

Installation/Facility

Week of/Dates:

Week 1* Spring	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
<b>Breakfast</b>								
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)
<b>Lunch</b>				Meatloaf with WGR parsley noodles	Tuna salad with WGR crackers	Baked chicken	BBQ pork slider***	Cheesy rice casserole
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Ground beef, egg	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			
<b>PM Snack</b>								
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					Broccoli & cauliflower (steamed for CDC)
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 soft pretzel***	Trail mix [no pretzels or dried fruit for CDC]^****	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						Sunbutter (optional)^	Granola^^	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 important additional information or substitution options. ^Cooking project. ^^SAC only. Additional serving size information is located in the weekly notes and appendix.

Approved by: Kayla A. Schumacher, RDN, LD

Signature Date: 20 March 2023

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

Menus approved for use: 20 March 2023 to 30 April 2024

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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
- \*\*\*WGR soft pretzel  
May substitute WGR breadstick for WGR soft pretzel

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: 1 Tbsp  
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 + 1 Tbsp (1.2 servings made without pretzels) or 1 cup (1 serving made with pretzels)
- \*\*\*Trail mix

May substitute WGR breakfast cereal

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

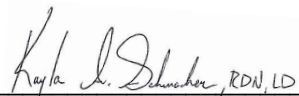
- BBQ pork slider  
1-2 years: 1/2 sandwich  
3-18 years: 1 sandwich
- \*\*\*BBQ pork sliders  
May substitute sloppy lentil Joes for BBQ pork sliders
- \*\*\*WGR roll  
May use either WGR roll or WBR bun
- \*\*\*Coleslaw: may serve coleslaw to 2-3 year olds, if very finely chopped (1/8-inch).  
Do not serve to under 2 years olds.

Friday

- Cheesy rice casserole  
1-5 years: 1/4 cup  
6-18 years: 1/2 cup

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Week 2* Spring	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
<b>Breakfast</b>								
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							Scrambled eggs	
<b>Lunch</b>				Bean burrito bowl	Chicken and noodles***	Shepard'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
<b>PM Snack</b>								
Fruit	1/2 c	1/2 c	3/4 c				Banana	Pear
Vegetable	1/2 c	1/2 c	3/4 c	Parmesan roasted cauliflower***, marinara sauce	Tomato & corn salad^*** + carrots (steamed)	Cinnamon sweet potato cubes***		
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 toasted 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	Apples (optional)	Sunbutter (optional)^^	

\*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 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
- 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 noodles  
May substitute chicken alfredo for chicken and noodles  
For chicken alfredo may serve meat and pasta separately (see optional recipe)
- Chicken and noodles and chicken alfredo  
1-2 years: 1/2 cup  
3-5 years: 3/4 cup  
6-18 years: 1 cup
- \*\*\*Tomato & corn salad  
For children under 2 years old, omitted this dish and replace with equal amount of carrots.
- Tomato and corn salad  
1-2: none  
2-5 years: 1/4 cup  
5-18 years: 3/8 cup

Tuesday, continued

- Carrots  
1-2: 1/2 cup  
2-5 years: 1/4 cup  
5-18 years: 3/8 cup

Wednesday

- \*\*\*Peas in Shepard's pie  
For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of carrots.
- Beef Shepard's pie  
1-2 years: 1/2 cup  
3-5 years: 3/4 cup  
6-18 years: 1 cup
- \*\*\*Sweet potato cubes  
May substitute oven-baked sweet potato fries for sweet potato cubes  
Offer full servings of sweet potato cubes/fries
- Apples (optional):  
2-5 years: 1/4 cup  
5-18 years: 1/2 cup

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
- \*\*\*WGR roll  
May use either WGR roll or WBR bun

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Week of/Dates:

Week 3* Spring	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
<b>Breakfast</b>					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, cheese	Yogurt	Pancake syrup (optional)	
<b>Lunch</b>				Cheesy noodles with beef***	Roasted pork ***	Teriyaki turkey	Southwestern white bean soup***	Crispy baked chicken
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Ground beef & cheese	Pork***	Turkey	White beans + cheddar cheese (sliced)	Chicken
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR pasta	WGR roll	Brown rice	WGR breadstick	WGR biscuit
Fruit	1/8 c	1/4 c	1/4 c	Cauliflower	Broccoli	Pears	Apple	Collard greens***
Vegetable	1/8 c	1/4 c	1/2 c	Carrots	Black beans	Peas	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								
<b>PM Snack</b>						Italian 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 in salad + 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	1 oz 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(optional)^^	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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Week 3 Notes

Monday

- \*\*\*Peaches  
For children 5 years old and above, may substitute mangos for peaches  
Do not serve mangos to children 1-5 years
- \*\*\* Cheesy noodles with beef  
May serve meat and pasta separately (see optional recipe)
- Cheesy noodles with beef  
1-2 years: ½ c + 1 tsp  
3-5 years: ¾ c + 1/2 Tbsp  
6-18 years: 1 c + 1 Tbsp
- Trail mix:  
1-5 years: 5/8 cup (no pretzels or dried fruit)  
6-18 years: 1 cup + 1 Tbsp (1.2 servings made without pretzels) or 1 cup (1 serving made with pretzels)
- \*\*\*Trail mix  
May substitute WGR breakfast cereal

Tuesday

- \*\*\*Breakfast taco  
Omit corn in breakfast tacos for CDC
- Breakfast Taco:  
1-18 years: 1 taco
- \*\*\* Roasted pork  
May substitute oven baked chicken for roasted pork

Wednesday

- Yogurt  
1-5 years: 1/4 cup  
6-18 years: 1/2 cup
- Turkey Teriyaki:  
1-2 years: 1/2 serving  
3-5 years 3/4 serving  
6-18 years: 1 serving

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Wednesday, continued

- \*\*\*Cucumbers in Italian pasta salad:  
For children under 18 months old, remove skin on cucumbers. May need to steam if hard.
- Italian pasta salad:  
1-5 years: 1/2 cup  
6-18 years: 1 cup
- Broccoli  
1-18 years: 1/4 cup

Thursday

- \*\*\*Southwestern white bean soup  
For children under 18 months old, chop corn and beans or puree soup.
- Southwestern white bean soup  
1-5 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

- \*\*\*Collard greens  
May substitute turnip greens, sautéed spinach, kale, or chard for collard greens

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Week of/Dates:

Week 4* Spring	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
<b>Breakfast</b>								
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
<b>Lunch</b>								
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Turkey	Tuna	Egg	Chicken	Ground beef, cheese
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR bread dressing	WGR roll	WGR breadstick***	Brown rice	Quinoa
Fruit	1/8 c	1/4 c	1/4 c	Broccoli	Coleslaw*** (carrots)	Cantaloupe***	Pears	Peaches
Vegetable	1/8 c	1/4 c	1/2 c	Pinto beans	Potato wedges	Peas	Green beans	Tossed salad (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								Salad dressing
<b>PM Snack</b>								
Fruit	1/2 c	1/2 c	3/4 c	Honeydew melon***	Orange (Mandarin orange)			
Vegetable	1/2 c	1/2 c	3/4 c			Cinnamon sweet potato cubes***	Carrots [steamed for CDC] & white bean dip	Cucumbers (steamed)
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	Carrot muffin***			WGR toasted pita bread	WGR crackers
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole		Fluid Milk 1% or Whole		
Other						Apples (optional)		Creamy vegetable dip

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Week 4 Notes

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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 crushed pineapple for honeydew melon for children older than 18 months. For children 18 months and younger offer peaches or pears
- \*\*\*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 tuna cake  
May substitute salmon for tuna in recipe
- Lemon baked tuna (or 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.

Wednesday

- Frittata  
1-2 years: 1/2 piece  
3-5 years: 3/4 piece  
6-18 years: 1 piece

Wednesday, continued

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Thursday

- \*\*\*Breadstick  
May substitute WGR toast for breadstick
- \*\*\*Cantaloupe  
May substitute banana for cantaloupe
- \*\*\*Sweet potato cubes  
May substitute oven-baked sweet potato fries for sweet potato cubes  
Offer full servings of sweet potato cubes/fries
- Apples (optional):  
2-5 years: 1/4 cup  
5-18 years: 1/2 cup

- \*\*\* Blueberries  
For children under 18 months chopped or pureed
- Chicken curry  
1-2 years: 1/2 serving (about 3 Tbsp)  
3-5 years: 3/4 serving (about 1/4 cup)  
6-18 years: 1 serving (about 1/3 cup)
- Carrots  
1-5 years: 3/8 cup  
6-18 years: 1/2 cup
- White bean dip:  
1-5 years: 3 Tbsp dip  
6-18 years: 6 Tbsp dip

Friday

- Yogurt  
1-5 years: 1/4 cup  
6-18 years: 1/2 cup
- \*\*\*Quinoa pizza bake  
May substitute spaghetti with meat sauce (see recipes for serving size)
- Quinoa pizza bake  
1-2 years: 3/8 cup  
3-5 years: 1/2 cup  
6-18 years: 3/4 cup

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Week of/Dates:

Week 5* Spring	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
<b>Breakfast</b>					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, cheese	Cream cheese***		
<b>Lunch</b>				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	Pears	Carrots	Apple	Pineapple (crushed pineapple)	Cucumber (steamed), 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 (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				Salad dressing				Creamy vegetable dip
<b>PM Snack</b>							English muffin pizza	Cinnamon nachos^
Fruit	1/2 c	1/2 c	3/4 c		Peaches			Strawberries and bananas
Vegetable	1/2 c	1/2 c	3/4 c	Broccoli & cauliflower (steamed for CDC)		Potato wedges & marinara sauce		
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	WGR soft pretzel***	Graham crackers without honey		WGR English muffin	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	Sunbutter(optional)^^		Vegetable toppings	

\*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.

Approved by: Kayla A. Schumacher, RDN, LD

Signature Date: 20 March 2023

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

Menus approved for use: 20 March 2023 to 30 April 2024

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Installation/Facility \_\_\_\_\_

Week of/Dates: \_\_\_\_\_

Week 5 Notes

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
- \*\*\*WGR pretzel  
May substitute WGR breadstick for WGR soft pretzel

Tuesday

- \*\*\*Breakfast taco  
Omit corn in breakfast tacos for CDC,
- Breakfast Taco:  
1-18 years: 1 taco
- \*\*\*Roasted pork  
May substitute black beans for roasted pork. If this substitution is made then add broccoli as the vegetable.

Wednesday

- \*\*\*Kiwi  
May substitute crushed pineapple for kiwi for children older than 18 months. For children under 18 months and younger offer pears  
May substitute crushed pineapple for kiwi
- \*\*\*Cream cheese: Spread thin to prevent choking hazard
- 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

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Wednesday, continued

- Marinara:  
1-5 years: 1/8 cup  
6-18 years: 1/4 cup

Thursday

- 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)
- English muffin pizza  
1-5 years: 1 mini pizza  
6-18 years: 2 mini pizzas

Friday

- \*\*\* Potato, corn, and cauliflower soup  
For children under 2 years, 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
- 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.

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:

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

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: 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.**

All vegetables must be cooked.

Apples: Offer applesauce.

Blueberries: Should be chopped or pureed.

Cheese: Should be served shredded or sliced and cut into pieces smaller than the maximum width of 1/4-inch.

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.

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.

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

Lettuce: Offer substitute.

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

Mandarin oranges must be canned.

Parmesan roasted cauliflower: Serve steamed cauliflower with Parmesan cheese sprinkled on top.

Pineapple: Should not be given any form of pineapple to this age group. Offer a substitution.

Peas: Should be chopped or pureed.

Soft pretzels, breadsticks, tortillas, and pita bread should be cut into pieces smaller than the maximum width of 1/4-inch.

Southwestern white bean soup: Chop corn and beans or puree soup.

WGR crackers should easily dissolve in the mouth, and they must not be brittle or hard.

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