

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					
<b>Late PM Snack</b>								
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					
<b>Late PM Snack</b>								
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.  
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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

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Week 3 Spring 21 CDC/SAC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
<b>Late PM Snack</b>								
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								

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Week 3 Notes

^Fruit and cheese:

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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*  
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Week 4 Spring 21 CDC/SAC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
<b>Late PM Snack</b>								
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								

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Week 4 Notes

^Fruit and cheese:

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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

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Week 5 Spring 21 CDC/SAC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
<b>Late PM Snack</b>								
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

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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

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

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