

Installation/Facility

Week of/Dates:

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

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

This institution is an equal opportunity provider.

Week 1 Notes

^Fruit and cheese:

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

Tuesday

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

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Signature Date: _____

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Week of/Dates:

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

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

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Week 2 Notes

^Fruit and cheese:

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

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

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

* 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 notes for restrictions for children under 18 months. ^^SAC only. Additional serving size information is located in the weekly notes.

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Week 3 Notes

^Fruit and cheese:

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

Friday

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

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Week of/Dates:

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

* 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 notes for restrictions for children under 18 months. ^^SAC only. Additional serving size information is located in the weekly notes.

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Week 4 Notes

^Fruit and cheese:

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

Tuesday

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

Thursday

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

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

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

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Week 5 Notes

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

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Week 1* Fall/Winter 18	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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 oranges)	Pineapple (crushed pineapple)	Strawberries	Hash brown potatoes	Banana
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR corn puffs cereal KIX	WGR pumpkin muffin square	Oatmeal	WGR toast	WGR English muffin
Meat/ Other					Yogurt		Scrambled eggs	
Lunch								
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Chicken	Beef	Cheese	Ground turkey/egg	Pork***
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Brown rice	WGR biscuit	WGR pizza crust	WGR roll	WGR pasta
Fruit/Veg	1/8 c	1/4 c	1/4 c	Winter squash	Apple***	Honeydew melon	Peaches	Carrots
Vegetable	1/8 c	1/4 c	1/2 c	Green beans	Potato, carrots, peas*** in stew	Spinach salad*** (sautéed spinach)	Pinto 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							Lettuce, tomato	
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Pear			Cantaloupe	Orange (Mandarin oranges)
Vegetable	1/2 c	1/2 c	3/4 c		Tomato, cucumber	Broccoli, cauliflower [steamed for CDC]		
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Cheese				
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR soft pretzel	WGR bagel with cream cheese	WGR crackers	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	Fluid Milk 1% or Whole
Other					Creamy vegetable dip	Sesame dipping sauce	Sunbutter^^	

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Week 1 Notes

Week of/Dates: _____

Tuesday

- Yogurt
1-5 years: ¼ cup
6-18 years: ½ cup
- Beef stew:
1-2 years: ½ cup
3-5 years: ¾ 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: ¼ cup
6-18 years: ¼ cup
- Cucumber
1-5 years: ¼ cup
6-18 years: ½ cup
- 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
6-18 years: 1 piece
- ***Spinach salad
May serve dressing on the side.

Wednesday, continued

- Broccoli
1-5 years: ¼ cup
6-18 years: ¾ cup
- Cauliflower
1-5 years: ¼ cup
6-18 years: ¾ cup
- Sesame dipping sauce
1-5: 1 Tbsp
6-18 years: 1 ½ Tbsp

Thursday

- Scrambled eggs
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- ***Turkey burger slider
May serve with mayonnaise and mustard
- Turkey burger slider
1-2 years: 1/2 slider
3-5 years: 1 slider
6-18 years: 1 slider

Friday

- ***Pork: may substitute chicken for pork
- Pork lo Mein
1-2 years: ½ serving
3-5 years: ¾ serving
6-18 years: 1 serving
- Trail mix
1-2 years: 1/4 cup (no pretzels or dried fruit)
3-5 years: 1/3 cup (no pretzels or dried fruit)
6-18 years: 3/4 cup

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	1-2	3-5	6-18					
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								
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	

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Week 2 Notes

Monday

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

Tuesday

- Scrambled eggs:
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- Cajun baked fish:
1-2 years: 1/2 portion
3-5 years: 2/3 portion
6-18 years: 1 portion
- ***Pineapple
May substitute kiwi for pineapple
- 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

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.

Thursday

- Lentil soup:
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup
- Cucumber
1-5 years: ½ cup
6-18 years: ¾ cup
- Celery
1-5 years: 0
6-18 years: ¾ cup

Friday

- Chicken Alfredo with a twist
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup

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	1-2	3-5	6-18					
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								
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								
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	

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Week 3 Notes

Monday

- Sunshine egg bake:
1-2 years: 1/2 piece
3-5 years: 3/4 piece
6-18 years: 1 piece
- ***Peas
For children under 18 months, puree, chop, or omit. If omitted replace with equal amount of green beans.

Tuesday

- Meat sauce:
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup
- WGR cinnamon nachos (with 6-inch tortilla)
1-2 years: 1/2 tortilla plus 1/2 c fruit
3-5 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)
1-2 years: 1/3 tortilla plus 1/2 c fruit
3-5 years: 1/3 tortilla plus 1/2 c fruit
6-18 years: 2/3 tortilla plus 3/4 c fruit
- ***Mangos
May substitute peaches for mangos

Wednesday

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

Thursday

- Ham
1-5 years: 1/2 oz
6-18 years: 1 oz
- Toasted cheese sandwich
1-2 years: 1/2 sandwich
3-5 years: 3/4 sandwich
6-18 years: 1 sandwich
- Vegetable soup:
1-2 years: 1/4 cup
3-5 years: 1/2 cup
6-18 years: 1 cup

Friday

- ***WGR rice Chex
May substitute WGR Life cereal for WGR Rice Chex
- BBQ pork slider:
1-2 year olds: 1/2 sandwich
3-18 year olds: 1 sandwich
- *** Pork: may substitute pinto beans for roasted pork
- ***Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 inch)
- Trail mix:
1-2 years: 1/4 cup (no pretzels or dried fruit)
3-5 years: 1/3 cup (no pretzels or dried fruit)
6-18 years: 3/4 cup

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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								
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^^		

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Week 4 Notes

Monday

- ***Lemon baked salmon cakes:
May substitute tuna for salmon
- Lemon baked salmon cakes:
1-2 years: 2/3 cake
3-5 years: 1 cake
6-18 years: 1 1/3 cake

Tuesday

- Yogurt
1-5 years: ¼ cup
6-18 years: ½ cup
- Cheesy rice casserole:
1-2 years: ¼ cup
3-5 years: ½ cup
6-18 years: ½ cup
- Potato wedges:
1-5 years: 3/8 cup
6-18 years: ½ cup
- Marinara:
1-5 years: 1/8 cup
6-18 years: ¼ cup

Wednesday

- ***Pork: may substitute pinto beans for roasted pork

Thursday

- *** Enchilada casserole: may substitute tacos for enchilada casserole
- Enchilada casserole:
1-2 years: ½ serving
3-5 years: ¾ serving
6-18 years: 1 serving

Thursday, continued

- 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 (optional)
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 (optional)
- Creamy vegetable dip
1-2 years: 2 tsp
3-18 years: 1 Tbsp
- ***WGR carrot muffins: two recipe options for WGR carrot muffin. One is with quinoa the other is without quinoa.

