

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					
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.

Denise E. Laursen RDN, LD

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

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Approved by: _____

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

Signature Date: 12 JAN 2021

Menus approved for use through: 31 DEC 2021

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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
- **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^^	

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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

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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 ***	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^^

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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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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

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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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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

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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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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