Installation/Facility	•	Week of/Dates:

Week 1*	Minimum Serving Size Per Age							
Fall/Winter 18	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
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								

<sup>\*</sup>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.

### 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:

Installation/Facility	1	Week of/Dates:

Week 2*	Minimum	n Serving Siz	e Per Age					
Fall/Winter 18	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
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								

<sup>\*</sup> 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.

#### 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

Approved by:	Signature Date:
	Menus approved for use through:

Installation/F	acility				Week of/D	Dates:		
Week 3*	Minimur	n Serving Si	ze Per Age					
Fall/Winter 18	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
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								
Week 3 Notes  ^Fruit and che For children u cut into pieces	eese: nder 18 ma				d), oranges (regular), graț	pes, or blueberries. For	children under 18 month:	s, cheese should be shredded or
1-5 y	d turkey (lu rears: ¾ oz years: 1 ½							
Approved by	r:				<del></del>			
						Menus approved for	r use through:	

Installation/Facility
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Week 4*	Minimum Serving Size Per Age							
Fall/Winter 18	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
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								

Week of/Dates:

This institution is an equal opportunity provider.

#### 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: ¾ oz 3-5 years: 1 ½ oz

Approved by:	Signature Date:
	Menus approved for use through:

<sup>\*</sup> 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.

<sup>\*\*</sup>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.

Installation/F	acility				Week of/D	ates:		<del></del>	
Week 5*	5* Minimum Serving Size Per Age								
Fall/Winter 18	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday	
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									
**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.  This institution is an equal opportunity provider.  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.									
Approved by									

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.					
This institution is an equal opportunity provider.						
Approved by:	Signature Date:					
	Menus approved for use through:					

<sup>\*</sup>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 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
<ul> <li>****Beef stew May serve vegetables separately</li> <li>****Peas in beef stew For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of green beans.</li> <li>****Apple For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for apples.</li> <li>* Tomato</li></ul>	
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: ½ Tbsp 3-5 6-18 years: 1 ½ Tbsp	: 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  **Creamy vegetable dip 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	
***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
<ul> <li>***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</li></ul>	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 8-18 years: ½ cup 8-18 years: ½ cup 9-15 years: 1 Tbsp 6-18 years: 1 ½ Tbsp 1-2 6-18 years: 1 ½ Tbsp 9-15 years: 1 ½ Tbsp 1-2 3-5 years: 1/2 piece 3-5 years: 1	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 8-18 years: ½ cup 8-18 years: ½ cup 9-15 years: 1 Tbsp 6-18 years: 1 ½ Tbsp 1-2 6-18 years: 1 ½ Tbsp 9-15 years: 1 ½ Tbsp 1-2 3-5 years: 1/2 piece 3-5 years: 1	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.	
Approved by: Signa	ature Date:

Menus approved for use through:

Installation/Facility	Week of/Dates:

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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	

<sup>\*</sup>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.

Approved by:	Signature Date:
	Menus approved for use through:

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: ¾ 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.					
Approved by:	Signature Date:				
	Menus approved for use through:				

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		l		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	

<sup>\*</sup>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.

Approved by:	Signature Date:
	Menus approved for use through:

Installation/Facility	Week of/Dates:
Week 3 Notes	<del></del>
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	<ul> <li>Toasted cheese sandwich</li> </ul>
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 mate	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	<ul> <li>***Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 inch</li> </ul>
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	
Approved by:	Signature Date:
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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	
<ul> <li>****Lemon baked salmon cakes: May substitute tuna for salmon</li> <li>Lemon baked salmon cakes: 1-2 years: 2/3 cake 3-5 years: 1 cake 6-18 years: 1 1/3 cake</li> </ul> Tuesday <ul> <li>Yogurt</li> <li>1-5 years: ½ cup</li> </ul> • Cheesy rice casserole: 1-2 years: ½ cup <ul> <li>Cheesy rice casserole:</li> <li>1-2 years: ½ cup</li> </ul> 6-18 years: ½ cup <ul> <li>Potato wedges:</li> <li>1-5 years: ½ cup</li> </ul> • Potato wedges: 1-5 years: ½ cup <ul> <li>Marinara:</li> <li>1-5 years: ½ cup</li> </ul> • Marinara: 1-5 years: ½ cup <ul> <li>Marinara:</li> <li>1-5 years: ½ cup</li> </ul> • Marinara: 1-5 years: ½ cup <ul> <li>Marinara:</li> <li>1-5 years: ½ cup</li> </ul>	<ul> <li>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</li> <li>****WGR carrot muffins: two recipe options for WGR carrot muffin. One is with quinoa the other is without quinoa.</li> <li>Friday</li> <li>Scrambled eggs: 1-5 years: 2 Tbsp 6-18 years: 1/4 cup</li> <li>**** Applesauce: May substitute kiwi for applesauce</li> </ul>
Wednesday  ● ***Pork: may substitute pinto beans for roasted pork	
Thursday  *** Enchilada casserole: may substitute tacos for enchilada casserole	
<ul> <li>Enchilada casserole:</li> <li>1-2 years: ½ serving</li> <li>3-5 years: ¾ serving</li> <li>6-18 years: 1 serving</li> </ul>	
Approved by:	Signature Date:

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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	:				<del></del>	Signature Date:		
						Menus approved for	use through:	

	Week of/Dates:
Veek 5 Notes	equal opportunity provider.
<i>f</i> londay	Wednesday
Yogurt	Beef stroganoff:
1-5 years: ¼ cup	1-2 years: 3/8 cup
6-18 years: ½ cup	3-5 years: 5/8 cup
	6-18 years: 3/4 cup
Pinto beans:	
1-2 years: ¼ cup	Thursday
3-5 years: 3/8 cup	***Quinoa pilaf
6-18 years: ½ cup	May substitute bulgur for quinoa, see quinoa pilaf recipe
	Quinoa pilaf:
• ***Pears	1-5 years: ¼ cup
For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for pears	6-18 years: ½ cup
peurs	***Collard greens
***WGR cornbread	May substitute turnip greens, sautéed spinach, kale, or chard for collard greer
Preparation with non-whole grain corn meal is permitted, if whole grain (non-de	may casettate tamp 6. cond) cauteca opinating mate, or ordina a 6. con
germed) cornmeal is not available	Friday
0 /	Breakfast taco:
uesday	1-2 years: 1 taco
***WGR Rice Chex	3-5 years: 1 taco
May substitute WGR Life cereal for WGR Rice Chex	6-18 years: 1 taco
Chicken salad sandwich:	Lemon baked fish:
1-2 years: 2 quarter pieces	1-2 years: 1/2 portion
3-5 years: 3 quarter pieces	3-5 years: 2/3 portion
6-18 years: 1 sandwich	6-18 years: 1 portion
*** Potato, corn, and cauliflower soup:	• ***Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 i
For children under 18 months, puree soup, or use Shoepeg corn, or omit corn and replace with equal amount of potato	
<ul> <li>Potato, corn, and cauliflower soup:</li> </ul>	
1-2 years: 1/4 cup	
3-5 years: 1/2 cup	
6-18 years: 1 cup	
Approved by:	Signature Date:
	Menus approved for use through:

Installation/Facility	Week of/Dates:
<b>Appendix:</b> 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 c	or 1 ½ tsp per ½ cup.
Margarine or butter: $\frac{1}{2}$ tsp per $\frac{1}{2}$ 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:

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Week 1	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	6-8 fl oz Breast milk or IF infant formula     0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz	Breast milk or IF infant formula IF infant cereal or meat/meat alternate	Breast milk or IF infant formula IF infant cereal or Yogurt (m)	Breast milk or IF infant formula IF infant cereal or meat/meat alternate	Breast milk or IF infant formula IF infant cereal or Scrambled egg (m)	Breast milk or IF infant formula IF infant cereal or meat/meat alternate
Bre	cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*  • 0-2 TBSP Fruit/Vegetable	Mandarin oranges* (m) or infant vegetable/fruit	Infant vegetable/fruit	Infant vegetable/fruit	Mashed potatoes (m) or infant vegetable/fruit	Banana (m) or infant vegetable/fruit
	6-8 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
Lunch	0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese;	IF infant cereal  Chicken* (m) or  infant meat	IF infant cereal  Pureed beef-vegetable  stew* (m) or  infant meat	IF infant cereal  Cheese* (m) or infant  meat	IF infant cereal  Ground turkey* (m) or infant meat	IF infant cereal  Pork* (m) or infant meat
	or 0-4 oz yogurt; <b>or</b> a combination*  • 0-2 TBSP Fruit/Vegetable	Winter squash* (m), green beans (m) or infant vegetable/fruit	Applesauce (m) or infant vegetable/fruit	Infant vegetable/fruit	Peaches (m), pinto beans (m) or infant vegetable/fruit	Steamed carrots* (m), steamed broccoli* (m), or infant vegetable/fruit
	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
Snack	0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready- to-eat cereal*	Toasted oat cereal (m) or IF infant cereal	WGR crackers* (m) or IF infant cereal	WGR crackers* (m) or IF infant cereal	Graham crackers* (m) or IF infant cereal	WGR corn puffs cereal, KIX (m) or IF infant cereal
	0-2 tbsp vegetable, fruit or both*	Pears* (m) or infant vegetable/fruit	Infant vegetable/fruit	Steamed broccoli* (m) or infant vegetable/fruit	Infant vegetable/fruit	Mandarin oranges* (m) or infant vegetable/fruit
Snack	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula

CYS Fall 2018 Cycle Infa	nt 6-11 months
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Week 2	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul> <li>6-8 fl oz Breast milk or IF infant formula</li> <li>0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz</li> </ul>	Breast milk or IF infant formula IF infant cereal or meat/meat alternate	Breast milk or IF infant formula IF infant cereal or Scrambled egg (m)	Breast milk or IF infant formula IF infant cereal or Yogurt (m)	Breast milk or IF infant formula IF infant cereal or meat/meat alternate	Breast milk or IF infant formula IF infant cereal or meat/meat alternate
ā	(volume) cottage cheese; or 0-4 oz yogurt; <b>or</b> a combination* • 0-2 TBSP Fruit/Vegetable	Infant vegetable/fruit	Applesauce (m) or infant vegetable/fruit	Mandarin oranges* (m) or infant vegetable/fruit	Infant vegetable/fruit	Infant vegetable/fruit
	6-8 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
Lunch	0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz	IF infant cereal  Ground beef* (m) or  infant meat	IF infant cereal  Tuna* (m) or  infant meat	IF infant cereal  Turkey* (m) or  infant meat	IF infant cereal Infant meat	IF infant cereal  Chicken* (m) or  infant meat
נ	cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*  • 0-2 TBSP Fruit/Vegetable	Green beans (m), mashed potatoes (m) or infant vegetable/fruit	Black beans* (m) or infant vegetable/fruit	Peas* (m), or infant vegetable/fruit	Pears* (m), green beans (m) or infant vegetable/fruit	Steamed carrots* (m), steamed broccoli* (m) or infant vegetable/fruit
	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
Snack	0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or readyto-eat cereal*      0-2 tbsp vegetable, fruit	WGR crackers* (m) or IF infant cereal Peaches (m) or infant	Toasted oat cereal (m) or IF infant cereal	Graham cracker* (m) or IF infant cereal Banana (m) or infant	WGR crackers* (m) or IF infant cereal	WGR corn puffs cereal (m) or IF infant cereal
	or both*	vegetable/fruit	Steamed cauliflower* (m), or infant veg/fruit	vegetable/fruit	Infant vegetable/fruit	Applesauce (m) infant vegetable/fruit
Snack	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. \*See Appendix for important preparation instructions.

This institution is an equal opportunity provider

CYS Fall 2018 Cycle Infa	nt 6-11 months
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Approved by:	Date:	Menu Dates:
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Week 3	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	6-8 fl oz Breast milk or IF infant formula     0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*     0-2 TBSP Fruit/Vegetable	Breast milk or IF infant formula  IF infant cereal or meat/meat alternate  Pears* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or meat/meat alternate  Infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or Yogurt (m)  Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or Ham* (m)  Mandarin oranges* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or meat/meat alternate Infant vegetable/fruit
Lunch	6-8 fl oz Breast milk or IF infant formula     0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*     0-2 TBSP Fruit/Vegetable	Breast milk or IF infant formula  IF infant cereal  Scrambled egg (m) or infant meat  Peas* (m), peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Ground beef* (m) or infant meat  Steamed carrots* (m), green beans (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Chicken* (without breading) (m) or infant meat  Pinto beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Cheese* (m) or infant meat  Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Pork* (without barbeque sauce) (m) or infant meat  Steamed broccoli* (m), mashed potatoes (m) or infant vegetable/fruit
Snack	<ul> <li>2-4 fl oz Breast milk or IF infant formula</li> <li>0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or readyto-eat cereal*</li> <li>0-2 tbsp vegetable, fruit or both*</li> </ul>	Breast milk or IF infant formula  WGR crackers* (m) or IF infant cereal  Steamed cauliflower* (m), steamed broccoli* (m), or infant vegetable/fruit	Breast milk or IF infant formula  WGR corn puffs cereal (m) or IF infant cereal  Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula  Graham crackers* (m) or IF infant cereal  Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR crackers* (m) or IF infant cereal  Steamed carrots* (m) or or infant vegetable/fruit	Breast milk or IF infant formula  Toasted oat cereal (m) or IF infant cereal  Infant vegetable/fruit
Snack	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. \*See Appendix for important preparation instructions.

CYS Fall 2018 Cycle Infa	nt 6-11 months
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A managed and last	Data:	Manu Datasi
Approved by:	Date:	Menu Dates:
, ippi o ved by:	Batc:	Wiena Bates:

Week 4	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	6-8 fl oz Breast milk or IF infant formula     0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*     0-2 TBSP Fruit/Vegetable	Breast milk or IF infant formula  IF infant cereal or meat /meat alternate  Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  or  Yogurt (m)  Infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or meat/meat alternate  Mandarin oranges*(m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or meat/meat alternate  Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal or Scrambled egg (m)  Mashed potatoes (m) or infant vegetable/fruit
Lunch	6-8 fl oz Breast milk or IF infant formula     0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*     0-2 TBSP Fruit/Vegetable	Breast milk or IF infant formula  IF infant cereal  Tuna* (m) or infant meat  Steamed carrots* (m), Pears* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Scrambled egg (m) or infant meat  Peaches (m), steamed broccoli*(m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Pork* (m) or infant meat  Green beans (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Ground beef* (m) or infant meat  Black beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Chicken* (m) or infant meat  Applesauce (m), winter squash* (m) or infant vegetable/fruit
Snack	<ul> <li>2-4 fl oz Breast milk or IF infant formula</li> <li>0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or readyto-eat cereal*</li> <li>0-2 tbsp vegetable, fruit or both*</li> </ul>	Breast milk or IF infant formula  Graham crackers* (m) or IF infant cereal  Infant vegetable/fruit	Breast milk or IF infant formula  WGR crackers* (m) or IF infant cereal  Mashed potatoes (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR corn puffs cereal (m) or IF infant cereal  Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR crackers* (m) or IF infant cereal  Pears* (m) or infant vegetable/fruit	Breast milk or IF infant formula  Toasted oat cereal (m) or IF infant cereal  Mandarin oranges* (m) or infant vegetable/fruit
Snack	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula

CYS Fall	2018 C	ycle Infa	nt 6-11	months
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A managed and last	Data:	Manu Datasi
Approved by:	Date:	Menu Dates:
, ippi o ved by:	Batc:	Wiena Bates:

Week 5	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	6-8 fl oz Breast milk or IF infant formula     0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*     0-2 TBSP Fruit/Vegetable	Breast milk or IF infant formula  IF infant cereal  or  Yogurt (m)  Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or meat/meat alternate Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or meat/meat alternate infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or meat/meat alternate Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal or Scrambled egg (m) Pears* (m) or infant vegetable/fruit
Lunch	<ul> <li>6-8 fl oz Breast milk or IF infant formula</li> <li>0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination*</li> <li>0-2 TBSP Fruit/Vegetable</li> </ul>	Breast milk or IF infant formula  IF infant cereal  Pinto beans* (m) or infant meat  Steamed broccoli*(m), pears* (m), or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Chicken* (m) or infant meat  Mandarin oranges* (m) steamed cauliflower* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Ground beef* (m) or infant meat  Green beans (m) applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Turkey* (m) or infant meat  Winter squash* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Tuna* (m) or infant meat  Pinto beans* (m), carrots* (m) or infant vegetable/fruit
Snack	<ul> <li>2-4 fl oz Breast milk or IF infant formula</li> <li>0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or readyto-eat cereal*</li> <li>0-2 tbsp vegetable, fruit or both*</li> </ul>	Breast milk or IF infant formula  WGR crackers* (m) or IF infant cereal  Infant vegetable/fruit	Breast milk or IF infant formula  Toasted oat cereal (m) or IF infant cereal  Steamed carrots* (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR crackers* (m) or IF infant cereal  Sweet potatoes* (m) or Infant vegetable/fruit	Breast milk or IF infant formula  WGR corn puffs cereal (m) or IF infant cereal  Infant vegetable/fruit	Breast milk or IF infant formula  Graham crackers* (m) or IF infant cereal  Infant vegetable/fruit
Snack	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. \*See Appendix for important preparation instructions.

This institution is an equal opportunity provider

CYS Fall 2018 Cycle Infant 6-11 months
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Approved by:	Date:	Menu Dates:
(pp: 0 v c a b y :		Wicha Bates.

## **APPENDIX**

Beef stew: blend until lumps are no larger than 1/8-inch.

Black beans: chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate.

Broccoli: only the floret portion should be served to infants.

Carrots: cook to the point where they can be easily mashed with a fork and chop into pieces smaller than the maximum width of 1/8-inch

Cauliflower: only the floret portion should be served to infants.

Cheese should be shredded or cut into pieces smaller than the maximum width of 1/8-inch.

Chicken: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Graham crackers must not contain honey.

Ground beef: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Ground turkey: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Ham: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Mandarin oranges must be canned.

Pears should be canned or ripened to the point where they can be easily mashed with a fork.

Peas: chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate.

Pinto beans should be chopped into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate.

Pork: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Sweet potatoes: cook to the point where they can be easily mashed with a fork and chop into pieces smaller than the maximum width of 1/8-inch

Tuna: chop and add a small amount of water to prevent serving overly dry tuna, which would be difficult for the infant to swallow.

Turkey: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

WGR crackers should easily dissolve in the mouth. They must not be brittle and hard.

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. \*See Appendix for important preparation instructions.

CYS Fall 2018 Cycle Infant 6-11 months	Approved by:	Date:	Menu Dates:
Ninter squash: cook to the point where they ca	an be easily mashed with a fork and ch	op into pieces smaller than the ma	ximum width of 1/8-inch

Week 1	Minimum Serving	g Size Per Age					
Fall/ Cold YC 18		6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack					Cheese Pizza	Turkey or Veggie Burger	Cereal Bar
Fruit		3/4 c	Pear				Banana
Vegetable		3/4 c		Sliced tomato, cucumber	Tossed salad	Lettuce, tomato, onion, pickles	
Meat/ Alternate		1 oz	Cheese		Cheese	Turkey or veggie burger	
Bread/ Grain		1 serving	WGR soft pretzel	WGR bagel	WGR pizza crust	WGR roll	Choice of WGR cerea
Fluid Milk*		1 c					Milk
Other				Cream cheese, creamy vegetable dip	Salad dressing	Ketchup, mustard, mayonnaise	
				is whole grain rich. Menu sub Prequirements for sugar limit		ly 1% or skim milk. *** See	menu notes for additional
Approved by:				Signature Date:_			
				Approved for use	through:		

Garrison/Facility:				Week of:			
Week 2 Fall/Cold YC 18	Minimum Serving S	ize Per Age					
		6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack			Yogurt Parfait	Burritos		Chili	
Fruit		3/4 c	Peaches or berries		Fresh fruit		Apple
Vegetable		3/4 c		Shredded lettuce, tomatoes, salsa		Celery, carrot sticks + beans and tomato in chili	
Meat/ Alternate		1 oz	Yogurt	Cheese, black beans		Beef, cheese	
Bread/ Grain		1 serving	Granola or graham crackers	WGR tortilla	WGR bagels	WGR crackers	WGR sweet potato
Fluid Milk*		1 c			Milk		Milk
Other				Sour cream	Cream cheese		
				s whole grain rich. Menu sub requirements for sugar limit		nly 1% or skim milk. *** See r	nenu notes for additiona
Approved by:				Signature Date:			
				Annroyed for use	through:		

Week 3	Minimum Servin	g Size Per Age					
Fall/Cold YC 18		6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack				Taco bar	Yogurt parfait		BBQ pork slider or ham sandwich
Fruit		3/4 c			Strawberries or bananas		
Vegetable		3/4 c	Vegetable tray broccoli, cauliflower, carrots, etc.	Beans, lettuce, tomatoes		Carrots and celery	Potato wedges or coleslaw
Meat/ Alternate		1 oz	Cheese	Beef, shredded cheese	Yogurt	Hummus	BBQ pork or ham
Bread/ Grain		1 serving	WGR soft pretzel	WGR tortilla (corn or flour)	Granola or graham crackers	WGR pita bread or WGR pita chips	WGR roll or WGR bread
Fluid Milk*		1 c					
Other			Creamy vegetable dip	Salsa			
			ved as appropriate. WGR is urt must meet USDA CACFP			/ 1% or skim milk. *** See r	nenu notes for additiona
Approved by:				Signature Date:_			
				Approved for use	through:		

Week 4	Minimum Serving S	Size Per Age					
Fall/Cold YC 2018		6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack				Potato or Salad Bar	Yogurt Parfait		Chicken and cheese quesadilla
Fruit		3/4 c			Strawberries or Banana	Pear	
Vegetable		3/4 c	Marinara sauce	Lettuce, spinach, tomatoes or salsa, olives, potato			Spinach + carrots
Meat/ Alternate		1 oz	Cheese	Chopped turkey ham, shredded cheese	Yogurt		Chicken, cheese
Bread/ Grain		1 serving	WGR bread stick	WGR crackers or WGR roll (if salad bar) or WGR croutons (if salad bar)	Granola or graham crackers	WGR carrot muffin or WGR peach muffin	WGR tortilla
Fluid Milk*		1 c	Milk			Milk	
Other				Sour cream/salad Dressing			Creamy vegetable dip
				is whole grain rich. Menu sul P requirements for sugar limit		y 1% or skim milk. *** See r	menu notes for additional
Approved by:_				Signature Date:			

