

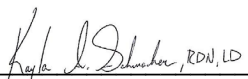
Installation/Facility

Week of/Dates:

| Week 1* Fall/Winter | 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 | Pineapple (crushed) | Baked apples*** (applesauce) | Hash brown potatoes | Orange (Mandarin oranges) |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | WGR corn puffs cereal [KIX] | WGR pumpkin muffin square | Oatmeal | | WGR toasted English muffin |
| Meat/ Other | | | | | | | Scrambled eggs | |
| Lunch | | | | | | | | |
| Meat/ Alt | 1 oz | 1 1/2 oz | 2 oz | Chicken | Beef | Cheese, egg | Ground turkey/egg | Pork*** |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | WGR biscuit*** | WGR bread | Brown rice | WGR bun or roll | WGR pasta*** |
| Fruit/Veg | 1/8 c | 1/4 c | 1/4 c | Butternut squash*** | Pear | Strawberries (pureed)*** | Peaches | Crushed pineapple |
| Vegetable | 1/8 c | 1/4 c | 1/2 c | Green beans | Potato, carrots, peas^^ in stew | Steamed broccoli | Pinto beans (chopped) | Asian vegetable mix (chopped 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 | | | | | | | Lettuce, tomato | |
| PM Snack | | | | | | | | |
| Fruit | 1/2 c | 1/2 c | 3/4 c | Apple | | | Cantaloupe | Banana |
| Vegetable | 1/2 c | 1/2 c | 3/4 c | | Tomato, cucumber [steamed for CDC] | Carrots [steamed for CDC] + edamame dip | | |
| 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 | WGR soft pretzel*** | WGR bagel | WGR crackers | WGR graham crackers without honey | 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 | | | | | Cream cheese | | Sunbutter (optional)^^ | |

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Approved by:  Kayla A. Schumacher, RDN, LD

Signature Date: 15 September 2023

Kayla A. Schumacher, RDN, LD, CYS Nutritionist IMCOM G9

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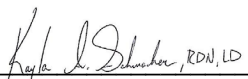
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Week of/Dates:

| Week 2* Fall/Winter | 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 | Blueberry/strawberry mix (pureed)*** | Applesauce | Orange (Mandarin oranges) | Pineapple (crushed pineapple) | Cantaloupe |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | WGR toasted oat cereal | WGR toasted English muffin | WGR bagel | WGR French toast bake | WGR corn puffs cereal [KIX] |
| Meat/ Other | | | | | Scrambled eggs | | | Yogurt |
| Lunch | | | | Meatloaf*** | Toasted cheese sandwich*** | Sesame turkey | Chicken Philly slider | Fish scampi |
| Meat/ Alt | 1 oz | 1 1/2 oz | 2 oz | Ground beef | Cheese | Ground turkey | Chicken | Fish |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | WGR biscuit | WGR bread | Brown rice | WGR bun | WGR pasta*** |
| Fruit/Veg | 1/8 c | 1/4 c | 1/4 c | Green beans | Banana | Steamed carrots | Onion, pepper on slider | Peaches |
| Vegetable | 1/8 c | 1/4 c | 1/2 c | Mashed potatoes | Tomato soup | Peas (chopped) | Steamed broccoli | Tossed salad*** (sautéed spinach)*** |
| 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 | | | | Gravy | | | | Salad dressing |
| PM Snack | | | | | | | | |
| Fruit | 1/2 c | 1/2 c | 3/4 c | Peaches | | Apple | Banana | |
| Vegetable | 1/2 c | 1/2 c | 3/4 c | | Broccoli [steamed for CDC] & white bean dip | | | Cucumbers [steamed for CDC] & celery^^ |
| Meat/ Alt | 1/2 oz | 1/2 oz | 1 oz | Yogurt | | | | Cheese, sliced |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | | WGR toasted pita bread | WGR sweet potato plum muffin square | WGR 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 | |
| Other | | | | Granola^^ | | | | Creamy vegetable dip |