Friday

- Scrambled eggs:
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- *** Applesauce:
May substitute kiwi for applesauce

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Week of/Dates: _____

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

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

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Week of/Dates: _____

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Week 5 Notes

Monday

- Yogurt
1-5 years: ¼ cup
6-18 years: ½ cup
- Pinto beans:
1-2 years: ¼ cup
3-5 years: 3/8 cup
6-18 years: ½ cup
- ***Pears
For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for pears
- ***WGR cornbread
Preparation with non-whole grain corn meal is permitted, if whole grain (non-de germed) cornmeal is not available

Tuesday

- ***WGR Rice Chex
May substitute WGR Life cereal for WGR Rice Chex
- Chicken salad sandwich:
1-2 years: 2 quarter pieces
3-5 years: 3 quarter pieces
6-18 years: 1 sandwich
- *** Potato, corn, and cauliflower soup:
For children under 18 months, puree soup, or use Shoepeg corn, or omit corn and replace with equal amount of potato
- Potato, corn, and cauliflower soup:
1-2 years: 1/4 cup
3-5 years: 1/2 cup
6-18 years: 1 cup

Wednesday

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

Thursday

- ***Quinoa pilaf
May substitute bulgur for quinoa, see quinoa pilaf recipe
- Quinoa pilaf:
1-5 years: ¼ cup
6-18 years: ½ cup
- ***Collard greens
May substitute turnip greens, sautéed spinach, kale, or chard for collard greens

Friday

- Breakfast taco:
1-2 years: 1 taco
3-5 years: 1 taco
6-18 years: 1 taco
- Lemon baked fish:
1-2 years: 1/2 portion
3-5 years: 2/3 portion
6-18 years: 1 portion
- ***Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 inch)

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Week of/Dates: _____

Appendix:

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

½ serving of bread/grains = ½ slice of bread; ¼ cup of cooked breakfast cereal, cooked rice, cooked pasta or cooked grains; 4 saltine crackers; 1 whole graham cracker sheet (2 ½ x 5 inches); ½ serving 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 bagel; ½ of a 1.25-oz waffle; ¼ of a 2-oz English muffin or pita.

1 serving of bread/grains = 1 slice of bread; ½ cup of cooked breakfast cereal, cooked rice, cooked pasta or cooked grains; 8 saltine crackers, 2 whole graham cracker sheets (2 ½ x 5 inches); 1 serving 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 1.25-oz waffle; and ½ of a 2-oz English muffin or pita.

The serving size for ready to eat breakfast cereal is ¼ cup for children ages 1-2; ½ cup for children ages 3-5; and ¾ cup for children ages 6-12.

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
1-5 years: 2 Tbsp	1-5 years: none
6-18 years: 3 Tbsp	6-18 years: 1 Tbsp
Creamy vegetable dip	Granola
1-5 years: 1 ½ Tbsp	1-5 years: 0
6-18 years: 2 Tbsp	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 or 1 ½ tsp per ½ cup.

Margarine or butter: ½ tsp per ½ serving of toast, bagel, English muffin, brown bread, roll, and cornbread. ½ tsp per ¼ cup mashed potatoes. No spread on biscuits calculated, but may be used.

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Signature Date: _____

Menus approved for use through: _____

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.

Coleslaw: Should not be given to this age group. Offer a substitution.

Corn: Puree, use Shoepeg corn, cream corn, or offer a substitution.

Cucumber: Should be served without skin

Crushed pineapple: Should not be given to this age group. Offer a substitution.

Fish: Checked carefully for bones or tuna should be provided.

Grapes: Even when cut into quarters, grapes should not be given to this age group. Offer a substitution.

Peas: Should be chopped or pureed.

Approved by: _____

Signature Date: _____

Menus approved for use through: _____

Week 1	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 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	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
		IF infant cereal or meat/meat alternate	IF infant cereal or Yogurt (m)	IF infant cereal or meat/meat alternate	IF infant cereal or Scrambled egg (m)	IF infant cereal or meat/meat alternate
		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
Lunch	<ul style="list-style-type: none"> • 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	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
		IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal
		Chicken* (m) or infant meat	Pureed beef-vegetable stew* (m) or infant meat	Cheese* (m) or infant meat	Ground turkey* (m) or infant meat	Pork* (m) or infant meat
		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
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* • 0-2 tbsp vegetable, fruit or both* 	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
		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
		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	<ul style="list-style-type: none"> • 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.

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Week 2	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 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	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
		IF infant cereal or meat/meat alternate	IF infant cereal or Scrambled egg (m)	IF infant cereal or Yogurt (m)	IF infant cereal or meat/meat alternate	IF infant cereal or meat/meat alternate
		Infant vegetable/fruit	Applesauce (m) or infant vegetable/fruit	Mandarin oranges* (m) or infant vegetable/fruit	Infant vegetable/fruit	Infant vegetable/fruit
Lunch	<ul style="list-style-type: none"> • 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	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
		IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal
		Ground beef* (m) or infant meat	Tuna* (m) or infant meat	Turkey* (m) or infant meat	Infant meat	Chicken* (m) or infant meat
		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
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* • 0-2 tbsp vegetable, fruit or both* 	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
		WGR crackers* (m) or IF infant cereal	Toasted oat cereal (m) or IF infant cereal	Graham cracker* (m) or IF infant cereal	WGR crackers* (m) or IF infant cereal	WGR corn puffs cereal (m) or IF infant cereal
		Peaches (m) or infant vegetable/fruit	Steamed cauliflower* (m), or infant veg/fruit	Banana (m) or infant vegetable/fruit	Infant vegetable/fruit	Applesauce (m) infant vegetable/fruit
Snack	<ul style="list-style-type: none"> • 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.

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Week 3	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 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	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
		IF infant cereal or meat/meat alternate	IF infant cereal or meat/meat alternate	IF infant cereal or Yogurt (m)	IF infant cereal or Ham* (m)	IF infant cereal or meat/meat alternate
		Pears* (m) or infant vegetable/fruit	Infant vegetable/fruit	Peaches (m) or infant vegetable/fruit	Mandarin oranges* (m) or infant vegetable/fruit	Infant vegetable/fruit
Lunch	<ul style="list-style-type: none"> • 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	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula
		IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal
		Scrambled egg (m) or infant meat	Ground beef* (m) or infant meat	Chicken* (without breading) (m) or infant meat	Cheese* (m) or infant meat	Pork* (without barbeque sauce) (m) or infant meat
		Peas* (m), peaches (m) or infant vegetable/fruit	Steamed carrots* (m), green beans (m) or infant vegetable/fruit	Pinto beans* (m) or infant vegetable/fruit	Banana (m) or infant vegetable/fruit	Steamed broccoli* (m), mashed potatoes (m) or infant vegetable/fruit
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* • 0-2 tbsp vegetable, fruit or both* 	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
		WGR crackers* (m) or IF infant cereal	WGR corn puffs cereal (m) or IF infant cereal	Graham crackers* (m) or IF infant cereal	WGR crackers* (m) or IF infant cereal	Toasted oat cereal (m) or IF infant cereal
		Steamed cauliflower* (m), steamed broccoli* (m), or infant vegetable/fruit	Banana (m) or infant vegetable/fruit	Applesauce (m) or infant vegetable/fruit	Steamed carrots* (m) or infant vegetable/fruit	Infant vegetable/fruit
Snack	<ul style="list-style-type: none"> • 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.