Week 5	Minimur	m Serving Si	ize Per Age					
Fall/Cold YC 18	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack				English Muffin Pizza	Chicken Salad Sandwich	Taco Bar	Potato or Salad Bar	
Fruit			3/4 c					Cantaloupe or banana
Vegetable			3/4 c	Pizza sauce + cucumbers	Spinach + carrots	Beans, lettuce, tomatoes	Lettuce, spinach, tomatoes or salsa, olives, potato	
Meat/ Alternate			1 oz	Cheese	Chicken	Beef, shredded cheese	Chopped turkey, chopped ham, shredded cheese	Yogurt
Bread/ Grain			1 serving	WGR English muffin	WGR pita bread or WGR Bread	WGR tortilla (corn or flour)	WGR Crackers, WGR roll or WGR Croutons (if salad bar)	Graham crackers
Fluid Milk*			1 c	Milk				Milk
Other				Creamy vegetable dip	Hummus	Salsa	Salad dressing/sour cream	Sunbutter

Approved for use through:

Approved by:\_\_\_\_\_\_ Signature Date:\_\_\_\_\_

YC A la Carte 2021	Minimum Serving Size Per Age	Facility: Garrison: Dates:				
	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack						
Fruit  Notes: 1 choice offered daily	3/4 c	□Fruit Salad □Fruit w/ Yogurt Dip (opt) □100% Fruit Juice* □Whole Fresh Fruit Notes:	□Fruit Salad □Fruit w/ Yogurt Dip (opt) □100% Fruit Juice* □Whole Fresh Fruit Notes:	□Fruit Salad □Fruit w/ Yogurt Dip (opt) □100% Fruit Juice* □Whole Fresh Fruit Notes:	□Fruit Salad □Fruit w/ Yogurt Dip (opt) □100% Fruit Juice* □Whole Fresh Fruit Notes:	□Fruit Salad □Fruit w/ Yogurt Dip (opt) □100% Fruit Juice* □Whole Fresh Fruit Notes:
Vegetable  Notes: 1 choice offered daily	3/4 c	□Fresh Vegetable Salad □Vegetable(s) □100% Vegetable Juice* Notes: Dip optional	□Fresh Vegetable Salad □Vegetable(s) □100% Vegetable Juice* Notes: Dip optional	□Fresh Vegetable Salad □Vegetable(s) □100% Vegetable Juice* Notes: Dip optional	□Fresh Vegetable Salad □Vegetable(s) □100% Vegetable Juice* Notes: Dip optional	□Fresh Vegetable Salad □Vegetable(s) □100% Vegetable Juice* Notes: Dip optional
Meat/ Alternate Notes: 2 choices offered daily	1 oz	□Legume based meat alt# □Low fat cheese □Seed butter □Yogurt (must not exceed sugar limit per serving) Notes:	□Legume based meat alt# □Low fat cheese □Seed butter □Yogurt (must not exceed sugar limit per serving) Notes:	□Legume based meat alt# □Low fat cheese □Seed butter □Yogurt (must not exceed sugar limit per serving) Notes:	□Legume based meat alt# □Low fat cheese □Seed butter □Yogurt (must not exceed sugar limit per serving) Notes:	□Legume based meat alt# □Low fat cheese □Seed butter □Yogurt (must not exceed sugar limit per serving) Notes:
Bread/ Grain  Notes: 2 choices offered daily	1 oz equivalent	□ WGR crackers+ □ WGR bread □WGR single serve cereal or granola (must not exceed sugar limit) Notes:	□ WGR crackers+ □ WGR bread □WGR single serve cereal or granola (must not exceed sugar limit) Notes:	□ WGR crackers+ □ WGR bread □WGR single serve cereal or granola (must not exceed sugar limit) Notes:	□ WGR crackers+ □ WGR bread □WGR single serve cereal or granola (must not exceed sugar limit) Notes:	□ WGR crackers+ □ WGR bread □WGR single serve cereal or granola (must not exceed sugar limit) Notes:
Fluid milk** Soy drink***	1 cup/8 oz.	Fluid Milk Approved Soy drink (G9 or CYS Nutritionist approved)	Fluid Milk Approved Soy drink (G9 or CYS Nutritionist approved)	Fluid Milk Approved Soy drink (G9 or CYS Nutritionist approved)	Fluid Milk Approved Soy drink(G9 or CYS Nutritionist approved)	Fluid Milk Approved Soy drink(G9 or CYS Nutritionist approved)
Other – Must be approved by G9 Nutritionist	RTE Item (not used as a creditable component-limited to 1/per/person)					

Water available at meals/snacks. Condiments are served as appropriate. WGR is whole grain rich. Menu subject to change. Serve only 1% or skim milk to children ages 2 and older. \* Fruit and vegetable juice must be 100% juice. TWO FLUIDS (juice & milk) may not be chosen together as creditable items. # must meet USDA requirements for serving/credibility. + Must meet WGR requirements for CACFP .\*\*\* Must have note from parent in order to be served soy drink in place of milk. See nutrient requirements for Soy drink substitute. Milk and soy drink must be non-flavored. It is the sole responsibility of the facility to make certain the products used meet the USDA's requirements for creditability. Two creditable items from two different component groups MUST be chosen. Other/RTE items are NOT creditable components. This must be posted with the a la carte memo and guidelines

Approved by:	Denise E. Laursen, MA, RDN, LD	Approved for use through:	31 DEC 2021	
,	Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9		_	

Installation/Facility

Week	of/D	ates:
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Week 1	Minimum	n Serving Siz	e Per Age					
Spring 21 CDC/SAC	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
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)^	Sliced turkey		
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Graham cracker		WGR cracker	Trail mix [no pretzels or dried fruit for CDC]	WGR soft pretzel
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole			Fluid Milk 1% or Whole	
Other								

<sup>\*</sup>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 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 notes for restrictions for children under 18 months. 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.

## Wednesday

• Sliced turkey (lunchmeat)

1-5 years: 34 oz 6-18 years: 1 ½ oz

#### Thursday

• Trail mix

1-5 years: 5/8 cup (no pretzels or dried fruit)

6-18 years: 1 cup (made with pretzels) or 1 1/8 cup (made without pretzels)

WELausen RDN, LD Denise E. Laursen, MA, RDN, LD CYS Nutritionist, IMCOM G9

Signature Date: 12 Jan 2021

Menus approved for use through: 31 DEC 2021

Approved by:

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Installation/Facility

Week of/Dates:

III Stallation / I	<u> </u>				VVCCR OI/L	<u> </u>				
Week 2	Minimum	Minimum Serving Size Per Age		inimum Serving Size Per Age						
Spring 21 CDC/SAC	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday		
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)^				
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR cracker		Trail mix [no pretzels or dried fruit for CDC	WGR soft pretzel	Graham cracker		
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole			Fluid Milk 1% or Whole		
Other							Hummus			

<sup>\*</sup> 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 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 notes for restrictions for children under 18 months. Additional serving size information is located in the weekly notes.

This institution is an equal opportunity provider.

#### 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.

### Wednesday

• Trail mix

1-5 years: 5/8 cup (no pretzels or dried fruit)

6-18 years: 1 cup (made with pretzels) or 1 1/8 cup (made without pretzels)

### Thursday

• Hummus

1-5 years: 2 Tbsp 6-18 years: 3 Tbsp

> Denise E. Laursen, MA, RDN, LD CYS Nutritionist, IMCOM G9

Approved by:

Signature Date: 12 Jan 2021

Installation/Facility	1	Week of/Dates:	

Week 3	Minimum Serving Size Per Age							
Spring 21 CDC/SAC	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
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	Sliced turkey				
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR cracker	Soft pretzel		Trail mix [no pretzels or dried fruit for CDC	Graham crackers
Fluid Milk**	1/2 c	1/2 c	1 c			Fluid Milk 1% or Whole		Fluid Milk 1% or Whole
Other								

<sup>\*\*</sup> 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 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. Asee notes for restrictions for children under 18 months. Additional

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.

### Monday

• Sliced turkey (lunchmeat)

1-5 years: ¾ oz 6-18 years: 1 ½ oz

### Thursday

• Trail mix

1-5 years: 5/8 cup (no pretzels or dried fruit)

6-18 years: 1 cup (made with pretzels) or 1 1/8 cup (made without pretzels)

Approved by: \_\_\_\_\_\_ Denise E. Laursen, MA, RDN, LD \_\_\_\_\_ Signature Date: 12 Jan 2021

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

<sup>\*\*</sup>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. Additional serving size information is located in the weekly notes.

Installation/Facility	Week of/Dates:

Week 4	Minimum Serving Size Per Age							
Spring 21 CDC/SAC	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
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)^	Sliced turkey			
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR crackers	WGR pretzel	Graham crackers		Trail mix [no pretzels or dried fruit for CDC]
Fluid Milk**	1/2 c	1/2 c	1 c				Fluid Milk 1% or Whole	
Other								

<sup>\*</sup> 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 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 notes for restrictions for children under 18 months. Additional serving size information is located in the weekly notes.

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

• Sliced turkey (lunchmeat)

1-5 years: ¾ oz 3-5 years: 1 ½ oz

### Friday

• Trail mix

1-5 years: 5/8 cup (no pretzels or dried fruit)

6-18 years: 1 cup (made with pretzels) or 1 1/8 cup (made without pretzels)

Denise E. Laursen, MA, RDN, LD

Approved by: CYS Nutritionist, IMCOM G9

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Signature Date: 12 Jan 2021

Installation/Facility	Week of/Dates:

Week 5 Spring 21 CDC/SAC	Minimum	n Serving Siz	ze Per Age					Friday
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	
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					
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								Hummus

<sup>\*</sup> 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 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 notes for restrictions for children under 18 months. Additional serving size information is located in the weekly notes.

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.

# Tuesday

• Trail mix

1-5 years: 5/8 cup (no pretzels or dried fruit)

6-18 years: 1 cup (made with pretzels) or 1 1/8 cup (made without pretzels)

# Friday

Hummus

Approved by:

1-5 years: 2 Tbsp 6-18 years: 3 Tbsp

Denise E. Laursen, MA, RDN, LD CYS Nutritionist, IMCOM G9

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Signature Date: 12 Jan 2021

Installation/Facility	Week of/Dates:
Approved by:	Signature Date: 12 Jan 2021

Menus approved for use through: 31 DEC 2021

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Installation/Facility\_\_\_\_\_ Week of/Dates:

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Week 1	Minimur	n Serving Siz	ze Per Age					
Spring 21 CDC/SAC	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	Kiwi***	Hash brown potatoes	Honeydew melon***	Banana	Orange (Mandarin oranges)
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR Rice Chex	WGR toast	WGR toasted oat cereal	WGR fruit & bran muffin	WGR waffle
Meat/ Other				Yogurt	Scrambled eggs			Pancake syrup (optional
Lunch		<u>'</u>		Meatloaf with WGR parsley noodles	Tuna salad with WGR crackers	Baked chicken	BBQ pork slider***	Cheesy rice casserole
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Ground beef	Tuna	Chicken	Pork	Egg, cheese
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR pasta	WGR crackers	Quinoa pilaf***	WGR roll	Brown rice
Fruit	1/8 c	1/4 c	1/4 c	Carrots	Banana	Collard greens***	Coleslaw*** (cauliflower)	Pineapple (crushed pineapple)
Vegetable	1/8 c	1/4 c	1/2 c	Green beans	Broccoli (steamed for CDC)	Sweet potatoes	Pinto beans	Peas
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^^			
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Apple	Orange (Mandarin oranges)	Pear	Peaches	
Vegetable	1/2 c	1/2 c	3/4 c					Broccoli & cauliflower (steamed for CDC)
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Cheddar cheese (sliced)			Yogurt	
Bread/ Grain	1/2oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR soft pretzel	Trail mix [no pretzels or dried fruit for CDC]^	Graham crackers without honey		WGR 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						Sunbutter^^	Granola^^	Creamy vegetable dip

<sup>\*</sup>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 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. ^Cooking project. ^^SAC only. Additional serving size information is located in the weekly notes and appendix.

Signature Date: 12 Jan 2021

# Monday

\*\*\*Kiwi
 May substitute pears for kiwi

Yogurt

1-5 years: 1/4 cup 6-18 years: 1/2 cup

Meatloaf

1-2 years: 1/2 piece 3-5 years: 3/4 piece 6-18 years: 1 piece

Parsley noodles1-5 years: 1/4 cup

6-18 years: 1/2 cup

## Tuesday

Scrambled eggs
1-5 years: 2 Tbsp
6-18 years: 1/4 cup

Tuna salad

1-2 years: 1/4 cup 3-5 years: 3/8 cup 6-18 years: 1/2 cup

• Creamy vegetable dip

1-5 years: none 6-18 years: 1 1/2 Tbsp

• Trail mix:

1-5 years: 5/8 cup (no pretzels or dried fruit)

6-18 years: 1 cup (made with pretzels) or 1 1/8 cup (made without pretzels)

Week of/Dates:\_\_\_\_

## Wednesday

• \*\*\*Honeydew melon
May substitute apples for honeydew melon

\*\*\*Quinoa pilaf
 May substitute bulgur for quinoa, see quinoa pilaf recipe

\*\*\*Collard greens
 May substitute turnip greens, sautéed spinach, kale, or chard for collard greens

## Thursday

• BBQ pork sliders

1-2 years: 1/2 sandwich 3-18 years: 1 sandwich

• BBQ pork sliders\*\*\*
May substitute sloppy lentil Joes for BBQ pork sliders

\*\*\*Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8-inch). Do not serve to under 2 years old.

## Friday

• Cheesy rice casserole 1-5 years: 1/4 cup 6-18 years: 1/2 cup



Installation/Facility\_\_\_\_\_ Week of/Dates:

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Week 2	Minimum	n Serving Siz	e Per Age					
Spring 21 CDC/SAC	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***	Pineapple (crushed pineapple)	Cantaloupe
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. Equiv.	WGR corn puffs cereal (KIX)	Oatmeal	WGR French toast bake	WGR bagel	Bran flakes (WGR Life***)
Meat/ Other						Yogurt	Scrambled eggs	
Lunch				Bean burrito bowl	Chicken Alfredo***	Shepherd's pie***	Lemon baked fish	Turkey burger slider
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Pinto beans & cheese	Chicken	Beef	Fish	Ground turkey
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	Cilantro brown rice	WGR pasta	WGR biscuit	WGR breadstick	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Peaches	Pineapple (crushed pineapple)	Orange (Mandarin oranges)	Broccoli	Green beans
Vegetable	1/8 c	1/4 c	1/2 c	Diced tomatoes, romaine lettuce	Spinach salad (sautéed spinach)	Potatoes, carrots, peas [in pie]	Black beans	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								Lettuce, tomato, mayonnaise
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c			Apples***	Banana	Pear
Vegetable	1/2 c	1/2 c	3/4 c	Parmesan roasted cauliflower***, marinara sauce	Cherry tomato & corn salad***^ + carrots (steamed)	Cinnamon sweet potato cubes		
Meat/ Alt	1/2 oz	1/2 oz	1 oz					Monterey-Jack cheese (sliced)
Bread/ Grain	1/2 oz. equiv.	1/2 oz. Equiv.	1 oz. equiv.		WGR pita bread		Graham crackers without honey	WGR 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					Hummus		Sunbutter^^	

<sup>\*</sup>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 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. ^Cooking project. ^^SAC only. Additional serving size information is located in the weekly notes and appendix.

Approved by: \_\_\_\_\_\_ Signature Date: 12 Jan 2021

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

# Week 2 notes

Monday

Bean burrito bowl

1-2 years: 1/4 c rice, 1/3 cup bean mixture, 1/8 cup tomatoes, (no lettuce for this age group), 2 tsp shredded cheese

3-5 years: 1/4 c rice, 1/2 cup bean mixture, 1/8 cup tomatoes, 1/4 cup shredded

lettuce, 1Tbsp shredded cheese

6-18 years: 1/2 c rice, 2/3 cup beans, 1/4 cup tomatoes, 1/2 cup shredded lettuce, 1 Tbsp plus 1 tsp shredded cheese.

\*\*\* Parmesan roasted cauliflower

For children under 18 months old serve steamed cauliflower with Parmesan cheese sprinkled on top old

Parmesan roasted 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

#### Tuesday

\*\*\* Blueberries

For children under 18 months chopped or pureed

\*\*\*Chicken Alfredo

May serve meat and pasta separately (see optional recipe)

Chicken Alfredo

1-2 years: 1/2 cup 3-5 years: 3/4 cup 6-18 years: 1 cup

\*\*\*Cherry tomato & corn salad

For children under 18 months old omitted this dish and replace with equal amount of carrots.

Cherry tomato and corn Salad

1-2: none 2-5 years: 1/4 cup 5-18 years: 3/8 cup

Approved by:

WELAUSENRDN, LD Denise E. Laursen, MA, RDN, LD CYS Nutritionist, IMCOM G9

Week of/Dates:

Carrots 1-2: 1/2 cup

> 2-5 years: 1/4 cup 5-18 years: 3/8 cup

#### Wednesday

\*\*\*Peaches

May substitute mango for peaches

\*\*\*Peas in Shepherd's pie

For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of carrots.

Beef Shepherd's pie

1-2 years: 1/2 cup 3-5 years: 3/4 cup 6-18 years: 1 cup

\*\*\*Offer full servings of both apples and sweet potatoes or choose either apples or sweet potatoes and offer full servings

### Thursday

Scrambled eggs

1-5 years: 2 Tbsp 6-18 years: 1/4 cup

Lemon baked fish:

1-2 years: 1/2 portion 3-5 years: 2/3 portion 6-18 years: 1 portion

#### Friday

WGR Life\*\*\*

May substitute WGR Rice Chex for WGR Life

Turkey burger sliders

1-2 years: 1/2 slider 3-18 years: 1 slider

Signature Date: 12 Jan 2021

Installation/Facility\_\_\_\_\_ Week of/Dates:\_

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Week 3	Minimun	n Serving Siz	e Per Age					
Spring 21 CDC/SAC	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					Breakfast taco***			
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***	Pineapple (crushed pineapple)	Banana	Strawberries	Orange (Mandarin oranges)
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR English muffin	WGR tortilla	WGR toasted oat cereal	Oven-baked whole wheat pancake	WGR Rice Chex
Meat/ Other					Scrambled eggs	Yogurt	Pancake syrup (optional)	
Lunch				Pizza with meat topping***	Roasted pork ***	Teriyaki turkey	Southwestern white bean soup	Crispy baked chicken***
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Cheese & ground beef	Pork***	Turkey	White beans + cheddar cheese (sliced)	Chicken
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR pizza crust	WGR roll	Brown rice	WGR breadstick	WGR biscuit
Fruit	1/8 c	1/4 c	1/4 c	Carrots	Broccoli	Pears	Apple	Collard greens
Vegetable	1/8 c	1/4 c	1/2 c	Tossed salad(cauliflower)	Black beans	Peas	Green beans	Sweet potatoes
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						Lemon pasta salad***^		
Fruit	1/2 c	1/2 c	3/4 c	Pear	Apple			Peaches
Vegetable	1/2 c	1/2 c	3/4 c			Tomato, cucumber + broccoli [steamed for CDC]	Potato wedges & marinara sauce	
Meat/ Alt	1/2 oz	1/2 oz	1 oz					Yogurt
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1oz equiv.	Trail mix [no pretzels or dried fruit for CDC]^	Graham Crackers without honey	WGR pasta		
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^^	Creamy vegetable dip		Granola^^

<sup>\*</sup>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 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. ^Cooking project. ^^SAC only. Additional serving size information is located in the weekly notes and appendix.

This institution is an equal opportunity provider.

Approved by: Denise E. Laursen, MA, RDN, LD Signature Date: 12 Jan 2021

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Installation/Facility	Week of/Dates:	
Week 3 Notes		

# Monday

\*\*\*Peaches

May substitute mango for peaches

Pizza with meat topping

1-2 years: ½ piece 3-18 years: 1 piece

Trail mix:

1-5 years: 5/8 cup (no pretzels or dried fruit)

6-18 years: 1 cup (made with pretzels) or 1 1/8 cup (made without pretzels)

## Tuesday

• \*\*\*Corn in breakfast tacos
Omit for CDC

• Breakfast Taco:

1-5 years: 1 taco 6-18 years: 1 taco

\*\*\* Roasted pork

May substitute chicken for roasted pork

## Wednesday

• Yogurt

Approved by:

1-5 years: 1/4 cup 6-18 years: 1/2 cup

Turkey Teriyaki:

1-2 years: 1/2 serving 3-5 years 3/4 serving 6-18 years: 1 serving \*\*\*Cucumbers in lemon pasta salad:

For children under 18 months old, remove skin on cucumbers

Lemon Pasta Salad:

1-5 years: 1/2 cup 6-18 years: 1 cup

Broccoli

1-18 years: 1/4 cup

## Thursday

• \*\*\*White beans and corn in southwestern white bean For children under 18 months old, chop corn and beans or puree soup.

• Southwestern white bean soup

1-2 years: 1/2 cup 3-5 years: 1/2 cup 6-18 years: 1 cup

• Cheddar cheese

1-2 years: 1/2 oz 3-5 years: 1 oz 6-18 years: 1 oz

Potato Wedges:

1-5 years: 3/8 cup 6-18 years: 1/2 cup

Marinara:

1-5 years: 1/8 cup 6-18 years: 1/4 cup

### Friday

\*\*\*Crispy baked chicken

For children under 18 months, serve chicken without breading.

