

Garrison/Facility: \_\_\_\_\_

Week of: \_\_\_\_\_

Week 1 Fall/ Cold YC 18	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
			6-18					
<b>PM Snack</b>						Cheese Pizza	Turkey or Veggie Burger	Cereal Bar
Fruit			3/4 c	Pear				Banana
Vegetable			3/4 c		Sliced tomato, cucumber	Tossed salad	Lettuce, tomato, onion, pickles	
Meat/ Alternate			1 oz	Cheese		Cheese	Turkey or veggie burger	
Bread/ Grain			1 serving	WGR soft pretzel	WGR bagel	WGR pizza crust	WGR roll	Choice of WGR cereal
Fluid Milk*			1 c					Milk
Other					Cream cheese, creamy vegetable dip	Salad dressing	Ketchup, mustard, mayonnaise	

Water available at meals/snacks. Condiments are served as appropriate. WGR is whole grain rich. Menu subject to change. \*Serve only 1% or skim milk. \*\*\* See menu notes for additional information or substitution options. Cereals and yogurt must meet USDA CACFP requirements for sugar limits.

Approved by: \_\_\_\_\_

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Week 2 Fall/Cold YC 18	Minimum Serving Size Per Age							
			6-18	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>PM Snack</b>				Yogurt Parfait	Burritos		Chili	
Fruit			3/4 c	Peaches or berries		Fresh fruit		Apple
Vegetable			3/4 c		Shredded lettuce, tomatoes, salsa		Celery, carrot sticks + beans and tomato in chili	
Meat/ Alternate			1 oz	Yogurt	Cheese, black beans		Beef, cheese	
Bread/ Grain			1 serving	Granola or graham crackers	WGR tortilla	WGR bagels	WGR crackers	WGR sweet potato plum muffin
Fluid Milk*			1 c			Milk		Milk
Other					Sour cream	Cream cheese		

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Week 3 Fall/Cold YC 18	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
			6-18					
<b>PM Snack</b>					Taco bar	Yogurt parfait		BBQ pork slider or ham sandwich
Fruit			3/4 c			Strawberries or bananas		
Vegetable			3/4 c	Vegetable tray broccoli, cauliflower, carrots, etc.	Beans, lettuce, tomatoes		Carrots and celery	Potato wedges or coleslaw
Meat/ Alternate			1 oz	Cheese	Beef, shredded cheese	Yogurt	Hummus	BBQ pork or ham
Bread/ Grain			1 serving	WGR soft pretzel	WGR tortilla (corn or flour)	Granola or graham crackers	WGR pita bread or WGR pita chips	WGR roll or WGR bread
Fluid Milk*			1 c					
Other				Creamy vegetable dip	Salsa			

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Week 4 Fall/Cold YC 2018	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
			6-18					
<b>PM Snack</b>					Potato or Salad Bar	Yogurt Parfait		Chicken and cheese quesadilla
Fruit			3/4 c			Strawberries or Banana	Pear	
Vegetable			3/4 c	Marinara sauce	Lettuce, spinach, tomatoes or salsa, olives, potato			Spinach + carrots
Meat/ Alternate			1 oz	Cheese	Chopped turkey ham, shredded cheese	Yogurt		Chicken, cheese
Bread/ Grain			1 serving	WGR bread stick	WGR crackers or WGR roll (if salad bar) or WGR croutons (if salad bar)	Granola or graham crackers	WGR carrot muffin or WGR peach muffin	WGR tortilla
Fluid Milk*			1 c	Milk			Milk	
Other					Sour cream/salad Dressing			Creamy vegetable dip

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Week 5 Fall/Cold YC 18	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
<b>PM Snack</b>				English Muffin Pizza	Chicken Salad Sandwich	Taco Bar	Potato or Salad Bar	
Fruit			3/4 c					Cantaloupe or banana
Vegetable			3/4 c	Pizza sauce + cucumbers	Spinach + carrots	Beans, lettuce, tomatoes	Lettuce, spinach, tomatoes or salsa, olives, potato	
Meat/ Alternate			1 oz	Cheese	Chicken	Beef, shredded cheese	Chopped turkey, chopped ham, shredded cheese	Yogurt
Bread/ Grain			1 serving	WGR English muffin	WGR pita bread or WGR Bread	WGR tortilla (corn or flour)	WGR Crackers, WGR roll or WGR Croutons (if salad bar)	Graham crackers
Fluid Milk*			1 c	Milk				Milk
Other				Creamy vegetable dip	Hummus	Salsa	Salad dressing/sour cream	Sunbutter

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