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Week 4	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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 style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* • 0-2 tbsp vegetable, fruit or both* 	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	<ul style="list-style-type: none"> • 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.

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Week 5	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 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 	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or Yogurt (m)</p> <p>Peaches (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or meat/meat alternate</p> <p>Applesauce (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or meat/meat alternate</p> <p>infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or meat/meat alternate</p> <p>Banana (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal or</p> <p>Scrambled egg (m)</p> <p>Pears* (m) or infant vegetable/fruit</p>
Lunch	<ul style="list-style-type: none"> • 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 	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Pinto beans* (m) or infant meat</p> <p>Steamed broccoli*(m), pears* (m), or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Chicken* (m) or infant meat</p> <p>Mandarin oranges* (m) steamed cauliflower* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Ground beef* (m) or infant meat</p> <p>Green beans (m) applesauce (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Turkey* (m) or infant meat</p> <p>Winter squash* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Tuna* (m) or infant meat</p> <p>Pinto beans* (m), carrots* (m) or infant vegetable/fruit</p>
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* • 0-2 tbsp vegetable, fruit or both* 	<p>Breast milk or IF infant formula</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>Toasted oat cereal (m) or IF infant cereal</p> <p>Steamed carrots* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Sweet potatoes* (m) or Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR corn puffs cereal (m) or IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>Graham crackers* (m) or IF infant cereal</p> <p>Infant vegetable/fruit</p>
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula 	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>

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.

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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.

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Winter squash: 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

Garrison/Facility: _____

Week of: _____

Week 1 Fall/ Cold YC 18	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
			6-18					
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 cereal
Fluid Milk*			1 c					Milk
Other					Cream cheese, creamy vegetable dip	Salad dressing	Ketchup, mustard, mayonnaise	

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. *** See menu notes for additional information or substitution options. Cereals and yogurt must meet USDA CACFP requirements for sugar limits.

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Garrison/Facility: _____

Week of: _____

Week 2 Fall/Cold YC 18	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
			6-18					
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 plum muffin
Fluid Milk*			1 c			Milk		Milk
Other					Sour cream	Cream cheese		

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. *** See menu notes for additional information or substitution options. Cereals and yogurt must meet USDA CACFP requirements for sugar limits.

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Week of: _____

Week 3 Fall/Cold YC 18	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
			6-18					
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			

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. *** See menu notes for additional information or substitution options. Cereals and yogurt must meet USDA CACFP requirements for sugar limits.

Approved by: _____

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Garrison/Facility: _____

Week of: _____

Week 4 Fall/Cold YC 2018	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
			6-18					
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

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. *** See menu notes for additional information or substitution options. Cereals and yogurt must meet USDA CACFP requirements for sugar limits.

Approved by: _____

Signature Date: _____

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Garrison/Facility: _____

Week of: _____

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

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. *** See menu notes for additional information or substitution options. Cereals and yogurt must meet USDA CACFP requirements for sugar limits.

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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	<input type="checkbox"/> Fruit Salad <input type="checkbox"/> Fruit w/ Yogurt Dip (opt) <input type="checkbox"/> 100% Fruit Juice* <input type="checkbox"/> Whole Fresh Fruit Notes:	<input type="checkbox"/> Fruit Salad <input type="checkbox"/> Fruit w/ Yogurt Dip (opt) <input type="checkbox"/> 100% Fruit Juice* <input type="checkbox"/> Whole Fresh Fruit Notes:	<input type="checkbox"/> Fruit Salad <input type="checkbox"/> Fruit w/ Yogurt Dip (opt) <input type="checkbox"/> 100% Fruit Juice* <input type="checkbox"/> Whole Fresh Fruit Notes:	<input type="checkbox"/> Fruit Salad <input type="checkbox"/> Fruit w/ Yogurt Dip (opt) <input type="checkbox"/> 100% Fruit Juice* <input type="checkbox"/> Whole Fresh Fruit Notes:	<input type="checkbox"/> Fruit Salad <input type="checkbox"/> Fruit w/ Yogurt Dip (opt) <input type="checkbox"/> 100% Fruit Juice* <input type="checkbox"/> Whole Fresh Fruit Notes:
Vegetable Notes: 1 choice offered daily	3/4 c	<input type="checkbox"/> Fresh Vegetable Salad <input type="checkbox"/> Vegetable(s) <input type="checkbox"/> 100% Vegetable Juice* Notes: Dip optional	<input type="checkbox"/> Fresh Vegetable Salad <input type="checkbox"/> Vegetable(s) <input type="checkbox"/> 100% Vegetable Juice* Notes: Dip optional	<input type="checkbox"/> Fresh Vegetable Salad <input type="checkbox"/> Vegetable(s) <input type="checkbox"/> 100% Vegetable Juice* Notes: Dip optional	<input type="checkbox"/> Fresh Vegetable Salad <input type="checkbox"/> Vegetable(s) <input type="checkbox"/> 100% Vegetable Juice* Notes: Dip optional	<input type="checkbox"/> Fresh Vegetable Salad <input type="checkbox"/> Vegetable(s) <input type="checkbox"/> 100% Vegetable Juice* Notes: Dip optional
Meat/ Alternate Notes: 2 choices offered daily	1 oz	<input type="checkbox"/> Legume based meat alt# <input type="checkbox"/> Low fat cheese <input type="checkbox"/> Seed butter <input type="checkbox"/> Yogurt (must not exceed sugar limit per serving) Notes:	<input type="checkbox"/> Legume based meat alt# <input type="checkbox"/> Low fat cheese <input type="checkbox"/> Seed butter <input type="checkbox"/> Yogurt (must not exceed sugar limit per serving) Notes:	<input type="checkbox"/> Legume based meat alt# <input type="checkbox"/> Low fat cheese <input type="checkbox"/> Seed butter <input type="checkbox"/> Yogurt (must not exceed sugar limit per serving) Notes:	<input type="checkbox"/> Legume based meat alt# <input type="checkbox"/> Low fat cheese <input type="checkbox"/> Seed butter <input type="checkbox"/> Yogurt (must not exceed sugar limit per serving) Notes:	<input type="checkbox"/> Legume based meat alt# <input type="checkbox"/> Low fat cheese <input type="checkbox"/> Seed butter <input type="checkbox"/> Yogurt (must not exceed sugar limit per serving) Notes:
Bread/ Grain Notes: 2 choices offered daily	1 oz equivalent	<input type="checkbox"/> WGR crackers+ <input type="checkbox"/> WGR bread <input type="checkbox"/> WGR single serve cereal or granola (must not exceed sugar limit) Notes:	<input type="checkbox"/> WGR crackers+ <input type="checkbox"/> WGR bread <input type="checkbox"/> WGR single serve cereal or granola (must not exceed sugar limit) Notes:	<input type="checkbox"/> WGR crackers+ <input type="checkbox"/> WGR bread <input type="checkbox"/> WGR single serve cereal or granola (must not exceed sugar limit) Notes:	<input type="checkbox"/> WGR crackers+ <input type="checkbox"/> WGR bread <input type="checkbox"/> WGR single serve cereal or granola (must not exceed sugar limit) Notes:	<input type="checkbox"/> WGR crackers+ <input type="checkbox"/> WGR bread <input type="checkbox"/> 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