Denise E. Laursen, MA, RDN, LD CYS Nutritionist, IMCOM G9

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Signature Date: 12 Jan 2021

Installation/Facility\_\_\_\_\_ Week of/Dates:

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Week 4	Minimun	n Serving Siz	e Per Age					
Spring 21 CDC/SAC	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	Applesauce	Pineapple (crushed pineapple)	Blueberries	Orange (Mandarin orange)
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	Bran flakes (WGR Life***)	WGR biscuit	Oatmeal	WGR waffle	WGR bagel
Meat/ Other					Scrambled eggs		Pancake syrup (optional)	Yogurt
Lunch				Roasted turkey	Lemon salmon cake***	Frittata	Chicken curry	Cheesy noodles with beef***
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Turkey	Salmon, egg	Egg	Chicken	Ground beef, cheese
Bread/ Grain	1/2 oz. equiv.	½ oz equiv.	1 oz. equiv.	WGR bread dressing	WGR roll	WGR breadstick***	Brown rice	WGR noodles
Fruit	1/8 c	1/4 c	1/4 c	Broccoli	Coleslaw*** (carrots)	Cantaloupe***	Pear	Peaches
Vegetable	1/8 c	1/4 c	1/2 c	Pinto beans	Potato wedges	Peas	Green beans	Cauliflower
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								
PM Snack							English muffin pizza	
Fruit	1/2 c	1/2 c	3/4 c	Honeydew melon***	Orange (Mandarin orange)	Apple***		
Vegetable	1/2 c	1/2 c	3/4 c			Cinnamon sweet potato cubes	Tomato sauce, vegetable toppings + carrots (steamed for CDC)	Cucumber and Broccoli (steamed for CDC)
Meat/ Alt	1/2 oz	1/2 oz	1 oz				Cheese on pizza	
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	Carrot muffin***	Trail mix		WGR English muffin	WGR 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	Sesame dipping sauce

<sup>\*</sup>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 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. ^Cooking project. ^^SAC only. Additional serving size information is located in the weekly notes and appendix.

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Approved by: CYS Nutritionist, IMCOM G9 Signature Date: 12 Jan 2021

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Installation/Facility

Week 4 Notes

Monday

WGR Life\*\*\*

May substitute WGR toasted oat cereal for WGR Life cereal

WGR bread dressing

1-5 years: 1/2 piece 6-18 years: 1 piece

\*\*\*Honeydew melon

May substitute pineapple for honeydew melon. Serve crushed to under 3.

- \*\*\*WGR carrot muffins: two recipe options for WGR carrot muffin. One is with quinoa and the other is with oatmeal.
- Carrot muffin

1-5 years: 1/2 muffin 6-18 years: 1 muffin

### Tuesday

• Scrambled eggs

1-5 years: 2 Tbsp 6-18 years: 1/4 cup

\*\*\*Lemon baked salmon cake

May substitute tuna for salmon in recipe

• Lemon baked salmon cakes:

1-2 years: 2/3 cake 3-5 years: 1 cake

6-18 years: 1 1/3 cake (or one large) see recipe

- \*\*\*Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8- inch). Do not serve to under 2 years old.
- Trail mix:

1-5 years: 5/8 cup (no pretzels or dried fruit)

6-18 years: 1 cup (made with pretzels) or 1/1/8 cup (made without pretzels)

Approved by:

Denise E. Laursen, MA, RDN, LD CYS Nutritionist, IMCOM G9

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Week of/Dates:

# Wednesday

Frittata

1-2 years: 1/2 piece 3-5 years: 3/4 piece 6-18 years: 1 piece

\*\*\*Breadstick

May substitute WGR toast for breadstick

\*\*\*Cantaloupe

May substitute banana for cantaloupe

• \*\*\*Offer full servings of both apples and sweet potatoes or choose either apples or sweet potatoes and offer full servings

### Thursday

Chicken curry

1-2 years: 1/2 serving (about 3 Tbsp) 3-5 years: 3/4 serving (about 1/4 cup) 6-18 years: 1 serving (about 1/3 cup)

• English muffin pizza

1-5 years: 1 pizza 6-18 years: 2 pizzas

Carrots

1-5 years: 1/2 cup 6-18 years: 5/8 cup

#### Friday

\*\*\* Cheesy noodles with beef

May serve meat and pasta separately (see optional recipe)

• Cheesy noodles with beef

1-2 years: ½ c + 1 tsp 3-5 years: ¾ c + 1/2 Tbsp 6-18 years: 1 c+ 1 Tbsp

Sesame dipping sauce

1-5: 1 Tbsp

6-18 years: 1 1/2 Tbsp Signature Date: 12 Jan 2021

Installation/Facility Week of/Dates:

Week 5	Minimum	n Serving Siz	e Per Age					
Spring 21 CDC/SAC	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	Orange (Mandarin oranges)	Applesauce	Kiwi***	Cantaloupe	Peaches
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	Toasted oat cereal	WGR tortilla	WGR bagel	WGR French toast bake	WGR corn puffs cereal KIX
Meat/ Other					Scrambled eggs	Cream cheese	Yogurt	
Lunch				Bean enchilada bake	Roasted pork***	Strawberry*** spinach salad with chicken	Sesame beef	Turkey sandwich
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Beans & cheese	Pork	Chicken	Beef	Turkey
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR tortilla***	WGR pasta	WGR crackers	Brown rice	WGR bread
Fruit	1/8 c	1/4 c	1/4 c	Peaches	Carrots	Apple	Pineapple (crushed pineapple)	Cucumber, celery^^
Vegetable	1/8 c	1/4 c	1/2 c	Tossed salad (green beans)	Black beans	Spinach (sautéed)	Sautéed cabbage (peas)	Potato, corn & cauliflower soup***
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								Cinnamon nachos^
Fruit	1/2 c	1/2 c	3/4 c		Pear			Mango*** and bananas
Vegetable	1/2 c	1/2 c	3/4 c	Broccoli & cauliflower (steamed for CDC)		Potato wedges & marinara sauce	Carrots [steamed for CDC]	
Meat/ Alt	1/2 oz	1/2 oz	1 oz		Cheese			
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR soft pretzel	WGR crackers		WGR pita bread	WGR tortilla
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole		Fluid Milk 1% or Whole		
Other				Creamy vegetable dip			Hummus	

<sup>\*</sup>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 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. ^Cooking project. ^^SAC only. Additional serving size information is located in the weekly notes and appendix.

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Week 5 Notes
WELLINGENRON, LD

Approved by:

Denise E. Laursen, MA, RDN, LD
CYS Nutritionist, IMCOM G9
Signature Date: 12 Jan 2021

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Installation/Facility

Monday

• Bean enchilada bake

1-2 years: 1/2 cup 3-5 years: 3/4 cup 6-18 years: 1 cup

\*\*\*WGR tortilla

May use WGR flour or WGR corn tortilla

Tuesday

\*\*\*Corn in breakfast tacos

Omit for CDC

Breakfast Taco:

1-5 years: 1 taco 6-18 years: 1 taco

Roasted pork\*\*\*

May substitute pinto beans for roasted pork. If this substitution is made then add broccoli as the vegetable.

Wednesday

\*\*\*Kiwi

May substitute crushed pineapple for kiwi

Strawberry spinach salad

1-2 years: none 3-5 years: 1/2 cup 6-18 years: 1 cup

\*\*\*Strawberries

May substitute mandarin oranges for strawberries.

Potato wedges:

1-5 years: 3/8 cup 6-18 years: 1/2 cup

Marinara:

1-5 years: 1/8 cup 6-18 years: 1/4 cup

Elausen RDN, LD Denise E. Laursen, MA, RDN, LD CYS Nutritionist IMCOM G9

Approved by:

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Week of/Dates:

Thursday

Yogurt

1-5 years: 1/4 cup 6-18 years: 1/2 cup

Sesame beef

1-2 years: 1/2 serving (1 oz cooked) 3-5 years: 3/4 serving (1 1/2 oz cooked) 6-18 years: 1 serving (2 oz cooked)

Friday

\*\*\* Potato, corn, and cauliflower soup

For children under 18 months old, puree corn or substitute cauliflower for

soup.

Potato, corn, and cauliflower soup:

1-2 years: 1/4 cup 3-5 years: 1/2 cup 6-18 years: 1 cup

Turkey Sandwich

1-2 years: 2 quarter pieces of sandwich 3-5 years: 3 quarter pieces of sandwich

6-18 years: 1 full sandwich

Creamy vegetable dip 1-5 years: 1 Tbsp

6-18 years: 1 1/2 Tbsp

Mango\*\*\*

May substitute strawberries for mango.

WGR cinnamon nachos (with 6-inch tortilla)

1-5 years: 1/2 tortilla plus 1/2 c fruit 6-18 years: 1 tortilla plus 3/4 c fruit

WGR cinnamon nachos (with 8-inch tortilla)

1-5 years: 1/3 tortilla plus 1/2 c fruit 6-18 years: 2/3 tortilla plus 3/4 c fruit

Signature Date: 12 Jan 2021

$\frac{1}{2}$ serving of bread/grains = $\frac{1}{2}$ slice of bre cracker sheet (2 $\frac{1}{2}$ x 5 inches); $\frac{1}{2}$ muffin, of a 2-oz bagel; $\frac{1}{2}$ of a 1.25-oz waffle; $\frac{1}{2}$ o	$rac{1}{2}$ serving of muffin squares, cornbread,	· · · · · · · · · · · · · · · · · · ·	
1 serving of bread/grains = 1 slice of bread cracker sheets (2 $\frac{1}{2}$ x 5 inches); 1 muffin, bagel; 1 1.25-oz waffle; and $\frac{1}{2}$ of a 2-oz El	1 serving of muffin squares, cornbread,		
The serving size for ready to eat breakfas	t cereal varies by type: (make certain the	e cereal that you serve meets the grain oz	. equivalent)
WGR Rice Chex or WGR Life	WGR corn puffs cereal	WGR toasted oat cereal	Bran flakes
1-2 years: ½ cup	1-2 years: ¾ cup	1-2 years: ½ cup	1-2 years: ½ cup
3-5 years: ½ cup	3-5 years: ¾ cup	3-5 years: ½ cup	3-5 years: ½ cup
6-18 years: 1 cup	6-18 years: 1 ¼ cup	6-18 years: 1 cup	6-18 years: 1 cup
Ounce equivalents for meats/ alternates:	cooked meat and cheese, 1 oz = 1 oz; co	ooked beans/ peas, ¼ c = 1 oz; yogurt, 4 o	z (½ c) = 1 oz,
For "other" foods that do not count as a	meal component, unless specified other	wise in the weekly notes, the serving size is	s below:
Hummus	Creamy vegetable dip	Sunbutter	Granola
1-5 years: 1 Tbsp	1-5 years: 1 ½ Tbsp	1-5 years: none	1-5 years: 0
6-18 years: 2 Tbsp	6-18 years: 2 Tbsp	6-18 years: 1 Tbsp	6-18 years: 2 Tbsp
Condiments (calculated amounts for nutronutronutronutronutronutronutronutro	oking hazard, about ½ tsp per ½ serving rving of pancake bake. No syrup on Fre I or 1 Tbsp per cup of salad. g of toast, bagel, English muffin, brown I	nch toast bake. oread, roll, and cornbread. ½ tsp per ¼ cu	<b>.</b>
For children under 18 months, the following Denise E. Laurse CYS Nutritionist.			
		Signature Date: 12 Jan 2021	
Denise E. Laursen, RDN, L	D, CYS Nutritionist IMCOM G9	Menus approved for use throug	gh: 31 DEC 2021

Week of/Dates:

Installation/Facility\_\_\_\_\_

Unless noted otherwise in the menu template or weekly notes, serving sizes are as listed below.

Appendix:

nstallation/Facility	Week of/Dates:
Apples: Offer applesauce.	
Blueberries: Should be chopped or pureed.	
Cheese: Should be served shredded or sliced in thin pieces.	
Crispy baked chicken: Serve chicken without breading.	
Coleslaw: Should not be given to this age group. Offer a substitution.	
Corn: Puree, chop, or offer a substitution.	
Cucumber: Should be served without skin, may require steaming if not soft er	nough to be cut with fork.
Crushed pineapple: Should not be given to this age group. Offer a substitution	1.
Fish: Serve tuna or check carefully for bones.	
Grapes: Even when cut into quarters, grapes should not be given to this age g	roup. Offer a substitution.
Parmesan roasted cauliflower: Serve steamed cauliflower with Parmesan che	ese sprinkled on top.
Peas: Should be chopped or pureed.	
Southwestern white bean soup: Chop corn and beans or puree soup.	

Denise E. Laursen, MA, RDN, LD
CYS Nutritionist, IMCOM G9

Signature Date: 12 Jan 2021

Installation/Facility Week of/Dates:

IIIStaliation/F	aomty				VVEEK OI/L	Jaico		
Week 1	Minimun	n Serving Siz	ze Per Age					
Spring 21 CDC/SAC	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	Kiwi***	Hash brown potatoes	Honeydew melon***	Banana	Orange (Mandarin oranges)
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR Rice Chex	WGR toast	WGR toasted oat cereal	WGR fruit & bran muffin	WGR waffle
Meat/ Other				Yogurt	Scrambled eggs			Pancake syrup (optional)
Lunch		•		Meatloaf with WGR parsley noodles	Tuna salad with WGR crackers	Baked chicken	BBQ pork slider***	Cheesy rice casserole
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Ground beef	Tuna	Chicken	Pork	Egg, cheese
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR pasta	WGR crackers	Quinoa pilaf***	WGR roll	Brown rice
Fruit	1/8 c	1/4 c	1/4 c	Carrots	Banana	Collard greens***	Coleslaw*** (cauliflower)	Pineapple (crushed pineapple)
Vegetable	1/8 c	1/4 c	1/2 c	Green beans	Broccoli (steamed for CDC)	Sweet potatoes	Pinto beans	Peas
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^^			
PM Snack								Center Choice***
Fruit	1/2 c	1/2 c	3/4 c	Apple	Orange (Mandarin oranges)	Pear	Peaches	
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Cheddar cheese (sliced)			Yogurt	
Bread/ Grain	1/2oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR soft pretzel	Trail mix [no pretzels or dried fruit for CDC]^	Graham crackers without honey		
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole	Fluid Milk 1% or Whole		
Other						Sunbutter^^	Granola^^	

<sup>\*</sup>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 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. ^Cooking project. ^^SAC only. Additional serving size information is located in the weekly notes and appendix.

	WELDWENRDN, LTbis institution is	an equal opportunity provider.
Ammunicad by	Denise E. Laursen, MA, RDN, LD	Ciamatura Da
Approved by:	CYS Nutritionist, IMCOM G9	Signature Da

Signature Date: 12 JAN 2021

Week 1 Notes

## Monday

\*\*\*Kiwi

May substitute pears for kiwi

Yogurt

1-5 years: 1/4 cup 6-18 years: 1/2 cup

Meatloaf

1-2 years: 1/2 piece 3-5 years: 3/4 piece 6-18 years: 1 piece

Parsley noodles

1-5 years: 1/4 cup 6-18 years: 1/2 cup

## Tuesday

Scrambled eggs1-5 years: 2 Tbsp

6-18 years: 1/4 cup

Tuna salad

1-2 years: 1/4 cup 3-5 years: 3/8 cup 6-18 years: 1/2 cup

Creamy vegetable dip

1-5 years: none 6-18 years: 1 1/2 Tbsp

Trail mix:

1-5 years: 5/8 cup (no pretzels or dried fruit)

6-18 years: 1 cup (made with pretzels) or 1 1/8 cup (made without pretzels)

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

## Wednesday

Week of/Dates:

- \*\*\*Honeydew melon

  May substitute apples for honeydew melon
- \*\*\*Quinoa pilaf
   May substitute bulgur for quinoa, see quinoa pilaf recipe
- \*\*\*Collard greens
   May substitute turnip greens, sautéed spinach, kale, or chard for collard
   greens

### Thursday

BBQ pork sliders

1-2 years: 1/2 sandwich 3-18 years: 1 sandwich

BBQ pork sliders\*\*\*
 May substitute sloppy lentil Joes for BBQ pork sliders

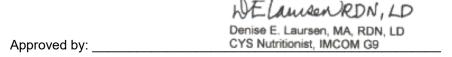
• \*\*\*Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8-inch). Do not serve to under 2 years old.

## Friday

• Cheesy rice casserole 1-5 years: 1/4 cup

6-18 years: 1/2 cup

 Center Choice – Center may choose snack. It must be a snack that is either on this menu or a menu previously approved (IMCOM G9) CDC/SAC menu and have macros available. It must include a full serving of fruit or vegetable as one of the components. Snack components must be documented on the menu prior to the snack service.



Signature Date: 12 JAN 2021

Installation/Facility Week of/Dates:

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Week 2	Minimum	n Serving Siz	e Per Age					
Spring 21 CDC/SAC	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***	Pineapple (crushed pineapple)	Cantaloupe
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. Equiv.	WGR corn puffs cereal (KIX)	Oatmeal	WGR French toast bake	WGR bagel	Bran flakes (WGR Life***)
Meat/ Other						Yogurt	Scrambled eggs	
Lunch				Bean burrito bowl	Chicken Alfredo***	Shepherd's pie***	Lemon baked fish	Turkey burger slider
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Pinto beans & cheese	Chicken	Beef	Fish	Ground turkey
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	Cilantro brown rice	WGR pasta	WGR biscuit	WGR breadstick	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Peaches	Pineapple (crushed pineapple)	Orange (Mandarin oranges)	Broccoli	Green beans
Vegetable	1/8 c	1/4 c	1/2 c	Diced tomatoes, romaine lettuce	Spinach salad (sautéed spinach)	Potatoes, carrots, peas [in pie]	Black beans	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								Lettuce, tomato, mayonnaise
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c			Apples***	Banana	Pear
Vegetable	1/2 c	1/2 c	3/4 c	Parmesan roasted cauliflower***, marinara sauce	Cherry tomato & corn salad***^ + carrots (steamed)	Cinnamon sweet potato cubes		
Meat/ Alt	1/2 oz	1/2 oz	1 oz					Monterey-Jack cheese (sliced)
Bread/ Grain	1/2 oz. equiv.	1/2 oz. Equiv.	1 oz. equiv.		WGR pita bread		Graham crackers without honey	WGR 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					Hummus		Sunbutter^^	

<sup>\*</sup>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 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. ^Cooking project. ^SAC only. Additional serving size information is located in the weekly notes and appendix.

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Denise E. Laursen, MA, RDN, LD Approved by: CYS Nutritionist, IMCOM G9 Signature Date: 12 JAN 2021

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Week 2 notes

#### Monday

• Bean burrito bowl

1-2 years: 1/4 c rice, 1/3 cup bean mixture, 1/8 cup tomatoes, (no lettuce for this age group), 2 tsp shredded cheese

3-5 years: 1/4 c rice, 1/2 cup bean mixture, 1/8 cup tomatoes, 1/4 cup shredded lettuce, 1Tbsp shredded cheese

6-18 years: 1/2 c rice, 2/3 cup beans, 1/4 cup tomatoes, 1/2 cup shredded lettuce, 1 Tbsp plus 1 tsp shredded cheese.

\*\*\* Parmesan roasted cauliflower

For children under 18 months old serve steamed cauliflower with Parmesan cheese sprinkled on top old

Parmesan roasted 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

#### Tuesday

\*\*\* Blueberries

For children under 18 months chopped or pureed

\*\*\*Chicken Alfredo

May serve meat and pasta separately (see optional recipe)

Chicken Alfredo

1-2 years: 1/2 cup 3-5 years: 3/4 cup 6-18 years: 1 cup

\*\*\*Cherry tomato & corn salad

For children under 18 months old omitted this dish and replace with equal amount of carrots.

• Cherry tomato and corn Salad

1-2: none

2-5 years: 1/4 cup 5-18 years: 3/8 cup

> Denise E. Laursen, MA, RDN, LD CYS Nutritionist, IMCOM G9

Approved by:

CTS Nutritionist, INICOM G9

Carrots

1-2: 1/2 cup 2-5 years: 1/4 cup 5-18 years: 3/8 cup

### Wednesday

\*\*\*Peaches

May substitute mango for peaches

\*\*\*Peas in Shepherd's pie

For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of carrots.

• Beef Shepherd's pie

1-2 years: 1/2 cup 3-5 years: 3/4 cup 6-18 years: 1 cup

 \*\*\*Offer full servings of both apples and sweet potatoes or choose either apples or sweet potatoes and offer full servings

#### Thursday

Scrambled eggs

1-5 years: 2 Tbsp 6-18 years: 1/4 cup

Lemon baked fish:

1-2 years: 1/2 portion 3-5 years: 2/3 portion 6-18 years: 1 portion

#### Friday

WGR Life\*\*\*

May substitute WGR Rice Chex for WGR Life

Turkey burger sliders
 1-2 years: 1/2 slider
 3-18 years: 1 slider

Signature Date: 12 JAN 2021

Installation/Facility\_\_\_\_\_ Week of/Dates:

Week 3	Minimun	n Serving Siz	e Per Age					
Spring 21 CDC/SAC	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					Breakfast taco***			
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***	Pineapple (crushed pineapple)	Banana	Strawberries	Orange (Mandarin oranges)
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR English muffin	WGR tortilla	WGR toasted oat cereal	Oven-baked whole wheat pancake	WGR Rice Chex
Meat/ Other					Scrambled eggs	Yogurt	Pancake syrup (optional)	
Lunch				Pizza with meat topping***	Roasted pork ***	Center Choice ***	Southwestern white bean soup	Crispy baked chicken***
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Cheese & ground beef	Pork***		White beans + cheddar cheese (sliced)	Chicken
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR pizza crust	WGR roll		WGR breadstick	WGR biscuit
Fruit	1/8 c	1/4 c	1/4 c	Carrots	Broccoli		Apple	Collard greens
Vegetable	1/8 c	1/4 c	1/2 c	Tossed salad(cauliflower)	Black beans		Green beans	Sweet potatoes
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						Lemon pasta salad***^		
Fruit	1/2 c	1/2 c	3/4 c	Pear	Apple			Peaches
Vegetable	1/2 c	1/2 c	3/4 c			Tomato, cucumber + broccoli [steamed for CDC]	Potato wedges & marinara sauce	
Meat/ Alt	1/2 oz	1/2 oz	1 oz					Yogurt
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1oz equiv.	Trail mix [no pretzels or dried fruit for CDC]^	Graham Crackers without honey	WGR pasta		
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^^	Creamy vegetable dip		Granola^^

<sup>\*</sup>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 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. ^Cooking project. ^^SAC only. Additional serving size information is located in the weekly notes and appendix.

