 1 ½ Tbsp
equal amount of green beans. ***Apple For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for apples. **Tomato 1-5 years: ½ cup 6-18 years: ½ cup **Cucumber 1-5 years: ½ cup 6-18 years: ½ cup **Tomato 1-5 years: ½ cup **Tomato 1-5 years: ½ cup *** **Creamy vegetable dip 1-5 years: ½ tup *** **Creamy vegetable dip 1-5 years: 1 Tbsp 6-18 years: 1 ½ Tbsp 6-19 years: 1 ½ Tbsp	
***Apple For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for apples. • Tomato 1-5 years: ½ cup 6-18 years: ½ cup • Cucumber 1-5 years: ½ cup • Creamy vegetable dip 1-5 years: ½ Tbsp 6-18 years: 1 ½ Tbsp	ambled eggs
 ***Apple For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for apples. Ma Tomato 1-5 years: ½ cup 6-18 years: ½ cup 6-18 years: ½ cup 6-18 years: ½ cup Cucumber 1-5 years: ½ cup 6-18 years: ½ cup Creamy vegetable dip 1-5 years: 1 Tbsp 6-18 years: 1 ½ Tbsp 6-19 years: 1 ½ Tbsp 6-19	years: 2 Tbsp
For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for apples. • Tomato 1-5 years: ½ cup 6-18 years: ½ cup • Cucumber 1-5 years: ½ cup • Creamy vegetable dip 1-5 years: ½ Tbsp 6-18 years: 1 ½ Tbsp 6-18 years: 1 ½ Tbsp • Cheese pizza: 1-2 years: 1/2 piece 3-5 years: 1 piece	.8 years: 1/4 cup
■ Tomato ■ Tun 1-5 years: ¼ cup 6-18 years: ¼ cup ■ Cucumber 1-5 years: ½ cup ■ Creamy vegetable dip 1-5 years: ½ cup ■ Creamy vegetable dip 1-5 years: 1 Tbsp 6-18 years: 1 ½ Tbsp ■ Creamy vegetable dip 1-5 years: 1 ½ Tbsp 6-18 years: 1 ½ Tbsp 3-5 5-19 years: 1 ½ Tbsp ■ Cheese pizza: 1-2 years: 1/2 piece 3-5 years: 1 piece 3-5 years: 1 piece 3-5	
• Tomato	*Turkey burger slider
1-5 years: ¼ cup 6-18 years: ½ cup 6-18 years: ½ cup 6-18 years: ½ cup 7-5 years: ½ cup 6-18 years: ½ cup 7-7 years: 1 Tbsp 6-18 years: 1 ½ Tbsp 6-18 years: 1 ½ Tbsp 7-7 years: 1 ½ Tbsp 8-7 years: 1 ½ Tbsp 9-7 years: 1 ½ Tbsp 9-7 years: 1 ½ Tbsp	y serve with mayonnaise and mustard
1-5 years: ¼ cup 6-18 years: ½ cup 6-18 years: ½ cup 6-18 years: ½ cup 7-5 years: ½ cup 6-18 years: ½ cup 7-7 years: 1 Tbsp 6-18 years: 1 ½ Tbsp 6-18 years: 1 ½ Tbsp 7-7 years: 1 ½ Tbsp 8-7 years: 1 ½ Tbsp 9-7 years: 1 ½ Tbsp 9-7 years: 1 ½ Tbsp	rkey burger slider
6-18 years: ½ cup Cucumber 1-5 years: ½ cup Friday 6-18 years: ½ cup *** Creamy vegetable dip 1-5 years: 1 Tbsp 6-18 years: 1½ Tbsp 6-18 years: 1½ Tbsp Cheese pizza: 1-2 years: 1/2 piece 3-5 years: 1 piece 3-5	2 years: 1/2 slider
• Cucumber 1-5 years: ½ cup 6-18 years: ½ cup • Creamy vegetable dip 1-5 years: 1 Tbsp 6-18 years: 1 ½ Tbsp 6-18 years: 1 ½ Tbsp • Cheese pizza: 1-2 years: 1/2 piece 3-5 years: 1 piece • Cucumber Friday *** • Po 1-2 6-1 Wednesday • Tra 1-2 years: 1/2 piece 3-5 years: 1 piece 3-5	years: 1 slider
1-5 years: ¼ cup Friday 6-18 years: ½ cup *** • Creamy vegetable dip 1-5 years: 1 Tbsp 6-18 years: 1 ½ Tbsp 3-5 6-18 Wednesday • Cheese pizza: 1-2 years: 1/2 piece 3-5 years: 1 piece 3-5 years: 1 piece 3-5 years: 1 piece 3-5 years: 1 piece 3-6-18 years: ½ cup • Translation of the piece o	8 years: 1 slider
• Creamy vegetable dip 1-5 years: 1 Tbsp 6-18 years: 1 ½ Tbsp 6-18 years: 1 ½ Tbsp 3-5 6-18 Wednesday • Cheese pizza: 1-2 years: 1/2 piece 3-5 years: 1 piece 3-5 years: 1 piece • **	
● Creamy vegetable dip 1-5 years: 1 Tbsp 6-18 years: 1½ Tbsp ● Cheese pizza: 1-2 years: 1/2 piece 3-5 years: 1 piece ● Creamy vegetable dip 1-2 2 years: 1/2 piece 3-5 years: 1 piece ● Roo 1-2 3-5 3-5 3-5 3-5 3-5 3-5 3-5 3-5 3-5 3-5	
1-5 years: 1 Tbsp 6-18 years: 1 ½ Tbsp 6-18 years: 1 ½ Tbsp 6-18 years: 1 ½ Tbsp 6-18 years: 1 ½ Tbsp 6-18 years: 1 ½ Tbsp • Tra 1-2 years: 1/2 piece 3-5 years: 1 piece 3-5	*Pork: may substitute chicken for pork
1-5 years: 1 Tbsp 6-18 years: 1½ Tbsp 6-18 wednesday • Cheese pizza: 1-2 years: 1/2 piece 3-5 years: 1 piece 3-5	rk lo Mein
