

Garrison: \_\_\_\_\_

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

| Week 1<br>Spring 19<br>YC | Minimum Serving Size Per Age |  |           |                  |                              |                               |                                    |                          |
|---------------------------|------------------------------|--|-----------|------------------|------------------------------|-------------------------------|------------------------------------|--------------------------|
|                           |                              |  | 6-18      | Monday           | Tuesday                      | Wednesday                     | Thursday                           | Friday                   |
| <b>PM Snack</b>           |                              |  |           |                  | Tuna salad with WGR crackers |                               | BBQ pork slider or ham sandwich*** |                          |
| Fruit                     |                              |  | 3/4 c     | Apple            |                              | Honeydew melon                |                                    | Fruit                    |
| Vegetable                 |                              |  | 3/4 c     |                  | Carrots & broccoli           |                               | Cinnamon sweet potato cubes        |                          |
| Meat/<br>Alternate        |                              |  | 1 oz      | Cheese           | Tuna salad***                |                               | BBQ pork or sliced ham             | Yogurt                   |
| Bread/<br>Grain           |                              |  | 1 serving | WGR soft pretzel | WGR crackers                 | Graham crackers without honey | WGR roll or bread                  | WGR waffle               |
| Fluid Milk**              |                              |  | 1 c       |                  |                              | Milk                          |                                    |                          |
| Other                     |                              |  |           |                  | Creamy vegetable dip         | Sunbutter                     |                                    | Pancake syrup (optional) |

Water available at meals/snacks and in classroom. Condiments are served as appropriate. WGR is whole grain rich. Menu subject to change. Serve only 1% or skim milk to children ages 2 and older. See menu notes for additional information or substitution options. Additional serving size information is located in the weekly notes and appendix.

*'This institution is an equal opportunity provider'*

- Tuna salad  
6-18 years: 1/4 cup
- BBQ pork sliders  
6-18 years: 1 sandwich
- OR Ham sandwich  
6-18 years: ½ sandwich
- \*\*\*BBQ pork sliders  
May substitute sloppy lentil Joes for BBQ pork sliders/ham sandwich

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| Week 2<br>Spring 19<br>YC | Minimum Serving Size Per Age |  |           |  |   |                            |              |                                     |
|---------------------------|------------------------------|--|-----------|--|---|----------------------------|--------------|-------------------------------------|
|                           |                              |  | 6-18      | Monday                                 | Tuesday                                 | Wednesday                  | Thursday     | Friday                              |
| <b>PM Snack</b>           |                              |  |           | Bean burrito bowl                      |   | Yogurt parfait             |              | Turkey slider or veggie burger      |
| Fruit                     |                              |  | 3/4 c     |  |   | Peaches or berries         | Fresh fruit  |                                     |
| Vegetable                 |                              |  | 3/4 c     | Diced tomatoes, romaine lettuce, salsa | Cherry tomato & corn salad plus carrots |                            |              | Potato wedges plus lettuce, tomato, |
| Meat/<br>Alternate        |                              |  | 1 oz      | Beans/cheese                           |   | Yogurt                     |              | Ground turkey                       |
| Bread/<br>Grain           |                              |  | 1 serving | Cilantro brown rice                    | WGR pita                                | Granola or graham crackers | WGR bagels   | WGR roll                            |
| Fluid Milk**              |                              |  | 1 c       |  |   |                            | Milk         |                                     |
| Other                     |                              |  |           |  | Hummus                                  |                            | Cream cheese | Mustard, mayonnaise, ketchup        |

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- Bean burrito bowl  
6-18 years: 1/2 cup rice, 2/3 cup beans, 1/4 cup tomatoes, 1/2 cup shredded lettuce, 1 Tbsp plus 1 tsp shredded cheese, 1/4 cup of salsa
- Cherry tomato and corn salad  
5-18 years: 3/8 cup
- Carrots  
6-18 years: 3/8 cup
- Granola  
6-18 years: ¼ cup
- Cream cheese  
6-18 years: 2 tsp
- Turkey slider or veggie burger  
6-18 years: 1 slider or 1 burger
- Potato wedges  
6-18 years: 1/2 cup

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| Week 3<br>Spring 19<br>YC | Minimum Serving Size Per Age |  |           | Monday                          | Tuesday                       | Wednesday                      | Thursday                       | Friday  |
|---------------------------|------------------------------|--|-----------|---------------------------------|-------------------------------|--------------------------------|--------------------------------|---|
|                           |                              |  | 6-18      |                                 |                               |                                |                                |   |
| <b>PM Snack</b>           |                              |  |           | Taco bar                        |                               | Lemon pasta salad              |                                | Hawaiian chicken wrap                               |
| Fruit                     |                              |  | 3/4 c     |                                 | Apple                         | Fruit                          |                                |   |
| Vegetable                 |                              |  | 3/4 c     | Beans, lettuce, tomatoes, salsa |                               | Tomato, cucumber plus broccoli | Potato wedges & marinara sauce | Vegetable tray broccoli, cauliflower, carrots, etc. |
| Meat/<br>Alternate        |                              |  | 1 oz      | Beef taco meat, shredded cheese |                               |                                | Cheese                         | Chicken   |
| Bread/<br>Grain           |                              |  | 1 serving | WGR tortilla (corn or flour)    | Graham crackers without honey | WGR pasta                      |                                | WGR tortilla  |
| Fluid Milk**              |                              |  | 1 c       |                                 | Milk                          |                                | Milk                           |   |
| Other                     |                              |  |           |                                 | Sunbutter                     | Creamy vegetable dip           |                                | Sesame dipping sauce                                |