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Approved by: Denise E. Laursen, MA, RDN, LD Signature Date: 12 JAN 2021

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

WELausen RDN, LD

Installation/Facility	,	 	 	

Week 3 Notes

## Monday

\*\*\*Peaches

May substitute mango for peaches

Pizza with meat topping

1-2 years: ½ piece 3-18 years: 1 piece

• Trail mix:

1-5 years: 5/8 cup (no pretzels or dried fruit)

6-18 years: 1 cup (made with pretzels) or 1 1/8 cup (made without pretzels)

## Tuesday

\*\*\*Corn in breakfast tacos

Omit for CDC

Breakfast Taco:

1-5 years: 1 taco 6-18 years: 1 taco

\*\*\* Roasted pork

May substitute chicken for roasted pork

#### Wednesday

Yogurt

Approved by:

1-5 years: 1/4 cup 6-18 years: 1/2 cup

- <u>Center Choice Lunch</u> Center Choice Center may choose lunch. It must be
  a lunch that is either on this menu or a menu previously approved (IMCOM
  G9) CDC/SAC menu and have macros available. Lunch components must be
  documented on the menu prior to the meal service.
- \*\*\*Cucumbers in lemon pasta salad:
  For children under 18 months old, remove skin on cucumbers

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CYS-Nutritionist, IMCOM-G9

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• Lemon Pasta Salad:

1-5 years: 1/2 cup 6-18 years: 1 cup

Broccoli

1-18 years: 1/4 cup

## Thursday

Week of/Dates:

\*\*\*White beans and corn in southwestern white bean
 For children under 18 months old, chop corn and beans or puree soup.

• Southwestern white bean soup

1-2 years: 1/2 cup 3-5 years: 1/2 cup 6-18 years: 1 cup

• Cheddar cheese

1-2 years: 1/2 oz 3-5 years: 1 oz 6-18 years: 1 oz

Potato Wedges:

1-5 years: 3/8 cup 6-18 years: 1/2 cup

Marinara:

1-5 years: 1/8 cup 6-18 years: 1/4 cup

## Friday

\*\*\*Crispy baked chicken

For children under 18 months, serve chicken without breading.

Signature Date: 12 JAN 2021

Installation/Facility Week of/Dates:

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Week 4	Minimun	n Serving Siz	e Per Age					
Spring 21 CDC/SAC	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	Applesauce	Pineapple (crushed pineapple)	Blueberries	Orange (Mandarin orange)
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	Bran flakes (WGR Life***)	WGR biscuit	Oatmeal	WGR waffle	WGR bagel
Meat/ Other					Scrambled eggs		Pancake syrup (optional)	Yogurt
Lunch				Roasted turkey	Lemon salmon cake***	Frittata	Center Choice***	Cheesy noodles with beef***
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Turkey	Salmon, egg	Egg		Ground beef, cheese
Bread/ Grain	1/2 oz. equiv.	½ oz equiv.	1 oz. equiv.	WGR bread dressing	WGR roll	WGR breadstick***		WGR noodles
Fruit	1/8 c	1/4 c	1/4 c	Broccoli	Coleslaw (carrots)	Cantaloupe***		Peaches
Vegetable	1/8 c	1/4 c	1/2 c	Pinto beans	Potato wedges	Peas		Cauliflower
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								
PM Snack							English muffin pizza	
Fruit	1/2 c	1/2 c	3/4 c	Honeydew melon***	Orange (Mandarin orange)	Apple***		
Vegetable	1/2 c	1/2 c	3/4 c			Cinnamon sweet potato cubes	Tomato sauce, vegetable toppings + carrots (steamed for CDC)	Cucumber and broccoli (steamed for CDC)
Meat/ Alt	1/2 oz	1/2 oz	1 oz				Cheese on pizza	
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	Carrot muffin***	Trail mix		WGR English muffin	WGR 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	Sesame dipping sauce

<sup>\*</sup>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 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. ^Cooking project. ^^SAC only. Additional serving size information is located in the weekly notes and appendix.

This institution is an equal opportunity provide

	Derlise C. Laursen, MA, RDN, LD	
Approved by:	CYS Nutritionist, IMCOM G9	Signature Date: 12 JAN 2021

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

DELausenRDN, LD

Installation/Facility

Week 4 Notes

## Monday

WGR Life\*\*\*

May substitute WGR toasted oat cereal for WGR Life cereal

WGR bread dressing
 1-5 years: 1/2 piece

6-18 years: 1 piece

\*\*\*Honeydew melon

May substitute pineapple for honeydew melon. Serve crushed to under 3.

• \*\*\*WGR carrot muffins: two recipe options for WGR carrot muffin. One is with quinoa and the other is with oatmeal.

Carrot muffin

1-5 years: 1/2 muffin 6-18 years: 1 muffin

#### Tuesday

Scrambled eggs
 1-5 years: 2 Tbsp

6-18 years: 1/4 cup

\*\*\*Lemon baked salmon cake

May substitute tuna for salmon in recipe

Lemon baked salmon cakes:

1-2 years: 2/3 cake 3-5 years: 1 cake

6-18 years: 1 1/3 cake (or one large) see recipe

 \*\*\*Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8- inch). Do not serve to under 2 years old.

• Trail mix:

Approved by:

1-5 years: 5/8 cup (no pretzels or dried fruit)

6-18 years: 1 cup (made with pretzels) or 1 1/8 cup (made without pretzels)

CYS Nutritionist, IMCOM G9

Wednesday Denise E. Laursen, MA, RDN, LD

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Week of/Dates:

1-2 years: 1/2 piece 3-5 years: 3/4 piece

6-18 years: 1 piece

\*\*\*Breadstick

Frittata

May substitute WGR toast for breadstick

\*\*\*Cantaloupe

May substitute banana for cantaloupe

 \*\*\*Offer full servings of both apples and sweet potatoes or choose either apples or sweet potatoes and offer full servings

## Thursday

<u>Center Choice Lunch</u> – Center Choice – Center may choose lunch. It must be
a lunch that is either on this menu or a menu previously approved (IMCOM
G9) CDC/SAC menu and have macros available. Lunch components must be
documented on the menu prior to the meal service.

• English muffin pizza

1-5 years: 1 pizza 6-18 years: 2 pizzas

#### Fridav\*\*\*

Cheesy noodles with beef
 May serve meat and pasta separately (see optional recipe)

• Cheesy noodles with beef

1-2 years: ½ c + 1 tsp 3-5 years: ¾ c + 1/2 Tbsp 6-18 years: 1 c+ 1 Tbsp

Sesame dipping sauce

1-5: 1 Tbsp

6-18 years: 1 1/2 Tbsp

Signature Date: 12 JAN 2021

Installation/Facility\_\_\_\_\_ Week of/Dates:

Week 5	Minimum	n Serving Siz	e Per Age					
Spring 21 CDC/SAC	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	Orange (Mandarin oranges)	Applesauce	Kiwi***	Cantaloupe	Peaches
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	Toasted oat cereal	WGR tortilla	WGR bagel	WGR French toast bake	WGR corn puffs cereal KIX
Meat/ Other					Scrambled eggs	Cream cheese	Yogurt	
Lunch				Bean enchilada bake	Roasted pork***	Strawberry*** spinach salad with chicken	Sesame beef	Turkey sandwich
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Beans & cheese	Pork	Chicken	Beef	Turkey
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR tortilla***	WGR pasta	WGR crackers	Brown rice	WGR bread
Fruit	1/8 c	1/4 c	1/4 c	Peaches	Carrots	Apple	Pineapple (crushed pineapple)	Cucumber, celery^^
Vegetable	1/8 c	1/4 c	1/2 c	Tossed salad (green beans)	Black beans	Spinach (sautéed)	Sautéed cabbage (peas)	Potato, corn & cauliflower soup***
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								Cinnamon nachos^
Fruit	1/2 c	1/2 c	3/4 c		Pear			Mango*** and bananas
Vegetable	1/2 c	1/2 c	3/4 c	Broccoli & cauliflower (steamed for CDC)		Potato wedges & marinara sauce	Carrots [steamed for CDC]	
Meat/ Alt	1/2 oz	1/2 oz	1 oz		Cheese			
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR soft pretzel	WGR crackers		WGR pita bread	WGR tortilla
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole		Fluid Milk 1% or Whole		
Other				Creamy vegetable dip			Hummus	

<sup>\*</sup>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 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. ^Cooking project. ^^SAC only. Additional serving size information is located in the weekly notes and appendix.

	Denise E. Laursen, MA, RDN, LD	
Approved by:	CYS Nutritionist, IMCOM G9	Signature Date: 12 JAN 2021

WE Lauren RDN, LD This institution is an equal opportunity provider.

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

# Monday

Bean enchilada bake 1-2 years: 1/2 cup 3-5 years: 3/4 cup 6-18 years: 1 cup

\*\*\*WGR tortilla
 May use WGR flour or WGR corn tortilla

### Tuesday

• \*\*\*Corn in breakfast tacos
Omit for CDC

Breakfast Taco:
 1-5 years: 1 taco

6-18 years: 1 taco

Roasted pork\*\*\*

May substitute pinto beans for roasted pork. If this substitution is made then add broccoli as the vegetable.

# Wednesday

\*\*\*Kiwi

May substitute crushed pineapple for kiwi

Strawberry spinach salad

• 1-2 years: none 3-5 years: 1/2 cup 6-18 years: 1 cup

\*\*\*Strawberries

May substitute mandarin oranges for strawberries

Potato wedges:

1-5 years: 3/8 cup 6-18 years: 1/2 cup

Marinara:

Approved by:

1-5 years: 1/8 cup 6-18 years: 1/4 cup WELAUSENRDN, LD Denise E. Laursen, MA, RDN, LD

CYS Nutritionist, IMCOM G9

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

### Week of/Dates:

## Thursday

Yogurt

1-5 years: 1/4 cup 6-18 years: 1/2 cup

Sesame beef

1-2 years: 1/2 serving (1 oz cooked) 3-5 years: 3/4 serving (1 1/2 oz cooked) 6-18 years: 1 serving (2 oz cooked)

#### Friday

\*\*\* Potato, corn, and cauliflower soup

For children under 18 months old, puree corn or substitute cauliflower for

soup.

• Potato, corn, and cauliflower soup:

1-2 years: 1/4 cup 3-5 years: 1/2 cup 6-18 years: 1 cup

Turkey Sandwich

1-2 years: 2 quarter pieces of sandwich 3-5 years: 3 quarter pieces of sandwich

6-18 years: 1 full sandwich

Creamy vegetable dip

1-5 years: 1 Tbsp 6-18 years: 1 1/2 Tbsp

Mango\*\*\*

May substitute strawberries for mango.

• WGR cinnamon nachos (with 6-inch tortilla)

1-5 years: 1/2 tortilla plus 1/2 c fruit 6-18 years: 1 tortilla plus 3/4 c fruit

WGR cinnamon nachos (with 8-inch tortilla)

1-5 years: 1/3 tortilla plus 1/2 c fruit 6-18 years: 2/3 tortilla plus 3/4 c fruit

Signature Date: 12 JAN 2021

Installation/Facility	Week of/Dates:
Appendix: Unless noted otherwise in the menu template or weekly notes, serving size	es are as listed below.
	fast cereal, cooked rice, cooked pasta or cooked grains; 4 saltine crackers; 1 whole res, cornbread, or French toast bake; $\frac{1}{2}$ of a 1-oz biscuit, roll, or soft pretzel; $\frac{1}{2}$ of a minir pita.
	ast cereal, cooked rice, cooked pasta or cooked grains; 8 saltine crackers, 2 whole es, cornbread, or French toast bake; 1 1-oz biscuit, roll, or soft pretzel; 1 mini bagel, ½

The serving size for ready to eat breakfast cereal varies by type: (make certain the cereal that you serve meets the grain oz. equivalent)

WGR Rice Chex or WGR Life	WGR corn puffs cereal	WGR toasted oat cereal	Bran flakes
1-2 years: ½ cup	1-2 years: ¾ cup	1-2 years: ½ cup	1-2 years: ½ cup
3-5 years: ½ cup	3-5 years: ¾ cup	3-5 years: ½ cup	3-5 years: ½ cup
6-18 years: 1 cup	6-18 years: 1 ¼ cup	6-18 years: 1 cup	6-18 years: 1 cup

Ounce equivalents for meats/ alternates: cooked meat and cheese, 1 oz = 1 oz; cooked beans/ peas, ¼ c = 1 oz; yogurt, 4 oz (½ 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	Creamy vegetable dip	Sunbutter	Granola
1-5 years: 1 Tbsp	1-5 years: 1 ½ Tbsp	1-5 years: none	1-5 years: 0
6-18 years: 2 Tbsp	6-18 years: 2 Tbsp	6-18 years: 1 Tbsp	6-18 years: 2 Tbsp

Condiments (calculated amounts for nutrient evaluation only):

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: 1 ½ tsp per ½ cup of salad or 1 Tbsp per cup of salad.

Smart Balance/Butter: ½ tsp per ½ serving of toast, bagel, English muffin, brown bread, roll, and cornbread. ½ tsp per ¼ cup mashed potatoes.

Mustard, mayonnaise, ketchup: use as appropriate on sandwiches and burgers/sliders

Jam/Jelly: Biscuits and toast

Approved by:

Denise E. Laursen, MA, RDN, LD CYS Nutritionist, IMCOM G9

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Signature Date: 12 JAN 2021

Installation/Facility	Week of/Dates:					
For children under 18 months, the following foods should be modified as noted or a substitution should be offered.						
Apples: Offer applesauce.						
Blueberries: Should be chopped or pureed.						
Cheese: Should be served shredded or sliced in thin pieces.						
Crispy baked chicken: Serve chicken without breading.						
Coleslaw: Should not be given to this age group. Offer a substitution.						
Corn: Puree, chop, or offer a substitution.						
Cucumber: Should be served without skin, may require steaming if not soft en	ough to be cut with fork.					
Crushed pineapple: Should not be given to this age group. Offer a substitution.						
Fish: Serve tuna or check carefully for bones.						
Grapes: Even when cut into quarters, grapes should not be given to this age gr	oup. Offer a substitution.					
Parmesan roasted cauliflower: Serve steamed cauliflower with Parmesan chee	se sprinkled on top.					
Peas: Should be chopped or pureed.						
Southwestern white bean soup: Chop corn and beans or puree soup.						

Signature Date: 12 JAN 2021

CYS Spring 21 Cycle Infant 6-11 months

Approved by: WE Laursen RDN, LD

Date: 12 JAN 2021 Menu Dates:

CYS\_Nutritionist\_IMCOM\_G9 Week Components Monday Wednesday **Thursday Friday** Tuesday 1 Breast milk or • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, IF infant cereal **Breakfast** meat, fish, poultry, and/or and/or whole eggs, cooked dry beans or peas; or 0-2 oz Yogurt (m) Scrambled eggs (m) Infant vegetable/fruit Banana (m) or infant Mandarin oranges\* (m) vegetable/fruit or infant vegetable/fruit cheese: or 0-4 oz (volume) cottage cheese; Pears\* (m) or infant Mashed potatoes (m) or Applesauce (m) or vegetable/fruit infant vegetable/fruit infant vegetable/fruit or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable Breast milk or • 6-8 fl oz Breast milk or IF Breast milk or Breast milk or Breast milk or Breast milk or IF infant formula infant formula • 0-4 TBSP IF Infant Cereal, IF infant cereal meat, fish, poultry, and/or and/or and/or and/or and/or whole eggs, cooked dry Lunch Meatloaf\* (m) or Pork (without BBQ Cheese\*(m) or beans or peas; or 0-2 oz cheese; or 0-4 oz infant meat Tuna\* (m) or infant Chicken\* (m) or sauce)\* (m) or infant infant meat meat infant meat (volume) cottage cheese; meat Steamed carrots\* (m) Peas\* (m) or 0-4 oz vogurt; or a green beans\* (m) Banana (m) or infant Sweet potatoes\* (m) Steamed cauliflower\* or infant vegetable/fruit combination or infant vegetable/fruit vegetable/fruit or infant vegetable/fruit • 0-2 TBSP Fruit/Vegetable (m) pinto beans\* (m) or infant vegetable/fruit • 2-4 fl oz Breast milk or IF Breast milk or infant formula IF infant formula • 0-½ bread slice: or 0-2 Snack crackers; or 0-4 tbsp WGR crackers\* (m) WGR toasted oat Graham crackers WGR corn WGR crackers\* (m) or infant cereal or readyor IF infant cereal cereal (m) without honey (m) puffs [Kix](m) IF infant cereal to-eat cereal or IF infant cereal or IF infant cereal or IF infant cereal • 0-2 tbsp Vegetable, Fruit Pears\* (m) or Steamed broccoli\* (m) or both Applesauce (m) or Mandarin oranges\* (m) Peaches (m) or infant vegetable/fruit or infant vegetable/fruit infant vegetable/fruit infant vegetable/fruit or infant vegetable/fruit • 2-4 fl oz Breast milk or Snack IF infant formula IF infant formula

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. \*See Appendix for important preparation instructions. 'This institution is an equal opportunity provider'

CYS Spring 21 Cycle Infant 6-11 months Approved by:

DELausen RDN, LE

Date: 12 JAN 2021 Menu Dates:

CYS\_Nutritionist\_IMCOM\_G9 Week Components Monday Wednesday **Thursday Friday** Tuesday 2 Breast milk or • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, IF infant cereal **Breakfast** meat, fish, poultry, and/or and/or whole eggs, cooked dry Yogurt (m) beans or peas; or 0-2 oz Scrambled eggs (m) Pears\* (m) Infant vegetable/fruit cheese: or 0-4 oz Infant vegetable/fruit or infant vegetable/fruit Peaches (m) or infant Infant vegetable/fruit (volume) cottage cheese; vegetable/fruit or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable Breast milk or Breast milk or Breast milk or Breast milk or • 6-8 fl oz Breast milk or IF Breast milk or IF infant formula infant formula • 0-4 TBSP IF Infant Cereal, IF infant cereal meat, fish, poultry, Lunch and/or and/or and/or and/or and/or whole eggs, cooked dry Pinto beans\* (m) or Chicken\* (m) or Ground Beef\* (m) or Tuna\* (m) or infant Ground turkey\* (m) or beans or peas; or 0-2 oz infant meat infant meat cheese; or 0-4 oz infant meat infant meat meat (volume) cottage cheese; Peaches (m) Mandarin oranges\* (m) Steamed broccoli\* (m) Green beans\* (m) or 0-4 oz vogurt; or a or infant vegetable/fruit or infant vegetable/fruit Infant vegetable/fruit black beans\* (m) mashed potato (m) combination or infant vegetable/fruit • 0-2 TBSP Fruit/Vegetable or infant vegetable/fruit • 2-4 fl oz Breast milk or IF Breast milk or IF infant infant formula formula formula formula formula formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp WGR crackers\* (m) or WGR toasted oat Graham crackers WGR crackers\* (m) or WGR corn Snack infant cereal or ready-IF infant cereal cereal (m) or IF infant puffs [Kix](m) or IF without honey (m) or IF infant cereal to-eat cereal infant cereal IF infant cereal cereal • 0-2 tbsp vegetable, fruit Steamed cauliflower\* Pear\* (m) infant or both (m) or Infant Steamed carrots \*(m) Applesauce (m), or Banana (m) or vegetable/fruit infant vegetable/fruit infant vegetable/fruit vegetable/fruit infant vegetable/fruit • 2-4 fl oz Breast milk or Breast milk or IF infant Snack IF infant formula formula formula formula formula formula

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. \*See Appendix for important preparation instructions. 'This institution is an equal opportunity provider'

CYS Spring 21 Cycle Infant 6-11 months Approved by: \_

Denise E. Laursen, MA. RDN, LD Date: \_12 JAN 2021\_ Menu Dates:\_\_

	CYS Nutritionist, IMCOM-G9								
Week 3	Components	Monday	Tuesday	Wednesday	Thursday	Friday			
Breakfast	6-8 fl oz Breast milk or IF infant formula     0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination     0-2 TBSP Fruit/Vegetable	Breast milk or IF infant formula  IF infant cereal  Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Scrambled eggs (m)  Infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Yogurt (m)  Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Mandarin oranges* (m) or infant vegetable/fruit			
Lunch	<ul> <li>6-8 fl oz Breast milk or IF infant formula</li> <li>0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination</li> <li>0-2 TBSP Fruit/Vegetable</li> </ul>	Breast milk or IF infant formula  IF infant cereal and/or Ground beef* (m) or infant meat  Steamed carrots* or cauliflower* (m), (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Pork* (m) or infant meat  Steamed broccoli* (m), black beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Turkey (without teriyaki)* (m) or infant meat  Pears* (m), peas* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Cheese* (m) or Infant meat  Applesauce (m), green beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or ground beef (m) or infant meat  Sweet potatoes* (m) or infant vegetable/fruit			
Snack	<ul> <li>2-4 fl oz Breast milk or IF infant formula</li> <li>0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or readyto-eat cereal</li> <li>0-2 tbsp vegetable, fruit or both</li> </ul>	Breast milk or IF infant formula  WGR toasted oat cereal (m) or IF infant cereal  Pears* (m) or infant vegetable/fruit	Breast milk or IF infant formula  Graham crackers without honey (m) or IF infant cereal  Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR corn puff cereal (m) or IF infant cereal  Steamed broccoli* (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR crackers* (m) or IF infant cereal  Mashed potatoes (m) or infant vegetable/fruit	Breast milk or IF infant formula  Toasted oat cereal (m) or IF infant cereal  Peaches (m) or infant vegetable/fruit			
Snack	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula			

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. \*See Appendix for important preparation instructions. 'This institution is an equal opportunity provider'

CYS Spring 21 Cycle Infant 6-11 months Approved by:

DELausenRDN, LD

Date: 12 JAN 2021 Menu Dates:

