

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
 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

- 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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CYS Nutritionist, IMCOM G9

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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	

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Denise E. Laursen, RDN, LD

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

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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.



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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

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*** See menu notes for additional information or substitution options. ^Cooking project. ^^SAC only. Additional serving size information is located in the weekly notes and appendix.

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

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Approved by: _____

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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

Denise E. Laursen RDN, LD

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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

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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^^	

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

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Installation/Facility _____

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

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

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Installation/Facility _____

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).

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

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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

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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.

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

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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.


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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