

CDC/SAC Field Trip Meals 2018

Options 1-5*	Minimum Serving Size Per Age			Option 1	Option 2	Option 3	Option 4	Option 5
	1-2	3-5	6-18					
Appropriate Age Groups				3-18 years	6-18 years	3-18 years	1-18 years	1-18 years
Lunch				Turkey pita sandwich	Sunflower seed butter and jelly sandwich	Caesar chicken wrap^	Roast beef and cheddar sandwich	Cheese
Meat/ Alternate	1 oz	1 1/2 oz	2 oz	Turkey	Sunflower seed butter, yogurt	Chicken	Roast beef, cheese	Cheese
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR pita***	WGR bread	WGR tortilla	WGR bread	WGR crackers
Fruit	1/8 c	1/4 c	1/4 c	Orange	Banana	Pear***	Cantaloupe*** [banana for CDC]	Apple*** (applesauce)
Vegetable	1/8 c	1/4 c	1/2 c	Spinach	Cucumbers	Romaine lettuce	Broccoli salad***[use steamed broccoli for CDC]May substitute carrots and cucumbers for broccoli salad	Carrots [steamed for CDC]
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				Mustard, mayonnaise (optional)	Creamy vegetable dip***		Mustard, mayonnaise (optional)	Creamy vegetable dip***
						^Caesar chicken wrap for same day service only.		

*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. Hard foods will not be cut onto 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. ^Same day service only.

This institution is an equal opportunity provider.

Approved by: _____

Signature Date: _____

Menus approved for use through: _____

CDC/SAC Field Trip Meals 2018

Option 1

***May substitute WGR bread for WGR pita

Turkey pita sandwich

1-2 years: not for under 3.

3-5 years: 3 one-quarter pieces of sandwich

6-18 years: 1 full sandwich (2 semi-circular halves)

Option 2

***May substitute ranch dressing for creamy vegetable dip

Sunflower seed butter and jelly sandwich

1-5 years: not for under 6

6-18 years: 1 sandwich + ½ cup of yogurt

Option 3

***Caesar chicken wrap for same day service only

***May substitute applesauce for pears

Caesar chicken wrap

1-2 years: not for under 3.

3-5 years: 1 wrap

6-18 years: 1 wrap

Option 4

*** May substitute peaches for cantaloupe

*** May substitute broccoli with vegetable dip for broccoli salad

*** May substitute carrots and cucumbers for broccoli salad

*** For under 6 years, steam broccoli

Roast beef and cheddar sandwich

1-2 years: 2 one-quarter pieces of sandwich

3-5 years: 3 one-quarter pieces of sandwich

6-18 years: 1 sandwich

Option 5

***May substitute applesauce for apples

*** For under 6 years, steam carrots

***May substitute ranch dressing for creamy vegetable dip

Cheese

1-2 years: 1 oz cheese.

3-5 years: 1 1/2 oz cheese

6-18 years: 2 oz cheese

For all options

Creamy vegetable dip

1-5 years: 1 Tbsp

6-18 years: 1 ½ Tbsp

Mustard

1-2 years: 1/4 tsp

3-5 years: 3/8 tsp

6-18 years: ½ tsp

Mayonnaise

1-2 years: ½ tsp

3-5 years: ¾ tsp

6-18 years: 1 tsp

Approved by: _____

Signature Date: _____

Menus approved for use through: _____

CDC/SAC Field Trip Meals 2018

Options 6-10*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Option 6	Option 7	Option 8	Option 9	Option 10
Appropriate Age Groups				3-18 years	1-18 years	1-18 years	1-18 years	1-18 years
Lunch				Tuna salad pita sandwich	Ham and cheese sandwich	Hummus & cheese	Turkey sandwich	Chicken salad sandwich
Meat/Alternate	1 oz	1 1/2 oz	2 oz	Tuna	Ham, cheese	Hummus, cheese	Turkey	Chicken salad
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR pita***	WGR bread	WGR pita	WGR bread	WGR bread
Fruit	1/8 c	1/4 c	1/4 c	Orange	Apple***(applesauce)	Honeydew melon*** [banana for CDC]	Pear***(applesauce)	Orange (mandarin oranges)
Vegetable	1/8 c	1/4 c	1/2 c	Romaine lettuce [pack separate, add to sandwich at meal time]	Cucumbers (steamed broccoli)	Carrots [steamed for CDC]	Broccoli salad***[use steamed broccoli for CDC]may substitute carrots and cucumbers for broccoli salad	Cucumbers (steamed carrots)
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					Creamy vegetable dip*** & mustard, mayonnaise (optional)	Creamy vegetable dip***	Mustard, mayonnaise (optional)	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. Hard foods will not be cut onto 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. ^Same day service only.

This institution is an equal opportunity provider.

Approved by: _____

Signature Date: _____

Menus approved for use through: _____

CDC/SAC Field Trip Meals 2018

Option 6

***May substitute WGR bread for WGR pita

Tuna salad pita sandwich

1-2 years: not for under 3.

3-5 years: 3 one-quarter pieces of sandwich

6-18 years: 1 full sandwich (2 semi-circular halves)

Option 7

***May substitute applesauce for apples

***May substitute ranch dressing for creamy vegetable dip

Ham and cheese sandwich

1-2 years: 2 one-quarter pieces of sandwich

3-5 years: 3 one-quarter pieces of sandwich

6-18 years: 1 sandwich

Option 8

*** May substitute banana for honeydew melon

***May substitute ranch dressing for creamy vegetable dip

Hummus & cheese

1-2 years: 1 Tbsp hummus + 1 oz cheese

3-5 years: 3 Tbsp hummus + 1 oz cheese

6-18 years: 6 Tbsp hummus + 1 oz cheese

Option 9

*** May substitute applesauce for pears.

*** May substitute broccoli with vegetable dip for broccoli salad

***May substitute carrots and cucumbers for broccoli salad

*** For under 6 years, steam broccoli

Turkey sandwich

1-2 years: 2 one-quarter pieces of sandwich

3-5 years: 3 one-quarter pieces of sandwich

6-18 years: 1 sandwich

Option 10

***May substitute ranch dressing for creamy vegetable dip

Chicken salad sandwich

1-2 years: 2 one-quarter pieces of sandwich

3-5 years: 3 one-quarter pieces of sandwich

6-18 years: 1 sandwich

For all options

Creamy vegetable dip

1-5 years: 1 Tbsp

6-18 years: 1 ½ Tbsp

Mustard

1-2 years: 1/4 tsp

3-5 years: 3/8 tsp

6-18 years: ½ tsp

Mayonnaise

1-2 years: ½ tsp

3-5 years: ¾ tsp

6-18 years: 1 tsp

Approved by: _____

Signature Date: _____

Menus approved for use through: _____