CYS\_Nutritionist\_IMCOM\_G9 Week Components Monday Wednesday **Thursday Friday** Tuesday 4 Breast milk or • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, IF infant cereal meat, fish, poultry, **Breakfast** and/or and/or whole eggs, cooked dry beans or peas; or 0-2 oz Banana (m) or Scrambled egg (m) Infant vegetable/fruit Infant vegetable/fruit Yogurt (m) infant vegetable/fruit cheese: or 0-4 oz (volume) cottage cheese; Applesauce (m) or Mandarin oranges\* (m) infant vegetable/fruit or infant vegetable/fruit or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable Breast milk or IF infant • 6-8 fl oz Breast milk or IF formula formula formula formula formula infant formula • 0-4 TBSP IF Infant Cereal, IF infant cereal meat, fish, poultry, and/or and/or and/or and/or and/or whole eggs, cooked dry Lunch Turkey\* (m) or infant Tuna\* (m) or Scrambled egg (m) or Chicken [no curry Ground beef\* (m) or beans or peas; or 0-2 oz cheese; or 0-4 oz meat infant meat infant meat saucel\* (m) or infant meat infant meat (volume) cottage cheese; Steamed broccoli\* (m). Steamed carrots\* (m) Banana (m), peas\* (m) Peaches (m), steamed or 0-4 oz vogurt; or a or infant vegetable/fruit cauliflower\* (m) or pinto beans\* (m) or mashed potatoes (m) Green beans\* (m), combination • 0-2 TBSP Fruit/Vegetable infant vegetable/fruit or infant vegetable/fruit pears\* (m), infant vegetable/fruit or infant vegetable/fruit • 2-4 fl oz Breast milk or IF Breast milk or IF infant infant formula formula formula formula formula formula • 0-1/2 bread slice; or 0-2 crackers; or 0-4 tbsp Graham crackers WGR toasted oat WGR crackers\* (m) or WGR corn puff cereal WGR crackers\* (m) or Snack infant cereal or readywithout honey (m) or cereal (m) IF infant cereal (m) or IF infant cereal IF infant cereal to-eat cereal IF infant cereal • 0-2 tbsp vegetable, fruit Applesauce\* (m), Steamed carrots\* (m) Steamed broccoli\* (m) Mandarin oranges\* (m) or both Infant vegetable/fruit mashed sweet or infant vegetable/fruit or infant vegetable/fruit potatoes\* (m), or infant infant vegetable/fruit vegetable/fruit • 2-4 fl oz Breast milk or Breast milk or IF infant Snack IF infant formula formula formula formula formula formula

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. \*See Appendix for important preparation instructions. 'This institution is an equal opportunity provider'

CYS Spring 21 Cycle Infant 6-11 months Approved by: \_

Denise E. Laursen, MA, RDN, LD Date: \_12 JAN 2021\_ Menu Dates:\_\_\_\_\_

_	CYS-Nutritionist, IMCOM-G9							
Week 5	Components	Monday	Tuesday	Wednesday	Thursday	Friday		
Breakfast	6-8 fl oz Breast milk or IF infant formula     0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination     0-2 TBSP Fruit/Vegetable	Breast milk or IF infant formula  IF infant cereal  Mandarin oranges* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Scrambled egg (m)  Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Yogurt (m)  Infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Peaches (m) or infant vegetable/fruit		
Lunch	<ul> <li>6-8 fl oz Breast milk or IF infant formula</li> <li>0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination</li> <li>0-2 TBSP Fruit/Vegetable</li> </ul>	Breast milk or IF infant formula  IF infant cereal and/or Pinto beans* (m)  Peaches (m), green beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Pork* (m) or infant meat  Steamed carrots* (m), or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Chicken* (m) or infant meat  Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Ground beef* (m) or infant meat  Peas* (m) or Infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Turkey* (m) or infant meat  Mashed potatoes (m), or infant vegetable/fruit		
Snack	<ul> <li>2-4 fl oz Breast milk or IF infant formula</li> <li>0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or readyto-eat cereal</li> <li>0-2 tbsp vegetable, fruit or both</li> </ul>	Breast milk or IF infant formula  WGR Toasted oat cereal (m) or IF infant cereal  Steamed broccoli* (m), steamed cauliflower* (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR crackers* (m) or IF infant cereal  Pears* (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR corn puffs cereal [Kix](m) or IF infant cereal  Mashed potato (m), or infant vegetable/fruit	Breast milk or IF infant formula  WGR crackers* (m) or IF infant cereal  Steamed carrots* (m), or infant vegetable/fruit	Breast milk or IF infant formula  Graham crackers without honey (m) or IF infant cereal  Banana (m) or infant vegetable/fruit		
Snack	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula		

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. \*See Appendix for important preparation instructions. 'This institution is an equal opportunity provider'

CYS Spring 21 Cycle Infant 6-11 months Approved by:

Denise E. Laursen, MA, RDN, LD

APPENDIX

Black beans: chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate. Serve without seasoning.

Broccoli: only the floret portion should be served to infants.

Carrots: cook to the point where they can be easily mashed with a fork and chop into pieces smaller than the maximum width of 1/8-inch

Cauliflower: only the floret portion should be served to infants.

Cheese should be shredded or cut into pieces smaller than the maximum width of 1/8-inch.

Chicken: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Graham crackers must not contain honey.

Green beans: cook to the point where they can be easily mashed with a fork and chop into pieces smaller than the maximum width of 1/8-inch

Ground beef: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Ground turkey: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Mandarin oranges must be canned.

Meatloaf: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Pears should be canned or ripened to the point where they can be easily mashed with a fork.

Peas: chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate.

Pinto beans: chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate. Serve without seasoning.

Pork: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Sweet potatoes: cook to the point where they can be easily mashed with a fork and chop into pieces smaller than the maximum width of 1/8-inch

Tuna: chop and add a small amount of water to prevent serving overly dry tuna, which would be difficult for the infant to swallow.

Turkey: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

WGR crackers should easily dissolve in the mouth. They must not be brittle or hard.

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. \*See Appendix for important preparation instructions. 'This institution is an equal opportunity provider'

arrison:	Week of:
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Week 1	Minimum Serving Size Per Age							
Spring 21 YC			6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack					Tuna salad with WGR crackers		BBQ pork slider or ham sandwich***	
Fruit			3/4 c	Apple		Honeydew melon		Fruit
Vegetable			3/4 c		Carrots & broccoli		Cinnamon sweet potato cubes	
Meat/ Alternate			1 oz	Cheese	Tuna salad***		BBQ pork or sliced ham	Yogurt
Bread/ Grain			1 serving	WGR soft pretzel	WGR crackers	Graham crackers without honey	WGR roll or bread	WGR waffle
Fluid Milk**			1 c			Milk		
Other					Creamy vegetable dip	Sunbutter		Pancake syrup (optional

• Tuna salad

6-18 years: 1/4 cup

BBQ pork sliders

6-18 years: 1 sandwich

• OR Ham sandwich 6-18 years: ½ sandwich

\*\*\*BBQ pork sliders

Approved by:\_

May substitute sloppy lentil Joes for BBQ pork sliders/ham sandwich

Denise E. Laursen, MA, RDN, LD CYS Nutritionist, IMCOM G9

Signature Date: 21 JAN 2021

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Garrison:	Week of:
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Week 2	Minimum Serving S	Size Per Age					
Spring 21 YC		6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack			Bean burrito bowl		Yogurt parfait		Turkey slider or veggie burger
Fruit		3/4 c			Peaches or berries	Fresh fruit	
Vegetable		3/4 c	Diced tomatoes, romaine lettuce, salsa	Cherry tomato & corn salad plus carrots			Potato wedges plus lettuce, tomato,
Meat/ Alternate		1 oz	Beans/cheese		Yogurt		Ground turkey
Bread/ Grain		1 serving	Cilantro brown rice	WGR pita	Granola or graham crackers	WGR bagels	WGR roll
Fluid Milk**		1 c				Milk	
Other				Hummus		Cream cheese	Mustard, mayonnaise, ketchup

- Bean burrito bowl
   6-18 years: 1/2 cup rice, 2/3 cup beans, 1/4 cup tomatoes, 1/2 cup shredded lettuce, 1 Tbsp plus 1 tsp shredded cheese, 1/4 cup of salsa
- Cherry tomato and corn salad 5-18 years: 3/8 cup
- Carrots 6-18 years: 3/8 cup
- Granola 6-18 years: ¼ cup

Approved by:

- Cream cheese 6-18 years: 2 tsp
- Turkey slider or veggie burger 6-18 years: 1 slider or 1 burger
- Potato wedges6-18 years: 1/2 cup

Denise E. Laursen, MA, RDN, LD CYS Nutritionist, IMCOM G9

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Signature Date: 12 JAN 2021

Garrison:	Week of:	
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Week 3	Minimum Serving Size Per Age						
Spring 21 YC		6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack			Taco bar		Lemon pasta salad		Hawaiian chicken wrap
Fruit		3/4 c		Apple	Fruit		
Vegetable		3/4 c	Beans, lettuce, tomatoes, salsa		Tomato, cucumber plus broccoli	Potato wedges & marinara sauce	Vegetable tray broccoli, cauliflower, carrots, etc.
Meat/ Alternate		1 oz	Beef taco meat, shredded cheese			Cheese	Chicken
Bread/ Grain		1 serving	WGR tortilla (corn or flour)	Graham crackers without honey	WGR pasta		WGR tortilla
Fluid Milk**		1 c		Milk		Milk	
Other				Sunbutter	Creamy vegetable dip		Sesame dipping sauce

• Taco bar

6-18 years: 2 2/3 Tbsp taco meat, 1 WGR tortilla, 3/8 cup beans, ¼ cup lettuce, 2 Tbsp diced tomatoes, 2 Tbsp salsa

Lemon pasta salad
 6-18 years: 1 cup

Broccoli

6-18 years: 1/4 cup

• Creamy vegetable dip: 6-18 years: 1 Tbsp

Potato Wedges:6-18 years: 1/2 cup

Marinara:

6-18 years: 1/4 cup

Hawaiian chicken wrap
 6-18 years: 1

• Vegetable tray, assorted vegetables

6-18 years: 1/2 cup

• Sesame dipping sauce 6-18 years: 1 Tbsp

Approved by:

Denise E. Laursen, MA, RDN, LD
CYS Nutritionist, IMCOM G9

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

DELausenRDN, LD

Signature Date:12 JAN 2021

Garrison:	Week of:
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Week 4	Minimum Serving Size Per Age							
Spring 21 YC			6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack					Potato or salad bar	Cereal bar	English muffin pizza	Ramen bowl
Fruit			3/4 c	Honeydew melon		Fruit		
Vegetable			3/4 c		Lettuce, spinach, tomatoes or salsa, olives, potato		Tomato sauce, vegetable toppings + carrots	Peas, carrots, cabbage
Meat/ Alternate			1 oz		Chopped turkey ham, shredded cheese		Cheese on pizza	Chicken
Bread/ Grain			1 serving	WGR carrot muffin square	WGR crackers or WGR roll (if salad bar	Choice of WGR cereal	WGR English muffin	WGR noodles with soy sauce and sesame
Fluid Milk**			1 c	Milk		Milk		
Other					Sour cream/salad dressing		Creamy vegetable dip	Broth

• English muffin pizza 6-18 years: 2 pizzas

Carrots

6-18 years: 3/8 cup

Creamy vegetable dip
 6-18 years: 1 1/2 Tbsp

Broth

Approved by:\_

6-18 years: 1 cup

Peas, carrots, cabbage\*\*\*
 May also use broccoli, onion, diced celery for a total of ¾ cup per vegetable serving

Denise E. Laursen, MA, RDN, LD CYS Nutritionist, IMCOM G9

Signature Date:12 JAN 2021

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Garrison:\_\_\_\_\_ Week of:

Week 5	Minimum Serving Size Per Age							
Spring 21 YC	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack						Yogurt parfait	Bean burrito bowl	Turkey sandwich
Fruit			3/4 c		Pear	Strawberries or banana		
Vegetable			3/4 c	Vegetable tray broccoli, cauliflower, carrots, etc.			Diced tomatoes, romaine lettuce, salsa	Vegetable tray plus lettuce and tomato
Meat/ Alternate			1 oz		Cheese	Yogurt	Beans/cheese	Sliced turkey
Bread/ Grain			1 serving	WGR soft pretzel	WGR crackers	Granola	Cilantro brown rice	WGR bread
Fluid Milk**			1 c					
Other				Creamy vegetable dip	Hummus			Creamy vegetable dip, mustard, mayonnaise

Water available at meals/snacks and in classroom. Condiments are served as appropriate. WGR is whole grain rich. Menu subject to change. Serve only 1% or skim milk to children ages 2 and older. See menu notes for additional information or substitution options. Additional serving size information is located in the weekly notes and appendix.

• Granola 6-18 years: ¼ cup

Bean burrito bowl 6-18 years: 1/2 cup rice, 2/3 cup beans, 1/4 cup tomatoes, 1/2 cup shredded lettuce, 1 Tbsp plus 1 tsp\_shredded cheese, 1/4 cup of salsa • Turkey sandwich 6-18 years: ½ sandwich

Vegetable tray, assorted vegetables
 6-18 years: 2/3 cup

Denise E. Laursen, MA, RDN, LD CYS Nutritionist, IMCOM G9

Approved by: Signature Date: 12 JAN 2021

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Garrison:	Week of:	
Appendix:		

Unless noted otherwise in the menu template or weekly notes, serving sizes are as listed below.

1 serving of bread/grains = 1 slice of bread; ½ cup of cooked rice, cooked pasta or cooked grains; 8 saltine crackers, 2 whole graham cracker sheets (2 ½ x 5 inches); 1 muffin, 1 serving of muffin squares, cornbread, or French toast bake; 1 1-oz biscuit, roll, or soft pretzel; 1 mini bagel, ½ of a 2-oz bagel; 1 1.25-oz waffle; and ½ of a 2-oz English muffin or pita.

The serving size for ready to eat breakfast cereal varies by type:

WGR Rice Chex or WGR Life WGR corn puffs cereal WGR toasted oat cereal Bran flakes

6-18 years: 1 cup 6-18 years: 1 cup 6-18 years: 1 cup 6-18 years: 1 cup

Ounce equivalents for meats/ alternates: cooked meat and cheese, 1 oz = 1 oz; cooked beans/ peas, ¼ c = 1 oz; yogurt, 4 oz (½ 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 Sunbutter Salad dressing or sour cream

6-18 years: 3 Tbsp 6-18 years: 1 Tbsp 6-18 years: 1 Tbsp

Creamy vegetable dip Pancake syrup Cream cheese 6-18 years: 2 Tbsp 6-18 years: 2 tsp 6-18 years: 2 tsp

Denise E. Laursen, MA, RDN, LD CYS Nutritionist, IMCOM G9

SATURDAY Spring 21	Minimum Serving Size Per Age		Spring 20 Week 1	Spring 20 Week 2	Spring 20 Week 3	Spring 20 Week 4	Spring Week 5
YC		6-18	Saturday	Saturday	Saturday	Saturday	Saturday
PM Snack							
Fruit		3/4 c	Fresh Fruit	Apple		Fruit	Fresh Fruit
Vegetable		3/4 c			Carrots & broccoli		
Meat/ Alternate		1 oz		Cheese	Cheese	Yogurt	
Bread/ Grain		1 serving = 1 oz equiv WGR	WGR Muffin	WGR soft pretzel	WGR crackers	Granola	WGR Bagel
Fluid Milk**		1 c	Milk				
Other					Creamy vegetable dip		Cream Cheese

Water available at meals/snacks and in classroom. Condiments are served as appropriate. WGR is whole grain rich. Menu subject to change. Serve only 1% or skim milk to children ages 2 and older. See menu notes for additional information or substitution options. Additional serving size information is located in the weekly notes and appendix.

Denise E. Laursen, MA, RDN, LD
CYS Nutritionist, IMCOM G9

Signature Date:12 JAN 2021

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Approved for use through: 31 DEC 2021

Installation/Facility\_\_\_\_\_\_ Week of/Dates:\_

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Week 1	Minimur	n Serving Si	ize Per Age					
Summer/ 2020	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	Peaches	Strawberries	Banana	Hash brown potatoes
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR corn puffs cereal KIX	Oatmeal	WGR waffle	Bran flakes cereal (WGR Life***)	WGR toast
Meat/ Other					Yogurt	Pancake syrup (optional)		Scrambled eggs
Lunch				Spaghetti & meat sauce	Baked chicken	Tuna salad sandwich	Bean enchiladas bake	Turkey tikka
Meat/ Alternate	1 oz	1 1/2 oz	2 oz	Ground beef	Chicken	Tuna	Pinto beans, cheese	Turkey
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR pasta	WGR roll	WGR bread	WGR tortilla***	Brown rice
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Cauliflower	Yellow squash***	Cucumber salad	Cantaloupe	Apple
Vegetable	1/8 c	1/4 c	1/2 c	Green beans	Black beans	Steamed carrots	Broccoli	Peas
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								
PM Snack							English muffin pizza^	
Fruit	1/2 c	1/2 c	3/4 c	Banana	Orange (Mandarin oranges)	Watermelon***		Pineapple (crushed pineapple)
Vegetable	1/2 c	1/2 c	3/4 c				Cucumbers, celery^^	
Meat/ Alternate	1/2 oz	1/2 oz	1 oz				Cheese	Yogurt
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	Graham crackers (no honey in CDC)	Trail mix^	WGR soft pretzel	WGR English muffin	
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^^			Creamy vegetable dip	Granola^^

<sup>\*</sup> 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 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. ^Cooking project. ^^SAC only. Additional serving size information is located in the weekly notes and appendix.

This institution is an equal opportunity provider.

Approved by: Denise E. Laursen, MA, RDN, LD Signature Date: 12 JAN 2021

CYS Nutritionist, IMCOM G9
Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Week 1 Notes

## Monday

Meat sauce

1-2 years: 1/4 cup 3-5 years: 3/8 cup 6-18 years: 1/2 cup

### Tuesday

• Yogurt

1-5 years: 1/4 cup 6-18 years: 1/2 cup

Yellow squash\*\*\*

May substitute zucchini for yellow squash

Trail mix:

1-5 years: 5/8 cup (no pretzels or dried fruit)

6-18 years: 1 cup (made with pretzels) or 1 1/8 cup (made without pretzels)

## Wednesday

Tuna salad sandwich

1-2 years: 2 quarter pieces of sandwich3-5 years: 3 quarter pieces of sandwich

6-18 years: 1 full sandwich

• Cucumber salad:

1-2 years: 1/8 cup 3-5 years: 1/4 cup 6-18 years: 1/4 cup

Watermelon\*\*\*

Approved by:

May substitute honeydew melon for watermelon

#### Thursday

WGR Life\*\*\*

May substitute WGR toasted oat cereal for WGR Life cereal

• Bean enchilada bake

1-2 years: 1/2 serving 3-5 years: 3/4 serving 6-18 years: 1 serving

WGR tortilla\*\*\*

May use WGR flour or WGR corn tortilla

• English muffin pizza

1-5 years: 1 pizza made from 1 English muffin half.

6-18 years: 2 pizzas

Cucumbers

1-18 years: 1/2 cup

Celery

6-18 years: 1/4 cup

#### Friday

• Scrambled eggs

1-5 years: 2 Tbsp 6-18 years: 1/4 cup

Turkey tikka

1-2 years: 1/4 cup 3-5 years: 3/8 cup 6-18 years: 1/2 cup



Signature Date: 12 JAN 2021

Installation/Facility Week of/Dates:

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Week 2	Minimum	n Serving Siz	ze Per Age					
Summer/Hot 2020	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	Peaches	Honeydew melon	Pineapple (crushed pineapple)	Orange (Mandarin oranges)	Banana
Bread/ Grain	1/2 oz equiv	1/2 oz. equiv	1 oz equiv	Oven-baked whole wheat pancake	WGR Rice Chex	WGR English muffin	WGR peach muffin	WGR toasted oat cereal
Meat/ Other				Pancake syrup (optional)		Scrambled eggs		Yogurt
Lunch				Macaroni and cheese	Roasted turkey	Beef paprikash	Chicken salad sandwich	BBQ pork***
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Cheese	Turkey	Beef	Chicken	Pork
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR pasta	WGR roll	Brown rice	WGR bread	WGR roll
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Strawberries	Sweet potatoes	Steamed carrots	Pears	Coleslaw (green beans)
Vegetable	1/8 c	1/4 c	1/2 c	Broccoli	Green beans	Cauliflower	Peas	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								
PM Snack							Lemon pasta salad^	
Fruit	1/2 c	1/2 c	3/4 c		Blueberries	Apple		Watermelon***
Vegetable	1/2 c	1/2 c	3/4 c	Black bean, tomato and corn salsa + carrots (steamed for CDC)			Pasta salad vegetables + broccoli [steamed for CDC]	
Meat/ Alternate	1/2 oz	1/2 oz	1 oz		Yogurt			Cheese
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR pita bread		Graham crackers (no honey in CDC)	WGR pasta	WGR crackers
Fluid Milk**	1/2 c	1/2 c	1 c			Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	
Other				Hummus	Granola^^	Sunbutter^^	Creamy vegetable dip	

<sup>\*</sup>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 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. ^Cooking project. ^^SAC only. Additional serving size information is located in the weekly notes and appendix.

\*\*This institution is an equal opportunity provider.

Approved by:	Denise E. Laursen, MA, RDN, LD	Signature Date: 12 JAN 2021

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Week 2 Notes:

# Monday

Oven-baked whole wheat pancake

1-5 years: 1/2 piece 6-18 years: 1 piece

Macaroni and cheese

1-2 years: 1/3 cup 3-5 years: 1/2 cup 6-18 years: 2/3 cup

Black Bean, tomato and corn salsa

1-2 years: do not serve to this age group

5 years: 1/4 cup 6-18 years: 3/8 cup

Carrots

1-2 years: 1/2 cup 3-5 years: 1/4 cup 6-18 years: 3/8 cup

Hummus

1-5 years: 1 Tbsp 6-18 years: 2 Tbsp

Tuesday: No notes

# Wednesday

• Scrambled eggs 1-5 years: 2 Tbsp 6-18 years: 1/4 cup

Beef Paprikash

1-2 years: 1/2 cup 3-5 years: 3/4 cup 6-18 years: 1 cup

> WELAUSENRDN, LD Denise E. Laursen, MA, RDN, LD

Approved by: CYS Nutritionist, IMCOM-G9-Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

## Thursday

Chicken salad sandwich

1-2 years: 2 quarter pieces (1/2 sandwich) 3-5 years: 3 quarter pieces (3/4 sandwich) 6-18 years: 1 sandwich

• Lemon pasta salad

1-2 years: 1/2 cup, chop vegetables to ¼ inch

3-5 years: 1/2 cup 6-18 years: 1 cup

Broccoli

1-18 years: 1/4 cup

• Creamy vegetable dip 1-18 years: 1 Tbsp

## Friday

Yogurt

1-5 years: ¼ cup 6-18 years: ½ cup

BBQ pulled pork\*\*\*

For pork free option serve pinto beans as meat alt

Watermelon\*\*\*

May substitute cantaloupe for watermelon.

