

Installation/Facility

Week of/Dates:

| Week 1* Spring 19 CDC/SAC | 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 | Kiwi*** | Hash brown potatoes | Honeydew melon*** | Banana | Orange (Mandarin oranges) |
| Bread/ Grain | 1/2 serving | 1/2 serving | 1 serving | WGR Rice Chex | WGR toast | WGR toasted oat cereal | WGR fruit & bran muffin | WGR waffle |
| Meat/ Other | | | | Yogurt | Scrambled eggs | | | Pancake syrup (optional) |
| Lunch | | | | | | | | |
| Meat/ Alt | 1 oz | 1 1/2 oz | 2 oz | Ground beef | Tuna | Chicken | Pork | Egg, cheese |
| Bread/ Grain | 1/2 serving | 1/2 serving | 1 serving | 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^^ | | | |
| PM Snack | | | | | | | | |
| 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 | Cheddar cheese (sliced) | | | Yogurt | |
| Bread/ Grain | 1/2 serving | 1/2 serving | 1 serving | 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^^ | 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 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

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

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: none
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 (made with pretzels) or 1 1/8 cup (made without pretzels)

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 sliders
1-2 years: 1/2 sandwich
3-18 years: 1 sandwich
- BBQ pork sliders***
May substitute sloppy lentil Joes for BBQ pork sliders

Friday

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

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Week of/Dates:

| Week 2* Spring 19 CDC/SAC | 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*** | Pineapple (crushed pineapple) | Cantaloupe |
| Bread/ Grain | 1/2 serving | 1/2 serving | 1 serving | WGR corn puffs cereal (KIX) | Oatmeal | WGR French toast bake | WGR bagel | Bran flakes (WGR Life***) |
| Meat/ Other | | | | | | Yogurt | Scrambled eggs | |
| Lunch | | | | Bean burrito bowl | Chicken Alfredo*** | Shepherd'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 serving | 1/2 serving | 1 serving | 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 |
| PM Snack | | | | | | | | |
| Fruit | 1/2 c | 1/2 c | 3/4 c | | | Apples*** | Banana | Pear |
| Vegetable | 1/2 c | 1/2 c | 3/4 c | Parmesan roasted cauliflower***, marinara sauce | Cherry tomato & corn salad***^ + carrots (steamed) | Cinnamon sweet potato cubes | | |
| Meat/ Alt | 1/2 oz | 1/2 oz | 1 oz | | | | | Monterey-Jack cheese (sliced) |
| Bread/ Grain | 1/2 serving | 1/2 serving | 1 serving | | WGR 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 | | Sunbutter^^ | |

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*** 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 old
- 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 Alfredo
May serve meat and pasta separately (see optional recipe)
- Chicken Alfredo
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup
- ***Cherry tomato & corn salad
For children under 18 months old omitted this dish and replace with equal amount of carrots.
- Cherry tomato and corn Salad
1-2: none
2-5 years: 1/4 cup
5-18 years: 3/8 cup

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

Wednesday

- ***Peaches
May substitute mango for peaches
- ***Peas in Shepherd's pie
For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of carrots.
- Beef Shepherd's pie
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup
- ***Offer full servings of both apples and sweet potatoes or choose either apples or sweet potatoes and offer full servings

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

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|---------------------------------|------------------------------|-------------|-----------|---|-------------------------------|---|---------------------------------------|---------------------------|
| | 1-2 | 3-5 | 6-18 | | | | | |
| Breakfast | | | | | 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 serving | 1/2 serving | 1 serving | WGR English muffin | WGR tortilla | WGR toasted oat cereal | Oven-baked whole wheat pancake | WGR Rice Chex |
| Meat/ Other | | | | | Scrambled eggs | Yogurt | Pancake syrup (optional) | |
| Lunch | | | | 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 serving | 1/2 serving | 1 serving | 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 | | | | | | | | |
| PM Snack | | | | | | Lemon 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 + broccoli [steamed for CDC] | Potato wedges & marinara sauce | |
| Meat/ Alt | 1/2 oz | 1/2 oz | 1 oz | | | | | Yogurt |
| Bread/ Grain | 1/2 serving | 1/2 serving | 1 serving | 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^^ | Creamy vegetable dip | | Granola^^ |

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Week 3 Notes

Monday

- ***Peaches
May substitute mango for peaches
- *** 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 (made with pretzels) or 1 1/8 cup (made without pretzels)

Tuesday

- ***Corn in breakfast tacos
Omit for CDC
- Breakfast Taco:
1-5 years: 1 taco
6-18 years: 1 taco
- *** Roasted pork
May substitute 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

- ***Cucumbers in lemon pasta salad:
For children under 18 months old, remove skin on cucumbers
- Lemon Pasta Salad:
1-5 years: 1/2 cup
6-18 years: 1 cup
- Broccoli
1-18 years: 1/4 cup

Thursday

- ***White beans and corn in southwestern white bean
For children under 18 months old, chop corn and beans or puree soup.
- Southwestern white bean soup
1-2 years: 1/2 cup
3-5 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

- ***Crispy baked chicken
For children under 18 months, serve chicken without breading.