6-18 years: 1 ½ Tbsp 6-18 wednesday • Cheese pizza: 1-2 years: 1/2 piece 3-5 years: 1 piece 3-5 years: 1 piece 3-5 years: 1 piece	l years: ½ serving
Wednesday ● Cheese pizza: ● Transport 1-2 years: 1/2 piece 1-2 3-5 years: 1 piece 3-5	years: ¾ serving
Wednesday • Cheese pizza:	.8 years: 1 serving
1-2 years: 1/2 piece 1-2 3-5 years: 1 piece 3-5	
3-5 years: 1 piece	il mix
	2 years: 1/4 cup (no pretzels or dried fruit)
	5 years: 1/3 cup (no pretzels or dried fruit)
	L8 years: 3/4 cup
• ***Spinach salad	
May serve dressing on the side.	
a, salve di cooling on the side.	
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Installation/Facility	Week of/Dates:

ii istaliatioi /i	acility				VVECK OI/L	Jaies		
Week 2*	Minimum	n Serving Siz	ze Per Age					
Fall/Winter 18	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Strawberries	Applesauce	Orange (Mandarin oranges)	Pineapple (crushed pineapple)	Cantaloupe
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Toasted oat cereal	WGR English muffin	WGR bagel with cream cheese	WGR French toast bake	WGR corn puffs cereal KIX
Meat/ Other					Scrambled eggs	Yogurt		
Lunch				Meatloaf	Cajun baked fish	Roasted turkey	Lentil soup	Chicken Alfredo with a twist
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Ground beef	Fish	Turkey	Lentils	Chicken
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR roll	Brown rice	Quinoa pilaf***	WGR breadstick	WGR pasta
Fruit/Veg	1/8 c	1/4 c	1/4 c	Green beans	Pineapple (crushed pineapple)***	Beets	Pears	Carrots
Vegetable	1/8 c	1/4 c	1/2 c	Mashed potato	Black beans	Peas***	Tossed salad (green beans)	Broccoli
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other							Salad dressing	
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Peaches		Banana		Apple
Vegetable	1/2 c	1/2 c	3/4 c		Parmesan cauliflower & marinara sauce		Cucumbers, celery^^	
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Yogurt			Cheese	
Bread/ Grain	1/2 serving	1/2 serving	1 serving			Graham crackers	WGR crackers	WGR sweet potato plum muffin square
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole	Fluid Milk 1% or Whole		Fluid Milk 1% or Whole
Other				Granola^^		Sunbutter^^	Creamy vegetable dip	

^{*}All hard foods must be cut to 1/4 inch for children under 2 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. For children under 18 months, see appendix for important information. 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. ^Cooking project. ^^SAC only. Additional serving size information is located in the weekly notes and appendix.

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Installation/Facility	Week of/Dates:
Week 2 Notes	
Manday	Thursday
Monday • Meat loaf:	Thursday
	• Lentil soup:
1-2 years: 1/2 piece	1-2 years: 1/2 cup
3-5 years: 3/4 piece	3-5 years: 3/4 cup
6-18 years: 1 piece	6-18 years: 1 cup
Tuesday	• Cucumber
Scrambled eggs:	1-5 years: ½ cup
1-5 years: 2 Tbsp	6-18 years: 3/4 cup
6-18 years: 1/4 cup	0 10 years. /8 cap
0 10 years. 1/4 cap	• Celery
Cajun baked fish:	1-5 years: 0
1-2 years: 1/2 portion	6-18 years: % cup
3-5 years: 2/3 portion	0-10 years. /8 cup
6-18 years: 1 portion	Friday
6-18 years: 1 portion	
****	Chicken Alfredo with a twist
• ***Pineapple	1-2 years: 1/2 cup
May substitute kiwi for pineapple	3-5 years: 3/4 cup
	6-18 years: 1 cup
Parmesan cauliflower:	
1-5 years: 3/8 cup	
6-18 years: 1/2 cup	
Marinara sauce:	
1-5 years: 1/8 cup	
6-18 years: 1/4 cup	
0 10 years. 1/4 cap	
Wednesday	
• Yogurt	
1-5 years: ¼ cup	
6-18 years: ½ cup	
***Quinoa pilaf	
·	
May substitute bulgur for quinoa, see quinoa pilaf recipe	
Quinoa pilaf:	
1-5 years: ¼ cup	
6-18 years: ½ cup	
***Peas	
For children under 18 months old, puree, chop, or omit. If omitted replace with	
equal amount of green beans.	