Signature Date: 12 JAN 2021

Menus approved for use through:

31 DEC 2021

Installation/Facility

Week of/Dates:

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Week 3	Minimum	Serving Siz	ze Per Age					
Summer/Hot 2020	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	Pears	Pineapple (crushed pineapple)	Blueberries	Applesauce
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR corn puffs cereal KIX	WGR biscuit	WGR French toast bake	Bran flakes cereal (WGR Life***)	WGR bagel
Meat/ Other					Ham			Scrambled eggs
Lunch				Pizza burger	Strawberry spinach salad with chicken***	Bean burrito bowl	Cajun baked fish	Pork lo mein***
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Ground beef & cheese	Chicken	Pinto beans & cheese	Fish	Pork
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR roll	WGR crackers	Cilantro brown rice	WGR roll	WGR pasta
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Broccoli	Apple	Peaches	Carrots	Pineapple (crushed pineapple)
Vegetable	1/8 c	1/4 c	1/2 c	Pinto beans	Spinach (sautéed)	Tomatoes, lettuce (tomatoes)	Green beans	Peas
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						Salsa (optional)		
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Cantaloupe			Orange (Mandarin oranges)	
Vegetable	1/2 c	1/2 c	3/4 c		Marinara sauce and potatoes wedges	Cauliflower & broccoli [steamed for CDC]		Cherry tomato & corn salad^ + carrots (steamed for CDC)
Meat/ Alt	1/2 oz	1/2 oz	1 oz		Cheese			
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR soft pretzel		WGR crackers	Graham crackers (no honey in CDC)	WGR pita
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						Sesame dipping sauce	Sunbutter^^	Creamy vegetable dip

<sup>\*</sup>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 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. ^Cooking project. ^^SAC only. Additional serving size information is located in the weekly notes and appendix.

This institution is an equal opportunity provider.

Denise E. Laursen, MA, RDN, LD Approved by: CYS Nutritionist, IMCOM G9

Signature Date: 12 JAN 2021

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Installation/Facility

Week 3 Notes:

Monday

• Pizza burger

1-2 years: 1/2 sandwich (1/2 serving)

3-18 years: 1 sandwich

Tuesday

Ham

1-5 years: ½ ounce 6-18 years: 1 ounce

• Strawberry spinach salad\*\*\*

May substitute Mandarin oranges for strawberries.

• Strawberry spinach salad

1-2 years: none 3-5 years: 1/2 cup 6-18 years: 1 cup

• Marinara sauce

1-5 years: 1/8 cup 6-18 years: 1/4 cup

Potato wedges

1-5 years: 3/8 cup 6-18 years: 1/2 cup

Wednesday

Bean burrito bowl, see below for each age group.

1-2 years:  $1/4\ c$  rice,  $1/3\ cup$  bean mixture,  $1/8\ cup$  diced tomato,  $2\ tsp$ 

shredded cheese

3-5 years: 1/4 c rice, 1/2 cup bean mixture, 1/8 cup diced tomato, 1/4 cup

lettuce, 1 Tbsp shredded cheese

6-18: 1/2 c rice, 2/3 cup beans, 1/4 cup diced tomato, 1/2 cup of lettuce, 1 Tbsp

plus 1 tsp shredded cheese

• Salsa (optional)

1-2 years: 2 tsp 3-5 years: 1 Tbsp 6-18 years: 1 ½ Tbsp

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Sesame dipping sauce

1-5: 1 Tbsp

6-18 years: 1 ½ Tbsp

Thursday

Week of/Dates:

WGR Life\*\*\*

May substitute WGR Rice Chex for WGR Life cereal

• Cajun baked fish

1-2 years: ½ serving

3-5 years: 2/3 serving

6-18 years: 1 serving

Friday

Scrambled eggs

1-5 years: 2 Tbsp

6-18 years: 1/4 cup

Pork lo mein\*\*\*

May substitute turkey for pork

Pork lo mein

1-2 years: ½ serving

3-5 years: 3/4 serving

6-18 years: 1 serving

• Cherry tomato & corn salad

1-2 years: do not serve to this age group

3-5 years: 1/4 cup

5-18 years: 3/8 cup

Carrots

1-2 years: 1/2 cup

3-5 years: 1/4 cup

6-18 years: 3/8 cup

Creamy vegetable dip

1-2 years: 1 ½ Tbsp

1-5 years: 1 Tbsp

6-18 years: 1 ½ Tbsp

Signature Date: 12 JAN 2021

Installation/Facility					Week of/[	Dates:		
Week 4	Minimum	n Serving Siz	ze Per Age					
Summer/Hot 2020	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	Honeydew melon	Peaches	Strawberries	Banana	Orange (Mandarin oranges)
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR toasted oat cereal	WGR bagel	WGR waffle	WGR corn puffs cereal KIX	WGR English muffin
Meat/ Other					Yogurt	Pancake syrup (optional)		Scrambled eggs
Lunch				Frittata	Baked chicken	Roasted pork***	Greek turkey burger	Taco Salad
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Egg, cheese	Chicken	Pork	Ground turkey	Ground beef, cheese
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR toast	WGR pasta	Brown rice	WGR roll	WGR tortilla***
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Orange (Mandarin oranges)	Yellow squash	Pineapple (crushed pineapple)	Coleslaw (Green beans)	Honeydew melon***
Vegetable	1/8 c	1/4 c	1/2 c	Peas	Green beans	Pinto beans	Potato wedges	Romaine lettuce & tomatoes (tomatoes)
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								Salsa (optional)
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c		Apple		Peaches	
Vegetable	1/2 c	1/2 c	3/4 c	Marinara sauce & Parmesan cauliflower		Carrots & broccoli [steamed for CDC]		Cinnamon sweet potato cubes
Meat/ Alt	1/2 oz	1/2 oz	1 oz			Cheese		Ham
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv		Trail mix	WGR crackers	Graham crackers (no honey in 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	Fluid Milk 1% or Whole
Other						Sesame dipping sauce	Sunbutter^^	

<sup>\*</sup>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 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. ^Cooking project. ^^SAC only. Additional serving size information is located in the weekly notes and appendix.

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Approved by:	Denise E. Laursen, MA, RDN, LD  CYS-Nutritionist, IMCOM-G9	Signature Date: 12 JAN 2021	
Denise E	. Laursen, RDN, LD, CYS Nutritionist IMCOM G9	Menus approved for use through: 31 DEC 2021	

Installation/Equility
Installation/Facility
Monday • Frittata 1-2 years: ½ serving 3-5 years: ¾ serving 6-18 years: 1 serving
<ul> <li>Marinara sauce</li> <li>1-5 years: 1/8 cup</li> <li>6-18 years: 1/4 cup</li> </ul>
<ul> <li>Parmesan cauliflower</li> <li>1-5 years: 3/8 cup</li> <li>6-18 years: 1/2 cup</li> </ul>
Tuesday • Yogurt 1-5 years: ¼ cup 6-18 years: ½ cup
<ul> <li>Trail mix:</li> <li>1-5 years: 5/8 cup (no pretzels or dried fruit)</li> <li>6-18 years: 1 cup (made with pretzels) or 1 1/8 cup (made without pretzels)</li> </ul>
Wednesday
<ul> <li>Roasted pork***         For pork free option, serve pinto beans as meat alt and sweet potatoes as vegetable     </li> </ul>
• Sesame dipping sauce 1-5: 1 Tbsp 6-18 years: 1 ½ Tbsp
Thursday  • Greek turkey burger 1-2 years: ½ burger 3-18 years: 1 burger

Friday

Week of/Dates:

Scrambled eggs
 1-5 years: 2 Tbsp
 6-18 years: 1/4 cup

Taco salad

1-2 years: 1/4 cup diced tomatoes; 2 Tbsp+ 2 tsp meat mixture, 1 Tbsp

shredded cheese

3-5 years: 1/2 cup lettuce tomato mixture; 1/4 cup meat mixture, 1 1/2

Tbsp shredded cheese

6-18 years: 1 cup lettuce tomato mixture; 1/3 cup meat mixture, 2 Tbsp

shredded cheese

WGR tortilla\*\*\*

May use WGR flour or WGR corn tortilla

• Salsa (optional) 1-2 years: 2 tsp 3-5 years: 1 Tbsp 6-18 years: 1 ½ Tbsp

Honeydew melon\*\*\*
 May substitute grapes (cut lengthwise and quartered) for honeydew melon.

• Cinnamon sweet potato cubes

1-5 years: 1/2cup 6-18 years: 3/4 cup

• Ham

1-5 years: .75 ounce 6-18 years: 1.5 ounce

Signature Date: 12 JAN 2021

Menus approved for use through: 31 DEC 2021

CYS Nutritionist, IMCOM G9

Approved by:

Installation/Facility

Week of/Dates:

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Week 5	Minimum	n Serving Si	ze Per Age					
Summer/Hot 2020	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1							
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	Orange (Mandarin orange)	Applesauce	Peaches	Banana	Cantaloupe
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR toasted oat cereal	Oven-baked whole wheat pancake	WGR biscuit	WGR Rice Chex	Fruit and bran muffin
Meat/ Other				Yogurt	Pancake syrup (optional)			Scrambled eggs
Lunch				Roasted turkey	Beef picadillo	Lemon baked salmon cake***	Toasted cheese sandwich	Crispy baked chicken
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Turkey	Ground beef	Salmon & egg	Cheese	Chicken
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	Quinoa pilaf***	Brown rice	WGR roll	WGR bread	WGR pasta
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Turnip greens***	Pineapple (crushed pineapple)	Coleslaw (green beans)	Pears	Sweet potato
Vegetable	1/8 c	1/4 c	1/2 c	Carrots	Peas	Potato wedges	Broccoli	Yellow 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								
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Watermelon***		Orange (mandarin oranges)		Strawberries
Vegetable	1/2 c	1/2 c	3/4 c		Marinara sauce & Parmesan cauliflower		Black bean, tomato and corn salsa + carrots (steamed for CDC)	
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Cheese				Yogurt
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR crackers		WGR soft pretzel	WGR pita bread	
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole			
Other							Hummus	Granola^^
			•					

<sup>\*</sup> 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 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 ontions. ^Cooking project. ^SAC only. Additional serving size information is located in the weekly notes and appendix.

	10 - 00000	This institution is an equal opportunity provider.
Approved by	Denies E Lawrence MA DOM LD	Signature Date:12 JAN 2021
Approved by:		
	CVS Nutritioniet IMCOM CO	

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Installation/Facility

Week 5 Notes

### Monday

Yogurt

1-5 years: ¼ cup 6-18 years: ½ cup

Quinoa pilaf\*\*\*

May substitute bulgur wheat for quinoa (see recipe).

Turnip greens\*\*\*

May substitute collard greens, sautéed spinach, kale, or chard for turnip greens

Watermelon\*\*\*

May substitute cantaloupe for watermelon

#### Tuesday

• Picadillo beef

1-2 years: ¼ cup 3-5 years: 3/8 cup 6-18 years: 1/2 cup

Marinara sauce

1-5 years: 1/8 cup 6-18 years: 1/4 cup

• Parmesan cauliflower

1-5 years: 3/8 cup 6-18 years: 1/2 cup

# Wednesday

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 (See recipe to make one large salmon cake).

WELDENRON, LD Denise E. Laursen, MA, RDN, LD

CYS Nutritionist, IMCOM G9

Approved by:

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

### Week of/Dates:

Thursday

• Toasted cheese sandwich

1-2 years: 2 quarter pieces (1/2 sandwich) 3-5 years: 3 quarter pieces (3/4 sandwich)

6-18 years: 1 sandwich

• Black bean, tomato and corn salsa

1-2 years: do not serve to this age group

3-5 years: 1/4 cup 6-18 years: 3/8 cup

Carrots

1-2 years: 1/2 cup 3-5 years: 1/4 cup 6-18 years: 3/8 cup

Hummus

1-5 years: 1 Tbsp 6-18 years: 2 Tbsp

Friday

Scrambled eggs
 1-5 years: 2 Tbsp

6-18 years: 1/4 cup

Yellow squash\*\*\*

May substitute zucchini for yellow squash

Signature Date: 12 JAN 2021

Installation/Facility		Week of/Dates:	
Appendix:		a ana ao lioka dibada w	
Unless noted otherwise in the men	u template or weekly notes, serving size	s are as listed below.	
NOTE: If any of listed substitutions a	re used, they must be written on the me	nu prior to service	
cracker sheet (2 ½ x 5 inches); ½ se	•	real, cooked rice, cooked pasta or cooked g bread, or French toast bake; ½ of a 1-oz bis	
	muffin or muffins squares, cornbread, o	cooked rice, cooked pasta or cooked grains; or French toast bake; 1 1-oz biscuit, roll, or	
The serving size for ready to eat bre	eakfast cereal varies by type:		
WGR Rice Chex or WGR Life 1-2 years: ½ cup 3-5 years: ½ cup	WGR corn puffs cereal 1-2 years: ¾ cup 3-5 years: ¾ cup	WGR toasted oat cereal 1-2 years: ½ cup 3-5 years: ½ cup	Bran flakes 1-2 years: ½ cup 3-5 years: ½ cup
6-18 years: 1 cup	6-18 years: 1 ¼ cup	6-18 years: 1 cup	6-18 years: 1 cup
Ounce equivalents for meats/ alter	nates: cooked meat and cheese, 1 oz = 1	oz; cooked beans/ peas, ¼ c = 1 oz; yogurt,	4 oz (½ c) = 1 oz,
For "other" foods that do not coun	t as a meal component, unless specified	otherwise in the weekly notes, the serving si	ize is below:
Creamy vegetable dip 1-5 years: 1 ½ Tbsp 6-18 years: 2 Tbsp	Sunbutter 1-5 years: none 6-18 years: 1 Tbsp	Granola 1-5 years: 0 6-18 years: 2 Tbsp	
Cream Cheese: Spread thin to preve	ent choking hazard, about ½ tsp per ½ se	erving of bagel (i.e., ½ tsp on ½ of a mini-bag	gel or ¼ of a 2-oz bagel).
Pancake syrup: 2 tsp per ½ waffle o	r ½ serving of pancake bake. No syrup c	on French toast bake.	
Salad Dressing: ¾ tsp per ¼ cup sala	nd or 1 ½ tsp per ½ cup.		
calculated, but may be used	unsen RDN, LD	read, roll, and cornbread. ½ tsp per ¼ cup m	nashed potatoes. No spread on biscuits
Approved by: Denise E.	Laursen, MA, RDN, LD tionist, IMCOM G9 DN LD CYS Nutritionist IMCOM G9	Signature Date: 12 JA	AN 2021
Denise E. Laursen, R	DN, LD, CYS Nutritionist IMCOM G9	Menus approved for use th	rough: 31 DEC 2021

Installation/Facility	Week of/Dates:
For children under 18 months, the following foods should be modified as noted	or a substitution should be offered.
Apples: Offer applesauce.	
Blueberries: Should be chopped or pureed.	
Cheese: Should be served shredded or sliced in thin pieces.	
Crispy baked chicken: Serve chicken without breading.	
Coleslaw: Should not be given to this age group. Offer a substitution.	
Corn: Puree, chop, or offer a substitution.	
Cucumber: Should be served without skin, may require steaming if not soft er	nough to be cut with fork.
Crushed pineapple: Should not be given to this age group. Offer a substitution	1.
Fish: Serve tuna or checked carefully for bones.	
Grapes: Even when cut into quarters, grapes should not be given to this age g	roup. Offer a substitution.
Parmesan roasted cauliflower: Serve steamed cauliflower with Parmesan chee	ese sprinkled on top.
Peas: Should be chopped or pureed.	
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CYS Nutritionist, IMCOM G9

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Signature Date: 12 JAN 2021

Menus approved for use through: 31 DEC 2021

installation/Fa	CIIITY			vveek of/Dates:				
Week 1	Minimur	n Serving Si	ize Per Age					
Summer/ 2021	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	Peaches	Strawberries	Banana	Hash brown potatoes
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR corn puffs cereal KIX	Oatmeal	WGR waffle	Bran flakes cereal (WGR Life***)	WGR toast
Meat/ Other					Yogurt	Pancake syrup (optional)		Scrambled eggs
Lunch				Spaghetti & meat sauce	Baked chicken	Tuna salad sandwich	Bean enchiladas bake	Turkey tikka
Meat/ Alternate	1 oz	1 1/2 oz	2 oz	Ground beef	Chicken	Tuna	Pinto beans, cheese	Turkey
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR pasta	WGR roll	WGR bread	WGR tortilla***	Brown rice
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Cauliflower	Yellow squash***	Cucumber salad	Cantaloupe	Apple
Vegetable	1/8 c	1/4 c	1/2 c	Green beans	Black beans	Steamed carrots	Broccoli	Peas
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								
PM Snack					CENTER CHOICE***		English muffin pizza^	
Fruit	1/2 c	1/2 c	3/4 c	Banana		Watermelon***		Pineapple (crushed pineapple)
Vegetable	1/2 c	1/2 c	3/4 c				Cucumbers, celery^^	
Meat/ Alternate	1/2 oz	1/2 oz	1 oz				Cheese	Yogurt
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	Graham crackers (no honey in CDC)		WGR soft pretzel	WGR English muffin	
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole		Fluid Milk 1% or Whole		
Other				Sunbutter^^			Creamy vegetable dip	Granola^^

Week of/Dates:

\*\*\* 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. WELAUSENRDN, LD This institution is an equal opportunity provider.

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Signature Date:12 JAN 2021

Menus approved for use through: 31 DEC 2021

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Other Sunbutter^^ Creamy vegetable dip Granola^^
\* 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 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.

Week 1 Notes

# Monday

Meat sauce

1-2 years: 1/4 cup 3-5 years: 3/8 cup 6-18 years: 1/2 cup

# Tuesday

Yogurt

1-5 years: 1/4 cup 6-18 years: 1/2 cup

Yellow squash\*\*\*

May substitute zucchini for yellow squash

Center Choice – Center may choose snack. It must be a snack that is either on this
menu or a menu previously approved (IMCOM G9) CDC/SAC menu and have
macros available. It must include a full serving of fruit or vegetable as one of the
components. Snack components must be documented on the menu prior to the
snack service.

#### Wednesday

• Tuna salad sandwich

1-2 years: 2 quarter pieces of sandwich 3-5 years: 3 quarter pieces of sandwich

6-18 years: 1 full sandwich

• Cucumber salad:

1-2 years: 1/8 cup 3-5 years: 1/4 cup 6-18 years: 1/4 cup

Watermelon\*\*\*

May substitute honeydew melon for watermelon

DE Lauren RDN, LD

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Thursday

WGR Life\*\*\*

May substitute WGR toasted oat cereal for WGR Life cereal

• Bean enchilada bake

1-2 years: 1/2 serving 3-5 years: 3/4 serving 6-18 years: 1 serving

WGR tortilla\*\*\*

May use WGR flour or WGR corn tortilla

• English muffin pizza

1-5 years: 1 pizza made from 1 English muffin half.

6-18 years: 2 pizzas

Cucumbers

1-18 years: 1/2 cup

Celery

6-18 years: 1/4 cup

Friday

• Scrambled eggs

1-5 years: 2 Tbsp 6-18 years: 1/4 cup

Turkey tikka

1-2 years: 1/4 cup 3-5 years: 3/8 cup 6-18 years: 1/2 cup

Installation/F	acility				Week of/[	Dates:		
Week 2	Minimun	n Serving Siz	ze Per Age					
Summer/Hot 2021	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	Peaches	Honeydew melon	Pineapple (crushed pineapple)	Orange (Mandarin oranges)	Banana
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	Oven-baked whole wheat pancake	WGR Rice Chex	WGR English muffin	WGR peach muffin	WGR toasted oat cereal
Meat/ Other				Pancake syrup (optional)		Scrambled eggs		Yogurt
Lunch				Macaroni and cheese	Roasted turkey	Beef Paprikash	Chicken salad sandwich	BBQ pork***
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Cheese	Turkey	Beef	Chicken	Pork
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR pasta	WGR roll	Brown rice	WGR bread	WGR roll
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Strawberries	Sweet potatoes	Steamed carrots	Pears	Coleslaw (green beans)
Vegetable	1/8 c	1/4 c	1/2 c	Broccoli	Green beans	Cauliflower	Peas	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								
PM Snack							Lemon pasta salad^	
Fruit	1/2 c	1/2 c	3/4 c		Blueberries	Apple		Watermelon***
Vegetable	1/2 c	1/2 c	3/4 c	Black bean, tomato and corn salsa + carrots (steamed for CDC)			Pasta salad vegetables + broccoli [steamed for CDC]	
Meat/ Alternate	1/2 oz	1/2 oz	1 oz		Yogurt			Cheese
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR pita bread		Graham crackers (no honey in CDC)	WGR pasta	WGR crackers
Fluid Milk**	1/2 c	1/2 c	1 c			Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	
Other				Hummus	Granola^^	Sunbutter^^	Creamy vegetable dip	

Work of/Dates:

Approved by:	Denise E. Laursen, MA, RDN, LD	Signature Date:12 JAN 2021
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Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Installation/Facility

<sup>\*</sup>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 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. ^Cooking project. ^^SAC only. Additional serving size information is located in the weekly notes and appendix.

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Week 2 Notes:

## Monday

• Oven-baked whole wheat pancake

1-5 years: 1/2 piece 6-18 years: 1 piece

Macaroni and cheese

1-2 years: 1/3 cup 3-5 years: 1/2 cup 6-18 years: 2/3 cup

• Black Bean, tomato and corn salsa

1-2 years: do not serve to this age group

5 years: 1/4 cup 6-18 years: 3/8 cup

Carrots

1-2 years: 1/2 cup 3-5 years: 1/4 cup 6-18 years: 3/8 cup

Hummus

1-5 years: 1 Tbsp 6-18 years: 2 Tbsp

Tuesday: No notes

# Wednesday

• Scrambled eggs 1-5 years: 2 Tbsp

6-18 years: 1/4 cup

Beef Paprikash
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup

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Approved by:\_

# Thursday

Chicken salad sandwich

1-2 years: 2 quarter pieces (1/2 sandwich) 3-5 years: 3 quarter pieces (3/4 sandwich)

6-18 years: 1 sandwich

• Lemon pasta salad

1-2 years: 1/2 cup, chop vegetables to ¼ inch

3-5 years: 1/2 cup 6-18 years: 1 cup

Broccoli

1-18 years: 1/4 cup

• Creamy vegetable dip 1-18 years: 1 Tbsp

## Friday

Yogurt

1-5 years: ¼ cup 6-18 years: ½ cup

• BBQ pulled pork\*\*\*

For pork free option serve pinto beans as meat alt

Watermelon\*\*\*

May substitute cantaloupe for watermelon.

