

Installation/Facility

Week of/Dates:

Week 1* Fall/Winter 18	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 oranges)	Pineapple (crushed pineapple)	Strawberries	Hash brown potatoes	Banana
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR corn puffs cereal KIX	WGR pumpkin muffin square	Oatmeal	WGR toast	WGR English muffin
Meat/ Other					Yogurt		Scrambled eggs	
Lunch								
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Chicken	Beef	Cheese	Ground turkey/egg	Pork***
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Brown rice	WGR biscuit	WGR pizza crust	WGR roll	WGR pasta
Fruit/Veg	1/8 c	1/4 c	1/4 c	Winter squash	Apple***	Honeydew melon	Peaches	Carrots
Vegetable	1/8 c	1/4 c	1/2 c	Green beans	Potato, carrots, peas*** in stew	Spinach salad*** (sautéed spinach)	Pinto beans	Broccoli
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	Pear			Cantaloupe	Orange (Mandarin oranges)
Vegetable	1/2 c	1/2 c	3/4 c		Tomato, cucumber	Broccoli, cauliflower [steamed for CDC]		
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Cheese				
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR soft pretzel	WGR bagel with cream cheese	WGR crackers	Graham crackers	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					Creamy vegetable dip	Sesame dipping sauce	Sunbutter^^	

*All hard foods must be cut to 1/4 inch for children under 2 and to 1/2 inch for children 2-3 years of age. For children under 3 years of age replace menu item with the food in parenthesis. For children under 18 months, see appendix for important information. Foods will not be cut into 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 1 Notes

Tuesday

- Yogurt
1-5 years: ¼ cup
6-18 years: ½ cup
- Beef stew:
1-2 years: ½ cup
3-5 years: ¾ cup
6-18 years: 1 cup
- ***Beef stew
May serve vegetables separately
- ***Peas in beef stew
For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of green beans.
- ***Apple
For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for apples.
- Tomato
1-5 years: ¼ cup
6-18 years: ¼ cup
- Cucumber
1-5 years: ¼ cup
6-18 years: ½ cup
- Creamy vegetable dip
1-5 years: 1 Tbsp
6-18 years: 1 ½ Tbsp

Wednesday

- Cheese pizza:
1-2 years: 1/2 piece
3-5 years: 1 piece
6-18 years: 1 piece
- ***Spinach salad
May serve dressing on the side.

Wednesday, continued

- Broccoli
1-5 years: ¼ cup
6-18 years: ¾ cup
- Cauliflower
1-5 years: ¼ cup
6-18 years: ¾ cup
- Sesame dipping sauce
1-5: 1 Tbsp
6-18 years: 1 ½ Tbsp

Thursday

- Scrambled eggs
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- ***Turkey burger slider
May serve with mayonnaise and mustard
- Turkey burger slider
1-2 years: 1/2 slider
3-5 years: 1 slider
6-18 years: 1 slider

Friday

- ***Pork: may substitute chicken for pork
- Pork lo Mein
1-2 years: ½ serving
3-5 years: ¾ serving
6-18 years: 1 serving
- Trail mix
1-2 years: 1/4 cup (no pretzels or dried fruit)
3-5 years: 1/3 cup (no pretzels or dried fruit)
6-18 years: 3/4 cup

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Week of/Dates:

Week 2* Fall/Winter 18	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	Applesauce	Orange (Mandarin oranges)	Pineapple (crushed pineapple)	Cantaloupe
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Toasted oat cereal	WGR English muffin	WGR bagel with cream cheese	WGR French toast bake	WGR corn puffs cereal KIX
Meat/ Other					Scrambled eggs	Yogurt		
Lunch								
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Ground beef	Fish	Turkey	Lentils	Chicken
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR roll	Brown rice	Quinoa pilaf***	WGR breadstick	WGR pasta
Fruit/Veg	1/8 c	1/4 c	1/4 c	Green beans	Pineapple (crushed pineapple)***	Beets	Pears	Carrots
Vegetable	1/8 c	1/4 c	1/2 c	Mashed potato	Black beans	Peas***	Tossed salad (green beans)	Broccoli
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								
Fruit	1/2 c	1/2 c	3/4 c	Peaches		Banana		Apple
Vegetable	1/2 c	1/2 c	3/4 c		Parmesan cauliflower & marinara sauce		Cucumbers, celery^^	
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Yogurt			Cheese	
Bread/ Grain	1/2 serving	1/2 serving	1 serving			Graham crackers	WGR crackers	WGR sweet potato plum muffin square
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				Granola^^		Sunbutter^^	Creamy vegetable dip	

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Week 2 Notes

Monday

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

Tuesday

- Scrambled eggs:
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- Cajun baked fish:
1-2 years: 1/2 portion
3-5 years: 2/3 portion
6-18 years: 1 portion
- ***Pineapple
May substitute kiwi for pineapple
- Parmesan 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

Wednesday

- Yogurt
1-5 years: ¼ cup
6-18 years: ½ cup
- ***Quinoa pilaf
May substitute bulgur for quinoa, see quinoa pilaf recipe
- Quinoa pilaf:
1-5 years: ¼ cup
6-18 years: ½ cup
- ***Peas
For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of green beans.

