

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^^

* 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

This institution is an equal opportunity provider.

Approved by: _____

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 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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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	

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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 ¼ inch
3-5 years: 1/2 cup
6-18 years: 1 cup
- Broccoli
1-18 years: 1/4 cup
- Creamy vegetable dip
1-18 years: 1 Tbsp

Friday

- Yogurt
1-5 years: ¼ cup
6-18 years: ½ cup
- BBQ pulled pork***
For pork free option serve pinto beans as meat alt
- Watermelon***
May substitute cantaloupe for watermelon.



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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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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

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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.

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CYS Nutritionist, IMCOM G9

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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

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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^^

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Week of/Dates: _____

Week 5 Notes

Monday

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

Tuesday

- Picadillo beef
1-2 years: ¼ cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup
- Marinara sauce
1-5 years: 1/8 cup
6-18 years: 1/4 cup
- Parmesan cauliflower
1-5 years: 3/8 cup
6-18 years: 1/2 cup

Wednesday

- Lemon baked salmon cakes ***
May substitute tuna for salmon
- Lemon baked salmon cakes:
1-2 years: 2/3 cake
3-5 years: 1 cake
6-18 years: 1 1/3 cake (See recipe to make one large salmon cake).

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: _____

Denise E. Laursen
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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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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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