Denise E. Laursen RDN, LD

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

Approved for use through: 31 DEC 2021

Installation/Facility

Week of/Dates:

Week 1 Spring 21 CDC/SAC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
Late PM Snack								
Fruit	1/2 c	1/2 c	3/4 c		Fruit^			Fruit^
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz		Cheese (sliced)^	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								

*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: 3/4 oz
 6-18 years: 1 1/2 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)

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

Approved by: _____

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

Signature Date: 12 Jan 2021

Menus approved for use through: 31 DEC 2021

Installation/Facility

Week of/Dates:

Week 2 Spring 21 CDC/SAC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
Late PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Fruit^	Fruit^			
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz			Cheese (sliced)^		
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	

* 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.

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Week 2 Notes

^Fruit and cheese:

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

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

Approved by: _____

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

Signature Date: 12 Jan 2021

Menus approved for use through: 31 DEC 2021

Installation/Facility _____ Week of/Dates: _____

Week 3 Spring 21 CDC/SAC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
Late PM Snack								
Fruit	1/2 c	1/2 c	3/4 c		Fruit^	Fruit^	Fruit^	
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz	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								

** 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 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)

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

Approved by: _____

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

Signature Date: 12 Jan 2021

Menus approved for use through: 31 DEC 2021

Installation/Facility _____

Week of/Dates: _____

Week 4 Spring 21 CDC/SAC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
Late PM Snack								
Fruit	1/2 c	1/2 c	3/4 c			Fruit^	Fruit^	Fruit^
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Cheese (sliced)^	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								

* 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.

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Week 4 Notes

^Fruit and cheese:

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

Tuesday

- 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)

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

Approved by: _____

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

Signature Date: 12 Jan 2021

Menus approved for use through: 31 DEC 2021

Installation/Facility _____ Week of/Dates: _____

Week 5 Spring 21 CDC/SAC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
Late PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Fruit^		Fruit^	Fruit^	
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz					
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

* 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.

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Week 5 Notes

^Fruit and cheese:

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

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: 2 Tbsp
 6-18 years: 3 Tbsp

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

Approved by: _____

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

Signature Date: 12 Jan 2021

Menus approved for use through: 31 DEC 2021

Installation/Facility_____

Week of/Dates:_____

Approved by: _____

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

Signature Date: 12 Jan 2021

Menus approved for use through: 31 DEC 2021

Installation/Facility

Week of/Dates:

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

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

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

Signature Date: 12 Jan 2021

Menus approved for use through: 31 DEC 2021

Installation/Facility _____

Week of/Dates: _____

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 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)

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

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Signature Date: 12 Jan 2021

Menus approved for use through: 31 DEC 2021

Installation/Facility

Week of/Dates:

Week 2 Spring 21 CDC/SAC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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^^	

*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

Week of/Dates: _____

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

- 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


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Week of/Dates:

Week 3 Spring 21 CDC/SAC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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^^

*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 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
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

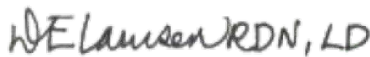
- ***Cucumbers in lemon pasta salad:
For children under 18 months old, remove skin on cucumbers
- Lemon Pasta Salad:
1-5 years: 1/2 cup
6-18 years: 1 cup
- Broccoli
1-18 years: 1/4 cup

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.



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Week of/Dates:

Week 4 Spring 21 CDC/SAC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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.	1/2 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								
Fruit	1/2 c	1/2 c	3/4 c	Honeydew melon***	Orange (Mandarin orange)	Apple***	English muffin pizza	
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

*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 of/Dates: _____

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)

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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: 1/2 c + 1 tsp
3-5 years: 3/4 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

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Week of/Dates:

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

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Week 5 Notes

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Week of/Dates: _____

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

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

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Installation/Facility _____ Week of/Dates: _____

Appendix:

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

½ serving of bread/grains = ½ slice of bread; ¼ cup of cooked breakfast cereal, cooked rice, cooked pasta or cooked grains; 4 saltine crackers; 1 whole graham cracker sheet (2 ½ x 5 inches); ½ muffin, ½ serving of muffin 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 bagel; ½ of a 1.25-oz waffle; ¼ of a 2-oz English muffin or pita.

1 serving of bread/grains = 1 slice of bread; ½ cup of cooked breakfast cereal, 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: (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.

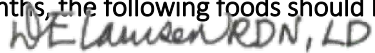
Salad Dressing: 1 ½ tsp per ½ cup of salad or 1 Tbsp per cup of salad.

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

For children under 18 months, the following foods should be modified as noted or a substitution should be offered.


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Installation/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 enough 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 group. Offer a substitution.

Parmesan roasted cauliflower: Serve steamed cauliflower with Parmesan cheese sprinkled on top.

Peas: Should be chopped or pureed.

Southwestern white bean soup: Chop corn and beans or puree soup.


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Week of/Dates:

Week 1 Spring 21 CDC/SAC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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								
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^^	

*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 1 Notes

Week of/Dates: _____

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 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)

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
- **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.**


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Week of/Dates:

Week 2 Spring 21 CDC/SAC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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^^	

*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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Menus approved for use through: 31 DEC 2021

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Week of/Dates: _____

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

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- 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

Menus approved for use through: 31 DEC 2021

Installation/Facility

Week of/Dates:

Week 3 Spring 21 CDC/SAC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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^^

*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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Menus approved for use through: 31 DEC 2021

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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**
1-5 years: 1/4 cup
6-18 years: 1/2 cup
- **Center Choice Lunch – 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

- **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.

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Menus approved for use through: 31 DEC 2021

Installation/Facility

Week of/Dates:

Week 4 Spring 21 CDC/SAC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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.	1/2 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								
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

*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 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)

Wednesday

Approved by: _____

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Week of/Dates: _____

- 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

- **Center Choice Lunch – 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

Friday***

- Cheesy noodles with beef
May serve meat and pasta separately (see optional recipe)
- Cheesy noodles with beef
1-2 years: 1/2 c + 1 tsp
3-5 years: 3/4 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

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Menus approved for use through: 31 DEC 2021

Installation/Facility

Week of/Dates:

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

*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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Signature Date: 12 JAN 2021

Menus approved for use through: 31 DEC 2021

Installation/Facility _____

Week 5 Notes

Week of/Dates: _____

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

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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

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Appendix:

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

½ oz. equivalent of bread/grains = ½ slice of bread; ¼ cup of cooked breakfast cereal, cooked rice, cooked pasta or cooked grains; 4 saltine crackers; 1 whole graham cracker sheet (2 ½ x 5 inches); ½ muffin, ½ serving of muffin 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 bagel; ½ of a 1.25-oz waffle; ¼ of a 2-oz English muffin or pita.