Thursday

- Lentil soup:
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup
- Cucumber
1-5 years: ½ cup
6-18 years: ¾ cup
- Celery
1-5 years: 0
6-18 years: ¾ cup

Friday

- Chicken Alfredo with a twist
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup

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Week of/Dates:

Week 3* Fall/Winter 18	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	Blueberries	Peaches	Orange (Mandarin oranges)	Pineapple (crushed pineapple)
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Oatmeal	WGR waffle	WGR bagel with cream cheese	WGR biscuit	WGR Rice Chex***
Meat/ Other					Pancake syrup (optional)	Yogurt	Ham	
Lunch								
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Egg, ground turkey	Ground beef	Chicken	Cheese	Pork***
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR roll	WGR pasta	Brown rice	WGR bread	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Peaches	Green beans	Collard greens***	Banana	Coleslaw*** (broccoli)
Vegetable	1/8 c	1/4 c	1/2 c	Peas***	Tossed salad (carrots)	Pinto beans	Vegetable soup	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					Salad dressing			
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c		Banana & mangos***	Apple		Cantaloupe
Vegetable	1/2 c	1/2 c	3/4 c	Broccoli & cauliflower [steamed for CDC]			Carrots [steamed for CDC]	
Meat/ Alt	1/2 oz	1/2 oz	1 oz					
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR soft pretzel	WGR tortilla	Graham crackers	WGR pita bread	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				Creamy vegetable dip		Sunbutter^^	Hummus	

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Week 3 Notes

Monday

- Sunshine egg bake:
1-2 years: 1/2 piece
3-5 years: 3/4 piece
6-18 years: 1 piece
- ***Peas
For children under 18 months, puree, chop, or omit. If omitted replace with equal amount of green beans.

Tuesday

- Meat sauce:
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup
- WGR cinnamon nachos (with 6-inch tortilla)
1-2 years: 1/2 tortilla plus 1/2 c fruit
3-5 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)
1-2 years: 1/3 tortilla plus 1/2 c fruit
3-5 years: 1/3 tortilla plus 1/2 c fruit
6-18 years: 2/3 tortilla plus 3/4 c fruit
- ***Mangos
May substitute peaches for mangos

Wednesday

- Yogurt
1-5 years: 1/4 cup
6-18 years: 1/2 cup
- ***Collard greens
May substitute turnip greens, sautéed spinach, kale, or chard for collard greens
- Crispy baked chicken
1-2 years: 1/2 serving
3-5 years: 3/4 serving
6-18 years: 1 serving

Thursday

- Ham
1-5 years: 1/2 oz
6-18 years: 1 oz
- Toasted cheese sandwich
1-2 years: 1/2 sandwich
3-5 years: 3/4 sandwich
6-18 years: 1 sandwich
- Vegetable soup:
1-2 years: 1/4 cup
3-5 years: 1/2 cup
6-18 years: 1 cup

Friday

- ***WGR rice Chex
May substitute WGR Life cereal for WGR Rice Chex
- BBQ pork slider:
1-2 year olds: 1/2 sandwich
3-18 year olds: 1 sandwich
- *** Pork: may substitute pinto beans for roasted pork
- ***Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 inch)
- Trail mix:
1-2 years: 1/4 cup (no pretzels or dried fruit)
3-5 years: 1/3 cup (no pretzels or dried fruit)
6-18 years: 3/4 cup

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Week 4* Fall/Winter 18	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 pineapple)	Orange (Mandarin oranges)	Peaches	Hash brown potatoes
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Toasted oat cereal	WGR English muffin	WGR corn puffs cereal KIX	WGR French toast bake	WGR toast
Meat/ Other					Yogurt			Scrambled eggs
Lunch								
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Salmon, egg	Cheese/egg	Pork***	Beef/cheese	Chicken
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR bread stick	Brown rice	WGR roll	WGR tortilla	WGR pasta
Fruit	1/8 c	1/4 c	1/4 c	Pears	Peaches	Beets	Cucumber	Applesauce***
Vegetable	1/8 c	1/4 c	1/2 c	Tossed salad (carrots)	Broccoli	Green beans	Black beans	Winter 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				Salad dressing			Creamy vegetable dip	
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Honeydew melon		Banana	Pear	Orange (Mandarin oranges)
Vegetable	1/2 c	1/2 c	3/4 c		Potato wedges & marinara sauce			
Meat/ Alt	1/2 oz	1/2 oz	1 oz			Yogurt		Cheese
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Graham crackers			WGR carrot muffin***	WGR soft pretzel
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^^		Granola^^		

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Week 4 Notes

Monday

- ***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

Tuesday

- Yogurt
1-5 years: ¼ cup
6-18 years: ½ cup
- Cheesy rice casserole:
1-2 years: ¼ cup
3-5 years: ½ cup
6-18 years: ½ cup
- Potato wedges:
1-5 years: 3/8 cup
6-18 years: ½ cup
- Marinara:
1-5 years: 1/8 cup
6-18 years: ¼ cup