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Week 2 Notes

Monday

- ***Blueberry/strawberry mix
1-2 years: pureed
3-5 years: chopped to 1/2 inch
- Meat loaf:
1-2 years: 1/2 piece
3-5 years: 3/4 piece
6-18 years: 1 piece
- ***WGR biscuit: May use drop biscuit recipe (original or dairy free)
- Gravy
1-2 years: 1 Tbsp
3-5 years: 2 Tbsp
6-18 years: ¼ cup

Tuesday

- Scrambled eggs:
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- Toasted cheese sandwich
CDCs: serve as open face sandwich (see recipe)
- Toasted cheese sandwich
1-5 years: 1 open faced sandwich
6-18 years: 1 sandwich
- Tomato soup:
1-2 years: 1/8 cup
3-5 years: 1/4 cup
6-18 years: 1/2 cup
- Broccoli
1-5 years: 3/8 cup
6-18 years: 1/2 cup
- White bean dip
1-5 years: 3 Tbsp
6-18 years: 6 Tbsp

Wednesday

- ***Peas For children under 3 years old, puree or chop.

Thursday

- Chicken Philly slider:
1-2 years: 1/2 sandwich
3-18 years: 1 sandwich

Friday

- Yogurt
1-5 years: ¼ cup
6-18 years: ½ cup
- ***WGR pasta: Any tube-shaped pasta (e.g., elbow macaroni, penne pasta) should be chopped for under 3.
- Tossed salad
1-2 years: do not serve to this age group
6-18 years: 1/2 cup
6-18 years: 1 cup
- *** Sautéed spinach: chop
- *** Sautéed spinach
May substitute turnip greens, collard greens, kale, or chard for sautéed spinach.
- Cucumbers
1-5 years: ½ cup
6-18 years: 3/8 cup
- Celery
1-5 years: do not serve to this age group
6-18 years: 3/8 cup

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Installation/Facility

Week of/Dates:

| Week 3* Fall/Winter | 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 | Applesauce | Pineapple (crushed pineapple) | Blueberries (pureed)*** | Orange (Mandarin oranges) | Peaches |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | Cinnamon oatmeal | WGR bagel | WGR waffle | WGR biscuit | WGR Rice Chex*** |
| Meat/ Other | | | | | | Pancake syrup (optional) | Scrambled eggs | Yogurt |
| Lunch | | | | Egg, cheese, and sausage breakfast bake | Crispy baked chicken with sweet Asian sauce | Spaghetti & meat sauce | White chili*** | BBQ pork slider |
| Meat/ Alt | 1 oz | 1 1/2 oz | 2 oz | Egg, cheese, sausage | Chicken | Ground beef | White beans | Pork*** |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | WGR toast*** | Brown rice | WGR pasta*** | WGR cornbread*** | WGR roll |
| Fruit | 1/8 c | 1/4 c | 1/4 c | Kiwi*** | Banana | Tomato in sauce | Honey dew melon | Steamed broccoli |
| Vegetable | 1/8 c | 1/4 c | 1/2 c | Potato in bake | Asian vegetable mix (chopped peas) | Tossed salad*** (cauliflower) | Peppers, onions, and corn in chili | Pinto beans (chopped) |
| 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 | | | | | Sweet Asian sauce | Salad dressing | | |
| PM Snack | | | | | | WGR cinnamon nachos^ | | |
| Fruit | 1/2 c | 1/2 c | 3/4 c | Pears | | Banana & peaches or mango^^ | | Apple |
| Vegetable | 1/2 c | 1/2 c | 3/4 c | | Cucumbers [steamed for CDC] | | Potato wedges & marinara sauce | |
| 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 | WGR graham crackers without honey | WGR soft pretzel*** | WGR tortilla | | |
| 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 (optional)^ | Creamy vegetable dip | | | |

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Installation/Facility _____

Week of/Dates: _____

Week 3 Notes

Monday

- Egg, cheese, and sausage breakfast bake:
1-5 years: 1/2 piece
6-18 years: 1 piece
- ***WGR toast: May substitute WGR roll
- ***Kiwi: May substitute Mandarin oranges