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Installation/Fa	acility		Week of/D	ates:_
Week 3*	Minimum Serving Size Per Age			

Week 3*	Minimum	n Serving Siz	ze Per Age					
Fall/Winter 18	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Pears	Blueberries	Peaches	Orange (Mandarin oranges)	Pineapple (crushed pineapple)
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Oatmeal	WGR waffle	WGR bagel with cream cheese	WGR biscuit	WGR Rice Chex***
Meat/ Other					Pancake syrup (optional)	Yogurt	Ham	
Lunch				Sunshine egg bake	Spaghetti & meat sauce	Crispy baked chicken	Toasted cheese sandwich	BBQ pork slider
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Egg, ground turkey	Ground beef	Chicken	Cheese	Pork***
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR roll	WGR pasta	Brown rice	WGR bread	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Peaches	Green beans	Collard greens***	Banana	Coleslaw*** (broccoli)
Vegetable	1/8 c	1/4 c	1/2 c	Peas***	Tossed salad (carrots)	Pinto beans	Vegetable soup	Potato wedges
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other					Salad dressing			
PM Snack					WGR cinnamon nachos^			
Fruit	1/2 c	1/2 c	3/4 c		Banana & mangos***	Apple		Cantaloupe
Vegetable	1/2 c	1/2 c	3/4 c	Broccoli & cauliflower [steamed for CDC]			Carrots [steamed for CDC]	
Meat/ Alt	1/2 oz	1/2 oz	1 oz					
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR soft pretzel	WGR tortilla	Graham crackers	WGR pita bread	Trail mix [no pretzels or dried fruit for CDC]^
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole	Fluid Milk 1% or Whole		Fluid Milk 1% or Whole
Other				Creamy vegetable dip		Sunbutter^^	Hummus	

^{*}All hard foods must be cut to 1/4 inch for children under 2 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. For children under 18 months, see appendix for important information. 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. ^Cooking project. ^^SAC only. Additional serving size information is located in the weekly notes and appendix.

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Installation/Facility	Week of/Dates:
Week 3 Notes	
Monday	
Sunshine egg bake:	
1-2 years: 1/2 piece	Thursday
3-5 years: 3/4 piece	• Ham
6-18 years: 1 piece	1-5 years: ½ oz
	6-18 years: 1 oz
***Peas	
For children under 18 months, puree, chop, or omit. If omitted replace with equal	 Toasted cheese sandwich
amount of green beans.	1-2 years: ½ sandwich
	3-5 years: ¾ sandwich
Tuesday	6-18 years: 1 sandwich
Meat sauce:	·
1-2 years: 1/4 cup	Vegetable soup:
3-5 years: 3/8 cup	1-2 years: 1/4 cup
6-18 years: 1/2 cup	3-5 years: 1/2 cup
	6-18 years: 1 cup
WGR cinnamon nachos (with 6-inch tortilla)	Friday
1-2 years: 1/2 tortilla plus 1/2 c fruit	***WGR rice Chex
3-5 years: 1/2 tortilla plus 1/2 c fruit	May substitute WGR Life cereal for WGR Rice Chex
6-18 years: 1 tortilla plus 3/4 c fruit	may substitute to the series for the more show
o 10 feator 1 to thing place of the man	BBQ pork slider:
WGR cinnamon nachos (with 8-inch tortilla)	1-2 year olds: 1/2 sandwich
1-2 years: 1/3 tortilla plus 1/2 c fruit	3-18 year olds: 1 sandwich
3-5 years: 1/3 tortilla plus 1/2 c fruit	5 10 year olds. I sandwich
6-18 years: 2/3 tortilla plus 3/4 c fruit	*** Pork: may substitute pinto beans for roasted pork
	, , , , , , , , , , , , , , , , , , , ,
***Mangos	 ***Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 inch
May substitute peaches for mangos	
	Trail mix:
Wednesday	1-2 years: 1/4 cup (no pretzels or dried fruit)
Yogurt	3-5 years: 1/3 cup (no pretzels or dried fruit)
1-5 years: ¼ cup	6-18 years: 3/4 cup
6-18 years: ½ cup	, , ,
***Collard greens	
May substitute turnip greens, sautéed spinach, kale, or chard for collard greens	
Crispy baked chicken	
1-2 years: 1/2 serving	
3-5 years: 3/4 serving	
6-18 years: 1 serving	
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	Menus approved for use through:

Week 4*	Minimum	Serving Siz	e Per Age					
Fall/Winter 18	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Banana	Pineapple (crushed pineapple)	Orange (Mandarin oranges)	Peaches	Hash brown potatoes
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Toasted oat cereal	WGR English muffin	WGR corn puffs cereal KIX	WGR French toast bake	WGR toast
Meat/ Other					Yogurt			Scrambled eggs
Lunch				Lemon baked salmon cakes***	Cheesy rice casserole	Roasted pork	Enchilada casserole***	Baked chicken
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Salmon, egg	Cheese/egg	Pork***	Beef/cheese	Chicken
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR bread stick	Brown rice	WGR roll	WGR tortilla	WGR pasta
Fruit	1/8 c	1/4 c	1/4 c	Pears	Peaches	Beets	Cucumber	Applesauce***
Vegetable	1/8 c	1/4 c	1/2 c	Tossed salad (carrots)	Broccoli	Green beans	Black beans	Winter squash
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other				Salad dressing			Creamy vegetable dip	
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Honeydew melon		Banana	Pear	Orange (Mandarin oranges)