1 oz. equivalent of bread/grains = 1 slice of bread; ½ cup of cooked breakfast cereal, 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: (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

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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 enough 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 group. Offer a substitution.

Parmesan roasted cauliflower: Serve steamed cauliflower with Parmesan cheese sprinkled on top.

Peas: Should be chopped or pureed.

Southwestern white bean soup: Chop corn and beans or puree soup.


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Denise E. Laursen RDN, LD
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Week 1	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> 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 Yogurt (m) Pears* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Scrambled eggs (m) Mashed potatoes (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Infant vegetable/fruit Applesauce (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 Mandarin oranges* (m) or infant vegetable/fruit
Lunch	<ul style="list-style-type: none"> 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 Meatloaf* (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 Tuna* (m) or infant meat Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Chicken* (m) or infant meat Sweet potatoes* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Pork (without BBQ sauce)* (m) or infant meat Steamed cauliflower* (m) pinto beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Cheese*(m) or infant meat Peas* (m) or infant vegetable/fruit
Snack	<ul style="list-style-type: none"> 2-4 fl oz Breast milk or IF infant formula 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal 0-2 tbsp Vegetable, Fruit or both 	Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR toasted oat cereal (m) or IF infant cereal Mandarin oranges* (m) or infant vegetable/fruit	Breast milk or IF infant formula Graham crackers without honey (m) or IF infant cereal Pears* (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR corn puffs [Kix](m) or IF infant cereal Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Steamed broccoli* (m) or infant vegetable/fruit
Snack	<ul style="list-style-type: none"> 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'

Week 2	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 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 	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Pears* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal and/or Yogurt (m)</p> <p>Peaches (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal and/or Scrambled eggs (m)</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Infant vegetable/fruit</p>
Lunch	<ul style="list-style-type: none"> • 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 	<p>Breast milk or IF infant formula</p> <p>IF infant cereal and/or Pinto beans* (m) or infant meat</p> <p>Peaches (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal and/or Chicken* (m) or infant meat</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal and/or Ground Beef* (m) or infant meat</p> <p>Mandarin oranges* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal and/or Tuna* (m) or infant meat</p> <p>Steamed broccoli* (m) black beans* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal and/or Ground turkey* (m) or infant meat</p> <p>Green beans* (m) mashed potato (m) or infant vegetable/fruit</p>
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal • 0-2 tbsp vegetable, fruit or both 	<p>Breast milk or IF infant formula</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Steamed cauliflower* (m) or Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR toasted oat cereal (m) or IF infant cereal</p> <p>Steamed carrots *(m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR corn puffs [Kix](m) or IF infant cereal</p> <p>Applesauce (m), or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>Graham crackers without honey (m) or IF infant cereal</p> <p>Banana (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Pear* (m) infant vegetable/fruit</p>
Snack	<ul style="list-style-type: none"> • 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'

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Week 3	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 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 style="list-style-type: none"> • 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 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 style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal • 0-2 tbsp vegetable, fruit or both 	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	<ul style="list-style-type: none"> • 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'

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Week 4	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 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 Banana (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 Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Yogurt (m) Mandarin oranges* (m) or infant vegetable/fruit
Lunch	<ul style="list-style-type: none"> • 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 Turkey* (m) or infant meat Steamed broccoli* (m), pinto beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Tuna* (m) or infant meat Steamed carrots* (m) mashed potatoes (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Scrambled egg (m) or infant meat Banana (m), peas* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Chicken [no curry sauce]* (m) or infant meat Green beans* (m), pears* (m), or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Ground beef* (m) or infant meat Peaches (m), steamed cauliflower* (m) or infant vegetable/fruit
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal • 0-2 tbsp vegetable, fruit or both 	Breast milk or IF infant formula Graham crackers without honey (m) or IF infant cereal Infant vegetable/fruit	Breast milk or IF infant formula WGR toasted oat cereal (m) Mandarin oranges* (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Applesauce* (m), mashed sweet potatoes* (m), or infant vegetable/fruit	Breast milk or IF infant formula WGR corn puff 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 Steamed broccoli* (m) or infant vegetable/fruit
Snack	<ul style="list-style-type: none"> • 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

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Week 5	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 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 	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Mandarin oranges* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal and/or Scrambled egg (m)</p> <p>Applesauce (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal and/or Yogurt (m)</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Peaches (m) or infant vegetable/fruit</p>
Lunch	<ul style="list-style-type: none"> • 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 	<p>Breast milk or IF infant formula</p> <p>IF infant cereal and/or Pinto beans* (m)</p> <p>Peaches (m), green beans* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal and/or Pork* (m) or infant meat</p> <p>Steamed carrots* (m), or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal and/or Chicken* (m) or infant meat</p> <p>Applesauce (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal and/or Ground beef* (m) or infant meat</p> <p>Peas* (m) or Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal and/or Turkey* (m) or infant meat</p> <p>Mashed potatoes (m), or infant vegetable/fruit</p>
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal • 0-2 tbsp vegetable, fruit or both 	<p>Breast milk or IF infant formula</p> <p>WGR Toasted oat cereal (m) or IF infant cereal</p> <p>Steamed broccoli* (m), steamed cauliflower* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Pears* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR corn puffs cereal [Kix](m) or IF infant cereal</p> <p>Mashed potato (m), or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Steamed carrots* (m), or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>Graham crackers without honey (m) or IF infant cereal</p> <p>Banana (m) or infant vegetable/fruit</p>
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula 	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>

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'

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'

Garrison: _____

Week of: _____

Week 1 Spring 21 YC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
			6-18					
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)

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.

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

Denise E. Laursen RDN, LD
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Approved by: _____

Signature Date: 21 JAN 2021

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Approved for use through: 31 DEC 2021

Garrison: _____

Week of: _____

Week 2 Spring 21 YC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
			6-18					
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

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.

- 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: 1/4 cup
- Cream cheese
6-18 years: 2 tsp
- Turkey slider or veggie burger
6-18 years: 1 slider or 1 burger
- Potato wedges
6-18 years: 1/2 cup

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Signature Date: 12 JAN 2021
Approved for use through: 31 DEC 2021

Garrison: _____

Week of: _____

Week 3 Spring 21 YC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
			6-18					
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

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.

- 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

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Signature Date: 12 JAN 2021
Approved for use through: 31 DEC 2021

Garrison:

Week of:

Week 4 Spring 21 YC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
			6-18					
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

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.