Installation/F	acility				Week of/[	<u>Dates:</u>		
Week 3	Minimun	n Serving Siz	e Per Age					
Summer/Hot 2021	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	Pears	Pineapple (crushed pineapple)	Blueberries	Applesauce
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR corn puffs cereal KIX	WGR biscuit	WGR French toast bake	Bran flakes cereal (WGR Life***)	WGR bagel
Meat/ Other					Ham			Scrambled eggs
Lunch				Pizza burger	Strawberry spinach salad with chicken***	Bean burrito bowl	Cajun baked fish	CENTER CHOICE***
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Ground beef & cheese	Chicken	Pinto beans & cheese	Fish	
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR roll	WGR crackers	Cilantro brown rice	WGR roll	
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Broccoli	Apple	Peaches	Carrots	
Vegetable	1/8 c	1/4 c	1/2 c	Pinto beans	Spinach (sautéed)	Tomatoes, lettuce (tomatoes)	Green 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						Salsa (optional)		
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Cantaloupe			Orange (Mandarin oranges)	
Vegetable	1/2 c	1/2 c	3/4 c		Marinara sauce and potatoes wedges	Cauliflower & broccoli [steamed for CDC]		Cherry tomato & corn salad^ + carrots (steamed for CDC)
Meat/ Alt	1/2 oz	1/2 oz	1 oz		Cheese			
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR soft pretzel		WGR crackers	Graham crackers (no honey in CDC)	WGR pita
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						Sesame dipping sauce	Sunbutter^^	Creamy vegetable dip

Mook of/Datos:

\*\*\* 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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Approved by:

Signature Date:12 JAN 2021

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Installation/Facility

Other Sesame dipping sauce 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 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.

Installation/Facility\_

Week 3 Notes:

Monday

• Pizza burger

1-2 years: 1/2 sandwich (1/2 serving)

3-18 years: 1 sandwich

Tuesday

Ham

1-5 years: ½ ounce 6-18 years: 1 ounce

Strawberry spinach salad\*\*\*

May substitute Mandarin oranges for strawberries.

• Strawberry spinach salad

1-2 years: none 3-5 years: 1/2 cup 6-18 years: 1 cup

Marinara sauce

1-5 years: 1/8 cup 6-18 years: 1/4 cup

Potato wedges

1-5 years: 3/8 cup 6-18 years: 1/2 cup

Wednesday

• Bean burrito bowl, see below for each age group.

1-2 years:  $1/4\ c\ rice$ ,  $1/3\ cup\ bean\ mixture$ ,  $1/8\ cup\ diced\ tomato$ ,  $2\ tsp$ 

shredded cheese

3-5 years: 1/4 c rice, 1/2 cup bean mixture, 1/8 cup diced tomato, 1/4 cup

lettuce, 1 Tbsp shredded cheese

6-18: 1/2 c rice, 2/3 cup beans, 1/4 cup diced tomato, 1/2 cup of lettuce, 1 Tbsp

plus 1 tsp shredded cheese

• Salsa (optional)

1-2 years: 2 tsp 3-5 years: 1 Tbsp 6-18 years: 1 ½ Tbsp

Denise E. Laursen, MA, RDN, LD CYS Nutritionist, IMCOM G9

Approved by:

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Week of/Dates:

• Sesame dipping sauce

1-5: 1 Tbsp

6-18 years: 1 ½ Tbsp

Thursday

WGR Life\*\*\*

May substitute WGR Rice Chex for WGR Life cereal

• Cajun baked fish

1-2 years: ½ serving 3-5 years: 2/3 serving 6-18 years: 1 serving

Friday

Scrambled eggs

1-5 years: 2 Tbsp 6-18 years: 1/4 cup

<u>Center Choice Lunch</u> – Center Choice – Center may choose lunch. It must be
a lunch that is either on this menu or a menu previously approved (IMCOM
G9) CDC/SAC menu and have macros available. Lunch components must be
documented on the menu prior to the meal service.

• Cherry tomato & corn salad

1-2 years: do not serve to this age group

3-5 years: 1/4 cup 5-18 years: 3/8 cup

Carrots

1-2 years: 1/2 cup 3-5 years: 1/4 cup 6-18 years: 3/8 cup

Creamy vegetable dip

1-2 years: 1 ½ Tbsp 1-5 years: 1 Tbsp 6-18 years: 1 ½ Tbsp

Signature Date:12 JAN 2021

<u>Installation/Fa</u>	acility				Week of/Dates:				
Week 4	Minimum	n Serving Siz	e Per Age						
Summer/Hot 2021	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	Honeydew melon	Peaches	Strawberries	Banana	Orange (Mandarin oranges)	
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR toasted oat cereal	WGR bagel	WGR waffle	WGR corn puffs cereal KIX	WGR English muffin	
Meat/ Other					Yogurt	Pancake syrup (optional)		Scrambled eggs	
Lunch				Frittata	Baked chicken	Roasted pork***	Greek turkey burger	Taco Salad	
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Egg, cheese	Chicken	Pork	Ground turkey	Ground beef, cheese	
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR toast	WGR pasta	Brown rice	WGR roll	WGR tortilla***	
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Orange (Mandarin oranges)	Yellow squash	Pineapple (crushed pineapple)	Coleslaw (Green beans)	Honeydew melon***	
Vegetable	1/8 c	1/4 c	1/2 c	Peas	Green beans	Pinto beans	Potato wedges	Romaine lettuce & tomatoes)	
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								Salsa (optional)	
PM Snack					CENTER CHOICE***				
Fruit	1/2 c	1/2 c	3/4 c				Peaches		
Vegetable	1/2 c	1/2 c	3/4 c	Marinara sauce & Parmesan cauliflower		Carrots & broccoli [steamed for CDC]		Cinnamon sweet potato cubes	
Meat/ Alt	1/2 oz	1/2 oz	1 oz			Cheese		Ham	
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv			WGR crackers	Graham crackers (no honey in 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						Sesame dipping sauce	Sunbutter^^		

Mook of/Datos:

\*\*\* 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. WELAUSENRDN, LD This institution is an equal opportunity provider.

Denise E. Laursen, MA, RDN, LD Signature Date: 12 JAN 2021 Approved by: CYS Nutritionist, IMCOM G9
Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Installation/Facility

<sup>\*</sup>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 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.

Installation/Facility

Week 4 Notes

## Monday

Frittata

1-2 years: ½ serving 3-5 years: ¾ serving 6-18 years: 1 serving

• Marinara sauce

1-5 years: 1/8 cup 6-18 years: 1/4 cup

Parmesan cauliflower

1-5 years: 3/8 cup 6-18 years: 1/2 cup

## Tuesday

• Yogurt

1-5 years: ¼ cup 6-18 years: ½ cup

Center Choice – Center may choose snack. It must be a snack that is either on this menu or a menu previously approved (IMCOM G9) CDC/SAC menu and have macros available. It must include a full serving of fruit or vegetable as one of the components. Snack components must be documented on the menu prior to the snack service.

# Wednesday

Roasted pork\*\*\*

For pork free option, serve pinto beans as meat alt and sweet potatoes as vegetable

• Sesame dipping sauce

1-5: 1 Tbsp

6-18 years: 1 ½ Tbsp

## Thursday

Greek turkey burger

Denise E. Laursen, MA, RDN, LD CYS Nutritionist, IMCOM G9

Approved by:\_\_\_

Week of/Dates:

1-2 years: ½ burger 3-18 years: 1 burger

### Friday

Scrambled eggs
 1-5 years: 2 Tbsp
 6-18 years: 1/4 cup

Taco salad

1-2 years: 1/4 cup diced tomatoes; 2 Tbsp+ 2 tsp meat mixture, 1 Tbsp

shredded cheese

3-5 years: 1/2 cup lettuce tomato mixture; 1/4 cup meat mixture, 1 1/2

Tbsp shredded cheese

6-18 years: 1 cup lettuce tomato mixture; 1/3 cup meat mixture, 2 Tbsp

shredded cheese

WGR tortilla\*\*\*

May use WGR flour or WGR corn tortilla

• Salsa (optional)

1-2 years: 2 tsp 3-5 years: 1 Tbsp 6-18 years: 1 ½ Tbsp

Honeydew melon\*\*\*

May substitute grapes (cut lengthwise and quartered) for honeydew melon.

• Cinnamon sweet potato cubes

1-5 years: 1/2cup 6-18 years: 3/4 cup

Ham

1-5 years: .75 ounce 6-18 years: 1.5 ounce

Signature Date: 12 JAN 2021

Installation/F	acility				Week of/L	<u> Dates:</u>		
Week 5	Minimun	n Serving Siz	ze Per Age					
Summer/Hot 2021	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	Orange (Mandarin orange)	Applesauce	Peaches	Banana	Cantaloupe
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR toasted oat cereal	Oven-baked whole wheat pancake	WGR biscuit	WGR Rice Chex	Fruit and bran muffin
Meat/ Other				Yogurt	Pancake syrup (optional)			Scrambled eggs
Lunch				Roasted turkey	Beef picadillo	Lemon baked salmon cake***	CENTER CHOICE MEATLESS	Crispy baked chicken
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Turkey	Ground beef	Salmon & egg		Chicken
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	Quinoa pilaf***	Brown rice	WGR roll		WGR pasta
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Turnip greens***	Pineapple (crushed pineapple)	Coleslaw (green beans)		Sweet potato
Vegetable	1/8 c	1/4 c	1/2 c	Carrots	Peas	Potato wedges		Yellow 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								
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Watermelon***		Orange (mandarin oranges)		Strawberries
Vegetable	1/2 c	1/2 c	3/4 c		Marinara sauce & Parmesan cauliflower		Black bean, tomato and corn salsa + carrots (steamed for CDC)	
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Cheese				Yogurt
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR crackers		WGR soft pretzel	WGR pita bread	
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole			
Other							Hummus	Granola^^

Week of/Dates:

Approved by: Denise E. Laursen, MA, RDN, LD Signature Date: 12 JAN 2021

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Installation/Facility

<sup>\*</sup> 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 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. ^Cooking project. ^^SAC only. Additional serving size information is located in the weekly notes and appendix.

\*\*\* This institution is an equal opportunity provider.

Installation/Facility	Ť
installation/Facility	1

Week 5 Notes

## Monday

Yogurt

1-5 years: ¼ cup 6-18 years: ½ cup

Quinoa pilaf\*\*\*

May substitute bulgur wheat for quinoa (see recipe).

Turnip greens\*\*\*

May substitute collard greens, sautéed spinach, kale, or chard for turnip greens

Watermelon\*\*\*

May substitute cantaloupe for watermelon

#### Tuesday

Picadillo beef

1-2 years: 1/4 cup 3-5 years: 3/8 cup 6-18 years: 1/2 cup

Marinara sauce

1-5 years: 1/8 cup 6-18 years: 1/4 cup

Parmesan cauliflower

1-5 years: 3/8 cup 6-18 years: 1/2 cup

## Wednesday

Approved by:

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 (See recipe to make one large salmon cake).

WELAUSENRDN, LD Denise E. Laursen, MA, RDN, LD

CYS Nutritionist, IMCOM G9

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

## Week of/Dates:

## Thursday

- <u>Center Choice Lunch- MEATLESS Center Choice Center may choose lunch.</u> It must be a MEATLESS lunch that is either on this menu or a menu previously approved (IMCOM G9) CDC/SAC menu and have macros available. Lunch components must be documented on the menu prior to the meal service.
- Black bean, tomato and corn salsa

1-2 years: do not serve to this age group

3-5 years: 1/4 cup 6-18 years: 3/8 cup

Carrots

1-2 years: 1/2 cup 3-5 years: 1/4 cup 6-18 years: 3/8 cup

Hummus

1-5 years: 1 Tbsp 6-18 years: 2 Tbsp

#### Friday

Scrambled eggs

1-5 years: 2 Tbsp 6-18 years: 1/4 cup

Yellow squash\*\*\*

May substitute zucchini for yellow squash

Signature Date: 12 Jan 2021

Installation/Facility		Week of/Dates:	
Appendix: Unless noted otherwise in the mer	u template or weekly notes, serving sizes a	are as listed below.	
NOTE: If any of listed substitutions	are used, they must be written on the mer	nu prior to service	
cracker sheet (2 ½ x 5 inches); ½ se	oz of bread; ¼ cup of cooked breakfast cere crving of muffin or muffins squares, cornbro affle; ¼ of a 2-oz English muffin or pita.		grains; 4 saltine crackers; 1 whole graham cuit, roll, or soft pretzel; ½ of a mini-bagel;
·	f muffin or muffins squares, cornbread, or	· · · · · · · · · · · · · · · · · · ·	8 saltine crackers, 2 whole graham cracker soft pretzel; 1 mini bagel, ½ of a 2-oz bagel;
The serving size for ready to eat br	eakfast cereal varies by type:		
WGR Rice Chex or WGR Life 1-2 years: ½ cup 3-5 years: ½ cup 6-18 years: 1 cup	WGR corn puffs cereal 1-2 years: ¾ cup 3-5 years: ¾ cup 6-18 years: 1 ¼ cup	WGR toasted oat cereal 1-2 years: ½ cup 3-5 years: ½ cup 6-18 years: 1 cup	Bran flakes 1-2 years: ½ cup 3-5 years: ½ cup 6-18 years: 1 cup
•	nates: cooked meat and cheese, 1 oz = 1 o		
·	t as a meal component, unless specified ot		
Creamy vegetable dip 1-5 years: 1 ½ Tbsp 6-18 years: 2 Tbsp	Sunbutter 1-5 years: none 6-18 years: 1 Tbsp	Granola 1-5 years: 0 6-18 years: 2 Tbsp	
Cream Cheese: Spread thin to prev	ent choking hazard, about ½ tsp per ½ serv	ving of bagel (i.e., ½ tsp on ½ of a mini-bag	gel or ¼ of a 2-oz bagel).
Pancake syrup: 2 tsp per ½ waffle o	or ½ serving of pancake bake. No syrup on I	French toast bake.	
Salad Dressing: ¾ tsp per ¼ cup sal	ad or 1 ½ tsp per ½ cup.		
Smart Balance: ½ tsp per ½ serving calculated, but may be used.	of toast, bagel, English muffin, brown brea	ad, roll, and cornbread. ½ tsp per ¼ cup m	ashed potatoes. No spread on biscuits
	E. Laursen, MA, RDN, LD utritionist, IMCOM G9 RDN, LD, CYS Nutritionist IMCOM G9	Signature Date: 12 Jan 202	1
Denise E. Laursen, F	RDN, LD, CYS Nutritionist IMCOM G9	Menus approved for use th	rough: 31 DEC 2021

Week of/Dates:
or a substitution should be offered.
ough to be cut with fork.
oup. Offer a substitution.
se sprinkled on top.

Peas: Should be chopped or pureed.

Installation/F	acility				Week of/Dates:					
Week 1	Minimum Serving Size Per Age									
Summer 2021	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday		
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)^	Sliced turkey				
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR soft pretzel		WGR crackers		WGR breadstick		
Fluid Milk**	1/2 c	1/2 c	1 c				Fluid Milk 1% or Whole	Fluid Milk 1% or Whole		
Other										

<sup>\*</sup>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 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 notes for restrictions for children under 18 months. Additional serving size information is located in the weekly notes.

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.

#### Wednesday

• Sliced turkey (lunchmeat)

1-5 years: ¾ oz 6-18 years: 1 ½ oz

Approved by: Denise E. Laursen, MA, RDN, LD
CYS Nutritionist, IMCOM-G9

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

WELDUNGENRON, LD

Signature Date: 12 JAN 2021

Installation/Fa	acility				Week of/Dates:				
Week 2	Minimun	n Serving Siz	ze Per Age						
Summer 2021	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday	
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)^			
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv		Graham cracker	Trail mix [no pretzels or dried fruit for CDC]	WGR cracker	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									

<sup>\*</sup> 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 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.

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.

#### Wednesday

• Trail mix

1-5 years: 5/8 cup (no pretzels or dried fruit)

6-18 years: 1 cup (made with pretzels) or 1 1/8 cup (made without pretzels)

Approved by: Denise E. Laursen, MA, RDN, LD
CYS Nutritionist, IMCOM G9

Signature Date: 12 Jan 2021

<sup>\*\*</sup>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. Additional serving size information is located in the weekly notes.

Installation/Facility					Week of/Dates:					
Week 3	Minimum Serving Size Per Age									
Summer 2021	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday		
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	Sliced turkey			Cheese (sliced)^			
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR cracker		Trail mix [no pretzels or dried fruit for CDC]	Soft pretzel	Graham cracker		
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole					

<sup>\*\*</sup> 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 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.

#### 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.

### Monday

• Sliced turkey (lunch meat)

1-5 years: ¾ oz 6-18 years: 1 ½ oz

Approved by: Denise E. Laursen, MA, RDN, LD

CYS Nutritionist, IMCOM G9

Signature Date: 12 JAN 2021

<sup>\*\*</sup>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. Additional serving size information is located in the weekly notes.

Installation/Facility					Week o	f/Dates:		
Week 4	Minimum Serving Size Per Age							
Summer 2021	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
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		Sliced turkey		Cheese (sliced)^	
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR crackers	WGR pretzel		WGR breadstick	Trail mix [no pretzels or dried fruit for CDC]
Fluid Milk**	1/2 c	1/2 c	1 c			Fluid Milk 1% or Whole		

<sup>\*</sup> 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 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.

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

• Sliced turkey (lunchmeat)

1-5 years: ¾ oz 3-5 years: 1 ½ oz

#### Friday

• Trail mix

1-5 years: 5/8 cup (no pretzels or dried fruit)

6-18 years: 1 cup (made with pretzels) or 1 1/8 cup (made without pretzels)

Approved by:

Denise E. Laursen, MA, RDN, LD
CYS Nutritionist, IMCOM G9

Signature Date: 12 Jan 2021

<sup>\*\*</sup>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. Additional serving size information is located in the weekly notes.

Week 5	Minimum Serving Size Per Age							
Summer 2021	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
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					Hummus
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv		Trail mix [no pretzels or dried fruit for CDC]	Graham cracker	WGR soft pretzel	WGR cracker
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole		Fluid Milk 1% or Whole		

Week of/Dates:

This institution is an equal opportunity provider.

Week 5 Notes

Other

# ^Fruit and cheese:

Installation/Facility

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

1-5 years: 5/8 cup (no pretzels or dried fruit)

6-18 years: 1 cup (made with pretzels) or 1 1/8 cup (made without pretzels)

#### Friday

Hummus

1-5 years: 3 Tbsp 6-18 years: 6 Tbsp

Approved by:

Denise E. Laursen, MA, RDN, LD

CYS Nutritionist, IMCOM G9

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Menus approved for use through: 31 DEC 2021

Signature Date: 12 JAN 2021

<sup>\*</sup> 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 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.

<sup>\*\*</sup>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. Additional serving size information is located in the weekly notes.