Tuesday

- Peas
For children under 3 years old, puree or chop.
- Sweet Asian sauce
1-2 years: 1 ½ tsp sauce
3-5 years: 2 tsp sauce
6-18 years: 1 Tbsp sauce
- Cucumbers:
1-5 years: 1/4 cup
6-18 years: 3/8 cup
- Cauliflower:
1-5 years: 1/4 cup
6-18 years: 3/8 cup

- ***WGR soft pretzel: May substitute WGR breadstick

Wednesday

- ***Blueberries
1-2 years: pureed
3-5 years: chopped to 1/2 inch
- Meat sauce:
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup
- ***WGR pasta: Any tube-shaped pasta (e.g., elbow macaroni, penne pasta) should be chopped for under 3.
- ***Tossed salad
1-2 years: do not serve to this age group
6-18 years: 1/2 cup
6-18 years: 1 cup

Wednesday, continued

- Mangos
1-5 years: Do not serve mangos to children 1-5 years
6-18 years: May substitute peaches for mangos
- GR 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

Thursday

- ***White chili: chop corn and beans for CDC
- ***WGR cornbread: May substitute WGR crackers
- Potato wedges:
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

Friday

- ***WGR Rice Chex
May substitute WGR Life cereal for WGR Rice Chex
- Yogurt
1-5 years: 1/4 cup
6-18 years: 1/2 cup
- BBQ pork slider:
1-2 years: 1/2 sandwich
3-18 years: 1 sandwich
- Pinto beans
For children under 3 years old, puree or chop.
- *** Pork: may substitute pinto beans for pork and serve roasted sweet potatoes or winter squash as 2nd vegetable.

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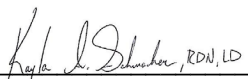
Installation/Facility

Week of/Dates:

| Week 4* Fall/Winter | 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 | Crushed pineapple | Kiwi*** | Fruit salad*** | Orange (Mandarin oranges) |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | WGR corn puffs cereal [KIX] | WGR toasted English muffin | WGR toasted oat cereal | WGR bagel | WGR toast |
| Meat/ Other | | | | | | | | Baked Denver omelet |
| Lunch | | | | Shepherd's pie | Roasted turkey with dressing | Bean enchilada bake | Hawaiian pork tenderloin*** | Creamy chicken casserole |
| Meat/ Alt | 1 oz | 1 1/2 oz | 2 oz | Beef | Turkey | Pinto beans/cheese | Pork*** | Chicken |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | WGR roll | WGR dressing | WGR tortilla*** | WGR macaroni salad*** | Brown rice |
| Fruit | 1/8 c | 1/4 c | 1/4 c | Pears | Baked apples*** | Green beans | Steamed carrots | Butternut squash*** |
| Vegetable | 1/8 c | 1/4 c | 1/2 c | Potatoes, carrots, peas (chopped) in pie | Sweet potatoes | Tossed salad*** (sautéed spinach)*** | Black beans (chopped) | Roasted Brussel sprouts^^ [steamed broccoli 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 | | | | | | Salad dressing | | |
| PM Snack | | | | Cheese & chicken quesadilla | | | | |
| Fruit | 1/2 c | 1/2 c | 3/4 c | | Honeydew melon | Strawberries (pureed) | Apple | Pears |
| Vegetable | 1/2 c | 1/2 c | 3/4 c | | | | | |
| 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 tortilla*** | WGR graham crackers without honey | | WGR cranberry orange muffin*** | 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 | | | | Salsa | Sunbutter (optional)^^ | Granola^^ | | |

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Week of/Dates: _____

Week 4 Notes

Monday

- Shepherd's pie
1-2 years: 1/2 serving (chop peas)
3-5 years: 3/4 serving
6-18 years: 1 serving
- ***WGR tortilla: May use WGR flour or WGR corn tortillas
- Chicken and cheese quesadilla
1-5 years: 1 wedge
6-18 years: 2 wedges

Tuesday

- WGR dressing:
1-5 years: ¼ cup
6-18 years: ½ cup
- ***Baked apples: CDCs use peeled apples
- *** Baked apples: May substitute applesauce