Vegetable	1/2 c	1/2 c	3/4 c		Potato wedges & marinara sauce			
Meat/ Alt	1/2 oz	1/2 oz	1 oz			Yogurt		Cheese
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Graham crackers			WGR carrot muffin***	WGR soft pretzel
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole		Fluid Milk 1% or Whole	
Other				Sunbutter^^		Granola^^		
hildren under 1 ppropriate. W	.8 months, s GR is whole :	ee appendix grain rich. M	for importan Ienu subject	t information. Foods will no to change. **Serve only ur stitution options. ^Cooking	hildren 2-3 years of age. Fo be be cut into rounds in CYS iflavored whole milk to child g project. ^^SAC only. Addi stitution is an equal oppo	Facilities. Water available a Iren age one. Serve only un tional serving size informati	t meals/snacks and in classr flavored 1% or skim milk to	room. Condiments are se children 2 years old and o
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Thiston by.					1 1 1 1 1 1		use through:	

Installation/Facility______ Week of/Dates:_____

Installation/Facility	Week of/Dates:
Week 4 Notes	
 ****Lemon baked salmon cakes: May substitute tuna for salmon Lemon baked salmon cakes: 1-2 years: 2/3 cake 3-5 years: 1 cake 6-18 years: 1 1/3 cake Tuesday Yogurt 1-5 years: ½ cup • Cheesy rice casserole: 1-2 years: ½ cup Cheesy rice casserole: 1-2 years: ½ cup 6-18 years: ½ cup Potato wedges: 1-5 years: ½ cup • Potato wedges: 1-5 years: ½ cup Marinara: 1-5 years: ½ cup • Marinara: 1-5 years: ½ cup Marinara: 1-5 years: ½ cup • Marinara: 1-5 years: ½ cup Marinara: 1-5 years: ½ cup 	 Tacos 1-2 years: 2 Tbsp + 2 tsp meat mixture + 1 Tbsp. shredded cheese + 1- 6"inch flour tortilla + no shredded lettuce + 2 tsp. of diced tomatoes + 1 tsp salsa (optional) 3-5 years: 1/4 cup meat mixture + 1 1/2 Tbsp shredded cheese + 1- 6"inch flour tortilla + 1/8 cup shredded lettuce + 2 tsp. of diced tomatoes + 1 tsp salsa (optiona 6-18 years: 1/3 cup meat mixture + 2 Tbsp. shredded cheese + + 2- 6"inch flour tortilla + 1/4 cup shredded lettuce + 4 tsp. of diced tomatoes + 2 tsp salsa (optiona 1-2 years: 2 tsp 3-18 years: 1 Tbsp ****WGR carrot muffins: two recipe options for WGR carrot muffin. One is with quinoa the other is without quinoa. Friday Scrambled eggs: 1-5 years: 2 Tbsp 6-18 years: 1/4 cup **** Applesauce: May substitute kiwi for applesauce
Wednesday ● ***Pork: may substitute pinto beans for roasted pork	
Thursday *** Enchilada casserole: may substitute tacos for enchilada casserole	
 Enchilada casserole: 1-2 years: ½ serving 3-5 years: ¾ serving 6-18 years: 1 serving 	
Approved by:	Signature Date:

Menus approved for use through:

nstallation/F	acility				Week of/I	Dates:		
	1							
Week 5*	Minimun	n Serving Siz	ze Per Age					
Fall/Winter 18	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast			•					Breakfast tacos
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Peaches	Apple	Pineapple (crushed pineapple)	Banana	Pears
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR bagel with cream cheese	WGR Rice Chex***	WGR waffle	Toasted oat cereal	WGR tortilla
Meat/ Other				Yogurt		Pancake syrup (optional)		Scrambled eggs
Lunch		•		Rice and beans	Chicken salad sandwich	Beef stroganoff	Roasted turkey	Lemon baked fish
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Pinto beans	Chicken	Beef	Turkey	Fish
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Brown rice	WGR bread	WGR pasta	Quinoa pilaf***	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Pears***	Orange (Mandarin oranges)	Applesauce	Collard greens***	Coleslaw*** (carrots)
Vegetable	1/8 c	1/4 c	1/2 c	Broccoli	Potato, corn and cauliflower soup (modified)***	Green beans	Winter squash***	Pinto beans
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other				WGR cornbread***				
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c				Strawberries	Cantaloupe
Vegetable	1/2 c	1/2 c	3/4 c	Cucumbers	Carrots [steamed for CDC]	Cinnamon sweet potato sticks		
Meat/ Alt	1/2 oz	1/2 oz	1 oz			Cheese	Yogurt	
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR crackers	WGR pita bread			Graham crackers
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole		Fluid Milk 1% or Whole		Fluid Milk 1% or Whole
Other				Creamy vegetable dip	Hummus		Granola^^	Sunbutter^^
hildren under : ppropriate. W ** See menu r	18 months, s GR is whole notes for add	see appendix grain rich. M	for importan Ienu subject	t information. Foods will no to change. **Serve only un	ot be cut into rounds in CYS Iflavored whole milk to child	Facilities. Water available a dren age one. Serve only un tional serving size informati	t meals/snacks and in class flavored 1% or skim milk to on is located in the weekly	
Approved by	:					Signature Date:		
						Menus approved for	use through:	

Yogurt 1-5 years: ½ cup 6-18 years: ½ cup 7-19 years: ½ cup 7-29 years: ½ cup 7-29 years: ½ cup 7-3 years: ½ cup 7-4 years: ½ cup 7-5 yea		Veek of/Dates:
Vedencyday Vogurt 1-y years: Youp 6-18		quai opportunity provider.