Denise E. Laursen, MA, RDN, LD

Menu Dates:

	CYS Nutritionist, IMCOM G9								
Week 1	Components	Monday	Tuesday	Wednesday	Thursday	Friday			
	6-8 fl oz Breast milk or IF infant formula     0-4 TBSP IF Infant Cereal,	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula			
Breakfast	meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination  • 0-2 TBSP Fruit/Vegetable	IF infant cereal  Pears* (m) or infant  vegetable/fruit	IF infant cereal  Yogurt (m)  Peaches (m) or infant vegetable/fruit	IF infant cereal Infant vegetable/fruit	IF infant cereal Banana (m) or infant vegetable/fruit	IF infant cereal  Scrambled eggs* (m)  Mashed potatoes (m) or infant vegetable/fruit			
	6-8 fl oz Breast milk or IF infant formula     0-4 TBSP IF Infant Cereal,	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula			
Lunch	meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese;	IF infant cereal and/or Ground beef* (m) or infant meat	IF infant cereal and/or Chicken* (m) or infant meat	IF infant cereal and/or Tuna* (m) or infant meat	IF infant cereal and/or Pinto beans* (m) or infant meat	IF infant cereal and/or Turkey* without sauce (m) or infant meat			
	or 0-4 oz yogurt; or a combination  • 0-2 TBSP Fruit/Vegetable	Steamed cauliflower* (m), green beans* (m) or infant vegetable/fruit	Black beans* (m) or infant vegetable/fruit	Steamed carrots* (m) or infant vegetable/fruit	Steamed broccoli* (m) or infant vegetable/fruit	Applesauce (m), peas* (m) or infant vegetable/fruit			
	• 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula			
Snack	crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal  • 0-2 tbsp Vegetable, Fruit	Graham crackers without honey (m) or IF infant cereal	WGR toasted oat cereal (m) or IF infant cereal	WGR crackers* (m) or IF infant cereal	WGR corn puffs [Kix](m) or IF infant cereal	WGR crackers* (m) or IF infant cereal			
	or both	Banana (m) or infant vegetable/fruit	Mandarin oranges* (m) or infant vegetable/fruit	Infant vegetable/fruit	Infant vegetable/fruit	Infant vegetable/fruit			
Snack	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula			

Denise E. Laursen, MA, RDN, LD
Denise E. Laursen, MA, RDN, LD

	CYS Nutritionist, IMCOM-G9								
Week	Components	Monday	Tuesday	Wednesday	Thursday	Friday			
2									
	• 6-8 fl oz Breast milk or IF	Breast milk or	Breast milk or	Breast milk or	Breast milk or	Breast milk or			
	infant formula  • 0-4 TBSP IF Infant Cereal,	IF infant formula	IF infant formula	IF infant formula	IF infant formula	IF infant formula			
پد	meat, fish, poultry,	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal			
fas	whole eggs, cooked dry								
Breakfast	beans or peas; or 0-2 oz			Scrambled eggs* (m)	Mandarin oranges* (m)	Yogurt (m)			
3re	cheese; or 0-4 oz	Peaches (m)		1.6.1.1.76.31	or infant vegetable/fruit	D ( )			
ш —	(volume) cottage cheese; or 0-4 oz yogurt; or a	or infant vegetable/fruit	Infant vegetable/fruit	Infant vegetable/fruit		Banana (m) or infant vegetable/fruit			
	combination					mane vegetable/ male			
	• 0-2 TBSP Fruit/Vegetable								
	• 6-8 fl oz Breast milk or IF	Breast milk or	Breast milk or	Breast milk or	Breast milk or	Breast milk or			
	infant formula	IF infant formula	IF infant formula	IF infant formula	IF infant formula	IF infant formula			
	• 0-4 TBSP IF Infant Cereal,	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal			
	meat, fish, poultry, whole eggs, cooked dry	and/or	and/or	and/or	and/or	and/or			
ر <del>ک</del>	beans or peas; or 0-2 oz	Cheese* (m) or	Turkey* (m) or	Ground beef*(m) or	Chicken* (m) or infant	Roasted pork without			
Lunch	cheese; or 0-4 oz	infant meat	infant meat	infant meat	meat	BBQ sauce* (m) or			
_	(volume) cottage cheese;	Steamed broccoli* (m)	Sweet potatoes* (m),	Steamed carrots* (m),	Peas* (m), pears* (m),	infant meat			
	or 0-4 oz yogurt; or a combination	or infant vegetable/fruit	green beans* (m) or	steamed cauliflower*	or infant vegetable/fruit	Green beans* (m),			
	0-2 TBSP Fruit/Vegetable	,	infant vegetable/fruit	(m),	,	mashed potatoes* (m),			
				or infant vegetable/fruit		or infant vegetable/fruit			
	• 2-4 fl oz Breast milk or IF	Breast milk or IF infant	Breast milk or IF infant	Breast milk or IF infant	Breast milk or IF infant	Breast milk or IF infant			
	infant formula	formula	formula	formula	formula	formula			
	• 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp	WGR crackers* (m) or	WGR toasted oat	Graham crackers	WGR corn puffs [Kix](m)	MCB crackors* (m) or			
Snack	infant cereal or ready-	IF infant cereal	cereal (m) or IF infant	without honey (m) or	or IF infant cereal	WGR crackers* (m) or IF infant cereal			
Sn	to-eat cereal		cereal	IF infant cereal	0				
	• 0-2 tbsp vegetable, fruit	Steamed carrots* (m)			Steamed broccoli* (m)	Infant vegetable/fruit			
	or both	or infant vegetable/fruit	Infant vegetable/fruit	Applesauce (m), or infant vegetable/fruit	or infant vegetable/fruit				
	2-4 fl oz Breast milk or	Droost milk or IT infort	Droast will on It infort		Droost milk on IF infant	Droast will, or IF infant			
×	2-4 fl oz Breast milk or     IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula			
Snack		Torritula	ioiiilula	Torritula	Torritula	Torrifula			
S									

Denise E. Laursen, MA, RDN, LD Date: 12 JAN 2021 \_\_\_\_\_ Menu Dates:\_\_

	CYS Nutritionist, IMCOM-G9								
Week 3	Components	Monday	Tuesday	Wednesday	Thursday	Friday			
st	<ul> <li>6-8 fl oz Breast milk or IF infant formula</li> <li>0-4 TBSP IF Infant Cereal, meat, fish, poultry,</li> </ul>	Breast milk or IF infant formula IF infant cereal	Breast milk or IF infant formula IF infant cereal	Breast milk or IF infant formula IF infant cereal	Breast milk or IF infant formula IF infant cereal	Breast milk or IF infant formula IF infant cereal			
Breakfast	whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination  • 0-2 TBSP Fruit/Vegetable	Banana (m) or infant vegetable/fruit	Ham* (m) Pears* (m) or infant vegetable/fruit	Infant vegetable/fruit	Infant vegetable/fruit	Scrambled eggs* (m)  Applesauce (m) or infant vegetable/fruit			
Lunch	6-8 fl oz Breast milk or IF infant formula     0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination     0-2 TBSP Fruit/Vegetable	Breast milk or IF infant formula  IF infant cereal and/or Ground beef* (m) or infant meat  Pinto beans* (m), steamed broccoli* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Chicken* (m) or infant meat  Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Pinto beans* (m), cheese* (m), or infant meat  Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Tuna* (m) or infant meat  Steamed carrots* (m), green beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Pork* (m) or infant meat  Peas* (m) or infant vegetable/fruit			
Snack	<ul> <li>2-4 fl oz Breast milk or IF infant formula</li> <li>0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or readyto-eat cereal</li> <li>0-2 tbsp vegetable, fruit or both</li> </ul>	Breast milk or IF infant formula  WGR toasted oat cereal (m) or IF infant cereal  Infant vegetable/fruit	Breast milk or IF infant formula  WGR crackers* (m) or IF infant cereal  Mashed potatoes (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR corn puff cereal [Kix]( (m) or IF infant cereal  Steamed broccoli* (m) or infant vegetable/fruit	Breast milk or IF infant formula  Graham crackers without honey (m) or IF infant cereal  Mandarin oranges* (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR crackers* (m) or IF infant cereal  Steamed carrots* (m) or infant vegetable/fruit			
Snack	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula			

Denise E. Laursen, MA, RDN, LD
Date: 12 JAN 2021\_\_\_\_\_

Menu Dates:

	CYS Nutritionist, IMCOM-G9								
Week	Components	Monday	Tuesday	Wednesday	Thursday	Friday			
4									
	<ul> <li>6-8 fl oz Breast milk or IF infant formula</li> <li>0-4 TBSP IF Infant Cereal,</li> </ul>	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula			
ast	meat, fish, poultry, whole eggs, cooked dry	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal			
Breakfast	beans or peas; or 0-2 oz cheese; or 0-4 oz	Infant vegetable/fruit	Yogurt (m)	Infant vegetable/fruit	Banana (m) or infant vegetable/fruit	Scrambled eggs* (m)			
B	(volume) cottage cheese; or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable		Peaches (m) or infant vegetable/fruit			Mandarin oranges* (m) or infant vegetable/fruit			
	6-8 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula			
Lunch	0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz	IF infant cereal and/or Scrambled egg* (m) or infant meat	IF infant cereal and/or Chicken* (m) or infant meat	IF infant cereal and/or Roasted pork* (m) or infant meat	IF infant cereal and/or Ground turkey* (m) or infant meat	IF infant cereal and/or Ground beef* (m) or infant meat			
	(volume) cottage cheese; or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable	Mandarin oranges* (m), peas* (m) or infant vegetable/fruit	Green beans* (m) or infant vegetable/fruit	Pinto beans* (m) or infant vegetable/fruit	Mashed potatoes (m), green beans* (m) or infant vegetable/fruit	Infant vegetable/fruit			
	• 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula			
Snack	crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal  • 0-2 tbsp vegetable, fruit	WGR crackers* (m) or IF infant cereal Steamed cauliflower*	WGR toasted oat cereal (m) or IF infant cereal	WGR crackers* (m) or IF infant cereal Steamed carrots* (m),	Graham crackers without honey (m) or IF infant cereal	WGR corn puff cereal [Kix]( (m) or IF infant cereal			
	or both	(m) or infant vegetable/fruit	Applesauce (m) or infant vegetable/fruit	steamed broccoli* (m), or infant vegetable/fruit	Peaches (m) or infant vegetable/fruit	Sweet potatoes* (m) or infant vegetable/fruit			
Snack	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula			

Denise E. Laursen, MA, RDN, LD

Menu Dates:

14/ l-	C		S Nutritionist, IMCOM G9	NA / a also a a d a s	Thomas	Putalan.
Week 5	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	6-8 fl oz Breast milk or IF infant formula     0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination     0-2 TBSP Fruit/Vegetable	Breast milk or IF infant formula  IF infant cereal  Yogurt (m)  Mandarin oranges* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Scrambled egg* (m)  Infant vegetable/fruit
Lunch	<ul> <li>6-8 fl oz Breast milk or IF infant formula</li> <li>0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination</li> <li>0-2 TBSP Fruit/Vegetable</li> </ul>	Breast milk or IF infant formula  IF infant cereal and/or Turkey* (m) or infant meat  Steamed carrots* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Ground beef* (m) or infant meat  Peas* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Tuna* (m) or infant meat  Green beans* (m), mashed potatoes (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Cheese* (m) or infant meat  Pears* (m), steamed broccoli* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Chicken without breading* (m) or infant meat  Sweet potatoes* (m) or infant vegetable/fruit
Snack	<ul> <li>2-4 fl oz Breast milk or IF infant formula</li> <li>0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or readyto-eat cereal</li> <li>0-2 tbsp vegetable, fruit or both</li> </ul>	Breast milk or IF infant formula  WGR crackers* (m) or IF infant cereal  Infant vegetable/fruit	Breast milk or IF infant formula  WGR corn puffs cereal [Kix] (m) or IF infant cereal  Steamed cauliflower* (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR crackers* (m) or IF infant cereal  Mandarin oranges* (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR toasted oat cereal (m) or IF infant cereal  Steamed carrots* (m), or infant vegetable/fruit	Breast milk or IF infant formula  Graham crackers without honey (m) or IF infant cereal  Infant vegetable/fruit
Snack	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula

2020 CYS Summer Infant 6-11 months

Approved by:

Date: 12 JAN 2021\_

Menu Dates:

**APPENDIX** 

Black beans: chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate.

Broccoli: only the floret portion should be served to infants.

Carrots: cook to the point where they can be easily mashed with a fork and chop into pieces smaller than the maximum width of 1/8-inch.

Cauliflower: only the floret portion should be served to infants.

Cheese should be shredded or cut into pieces smaller than the maximum width of 1/8-inch.

Chicken: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Graham crackers must not contain honey.

Green beans: cook to the point where they can be easily mashed with a fork and chop into pieces smaller than the maximum width of 1/8-inch

Ground beef: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Ground turkey: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Ham: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Mandarin oranges must be canned.

Pears should be canned or ripened to the point where they can be easily mashed with a fork.

Peas: chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate.

Pinto beans should be chopped into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate.

Pork: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Scrambled eggs: serve scrambled whole egg.

Sweet potatoes: cook to the point where they can be easily mashed with a fork and chop into pieces smaller than the maximum width of 1/8-inch

Tuna: chop and add a small amount of water to prevent serving overly dry tuna, which would be difficult for the infant to swallow.

2020 CYS Summer Infant 6-11 months	Approved by:	Denise E. Laursen, MA, RDN, LD  Date: 12 JAN 2021 Menu Dates:
Turkey: finely chop and add a small amou		CYS Nutritionist, IMCOM G9 revent serving overly dry meat, which would be difficult for the infant to swallow.

WGR crackers should easily dissolve in the mouth. They must not be brittle and hard.

Installation/Facility:	Week of:
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2020	Minimum Serving Size Per Age						
Week 1 Summer YC		6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack			Meat spaghetti sauce with pasta or breadstick		Tuna salad sandwich	English muffin pizza	
Fruit		3/4 c		Banana or other fruit	Watermelon or other fruit		Fruit:
Vegetable		3/4 c	Tossed salad + tomato in spaghetti sauce			Cucumber salad + pizza sauce	
Meat/ Alternate		1 oz	Meat spaghetti sauce		Tuna	Cheese	Yogurt
Bread/ Grain		1 oz equivalent	WGR pasta or WGR breadstick	Graham crackers	WGR bread	WGR English muffin	Granola
Fluid Milk**		1 c		Milk			
Other			Salad dressing	Sunbutter^^			

Water available at meals/snacks and in classroom. Condiments are served as appropriate. WGR is whole grain rich. Menu subject to change. Serve only 1% or skim milk to children ages 2 and older. See menu notes for additional information or substitution options. Additional serving size information is located in the weekly notes and appendix. *'This institution is an equal opportunity provider'* 

•	Meat spaghetti sauce:
	6-18 years: 3/8 cup

Tossed salad

lossed salad 6-18 years: 1 cup

Salad dressing6-18 years: 1 Tbsp

Sunbutter

6-18 years: 1 Tbsp

• Tuna salad sandwich

6-18 years: ½ sandwich

English muffin pizza 6-18 years: 2 pizzas

• Cucumber salad 6-18 years: 5/8 cup

Creamy vegetable dip: 6-18 years: 1 Tbsp

Granola

6-18 years: ¼ cup

Approved by: Denise E. Laursen, MA, RDN, LD

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Signature Date: 11 May 2020

Garrison:	Week of:	
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2020	Minimum Servir	ıg Size Per Age					
Week 2 Summer YC		6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack				Yogurt parfait	Taco bar	Lemon pasta salad	BBQ pork slider or ham sandwich***
Fruit		3/4 c	Fruit:	Peaches or berries		Fruit:	
Vegetable		3/4 c			Beans, lettuce, tomatoes, salsa		Cinnamon sweet potato cubes plus lettuce, tomato,
Meat/ Alternate		1 oz		Yogurt	Beef taco meat, shredded cheese		BBQ pork or sliced ham
Bread/ Grain		1 oz equivalent	WGR bagels	Granola or graham crackers	WGR tortilla (corn or flour)	Lemon pasta salad	WGR roll or bread
Fluid Milk**		1 c	Milk			Milk	
Other			Cream cheese				

Water available at meals/snacks and in classroom. Condiments are served as appropriate. WGR is whole grain rich. Menu subject to change. Serve only 1% or skim milk to children ages 2 and older. See menu notes for additional information or substitution options. Additional serving size information is located in the weekly notes and appendix. *'This institution is an equal opportunity provider'* 

Cream cheese6-18 years: 2 tsp

Granola

6-18 years: ¼ cup

Taco bar

Approved by:

6-18 years: 2 2/3 Tbsp taco meat, 1 Tbsp shredded cheese, 1 oz WGR tortilla, 3/8 cup beans,  $\frac{1}{2}$  cup lettuce, 2 Tbsp diced tomatoes, 2 Tbsp salsa

• Lemon pasta salad 6-18 years: 1 cup

BBQ pork sliders
 6-18 years: 1 slider

• OR Ham sandwich 6-18 years: ½ sandwich

\*\*\*BBQ pork sliders
 May substitute sloppy lentil Joes for BBQ pork sliders/ham sandwich

DELAUGENRON, LO
Denise E. Laursen, MA, RDN, LD

CYS Nutritionist, IMCOM-G9

Signature Date: 11 May 2020

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Garrison:	Week of:	
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2020	Minimum	Serving S	Size Per Age					
Week 3 Summer MST			6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack				Pizza burger		Bean burrito bowl		Ramen bowl
Fruit			3/4 c	Fruit:			Fruit:	
Vegetable			3/4 c		Vegetable tray broccoli, cauliflower, carrots, etc.	Tomatoes, lettuce, salsa, avocado***		Peas, carrots, cabbage
Meat/ Alternate			1 oz	Ground beef & cheese		Pinto beans & cheese		Pork or chicken
Bread/ Grain			1 oz equivalent	WGR roll	WGR soft pretzel	Cilantro brown rice	Graham crackers	WGR noodles with soy sauce and sesame
Fluid Milk**			1 c			Milk	Milk	
Other				Lettuce, tomatoes, pickles	Creamy vegetable dip		Sunbutter^^	Broth

Water available at meals/snacks and in classroom. Condiments are served as appropriate. WGR is whole grain rich. Menu subject to change. Serve only 1% or skim milk to children ages 2 and older. See menu notes for additional information or substitution options. Additional serving size information is located in the weekly notes and appendix. *'This institution is an equal opportunity provider'* 

• Pizza burger 6-18 years: 1

Lettuce, Tomatoes, Pickles
 6-18 years: 1/8 cup shredded lettuce, 1 slice tomato, 2 pickle slices

Creamy vegetable dip:6-18 years: 2 Tbsp

Bean burrito bowl
 6-18 years: 1/2 cup rice, 2/3 cup bean mixture, 1/4 cup tomatoes, 1/2 cup shredded lettuce, 2 Tbsp avocado, 1 Tbsp plus 1 tsp shredded cheese, 2 Tbsp of salsa

Avocado

Approved

\*\*\*May substitute black olives for avocado

• Sunbutter 6-18 years: 1 Tbsp

Peas, carrots, cabbage\*\*\*

\*\*\*May also use broccoli, onion, diced celery for a total of ¾ cup per vegetable serving

Broth

6-18 years: 1 cup

·	WELausen RDN, LD	
by:	Denise E. Laursen, MA, RDN, LD	Signature Date: 11 May 2020

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Garrison:	Week of:
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2020	Minimum Servi	ng Size Per Age					
Week 4 Summer MST		6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack				Potato or salad bar	Cereal bar	Greek turkey burger or veggie burger	Taco Bar
Fruit		3/4 c	Fruit:		Fruit:		
Vegetable		3/4 c		Lettuce, spinach, tomatoes or salsa, olives, potato		Potato wedges plus lettuce, tomato,	Beans, lettuce, tomatoes, salsa
Meat/ Alternate		1 oz		Chopped turkey ham, shredded cheese		Greek turkey burger or veggie burger	Beef taco meat, shredded cheese
Bread/ Grain		1 oz equivalent	WGR waffle	WGR crackers or WGR roll (if salad bar	Choice of WGR cereal		WGR tortilla (corn or flour)
Fluid Milk**		1 c	Milk		Milk		
Other			Pancake syrup (optional)	Sour cream/salad dressing			

Water available at meals/snacks and in classroom. Condiments are served as appropriate. WGR is whole grain rich. Menu subject to change. Serve only 1% or skim milk to children ages 2 and older. See menu notes for additional information or substitution options. Additional serving size information is located in the weekly notes and appendix. This institution is an equal opportunity provider'

Taco bar

 Pancake syrup 6-18 years: 1 1/3 Tbsp

Salad dressing or sour cream 6-18 years: 1 Tbsp

Turkey slider or veggie burger 6-18 years: 1 slider or 1 burger

Potato wedges 6-18 years: ½ cup

> Lettuce, Tomatoes, Pickles 6-18 years: ¼ cup shredded lettuce, 1 thick slice tomato

> > Lausen RDN, LD

Approved by:\_

Denise E. Laursen, MA, RDN, LD CYS Nutritionist, IMCOM G9

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Signature Date: 11 May 2020

Approved for use through: 10 May 2021

6-18 years: 2 2/3 Tbsp taco meat, 1 Tbsp shredded cheese, 1 oz WGR tortilla, 3/8 cup beans, ¼ cup lettuce, 2 Tbsp diced tomatoes, 2 Tbsp salsa

Garrison:	Week of:
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2020	Minimum Serving Size Per Age		Size Per Age					
Week 5 Summer MST	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack				Ham sandwich		Hawaiian chicken wrap		Yogurt parfait
Fruit			3/4 c	Watermelon	Fruit:			Strawberries or banana
Vegetable			3/4 c			Vegetable tray broccoli, cauliflower, carrots, etc.	Cherry tomato & corn salad + carrots	
Meat/ Alternate			1 oz	Ham	Cheese	Chicken		Yogurt
Bread/ Grain			1 oz equivalent	WGR bread	WGR crackers	WGR tortilla	WGR pita bread	Granola
Fluid Milk**			1 c	,				
Other						Sesame dipping sauce	Hummus	

Water available at meals/snacks and in classroom. Condiments are served as appropriate. WGR is whole grain rich. Menu subject to change. Serve only 1% or skim milk to children ages 2 and older. See menu notes for additional information or substitution options. Additional serving size information is located in the weekly notes and appendix. 'This institution is an equal opportunity provider' 6-18 years: 1 Tbsp

Ham sandwich 6-18 years: ½ sandwich

Watermelon\*\*\*

\*\*\*May substitute honeydew melon for watermelon

Hawaiian chicken wrap 6-18 years: 1 wrap

Vegetable tray, assorted vegetables 6-18ears: 1/2 cup

Sesame dipping sauce

Approved by:\_

WELausen RDN, LD Denise E. Laursen, MA, RDN, LD Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9 Cherry tomato and corn salad 5-18 years: 3/8 cup

Carrots

6-18 years: 3/8 cup

Hummus

6-18 years: 2 Tbsp

Granola

6-18 years: ¼ cup

Signature Date: 11 May 2020

Garrison:	Week of:
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# Appendix:

Unless noted otherwise in the menu template or weekly notes, serving sizes are as listed below.

1 serving of bread/grains = 1 slice of bread; ½ cup of cooked rice, cooked pasta or cooked grains; 8 saltine crackers, 2 whole graham cracker sheets (2 ½ x 5 inches); 1 muffin, 1 serving of muffin squares, cornbread, or French toast bake; 1 1-oz biscuit, roll, or soft pretzel; 1 mini bagel, ½ of a 2-oz bagel; 1 1.25-oz waffle; and ½ of a 2-oz English muffin or pita.

The serving size for ready to eat breakfast cereal varies by type:

WGR Rice Chex or WGR Life WGR corn puffs cereal WGR toasted oat cereal Bran flakes

6-18 years: 1 cup 6-18 years: 1 cup 6-18 years: 1 cup 6-18 years: 1 cup

Ounce equivalents for meats/ alternates: cooked meat and cheese, 1 oz = 1 oz; cooked beans/ peas, ½ c = 1 oz; yogurt, 4 oz (½ 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 Sunbutter Salad dressing or sour cream

6-18 years: 2 Tbsp 6-18 years: 1 Tbsp 6-18 years: 1 Tbsp

Creamy vegetable dip Pancake syrup Cream cheese 6-18 years: 2 Tbsp 6-18 years: 1 1/3 Tbsp 6-18 years: 2 tsp

Denise E. Laursen, MA, RDN, LD CYS Nutritionist, IMCOM G9

# CDC/SAC Field Trip Meals 2018

Options 1-5*	Minim	um Serving Age	Size Per					
	1-2	3-5	6-18	Option 1	Option 2	Option 3	Option 4	Option5
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.		

<sup>\*</sup>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:	

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***

<sup>\*</sup>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.

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 sandwich3-5 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:	
Approved by.	

Signature Date:	_
Menus approved for use through:	