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| Week 4* Spring 19 CDC/SAC | 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 | Applesauce | Pineapple (crushed pineapple) | Blueberries | Orange (Mandarin orange) |
| Bread/ Grain | 1/2 serving | 1/2 serving | 1 serving | Bran flakes (WGR Life***) | WGR biscuit | Oatmeal | WGR waffle | WGR bagel |
| Meat/ Other | | | | | Scrambled eggs | | Pancake syrup (optional) | Yogurt |
| Lunch | | | | | | | | |
| Meat/ Alt | 1 oz | 1 1/2 oz | 2 oz | Turkey | Salmon | Egg | Chicken | Ground beef |
| Bread/ Grain | 1/2 serving | 1/2 serving | 1 serving | WGR bread dressing | WGR roll | WGR breadstick*** | Brown rice | WGR pasta |
| Fruit | 1/8 c | 1/4 c | 1/4 c | Broccoli | Coleslaw (carrots) | Cantaloupe*** | Pear | Peaches |
| Vegetable | 1/8 c | 1/4 c | 1/2 c | Pinto beans | Potato wedges | Peas | Green beans | Tossed salad (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 | | | | | | | | Italian salad dressing |
| PM Snack | | | | | | | | |
| Fruit | 1/2 c | 1/2 c | 3/4 c | Honeydew melon*** | Orange (Mandarin orange) | Apple*** | | |
| Vegetable | 1/2 c | 1/2 c | 3/4 c | | | Cinnamon sweet potato cubes | Tomato sauce, vegetable toppings + carrots (steamed for CDC) | Cucumber and cauliflower (steamed for CDC) |
| Meat/ Alt | 1/2 oz | 1/2 oz | 1 oz | | | | Cheese on pizza | |
| Bread/ Grain | 1/2 serving | 1/2 serving | 1 serving | Carrot muffin*** | Trail mix | | WGR English muffin | 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 | | | | | | | Creamy vegetable dip | Sesame dipping sauce |

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Week 4 Notes

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 pineapple for honeydew melon
- ***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 salmon cake
May substitute tuna for salmon in recipe
- Lemon baked 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
- Trail mix:
1-5 years: 5/8 cup (no pretzels or dried fruit)
6-18 years: 1 cup (made with pretzels) or 1 1/8 cup (made without pretzels)

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Wednesday

- Frittata
1-2 years: 1/2 piece
3-5 years: 3/4 piece
6-18 years: 1 piece
- ***Breadstick
May substitute WGR toast for breadstick
- ***Cantaloupe
May substitute banana for cantaloupe
- ***Offer full servings of both apples and sweet potatoes or choose either apples or sweet potatoes and offer full servings

Thursday

- 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)
- English muffin pizza
1-5 years: 1 pizza
6-18 years: 2 pizzas
- Carrots
1-5 years: 1/2 cup
6-18 years: 5/8 cup

Friday

- Meat spaghetti sauce
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup
- Sesame dipping sauce
1-5: 1 Tbsp
6-18 years: 1 1/2 Tbsp

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| Week 5* Spring 19 CDC/SAC | 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 | Orange (Mandarin oranges) | Applesauce | Kiwi*** | Cantaloupe | Peaches |
| Bread/ Grain | 1/2 serving | 1/2 serving | 1 serving | Toasted oat cereal | WGR tortilla | WGR bagel | WGR French toast bake | WGR corn puffs cereal KIX |
| Meat/ Other | | | | | Scrambled eggs | Cream cheese | Yogurt | |
| Lunch | | | | 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 serving | 1/2 serving | 1 serving | WGR tortilla*** | WGR pasta | WGR crackers | Brown rice | WGR bread |
| Fruit | 1/8 c | 1/4 c | 1/4 c | Peaches | Carrots | Apple | Pineapple (crushed pineapple) | Cucumber, 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*** |
| 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 | | | | | | | | Cinnamon nachos^ |
| Fruit | 1/2 c | 1/2 c | 3/4 c | | Pear | | | Mango*** and bananas |
| Vegetable | 1/2 c | 1/2 c | 3/4 c | Broccoli & cauliflower (steamed for CDC) | | Potato wedges & marinara sauce | Carrots [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 crackers | | WGR pita bread | 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 | | | Hummus | |

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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

Tuesday

- ***Corn in breakfast tacos
Omit for CDC
- Breakfast Taco:
1-5 years: 1 taco
6-18 years: 1 taco
- Roasted pork***
May substitute pinto beans for roasted pork. If this substitution is made then add broccoli as the vegetable.

Wednesday

- ***Kiwi
May substitute crushed pineapple for kiwi
- 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
- Marinara:
1-5 years: 1/8 cup
6-18 years: 1/4 cup

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Thursday

- Yogurt
1-5 years: 1/4 cup
6-18 years: 1/2 cup
- 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)

Friday

- *** Potato, corn, and cauliflower soup
For children under 18 months old, 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
- Mango***
May substitute strawberries for mango.
- 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.

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 muffin, ½ serving of muffin 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 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 | 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: 2 Tbsp | 1-5 years: 1 ½ Tbsp | 1-5 years: none | 1-5 years: 0 |
| 6-18 years: 3 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.

Apples: Offer applesauce.

Blueberries: Should be chopped or pureed.

Cheese: Should be served shredded or sliced in thin pieces.

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.

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

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.

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

Peas: Should be chopped or pureed.

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

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