Nogurt 1-5 years: X-cup 6-18 years: M-cup 9-Pitto beans: 1-2 years: X-cup 3-5 years: S/R-cup 3-5 years: S/R-cup 3-5 years: S/R-cup 6-18 years: M-cup - ***Quinoa pilaf		
1-1 years: 3/8 cup 6-18 years: 3/8 cup 6-18 years: 3/4 cup 7-1 years: 1/4 cup 7-1 years: 1/4 cup 7-1 years: 1/4 cup 7-2 years: 1/4 cup 7-3 years: 1/4 cup 7-4 years: 1/4 cup 7-5 children under 18 months, puree soup, or use Shoepeg corn, or omit corn and replace with equal amount of potato 7-1 years: 1/4 cup 7-2 years: 1/4 cup 7-3 years: 1/4 cup 7-3 years: 1/4 cup 7-4 years: 1/4 cup 7-5 children under 18 months, puree soup, or use Shoepeg corn, or omit corn and replace with equal amount of potato 7-5 years: 1/4 cup 7-7 years: 1/4 cup 7-7 years: 1/4 cup 7-8 years: 1/4 cup 7-9 years: 1/4 cup	Monday	·
Pinto beans: 1-2 years: X cup 3-5 years: 3/8 cup 6-18 years: 1/8 cup 6-18 years: 3/8 cup 6-18 years: 1/8		
Pinto boans: 1-2 years: 3/4 cup 3-5 years: 3/6 cup 6-18 years: 1/2 cup ***Pears For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for pears ****WGR combread Preparation with non-whole grain corn meal is permitted, if whole grain (non-degermed) commeal is not available *****WGR Rike Chex May substitute WGR Life cereal for WGR Rice Chex *****Chicken salad sandwich: 1-2 years: 2 quarter pieces 3-5 years: 3 quarter pieces 3-5 years: 3 quarter pieces 6-18 years: 1 taco 6-18 years: 1 taco 6-18 years: 1 portion 6-18 years: 1 portion 6-18 years: 1/2 cup 6-18 years: 1 cup ****Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 years: 1/2 cup 6-18 yea		
Pinto beans: 1-2 years: 3 (8 cup 3-5 years: 3/8 cup 6-18 years: 5, cup ****Quinoa pilaf May substitute bulgur for quinoa, see quinoa pilaf recipe ***Quinoa pilaf May substitute bulgur for quinoa, see quinoa pilaf recipe **Quinoa pilaf 1-5 years: 1 cup 6-18 years: 1 cup 6-18 years: 1 cup ***Colard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard gree ***Collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard gree ***Collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard gree ***Collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard gree ***Collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard gree ***Collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard gree ***Collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard gree ***Collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard gree ***Collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard gree ***Collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard gree ***Collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard gree ***Collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens ***Collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens ***Collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens ***Collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens ***Collard	6-18 years: ½ cup	
1-2 years: 3/8 cup 3-5 years: 3/8 cup 6-18 years: 1/2 cup 6-18 yea		6-18 years: 3/4 cup
3-5 years: 3/R cup 6-18 years: 3/C cup ****Colinoa pilaf 6-18 years: 3/C cup ****Colinoa pilaf: 1-5 years: 3/C cup 6-18 years: 1 cup ***Colinoa pilaf: 1-5 years: 3/C cup 6-18 years: 3/C cup 6-18 years: 1 cup ****Colinoa pilaf: 1-5 years: 3/C cup 6-18 years: 3/C cup 6-18 years: 1 cup ****Colinoa pilaf: 1-5 years: 3/C cup 6-18 years: 3/C cup 6-18 years: 1 cup ****Colinoa pilaf: 1-5 years: 3/C cup 6-18 years: 3/C cup 6-18 years: 1 cup ****Colinoa pilaf: 1-5 years: 3/C cup 6-18 years: 3/C cup 6-18 years: 1 cup ****Colinoa pilaf: 1-5 years: 3/C cup 6-18 years: 3/C cup 6-18 years: 1 cup ****Colinoa pilaf: 1-5 years: 3/C cup 6-18 years: 3/C cup 6-18 years: 1 cup ****Colinoa pilaf: 1-5 years: 3/C cup 6-18 years: 3/C cup 6-18 years: 1 cup ****Colinoa pilaf: 1-5 years: 3/C cup 6-18 years: 3/C cup 6-18 years: 1 cup ****Colinoa pilaf: 1-5 years: 3/C cup 6-18 years: 3/C cup 6-18 years: 1 cup ****Colinoa pilaf: 1-5 years: 3/C cup 6-18 years: 1 cup *****Colland preens May substitute turnip greens, sautéed spinach, kale, or chard for collard gree ****Collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard gree ****Collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard gree ****Collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard gree ***Collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens May substitute turnip greens		