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- Taco bar  
6-18 years: 2 2/3 Tbsp taco meat, 1 WGR tortilla, 3/8 cup beans, 1/4 cup lettuce, 2 Tbsp diced tomatoes, 2 Tbsp salsa
- Lemon pasta salad  
6-18 years: 1 cup
- Broccoli  
6-18 years: 1/4 cup
- Creamy vegetable dip:  
6-18 years: 1 Tbsp
- Potato Wedges:  
6-18 years: 1/2 cup
- Marinara:  
6-18 years: 1/4 cup
- Hawaiian chicken wrap  
6-18 years: 1
- Vegetable tray, assorted vegetables  
6-18 years: 1/2 cup
- Sesame dipping sauce  
6-18 years: 1 Tbsp

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| Week 4<br>Spring 19<br>YC | Minimum Serving Size Per Age |  |           |                          |   |                      |  |                                       |
|---------------------------|------------------------------|--|-----------|--------------------------|---|----------------------|--|---------------------------------------|
|                           |                              |  | 6-18      | Monday                   | Tuesday   | Wednesday            | Thursday                                   | Friday                                |
| <b>PM Snack</b>           |                              |  |           |                          | Potato or salad bar                                 | Cereal bar           | English muffin pizza                       | Ramen bowl                            |
| Fruit                     |                              |  | 3/4 c     | Honeydew melon           |   | Fruit                |  |                                       |
| Vegetable                 |                              |  | 3/4 c     |                          | Lettuce, spinach, tomatoes or salsa, olives, potato |                      | Tomato sauce, vegetable toppings + carrots | Peas, carrots, cabbage                |
| Meat/<br>Alternate        |                              |  | 1 oz      |                          | Chopped turkey ham, shredded cheese                 |                      | Cheese on pizza                            | Chicken                               |
| Bread/<br>Grain           |                              |  | 1 serving | WGR carrot muffin square | WGR crackers or WGR roll (if salad bar)             | Choice of WGR cereal | WGR English muffin                         | WGR noodles with soy sauce and sesame |
| Fluid Milk**              |                              |  | 1 c       | Milk                     |   | Milk                 |  |                                       |
| Other                     |                              |  |           |                          | Sour cream/salad dressing                           |                      | Creamy vegetable dip                       | Broth                                 |

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- English muffin pizza  
6-18 years: 2 pizzas
- Carrots  
6-18 years: 3/8 cup
- Creamy vegetable dip  
6-18 years: 1 1/2 Tbsp
- Broth  
6-18 years: 1 cup
- Peas, carrots, cabbage\*\*\*  
May also use broccoli, onion, diced celery for a total of ¼ cup per vegetable serving

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| Week 5<br>Spring 19<br>YC | Minimum Serving Size Per Age |     |           | Monday  | Tuesday      | Wednesday              | Thursday                                  | Friday                                       |
|---------------------------|------------------------------|-----|-----------|---|--------------|------------------------|---|--|
|                           | 1-2                          | 3-5 | 6-18      |   |              |                        |   |  |
| <b>PM Snack</b>           |                              |     |           |   |              | Yogurt parfait         | Bean burrito bowl                         | Turkey sandwich                              |
| Fruit                     |                              |     | 3/4 c     |   | Pear         | Strawberries or banana |   |  |
| Vegetable                 |                              |     | 3/4 c     | Vegetable tray<br>broccoli, cauliflower,<br>carrots, etc. |              |                        | Diced tomatoes,<br>romaine lettuce, salsa | Vegetable tray plus<br>lettuce and tomato    |
| Meat/<br>Alternate        |                              |     | 1 oz      |   | Cheese       | Yogurt                 | Beans/cheese                              | Sliced turkey                                |
| Bread/<br>Grain           |                              |     | 1 serving | WGR soft pretzel  | WGR crackers | Granola                | Cilantro brown rice                       | WGR bread                                    |
| Fluid Milk**              |                              |     | 1 c       |   |              |                        |   |  |
| Other                     |                              |     |           | Creamy vegetable dip                                      | Hummus       |                        |   | Creamy vegetable dip,<br>mustard, mayonnaise |

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- Granola  
6-18 years: ¼ cup
- Bean burrito bowl  
6-18 years: 1/2 cup rice, 2/3 cup beans, 1/4 cup tomatoes, 1/2 cup shredded lettuce, 1 Tbsp plus 1 tsp shredded cheese, 1/4 cup of salsa
- Turkey sandwich  
6-18 years: ½ sandwich
- Vegetable tray, assorted vegetables  
6-18 years: 2/3 cup

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**Appendix:**

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

1 serving of bread/grains = 1 slice of bread; ½ cup of cooked rice, cooked pasta or cooked grains; 8 saltine crackers, 2 whole graham cracker sheets (2 ½ x 5 inches); 1 muffin, 1 serving of muffin 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  
6-18 years: 1 cup

WGR corn puffs cereal  
6-18 years: 1 ¼ cup

WGR toasted oat cereal  
6-18 years: 1 cup

Bran flakes  
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  
6-18 years: 3 Tbsp

Sunbutter  
6-18 years: 1 Tbsp

Salad dressing or sour cream  
6-18 years: 1 Tbsp

Creamy vegetable dip  
6-18 years: 2 Tbsp

Pancake syrup  
6-18 years: 1 1/3 Tbsp

Cream cheese  
6-18 years: 2 tsp