- 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
6-18 years: 1 cup
- Peas, carrots, cabbage***
May also use broccoli, onion, diced celery for a total of ¼ cup per vegetable serving

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Signature Date: 12 JAN 2021

Approved for use through: 31 DEC 2021

Garrison: _____

Week of: _____

Week 5 Spring 21 YC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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

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Signature Date: 12 JAN 2021

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Approved for use through: 31 DEC 2021

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
6-18 years: 1 cup

WGR corn puffs cereal
6-18 years: 1 ¼ cup

WGR toasted oat cereal
6-18 years: 1 cup

Bran flakes
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
6-18 years: 3 Tbsp

Sunbutter
6-18 years: 1 Tbsp

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

Creamy vegetable dip
6-18 years: 2 Tbsp

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

Cream cheese
6-18 years: 2 tsp

DE Laursen RDN, LD

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SATURDAY Spring 21 YC	Minimum Serving Size Per Age		Spring 20 Week 1	Spring 20 Week 2	Spring 20 Week 3	Spring 20 Week 4	Spring Week 5
		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.

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Approved by: _____

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:

Week 1 Summer/ 2020	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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^^

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

Signature Date: 12 JAN 2021

Menus approved for use through: 31 DEC 2021

Installation/Facility _____

Week of/Dates: _____

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 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

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



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Signature Date: 12 JAN 2021

Menus approved for use through: 31 DEC2021

Installation/Facility

Week of/Dates:

Week 2 Summer/Hot 2020	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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								
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								
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	

*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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Signature Date: 12 JAN 2021

Menus approved for use through: 31 DEC 2021

Installation/Facility _____

Week of/Dates: _____

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

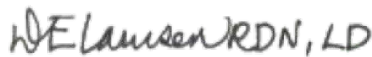
- Scrambled eggs
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- Beef Paprikash
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup

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 1/4 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: 1/4 cup
6-18 years: 1/2 cup
- BBQ pulled pork***
For pork free option serve pinto beans as meat alt
- Watermelon***
May substitute cantaloupe for watermelon.



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

Menus approved for use through: 31 DEC 2021

Installation/Facility

Week of/Dates:

Week 3 Summer/Hot 2020	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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

*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, RDN, LD

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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

Menus approved for use through: 31 DEC 2021

Installation/Facility _____

Week of/Dates: _____

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: 1/2 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 1/2 Tbsp

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- Sesame dipping sauce
1-5: 1 Tbsp
6-18 years: 1 1/2 Tbsp

Thursday

- WGR Life***
May substitute WGR Rice Chex for WGR Life cereal
- Cajun baked fish
1-2 years: 1/2 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: 1/2 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 1/2 Tbsp
1-5 years: 1 Tbsp
6-18 years: 1 1/2 Tbsp

Signature Date: 12 JAN 2021

Menus approved for use through: 31DEC 2021

Installation/Facility

Week of/Dates:

Week 4 Summer/Hot 2020	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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^^	

*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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Menus approved for use through: 31 DEC 2021

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Week of/Dates: _____

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
- 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

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

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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

Menus approved for use through: 31 DEC 2021

Installation/Facility

Week of/Dates:

Week 5 Summer/Hot 2020	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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***	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^^

* 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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Menus approved for use through: 31 DEC 2021

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Week 5 Notes

Week of/Dates: _____

Monday

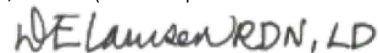
- Yogurt
1-5 years: ¼ cup
6-18 years: ½ cup
- Quinoa pilaf***
May substitute bulgur wheat for quinoa (see recipe).
- Turnip greens***
May substitute collard greens, sautéed spinach, kale, or chard for turnip greens
- Watermelon***
May substitute cantaloupe for watermelon

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).


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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

Menus approved for use through: 31 DEC 2021

Installation/Facility _____ Week of/Dates: _____

Appendix:

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

NOTE: If any of listed substitutions are used, they must be written on the menu prior to service

1/2 oz equiv of bread/grains = .5 oz of bread; ¼ cup of cooked breakfast cereal, cooked rice, cooked pasta or cooked grains; 4 saltine crackers; 1 whole graham cracker sheet (2 ½ x 5 inches); ½ serving of muffin or 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 bagel; ½ of a 1.25-oz waffle; ¼ of a 2-oz English muffin or pita.

1 oz equiv of bread/grains = 1 oz bread; ½ cup of cooked breakfast cereal, cooked rice, cooked pasta or cooked grains; 8 saltine crackers, 2 whole graham cracker sheets (2 ½ x 5 inches); 1 serving of muffin or 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 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
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:

Creamy vegetable dip	Sunbutter	Granola
1-5 years: 1 ½ Tbsp	1-5 years: none	1-5 years: 0
6-18 years: 2 Tbsp	6-18 years: 1 Tbsp	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 or 1 ½ tsp per ½ cup.

Smart Balance: ½ tsp per ½ serving of toast, bagel, English muffin, brown bread, roll, and cornbread. ½ tsp per ¼ cup mashed potatoes. No spread on biscuits calculated, but may be used.

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Signature Date: 12 JAN 2021
Menus approved for use through: 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 enough to be cut with fork.

Crushed pineapple: Should not be given to this age group. Offer a substitution.

Fish: Serve tuna or checked carefully for bones.

Grapes: Even when cut into quarters, grapes should not be given to this age group. Offer a substitution.

Parmesan roasted cauliflower: Serve steamed cauliflower with Parmesan cheese sprinkled on top.

Peas: Should be chopped or pureed.


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Menus approved for use through: _____ 31 DEC 2021

Installation/Facility

Week of/Dates:

Week 1 Summer/ 2021	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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^^

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Menus approved for use through: 31 DEC 2021

Installation/Facility _____

Week of/Dates: _____

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

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

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Menus approved for use through: 31 DEC 2021

Installation/Facility

Week of/Dates:

Week 2 Summer/Hot 2021	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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	

*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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Installation/Facility _____

Week of/Dates: _____

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

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 1/4 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: 1/4 cup
6-18 years: 1/2 cup
- BBQ pulled pork***
For pork free option serve pinto beans as meat alt
- Watermelon***
May substitute cantaloupe for watermelon.



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

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Signature Date: 12 JAN 2021

Menus approved for use through: 31 DEC 2021

Installation/Facility

Week of/Dates:

Week 3 Summer/Hot 2021	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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

*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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Signature Date: 12 JAN 2021

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Menus approved for use through: 31 DEC 2021

Installation/Facility _____

Week of/Dates: _____

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

- 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
- Center Choice Lunch – 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

Menus approved for use through: 31 DEC 2021

Installation/Facility

Week of/Dates:

Week 4 Summer/Hot 2021	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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					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^^	

*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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Signature Date: 12 JAN 2021

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Menus approved for use through: 31 DEC 2021

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Week 4 Notes

Week of/Dates: _____

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

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


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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

Menus approved for use through: 31 DEC 2021

Installation/Facility

Week of/Dates:

Week 5 Summer/Hot 2021	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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^^

* 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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Signature Date: 12 JAN 2021

Menus approved for use through: 31 DEC 2021

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Week 5 Notes

Week of/Dates: _____

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).

