

Installation/Facility

Week of/Dates:

Week 1* Spr/Summer Simplified	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/Veg	1/4 c	1/2 c	1/2 c	Kiwi	Hashbrown Potatoes	Peaches	Blueberries	Applesauce
Bread/Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR Bagel			Oatmeal	WGR Waffle
Meat/Other					Scrambled Eggs	Yogurt		Pancake syrup
Lunch				Lentil Taco	Turkey	Meatloaf	***Creamy Chicken Casserole	Toasted Cheese Sandwich
Meat/Alt	1 oz	1 1/2 oz	2 oz	Lentils/cheese	Turkey	Ground beef	Chicken	Cheese
Bread/Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR tortilla	WGR roll	Biscuit (may sub cornbread)	WGR Noodles	WGR Bread
Fruit/Veg	1/8 c	1/4 c	1/4 c	Pears	Crushed Pineapple	Mandarin Oranges	Honeydew Melon	Strawberries
Vegetable	1/8 c	1/4 c	1/2 c	Black Beans	Carrots	Broccoli	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				Romaine lettuce, tomato, guacamole				

Approved by: Kayla A. Schumacher, RDN, LD

Signature Date: 26 September 2024

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

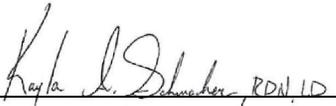
Installation/Facility

Week of/Dates:

PM Snack					***Center Choice			
Fruit	1/2 c	1/2 c	3/4 c	Cantaloupe		Watermelon	Pears	
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/Alt	1/2 oz	1/2 oz	1 oz				Cheese	
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR Soft Pretzel***		WGR Crackers		WGR Breadstick
Fluid Milk**	1/2 c	1/2 c	1 c					Fluid Milk 1% or Whole
Other							Cinnamon (optional)	Marinara Sauce

* All hard foods and non-ground meat 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/MST only. Additional serving size information is located in the weekly notes and appendix.

This institution is an equal opportunity provider.

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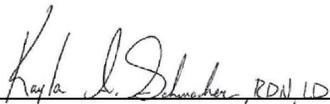
Week 1 Notes

- ***Kiwi: May substitute Mandarin oranges
- ***Hashbrown potato
1-2 years: Hashbrown potato must be tender or replace with mashed potatoes or potato wedges
- Blueberries/Strawberries
1-2 years: pureed
3-5 years: chopped to 1/2 inch
- Carrots
1-5 years: 3/8 cup 6-18 years: 1/2 cup
- Scrambled eggs:
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- ***Toasted cheese sandwich For children under 18 months old, cut into ¼ inch pieces.
- Peas For children under 3 years old, puree or chop.
- Meatloaf:
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)
- ***WGR soft pretzel: May substitute WGR breadstick

***Center Choice Snack. Center may choose snack. It must be a snack that is either on this menu or previously approved (IMCOM G9) CDC/SAC menu and have macronutrient information available. The snack must meet CACFP standards and must also include a full serving of fruit or vegetable as one component. Snack components must be documented on the menu prior to the meal service.

- Creamy chicken casserole:
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup
- Marinara sauce
1-5 years: 2 Tbsp
6-18 years : 3 Tbsp

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Installation/Facility

Week of/Dates:

Week 2*	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	Strawberries	Pears	Honeydew Melon	Orange (mandarin oranges)	Banana
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR Toasted Oat Cereal	Oven-Baked Whole Wheat Pancake	WGR Biscuit	English Muffin	WGR Rice Chex
Meat/ Other						Scrambled eggs		
Lunch				*** Center Choice	Turkey Burger Slider	Bean Burrito Bowl	Spaghetti with Meat Sauce	Chicken Philly Slider
Meat/Alt	1 oz	1 1/2 oz	2 oz		Ground Turkey	Pinto beans & cheese	Ground beef***	Chicken/cheese
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv		WGR Bun**	Cilantro Brown Rice	WGR Pasta	WGR Roll***
Fruit/Veg	1/8 c	1/4 c	1/4 c		Green Beans	Crushed Pineapple	Pears	Watermelon
Vegetable	1/8 c	1/4 c	1/2 c		Potato Wedges	Diced tomatoes, romaine lettuce	Broccoli	Sweet Potato Fries
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								Bell pepper, onion (on slider)