Wednesday

- *** Kiwi: may substitute peaches
- Bean enchilada bake
1-2 years: 1/2 serving,
3-5 years: 3/4 serving,
6-18 years: 1 serving,
- *** Bean enchilada bake: chop beans for under 3 years.
- ***WGR tortilla: May use WGR flour or WGR corn tortillas
- Tossed salad
1-2 years: do not serve to this age group
6-18 years: 1/2 cup
6-18 years: 1 cup
- *** Sautéed spinach
May substitute turnip greens, collard greens, kale, or chard for sautéed spinach

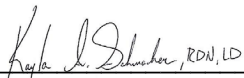
Thursday

- ***Hawaiian pork, for 18 months and younger, prepare sauce without pineapple or do not serve sauce to this age group. For CDCs, use crushed pineapple in sauce.
- ***Pork: may substitute turkey for pork
- ***WGR macaroni salad: Any tube-shaped pasta (e.g., elbow macaroni, penne pasta) should be chopped for under 3.
- ***WGR cranberry orange muffin
May substitute blueberries for cranberries

Friday

- Baked Denver omelet
1-5 years: 1/2 piece
6-18 years: 1 piece
- Creamy chicken casserole:
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup
- ***Butternut squash: May substitute Hubbard squash
- ***Roasted Brussel sprouts: May substitute broccoli
- Trail mix:
1-5 years: 5/8 cup (no pretzels or dried fruit)
6-18 years: 1 cup + 1 Tbsp (made without pretzels) or 1 cup (made with pretzels)

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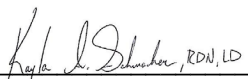
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Week of/Dates:

| Week 5* Fall/Winter | 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 | Apricots*** (peaches) | Apple | Pineapple (crushed pineapple) | Blueberries (pureed)*** | Pears |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | WGR biscuit | WGR Rice Chex*** | WGR waffle | WGR toasted oat cereal | WGR tortilla*** |
| Meat/ Other | | | | | | Pancake syrup (optional) | | Scrambled eggs |
| Lunch | | | | Vegetarian chili*** | Curry chicken salad slider | Beef stroganoff | Hammy mac and cheese*** | Lemon baked fish |
| Meat/ Alt | 1 oz | 1 1/2 oz | 2 oz | Pinto beans, black beans, cheese | Chicken | Beef | Ham | Fish |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | WGR tortilla*** | WGR Bun/Roll | Brown rice | WGR pasta*** | WGR roll |
| Fruit | 1/8 c | 1/4 c | 1/4 c | Pears | Strawberries (pureed)*** | Peaches | Cauliflower | Coleslaw (steamed broccoli) |
| Vegetable | 1/8 c | 1/4 c | 1/2 c | Carrots [steamed for CDC] | Cucumbers | Steamed broccoli*** | Green 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 | | | | Creamy vegetable dip | | | | |
| PM Snack | | | | | | | | |
| Fruit | 1/2 c | 1/2 c | 3/4 c | Oranges (mandarin oranges) | | | Baked apples (applesauce)*** | Banana |
| Vegetable | 1/2 c | 1/2 c | 3/4 c | | | Carrots [steamed for CDC] + hummus | | |
| Meat/ Alt | 1/2 oz | 1/2 oz | 1 oz | | Cheese, sliced*** | | | Yogurt |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | WGR graham crackers without honey | WGR bread stick*** | WGR toasted pita bread | | |
| Fluid Milk** | 1/2 c | 1/2 c | 1 c | Fluid Milk 1% or Whole | | | Fluid Milk 1% or Whole | |
| Other | | | | Sunbutter (optional)^ | Marinara sauce | | | Granola^^ |

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Week 5 Notes

Week of/Dates: _____

Monday

- ***Apricots: May substitute peaches for apricots
- *** Vegetarian chili: Chop beans for under 3 years.
- Vegetarian chili
1-2 years: 1/2 cup (chop beans)
3-5 years: 3/4 cup
6-18 years: 1 cup
- Cheese
1-2 years: 1 Tbsp shredded cheese
3-5 years: 1 1/2 Tbsp shredded cheese
6-18 years: 2 Tbsp shredded cheese
- ***WGR tortilla: May use WGR flour or WGR corn tortillas