Thursday

- Center Choice Lunch- MEATLESS – Center Choice – Center may choose lunch. 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

Approved by: _____

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Signature Date: 12 Jan 2021

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Installation/Facility _____ Week of/Dates: _____

Appendix:

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

NOTE: If any of listed substitutions are used, they must be written on the menu prior to service

1/2 oz equiv of bread/grains = .5 oz of bread; ¼ cup of cooked breakfast cereal, cooked rice, cooked pasta or cooked grains; 4 saltine crackers; 1 whole graham cracker sheet (2 ½ x 5 inches); ½ serving of muffin or 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 bagel; ½ of a 1.25-oz waffle; ¼ of a 2-oz English muffin or pita.

1 oz equiv of bread/grains = 1 oz bread; ½ cup of cooked breakfast cereal, cooked rice, cooked pasta or cooked grains; 8 saltine crackers, 2 whole graham cracker sheets (2 ½ x 5 inches); 1 serving of muffin or 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 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
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:

Creamy vegetable dip	Sunbutter	Granola
1-5 years: 1 ½ Tbsp	1-5 years: none	1-5 years: 0
6-18 years: 2 Tbsp	6-18 years: 1 Tbsp	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 or 1 ½ tsp per ½ cup.

Smart Balance: ½ tsp per ½ serving of toast, bagel, English muffin, brown bread, roll, and cornbread. ½ tsp per ¼ cup mashed potatoes. No spread on biscuits calculated, but may be used.

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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 enough to be cut with fork.

Crushed pineapple: Should not be given to this age group. Offer a substitution.

Fish: Serve tuna or checked carefully for bones.

Grapes: Even when cut into quarters, grapes should not be given to this age group. Offer a substitution.

Parmesan roasted cauliflower: Serve steamed cauliflower with Parmesan cheese sprinkled on top.

Peas: Should be chopped or pureed.


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Installation/Facility

Week of/Dates:

Week 1 Summer 2021	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
Late PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Fruit^	Fruit^		Fruit^	
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz		Cheese (sliced)^	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								

*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.

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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: _____

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Signature Date: 12 JAN 2021

Menus approved for use through: 31 DEC 2021

Installation/Facility

Week of/Dates:

Week 2 Summer 2021	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
Late PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Fruit^			Fruit^	
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz			Cheese (sliced)^		
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								

* 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.

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Week 2 Notes

^Fruit and cheese:

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

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)

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Installation/Facility

Week of/Dates:

Week 3 Summer 2021	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
Late PM Snack								
Fruit	1/2 c	1/2 c	3/4 c		Fruit^	Fruit^		Fruit^
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz	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			

** 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.

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Week 3 Notes

^Fruit and cheese:

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

Monday

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

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

Approved by: _____

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

Signature Date: 12 JAN 2021

Menus approved for use through: 31 DEC 2021

Installation/Facility

Week of/Dates:

Week 4 Summer 2021	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
Late PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Fruit^		Fruit^		Fruit^
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz		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		

* 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 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)

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Signature Date: 12 Jan 2021

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Installation/Facility _____ Week of/Dates: _____

Week 5 Summer 2021	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
Late PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Fruit^	Fruit^		Fruit^	
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz					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		
Other								

* All hard foods must be cut to 1/4 inch for children under 18 months and to 1/2 inch for children 2-3 years of age. For children under 3 years of age replace menu item with the food in parenthesis. Foods will not be cut 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.

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Week 5 Notes

^Fruit and cheese:

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

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

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Signature Date: 12 JAN 2021

Menus approved for use through: 31 DEC 2021

Week 1	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> 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 Pears* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Yogurt (m) Peaches (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 Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Scrambled eggs* (m) Mashed potatoes (m) or infant vegetable/fruit
Lunch	<ul style="list-style-type: none"> 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 Steamed cauliflower* (m), green beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Chicken* (m) or infant meat Black beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Tuna* (m) or infant meat Steamed carrots* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Pinto beans* (m) or infant meat Steamed broccoli* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Turkey* without sauce (m) or infant meat Applesauce (m), peas* (m) or infant vegetable/fruit
Snack	<ul style="list-style-type: none"> 2-4 fl oz Breast milk or IF infant formula 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal 0-2 tbsp Vegetable, Fruit or both 	Breast milk or IF infant formula Graham crackers without honey (m) or IF infant cereal Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR toasted oat cereal (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 Infant vegetable/fruit	Breast milk or IF infant formula WGR corn puffs [Kix](m) or IF infant cereal Infant vegetable/fruit	Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Infant vegetable/fruit
Snack	<ul style="list-style-type: none"> 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'*

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 CYS Nutritionist, IMCOM-G9

Week 2	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 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 Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Scrambled eggs* (m) Infant vegetable/fruit	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 Yogurt (m) Banana (m) or infant vegetable/fruit
Lunch	<ul style="list-style-type: none"> • 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 Cheese* (m) or infant meat Steamed broccoli* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Turkey* (m) or infant meat Sweet potatoes* (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 Steamed carrots* (m), steamed cauliflower* (m), or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Chicken* (m) or infant meat Peas* (m), pears* (m), or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Roasted pork without BBQ sauce* (m) or infant meat Green beans* (m), mashed potatoes* (m), or infant vegetable/fruit
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal • 0-2 tbsp vegetable, fruit or both 	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 WGR toasted oat cereal (m) or IF infant cereal 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 puffs [Kix](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 Infant vegetable/fruit
Snack	<ul style="list-style-type: none"> • 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'*

Week 3	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> 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 Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Ham* (m) Pears* (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 Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Scrambled eggs* (m) Applesauce (m) or infant vegetable/fruit
Lunch	<ul style="list-style-type: none"> 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 style="list-style-type: none"> 2-4 fl oz Breast milk or IF infant formula 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal 0-2 tbsp vegetable, fruit or both 	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	<ul style="list-style-type: none"> 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

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Week 4	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • 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 Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Yogurt (m) Peaches (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 Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Scrambled eggs* (m) Mandarin oranges* (m) or infant vegetable/fruit
Lunch	<ul style="list-style-type: none"> • 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 Scrambled egg* (m) or infant meat Mandarin oranges* (m), peas* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Chicken* (m) or infant meat Green beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Roasted pork* (m) or infant meat Pinto beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal and/or Ground turkey* (m) or infant meat Mashed potatoes (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 Infant vegetable/fruit
Snack	<ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal • 0-2 tbsp vegetable, fruit or both 	Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Steamed cauliflower* (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR toasted oat cereal (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), steamed broccoli* (m), or infant vegetable/fruit	Breast milk or IF infant formula Graham crackers without honey (m) or IF infant cereal Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR corn puff cereal [Kix] (m) or IF infant cereal Sweet potatoes* (m) or infant vegetable/fruit
Snack	<ul style="list-style-type: none"> • 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

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Week 5	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> 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 style="list-style-type: none"> 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 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 style="list-style-type: none"> 2-4 fl oz Breast milk or IF infant formula 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal 0-2 tbsp vegetable, fruit or both 	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	<ul style="list-style-type: none"> 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'*

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.