Pears For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for pears *WGR combread Preparation with non-whole grain corn meal is permitted, if whole grain (non-de germed) commeal is not available Tuesday ****WGR Rice Chex May substitute WGR Rice Chex Chicken salad sandwich: 1-2 years: 2 quarter pieces 3-5 years: 3 quarter pieces 6-18 years: 1 sandwich ****Potato, corn, and cauliflower soup: For children under 18 months, puree soup, or use Shoepeg corn, or omit corn and replace with equal amount of potato Potatos, corn, and cauliflower soup: 1-2 years: 1/2 cup 3-5 years: 1/2 cup 3-5 years: 1/2 cup 5-18 years: 1/2 cup 5-18 years: 1/2 cup Approved by: Signature Date:	·	·
***Pears For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for pears ***WGR combread Preparation with non-whole grain corn meal is permitted, if whole grain (non-degermed) commeal is not available ***WGR Rice Chex May substitute WGR Life cereal for WGR Rice Chex Chicken salad sandwich: 1-2 years: 2 quarter pieces 3-5 years: 3 quarter pieces 6-18 years: 1 sandwich ***Potato, corn, and cauliflower soup: For children under 18 months, purce soup, or use Shoepeg corn, or omit com and replace with equal amount of potato Potato, corn, and cauliflower soup: Potato, corn, and cauliflower soup: 1-2 years: 1/2 cup 3-5 years: 1/2 cup 3-18 years: 1/2 cup 3-19 years: 1/2		
****Pears For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for pears *****WGR combread Preparation with non-whole grain corn meal is permitted, if whole grain (non-degermed) commeal is not available ****WGR Rice Chex ****WGR Rice Chex May substitute WGR Life cereal for WGR Rice Chex ***Chicken salad sandwich: 1-2 years: 1 taco 3-5 years: 1 taco 3-5 years: 1 taco 3-5 years: 1 taco 3-5 years: 1/2 portion 3-5 years: 1/2 top 3-6 years: 1/2 cup 6-18 years: 1/2 cup 6-18 years: 1/2 cup 3-5 years: 1/2 cup 5-18 years: 1/2 cup 5-18 years: 1/2 cup 5-19	6-18 years: ½ cup	May substitute bulgur for quinoa, see quinoa pilaf recipe
For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for pears * ***WGR combread Preparation with non-whole grain corn meal is permitted, if whole grain (non-de germed) commeal is not available Tuesday * ***WGR Rice Chex May substitute WGR Life cereal for WGR Rice Chex * Chicken salad sandwich: 1-2 years: 2 quarter pieces 3-5 years: 3 quarter pieces 6-18 years: 1 sandwich * ***Potato, corn, and cauliflower soup: For children under 18 months, puree soup, or use Shoepeg corn, or omit corn and replace with equal amount of potato Potato, corn, and cauliflower soup: 1-2 years: 1/4 cup 3-5 years: 1/2 cup 6-18 years: 1 cup Signature Date: ***Collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard greens May substitute turnip greens, sautéed spinach, la leasure substitute substitute substitute substitute substitute substitute substitute sub		·
****Collard greens May substitute turnip greens, sautéed spinach, kale, or chard for collard gree Preparation with non-whole grain corn meal is permitted, if whole grain (non-de germed) cornmeal is not available Friday Tuesday ****WGR Rice Chex May substitute WGR Life cereal for WGR Rice Chex ***Chicken salad sandwich:		
****WGR combread Preparation with non-whole grain corn meal is permitted, if whole grain (non-de germed) commeal is not available ****WGR Rice Chex May substitute WGR Life cereal for WGR Rice Chex Chicken salad sandwich: 1-2 years: 2 quarter pieces 3-5 years: 3 quarter pieces 6-18 years: 1 sandwich ****Potato, corn, and cauliflower soup: For children under 18 months, puree soup, or use Shoepeg corn, or omit corn and replace with equal amount of potato Potato, corn, and cauliflower soup: 1-2 years: 1/2 cup 6-18 years: 1/2 cup 6-18 years: 1 cup Signature Date: Signature Date:		6-18 years: ½ cup
 ****WGR combread Preparation with non-whole grain corn meal is permitted, if whole grain (non-degermed) commeal is not available ***WGR Rice Chex May substitute WGR life cereal for WGR Rice Chex *Chicken salad sandwich: 1-2 years: 2 quarter pieces 3-5 years: 3 quarter pieces 6-18 years: 1 sandwich ****Potato, corn, and cauliflower soup: For children under 18 months, purce soup, or use Shoepeg corn, or omit corn and replace with equal amount of potato *Potato, corn, and cauliflower soup: 1-2 years: 1/4 cup 3-5 years: 1/2 cup 6-18 ye	peurs	 ***Collard greens
Preparation with non-whole grain corn meal is permitted, if whole grain (non-de germed) commeal is not available * ***WGR Rice Chex May substitute WGR Life cereal for WGR Rice Chex • Chicken salad sandwich: 1-2 years: 2 quarter pieces 3-5 years: 3 quarter pieces 6-18 years: 1 sandwich • ***Potato, corn, and cauliflower soup: For children under 18 months, puree soup, or use Shoepeg corn, or omit corn and replace with equal amount of potato • Potato, corn, and cauliflower soup: 1-2 years: 1/2 cup 6-18 years: 1 cup ****Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 years: 1/2 cup 6-18 years: 1/2 cup 6-18 years: 1 cup ****Signature Date: Signature Date:	***WGR cornbread	