Wednesday

- ***Pork: may substitute pinto beans for roasted pork

Thursday

- *** Enchilada casserole: may substitute tacos for enchilada casserole
- Enchilada casserole:
1-2 years: ½ serving
3-5 years: ¾ serving
6-18 years: 1 serving

Thursday, continued

- Tacos
1-2 years: 2 Tbsp + 2 tsp meat mixture + 1 Tbsp. shredded cheese + 1- 6"inch flour tortilla + no shredded lettuce + 2 tsp. of diced tomatoes + 1 tsp salsa (optional)
3-5 years: 1/4 cup meat mixture + 1 1/2 Tbsp shredded cheese + 1- 6"inch flour tortilla + 1/8 cup shredded lettuce + 2 tsp. of diced tomatoes + 1 tsp salsa (optional)
6-18 years: 1/3 cup meat mixture + 2 Tbsp. shredded cheese + + 2- 6"inch flour tortilla + 1/4 cup shredded lettuce + 4 tsp. of diced tomatoes + 2 tsp salsa (optional)
- Creamy vegetable dip
1-2 years: 2 tsp
3-18 years: 1 Tbsp
- ***WGR carrot muffins: two recipe options for WGR carrot muffin. One is with quinoa the other is without quinoa.

Friday

- Scrambled eggs:
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- *** Applesauce:
May substitute kiwi for applesauce

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Week 5* Fall/Winter 18	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	Peaches	Apple	Pineapple (crushed pineapple)	Banana	Pears
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR bagel with cream cheese	WGR Rice Chex***	WGR waffle	Toasted oat cereal	WGR tortilla
Meat/ Other				Yogurt		Pancake syrup (optional)		Scrambled eggs
Lunch				Rice and beans	Chicken salad sandwich	Beef stroganoff	Roasted turkey	Lemon baked fish
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Pinto beans	Chicken	Beef	Turkey	Fish
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Brown rice	WGR bread	WGR pasta	Quinoa pilaf***	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Pears***	Orange (Mandarin oranges)	Applesauce	Collard greens***	Coleslaw*** (carrots)
Vegetable	1/8 c	1/4 c	1/2 c	Broccoli	Potato, corn and cauliflower soup (modified)***	Green beans	Winter squash***	Pinto beans
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other				WGR cornbread***				
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c				Strawberries	Cantaloupe
Vegetable	1/2 c	1/2 c	3/4 c	Cucumbers	Carrots [steamed for CDC]	Cinnamon sweet potato sticks		
Meat/ Alt	1/2 oz	1/2 oz	1 oz			Cheese	Yogurt	
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR crackers	WGR pita bread			Graham 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				Creamy vegetable dip	Hummus		Granola^^	Sunbutter^^

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Week 5 Notes

Monday

- Yogurt
1-5 years: ¼ cup
6-18 years: ½ cup
- Pinto beans:
1-2 years: ¼ cup
3-5 years: 3/8 cup
6-18 years: ½ cup
- ***Pears
For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for pears
- ***WGR cornbread
Preparation with non-whole grain corn meal is permitted, if whole grain (non-de germed) cornmeal is not available

Tuesday

- ***WGR Rice Chex
May substitute WGR Life cereal for WGR Rice Chex
- Chicken salad sandwich:
1-2 years: 2 quarter pieces
3-5 years: 3 quarter pieces
6-18 years: 1 sandwich
- *** Potato, corn, and cauliflower soup:
For children under 18 months, puree soup, or use Shoepeg corn, or omit corn and replace with equal amount of potato
- Potato, corn, and cauliflower soup:
1-2 years: 1/4 cup
3-5 years: 1/2 cup
6-18 years: 1 cup

Wednesday

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

Thursday

- ***Quinoa pilaf
May substitute bulgur for quinoa, see quinoa pilaf recipe
- Quinoa pilaf:
1-5 years: ¼ cup
6-18 years: ½ cup
- ***Collard greens
May substitute turnip greens, sautéed spinach, kale, or chard for collard greens

Friday

- Breakfast taco:
1-2 years: 1 taco
3-5 years: 1 taco
6-18 years: 1 taco
- Lemon baked fish:
1-2 years: 1/2 portion
3-5 years: 2/3 portion
6-18 years: 1 portion
- ***Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 inch)

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Appendix:

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

½ serving of bread/grains = ½ slice 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 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 serving of bread/grains = 1 slice of 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 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 is ¼ cup for children ages 1-2; ½ cup for children ages 3-5; and ¾ cup for children ages 6-12.

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	Sunbutter
1-5 years: 2 Tbsp	1-5 years: none
6-18 years: 3 Tbsp	6-18 years: 1 Tbsp
Creamy vegetable dip	Granola
1-5 years: 1 ½ Tbsp	1-5 years: 0
6-18 years: 2 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.

Margarine or butter: 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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Week of/Dates: _____

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.

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

Corn: Puree, use Shoepeg corn, cream corn, or offer a substitution.

Cucumber: Should be served without skin

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

Fish: Checked carefully for bones or tuna should be provided.

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

Peas: Should be chopped or pureed.

Approved by: _____

Signature Date: _____

Menus approved for use through: _____