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2020 CYS Summer Infant 6-11 months

Approved by:

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

Date: 12 JAN 2021

Menu Dates:

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

Installation/Facility: _____

Week of: _____

2020 Week 1 Summer YC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
			6-18					
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 6-18 years: 1 cup
- Salad dressing 6-18 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
 Approved for use through: 10 May 2021

Garrison: _____

Week of: _____

2020 Week 2 Summer YC	Minimum Serving Size Per Age							
			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 cheese
6-18 years: 2 tsp
- Granola
6-18 years: ¼ cup
- Taco bar
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
- 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

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CYS Nutritionist, IMCOM G9

Approved by: _____

Signature Date: 11 May 2020

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

Approved for use through: 10 May 2021


Garrison: _____

Week of: _____

2020 Week 3 Summer MST	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
			6-18					
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
***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 3/4 cup per vegetable serving
- Broth
6-18 years: 1 cup

Approved by: _____

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

Signature Date: 11 May 2020

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

Approved for use through: 10 May 2021

Garrison: _____

Week of: _____

2020 Week 4 Summer MST	Minimum Serving Size Per Age							
			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***

- 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: 1/2 cup
- Lettuce, Tomatoes, Pickles
6-18 years: 1/4 cup shredded lettuce, 1 thick slice tomato
- Taco bar
6-18 years: 2 2/3 Tbsp taco meat, 1 Tbsp shredded cheese, 1 oz WGR tortilla, 3/8 cup beans, 1/4 cup lettuce, 2 Tbsp diced tomatoes, 2 Tbsp salsa

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

Signature Date: 11 May 2020

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

Approved for use through: 10 May 2021

Garrison: _____

Week of: _____

2020 Week 5 Summer MST	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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
6-18 years: 1/2 cup
- Sesame dipping sauce
- 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

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

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

Signature Date: 11 May 2020
Approved for use through: 10 May 2021

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
6-18 years: 1 cup

WGR corn puffs cereal
6-18 years: 1 ¼ cup

WGR toasted oat cereal
6-18 years: 1 cup

Bran flakes
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
6-18 years: 2 Tbsp

Sunbutter
6-18 years: 1 Tbsp

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

Creamy vegetable dip
6-18 years: 2 Tbsp

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

Cream cheese
6-18 years: 2 tsp

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

CDC/SAC Field Trip Meals 2018

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

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

This institution is an equal opportunity provider.

Approved by: _____

Signature Date: _____

Menus approved for use through: _____

CDC/SAC Field Trip Meals 2018

Option 1

***May substitute WGR bread for WGR pita

Turkey pita sandwich

1-2 years: not for under 3.

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

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

Option 2

***May substitute ranch dressing for creamy vegetable dip

Sunflower seed butter and jelly sandwich

1-5 years: not for under 6

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

Option 3

***Caesar chicken wrap for same day service only

***May substitute applesauce for pears

Caesar chicken wrap

1-2 years: not for under 3.

3-5 years: 1 wrap

6-18 years: 1 wrap

Option 4

*** May substitute peaches for cantaloupe

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

*** May substitute carrots and cucumbers for broccoli salad

*** For under 6 years, steam broccoli

Roast beef and cheddar sandwich

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

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

6-18 years: 1 sandwich

Option 5

***May substitute applesauce for apples

*** For under 6 years, steam carrots

***May substitute ranch dressing for creamy vegetable dip

Cheese

1-2 years: 1 oz cheese.

3-5 years: 1 1/2 oz cheese

6-18 years: 2 oz cheese

For all options

Creamy vegetable dip

1-5 years: 1 Tbsp

6-18 years: 1 ½ Tbsp

Mustard

1-2 years: 1/4 tsp

3-5 years: 3/8 tsp

6-18 years: ½ tsp

Mayonnaise

1-2 years: ½ tsp

3-5 years: ¾ tsp

6-18 years: 1 tsp

Approved by: _____

Signature Date: _____

Menus approved for use through: _____

CDC/SAC Field Trip Meals 2018

Options 6-10*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Option 6	Option 7	Option 8	Option 9	Option 10
Appropriate Age Groups				3-18 years	1-18 years	1-18 years	1-18 years	1-18 years
Lunch				Tuna salad pita sandwich	Ham and cheese sandwich	Hummus & cheese	Turkey sandwich	Chicken salad sandwich
Meat/Alternate	1 oz	1 1/2 oz	2 oz	Tuna	Ham, cheese	Hummus, cheese	Turkey	Chicken salad
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR pita***	WGR bread	WGR pita	WGR bread	WGR bread
Fruit	1/8 c	1/4 c	1/4 c	Orange	Apple***(applesauce)	Honeydew melon*** [banana for CDC]	Pear***(applesauce)	Orange (mandarin oranges)
Vegetable	1/8 c	1/4 c	1/2 c	Romaine lettuce [pack separate, add to sandwich at meal time]	Cucumbers (steamed broccoli)	Carrots [steamed for CDC]	Broccoli salad***[use steamed broccoli for CDC]may substitute carrots and cucumbers for broccoli salad	Cucumbers (steamed carrots)
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other					Creamy vegetable dip*** & mustard, mayonnaise (optional)	Creamy vegetable dip***	Mustard, mayonnaise (optional)	Creamy vegetable dip***

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

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Approved by: _____

Signature Date: _____

Menus approved for use through: _____

CDC/SAC Field Trip Meals 2018

Option 6

***May substitute WGR bread for WGR pita

Tuna salad pita sandwich

1-2 years: not for under 3.

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

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

Option 7

***May substitute applesauce for apples

***May substitute ranch dressing for creamy vegetable dip

Ham and cheese sandwich

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

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

6-18 years: 1 sandwich

Option 8

*** May substitute banana for honeydew melon

***May substitute ranch dressing for creamy vegetable dip

Hummus & cheese

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

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

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

Option 9

*** May substitute applesauce for pears.

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

***May substitute carrots and cucumbers for broccoli salad

*** For under 6 years, steam broccoli

Turkey sandwich

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

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

6-18 years: 1 sandwich

Option 10

***May substitute ranch dressing for creamy vegetable dip

Chicken salad sandwich

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

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

6-18 years: 1 sandwich

For all options

Creamy vegetable dip

1-5 years: 1 Tbsp

6-18 years: 1 ½ Tbsp

Mustard

1-2 years: 1/4 tsp

3-5 years: 3/8 tsp

6-18 years: ½ tsp

Mayonnaise

1-2 years: ½ tsp

3-5 years: ¾ tsp

6-18 years: 1 tsp

Approved by: _____

Signature Date: _____

Menus approved for use through: _____