ruesday * ***WGR Rice Chex May substitute WGR Life cereal for WGR Rice Chex * Chicken salad sandwich: 1-2 years: 2 quarter pieces 3-5 years: 3 quarter pieces 6-18 years: 1 sandwich * ***Potato, corn, and cauliflower soup: For children under 18 months, puree soup, or use Shoepeg corn, or omit corn and replace with equal amount of potato Potato, corn, and cauliflower soup: 1-2 years: 1/2 cup 3-5 years: 1/2 cup 6-18 years: 1 cup ****Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 for thildren the qual amount of potato ****Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 for thildren the qual amount of potato ****Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 for thildren the qual amount of potato ****Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 for thildren the qual amount of potato ****Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 for thildren the qual amount of potato ****Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 for thildren the qual amount of potato *****Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 for thildren the qual amount of potato *****Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 for the qual amount of potato ******Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 for the qual amount of potato) *******Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 for the qual amount of potato) **********Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 for the qual amount of potato) ***********************************	Preparation with non-whole grain corn meal is permitted, if whole grain (non-de	
WGR Rice Chex May substitute WGR Life cereal for WGR Rice Chex *Chicken salad sandwich: 1-2 years: 2 quarter pieces 3-5 years: 3 quarter pieces 3-5 years: 1 sandwich *Potato, corn, and cauliflower soup: For children under 18 months, puree soup, or use Shoepeg corn, or omit corn and replace with equal amount of potato Potato, corn, and cauliflower soup: 1-2 years: 1/4 cup 3-5 years: 1 cup Approved by: Signature Date: Signature Date:		Friday
 ****WGR Rice Chex May substitute WGR Life cereal for WGR Rice Chex Chicken salad sandwich:		Breakfast taco:
May substitute WGR Life cereal for WGR Rice Chex Chicken salad sandwich: 1-2 years: 2 quarter pieces 3-5 years: 3 quarter pieces 3-5 years: 1 sandwich **** Potato, corn, and cauliflower soup: For children under 18 months, puree soup, or use Shoepeg corn, or omit corn and replace with equal amount of potato Potato, corn, and cauliflower soup: 1-2 years: 1/2 cup 3-5 years: 1/2 cup 6-18 years: 1 cup Approved by:	Tuesday	1-2 years: 1 taco
 Chicken salad sandwich: 1-2 years: 2 quarter pieces 3-5 years: 3 quarter pieces 6-18 years: 1 sandwich **** Potato, corn, and cauliflower soup: For children under 18 months, puree soup, or use Shoepeg corn, or omit corn and replace with equal amount of potato Potato, corn, and cauliflower soup: 1-2 years: 1/4 cup 3-5 years: 1/2 cup 6-18 years: 1 cup ****Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 years: 1/2 top) Signature Date: Signature Date: ****Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 years: 1/2 top) ****Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 years: 1/2 top) ****Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 years: 1/2 top) ****Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 years: 1/2 years: 1/2 top) ****Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 years: 1/2 years: 1/2 top) *****Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 years: 1/2 years: 1/2 top) ******Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 years: 1/2 years: 1/2	***WGR Rice Chex	3-5 years: 1 taco
1-2 years: 2 quarter pieces 3-5 years: 3 quarter pieces 3-5 years: 1 sandwich **** Potato, corn, and cauliflower soup: For children under 18 months, puree soup, or use Shoepeg corn, or omit corn and replace with equal amount of potato Potato, corn, and cauliflower soup: 1-2 years: 1/2 portion 3-5 years: 2/3 portion 6-18 years: 1 portion ****Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 years: 1/2 years: 1/2 cup 6-18 years: 1/2 cup 6-18 years: 1 cup Signature Date:	May substitute WGR Life cereal for WGR Rice Chex	6-18 years: 1 taco