Tuesday

- ***WGR Rice Chex
May substitute WGR Life cereal for WGR Rice Chex
- Curry chicken slider
1-2 years: 1/2 slider
3-18: 1 slider
- ***Strawberries
1-2 years: pureed
3-5 years: chopped to 1/2 inch
- ***WGR soft pretzel: May substitute WGR breadstick
- *** Cheese: MST and SACs may substitute WGR baked cheese stick for cheese and breadstick: Serving per CN label
- ***WGR breadstick: MST and SACs may substitute WGR baked cheese stick for cheese and breadstick: Serving per CN label
- Marinara sauce
1-5 years: 2 Tbsp
6-18 years : 3 Tbsp

Wednesday

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

Wednesday, continued

- ***Broccoli: MST and SAC may substitute roasted Brussel sprouts for broccoli
- Carrots
1-5 years: 3/8 cup
6-18 years: 1/2 cup
- Hummus
1-5: 3 Tbsp
6-18 years: 6 Tbsp

Thursday

- ***Blueberries
1-2 years: pureed
3-5 years: chopped to 1/2 inch
- Hammy mac and cheese:
1-2 years: 3/8 cup (chopped)
3-5 years: 1/2 cup
6-18 years: 3/4 cup
- Hammy mac and cheese: Any tube-shaped pasta (e.g., elbow macaroni, penne pasta) should be chopped for under 3.
- ***Baked apples: CDCs use peeled apples
- ***Baked apples: may substitute applesauce.

Friday

- Breakfast taco:
1-2 years: 1 taco
3-5 years: 1 taco
6-18 years: 1 taco
- ***WGR tortilla: May use WGR flour or WGR corn tortillas
- Lemon baked fish:
1-2 years: 1/2 portion
3-5 years: 2/3 portion
6-18 years: 1 portion
- Yogurt
1-5 years: 1/4 cup
6-18 years: 1/2 cup

Approved by: _____

Kayla A. Schumacher, RDN, LD

Kayla A. Schumacher, RDN, LD, CYS Nutritionist IMCOM G9

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Appendix:

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

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: Optional for bagels. 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 tsp per ½ cup of salad or 2 tsp per 1 cup of salad.

Smart Balance: ½ tsp per ½ serving of toast, bagel, English muffin, roll, bread, and cornbread. Optional: ½ tsp per ¼ cooked vegetables. No spread on biscuits calculated, but it may be used.

Jam: Optional for English muffins and toast. ½ tsp per ½ serving of toast and English muffin.

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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.

Asian mixed vegetables: Should not be given to this age group. Offer chopped peas.

Baked apples: Offer applesauce.

Beef-vegetable stew: Puree stew.

Black beans: Should be chopped.

Blueberries: Should be pureed.

Cheese: Should be served shredded or sliced in thin pieces.

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

Crispy baked chicken: Serve chicken without breading.

Crushed pineapple: Pineapple of any kind should not be given to this age group. Offer a substitution.

Cucumber: Should be served without skin, may require steaming if not soft enough to be cut with fork.

Fish (including salmon): Serve tuna or checked carefully for bones.

Fruit salad: do not serve to this age group. Serve applesauce, bananas or mandarin oranges.

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

Peas: Should be chopped or pureed.

Pineapple: Do not serve pineapple (regular or crushed) to this age group. Offer a substitution.

Pinto Beans: Should be chopped.

Hashbrown potatoes: Should not be given to this age group. Offer mashed potatoes.

Continued

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Hawaiian pork: prepare sauce without pineapple or do not serve sauce to this age group.

Mixed berries should be pureed.

Sautéed greens (i.e., spinach, turnip greens, collard greens, kale, or chard): Offer chopped to ¼ inch pieces.

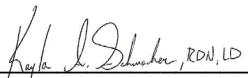
Soft pretzels should be cut into pieces smaller than the maximum width of 1/4-inch.

Strawberries should be pureed.

Toasted pita should be cut into pieces smaller than the maximum width of 1/4-inch.

WGR crackers should easily dissolve in the mouth. They must not be brittle and hard.

WGR pasta: Any tube-shaped pasta (e.g., elbow macaroni, penne pasta) should be chopped.

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