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Installation/Facility

Week of/Dates:

PM Snack								
Fruit	1/2 c	1/2 c	3/4 c		Orange (Mandarin oranges)	Baked Apples***		Strawberries
Vegetable	1/2 c	1/2 c	3/4 c					
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 Cranberry Orange Muffin Square			WGR Crackers^	
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole	Graham Crackers	Fluid Milk 1% or Whole		
Other								Granola ^^

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Installation/Facility _____

Week of/Dates: _____

Week 2 Notes

- ***Blueberry/strawberry
- 1-2 years: pureed
3-5 years: chopped to 1/2 inch
- ***WGR biscuit: May use drop biscuit recipe (original or dairy free)
- Scrambled eggs:
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- Broccoli
1-5 years: 3/8 cup
6-18 years: 1/2 cup
- Turkey burger slider
1-2 years: 1/2 slider (no lettuce)
3-5 years: 1 slider
6-18 years: 1 slider
- ***Peas For children under 3 years old, puree or chop.

chicken Philly slider:
1-2 years: 1/2 sandwich
3-18 years: 1 sandwich
- ***Baked apples: CDCs use peeled apples
*** Baked apples: May substitute applesauce
Baked apples
1-5 years: 1/2 cup
6-18 years: 3/4 cup
- Yogurt
1-5 years: ¼ cup
6-18 years: ½ cup

- 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.

Cucumbers

- 1-5 years: ½ cup
6-18 years: 3/8 cup

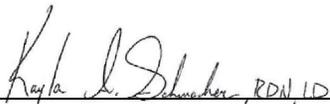
- Potato wedges:
1-5 years: 3/8 cup
6-18 years: 1/2 cup

***WGR cranberry orange muffin
May substitute blueberries for cranberries

- ***Sweet potato fries
1-2 years: fries must be tender or replace with mashed or diced sweet potatoes

***Center Choice Lunch. Center may choose lunch. It must be a lunch that is either on this menu or previously approved (IMCOM G9) CDC/SAC menu and have macronutrient information available. Lunch components must meet CACFP standards and must be documented on the menu prior to the meal service. For children under 3 years old, puree or chop

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Week of/Dates:

Week 3*	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	Hashbrown Potatoes	Strawberries	Peaches	Blueberries
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR Corn Puffs Cereal		WGR Toasted Oat Cereal	Oatmeal	
Meat/ Other					Scrambled Eggs			Yogurt
Lunch				Tex Mex Chicken	Hamburger	Hammy Mac and Cheese	Roasted Turkey	Center Choice ***
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Chicken	Ground Beef	Cheese, Ham	Turkey	
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR Tortilla	WGR Bun	WGR Pasta	WGR Dressing	
Fruit/Veg	1/8 c	1/4 c	1/4 c	Crushed Pineapple	Cantaloupe	Carrots	Mandrin Oranges	
Vegetable	1/8 c	1/4 c	1/2 c	Black Beans	Tossed Salad or Peas	Broccoli	Collard Greens (or other greens)	
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				Diced tomato, guacamole	Salad dressing			Salad dressing

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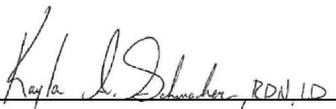
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Week of/Dates:

PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Apple	Pear	Watermelon		Banana
Vegetable	1/2 c	1/2 c	3/4 c				Potato Wedges & Marinara Sauce	
Meat/Alt	1/2 oz	1/2 oz	1 oz	Cheese				
Bread/Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv		Graham Crackers	WGR pretzel		WGR Crackers
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole		Fluid Milk 1% or Whole	
Other								

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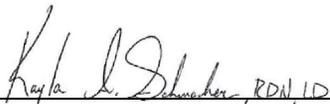
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- Peas
For children under 3 years old, puree or chop.
- Scrambled eggs:
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- Cucumbers:
1-5 years: 1/4 cup
6-18 years: 3/8 cup
- ***Blueberries/Strawberries
1-2 years: pureed
3-5 years: chopped to 1/2 inch
- ***Hashbrown potato
1-2 years: Hashbrown potato must be tender or replace with mashed potatoes or potato wedges
- 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
- 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

- Pinto beans
For children under 3 years old, puree or chop.
- ***Center Choice Lunch. Center may choose lunch. It must be a lunch that is either on this menu or previously approved (IMCOM G9) CDC/SAC menu and have macronutrient information available. Lunch components must meet CACFP standards and must be documented on the menu prior to the meal service. For children under 3 years old, puree or chop
- 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.
- Hamburger slider
1-2 years: 1/2 slider
3-18 years: 1 slider
- ***WGR roll: May use either WGR roll or WBR bun
- ***Lettuce: do not serve to 1-2 year olds
- Lettuce
1-2 years: none
3-18 years: 2 leaves
- Tomato
1-2 years: 1/8 cup diced
3-18 years: 1 slice
- Tex-Mex chicken
1-2 years: 1/2 serving; about 1/4 cup
3-5 years: 3/4 serving; about 3/8 cup
6-18 years: 1 serving; about 1/2 cup

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Week of/Dates:

Week 4*	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	Kiwi	Crushed Pineapple	Mandarin orange	Strawberries
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR Rice Chex	WGR Waffle	Bran Flakes or WGR Life***	WGR Toast	WGR Tortilla
Meat/ Other							Avocado (optional)	Scrambled Eggs Diced Tomato (optional)
Lunch				Shepherd's Pie***	Center Choice***	Egg, Cheese, and Sausage Bake	Baked Chicken	Spaghetti with Meat Sauce
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Beef		Egg, sausage crumble, cheese	Chicken	Ground Beef***
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR Roll		WGR Toast or Roll	Brown Rice	WGR Pasta
Fruit/Veg	1/8 c	1/4 c	1/4 c	Peaches		***Peas	Broccoli	Pears
Vegetable	1/8 c	1/4 c	1/2 c	Potatoes, carrots, peas in pie		Potatoes in the Bake	Sweet Potatoes	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

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Installation/Facility

Week of/Dates:

PM Snack					Parmesan cauliflower			
Fruit	1/2 c	1/2 c	3/4 c	Honeydew Melon	Watermelon	***Blueberries		
Vegetable	1/2 c	1/2 c	3/4 c		Cauliflower and Marinara Sauce		Carrots & bell peppers (steamed for CDC), + edamame dip	
Meat/Alt	1/2 oz	1/2 oz	1 oz			Yogurt	Cheese	
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR Pretzel***			WGR crackers	WGR Cocoa Oatmeal Muffin
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole			Fluid Milk 1% or Whole

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Installation/Facility _____ Week of/Dates: _____

Week 4 Notes

- ***WGR Rice Chex/Flakes
 - May substitute WGR Life cereal for WGR Rice Chex
- Shepherd's pie
 - 1-2 years: 1/2 serving (chop peas)
 - 3-5 years: 3/4 serving
 - 6-18 years: 1 serving
- ***WGR soft pretzel: May substitute WGR breadstick
- WGR Dressing: 1-5 years: ¼ cup
 - 6-18 years: ½ cup
- *** Kiwi: may substitute peaches
- ***WGR macaroni salad: Any tube-shaped pasta (e.g., elbow macaroni, penne pasta) should be chopped for under 3.
- ***Strawberries
 - 1-2 years: pureed
 - 3-5 years: chopped to 1/2 inch
- Edamame dip
 - 1-5 years: 3/8 cup
 - 6-18 years: 6 Tbsp

***Center Choice Lunch. Center may choose lunch. It must be a lunch that is either on this menu or previously approved (IMCOM G9) CDC/SAC menu and have macronutrient information available. Lunch components must meet CACFP standards and must be documented on the menu prior to the meal service. For children under 3 years old, puree or chop

- Peas For children under 3 years old, puree or chop.
- Egg, cheese, and sausage breakfast bake:
 - 1-5 years: 1/2 piece
 - 6-18 years: 1 piece
- *** collard greens
 - May substitute Sautéed spinach, turnip greens, kale, or chard for sautéed spinach
- ***WGR tortilla: May use WGR flour or WGR corn tortillas
- 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)
- Meat sauce:
 - 1-2 years: 1/4 cup 3-5 years: 3/8 cup 6-18 years: 1/2 cup

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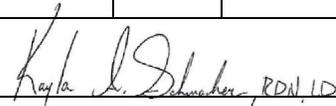
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Week of/Dates:

Week 5*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
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	Strawberries	Hashbrown Potatoes	Kiwi	Honeydew Melon	Blueberries
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv			WGR Corn Puffs Cereal	WGR French Toast Bake	WGR Toasted Oat Cereal
Meat/ Other				Yogurt	Scrambled Eggs			
Lunch				Cheesy Noodles and Beef	Turkey Teriyaki	Chicken Alfredo w/ a twist	Center Choice***	***Veggie burger (sub- Enchilada bean bake)
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Ground beef and Cheese	Ground Turkey	Chicken		Soy/black or pinto beans (depends on vendor options)
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR pasta **	Brown rice	WGR Pasta***		WGR roll or WGR tortilla
Fruit	1/8 c	1/4 c	1/4 c	Pears	Pineapple	Cantaloupe		Apple
Vegetable	1/8 c	1/4 c	1/2 c	Cauliflower	Broccoli	Green Beans		Tossed Salad
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								

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Installation/Facility

Week of/Dates:

PM Snack							Hawaiian English muffin pizza	
Fruit	1/2 c	1/2 c	3/4 c		Orange (Mandarin)	Banana		
Vegetable	1/2 c	1/2 c	3/4 c	Carrots [steamed for CDC] & hummus				Sweet Potato Fries
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 Toasted Pita Bread	WGR Crackers	Graham Crackers	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							Ham/Crushed Pineapple	

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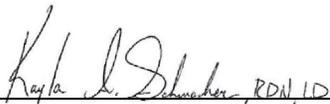
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- ***Chicken Alfredo
May serve meat and pasta separately (see optional recipe)
- •Chicken Alfredo
1-2 years: 1/2 cup
3-5 years: 3/4 cup
- ***Strawberries/Blueberries

1-2 years: pureed
3-5 years: chopped to 1/2 inch
- ***WGR breadstick: MST and SACs may substitute WGR baked cheese stick for cheese and breadstick: Serving per CN label
- *** Bean enchilada bake: chop beans for under 3 years.
Bean enchilada bake
1-2 years: 1/2 serving,
3-5 years: 3/4 serving,
6-18 years: 1 serving
- Tossed salad
1-2 years: do not serve to this age group 6-18
years: 1/2 cup
6-18 years: 1 cup
- ***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
- Yogurt
1-5 years: ¼
cup 6-18 years:
½ cup
- ***Hashbrown
potato
1-2 years:
Hashbrown
potato must be
tender or
replace with
mashed
potatoes or
potato wedges
- Scrambled eggs:
1-5 years: 2 Tbsp
6-18 years: 1/4 cup

***Center Choice Lunch. Center may choose lunch. It must be a lunch that is either on this menu or previously approved (IMCOM G9) CDC/SAC menu and have macronutrient information available. Lunch components must meet CACFP standards and must be documented on the menu prior to the meal service. For children under 3 years old, puree or chop

Approved by: _____



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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Installation/Facility _____ Week of/Dates: _____

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.

Approved by:  _____

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