3-5 years: 3 quarter pieces 6-18 years: 1 sandwich *** Potato, corn, and cauliflower soup: For children under 18 months, puree soup, or use Shoepeg corn, or omit corn and replace with equal amount of potato Potato, corn, and cauliflower soup: 1-2 years: 1/4 cup 3-5 years: 1/2 cup 6-18 years: 1 cup Approved by: Signature Date:	Chicken salad sandwich:	Lemon baked fish:
6-18 years: 1 sandwich **** Potato, corn, and cauliflower soup: For children under 18 months, puree soup, or use Shoepeg corn, or omit corn and replace with equal amount of potato Potato, corn, and cauliflower soup: 1-2 years: 1/4 cup 3-5 years: 1/2 cup 6-18 years: 1 cup Approved by: Signature Date:	1-2 years: 2 quarter pieces	1-2 years: 1/2 portion
 **** Potato, corn, and cauliflower soup:	3-5 years: 3 quarter pieces	3-5 years: 2/3 portion
For children under 18 months, puree soup, or use Shoepeg corn, or omit corn and replace with equal amount of potato Potato, corn, and cauliflower soup: 1-2 years: 1/4 cup 3-5 years: 1/2 cup 6-18 years: 1 cup Approved by:	6-18 years: 1 sandwich	6-18 years: 1 portion
replace with equal amount of potato Potato, corn, and cauliflower soup: 1-2 years: 1/4 cup 3-5 years: 1/2 cup 6-18 years: 1 cup Approved by: Signature Date:	*** Potato, corn, and cauliflower soup:	 ***Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 i
Potato, corn, and cauliflower soup: 1-2 years: 1/4 cup 3-5 years: 1/2 cup 6-18 years: 1 cup Approved by: Signature Date:		
1-2 years: 1/4 cup 3-5 years: 1/2 cup 6-18 years: 1 cup Approved by: Signature Date:	replace with equal amount of potato	
3-5 years: 1/2 cup 6-18 years: 1 cup Approved by: Signature Date:	Potato, corn, and cauliflower soup:	
6-18 years: 1 cup Approved by: Signature Date:	1-2 years: 1/4 cup	
Approved by: Signature Date:		
	6-18 years: 1 cup	
	Approved by:	Signature Date:
	FF * ** */	

Installation/Facility	Week of/Dates:
Appendix: Unless noted otherwise in the menu to	emplate or weekly notes, serving sizes are as listed below.
	bread; ¼ cup of cooked breakfast cereal, cooked rice, cooked pasta or cooked grains; 4 saltine crackers; 1 whole graham ng of muffins squares, cornbread, or French toast bake; ½ of a 1-oz biscuit, roll, or soft pretzel; ½ of a mini-bagel; ¼ of a 2-oz z English muffin or pita.
	read; ½ cup of cooked breakfast cereal, cooked rice, cooked pasta or cooked grains; 8 saltine crackers, 2 whole graham ng of muffins squares, cornbread, or French toast bake; 1 1-oz biscuit, roll, or soft pretzel; 1 mini bagel, ½ of a 2-oz bagel; 1 muffin or pita.
The serving size for ready to eat break	fast cereal is ¼ cup for children ages 1-2; ⅓ cup for children ages 3-5; and ¾ cup for children ages 6-12.
Ounce equivalents for meats/ alternat	es: cooked meat and cheese, 1 oz = 1 oz; cooked beans/ peas, $\frac{1}{2}$ c = 1 oz; yogurt, 4 oz ($\frac{1}{2}$ c) = 1 oz,
For "other" foods that do not count as	a meal component, unless specified otherwise in the weekly notes, the serving size is below:
Hummus 1-5 years: 2 Tbsp 6-18 years: 3 Tbsp	Sunbutter 1-5 years: none 6-18 years: 1 Tbsp
Creamy vegetable dip 1-5 years: 1 ½ Tbsp 6-18 years: 2 Tbsp	Granola 1-5 years: 0 6-18 years: 2 Tbsp
Cream Cheese: Spread thin to prevent	choking hazard, about ½ tsp per ½ serving of bagel (i.e., ½ tsp on ½ of a mini-bagel or ¼ of a 2-oz bagel).
Pancake Syrup: 2 tsp per ½ waffle or ½	serving of pancake bake. No syrup on French toast bake.
Salad Dressing: ¾ tsp per ¼ cup salad o	or 1½ tsp per½ cup.
Margarine or butter: ½ tsp per ½ servi biscuits calculated, but may be used.	ng of toast, bagel, English muffin, brown bread, roll, and cornbread. ½ tsp per ¼ cup mashed potatoes. No spread on
Approved by:	Signature Date:
	Menus approved for use through:

Installation/Facility	Week of/Dates:
For children under 18 months, the following foods sh	ould be modified as noted or a substitution should be offered.
Apples: Offer applesauce.	
Blueberries: Should be chopped or pureed.	
Coleslaw: Should not be given to this age group. Offer	a substitution.
Corn: Puree, use Shoepeg corn, cream corn, or offer a	a substitution.
Cucumber: Should be served without skin	
Crushed pineapple: Should not be given to this age gr	oup. Offer a substitution.
Fish: Checked carefully for bones or tuna should be p	rovided.
Grapes: Even when cut into quarters, grapes should n	ot be given to this age group. Offer a substitution.
Peas: Should be chopped or pureed.	
Approved by:	Signature Date: Menus approved for use through: