

Installation/Facility

Week of/Dates:

Week 1* Summer/Hot	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	Peaches	Strawberries	Banana	Hash brown potatoes
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR corn puffs cereal KIX	Oatmeal	WGR waffle	Bran flakes cereal (WGR Life***)	WGR toast
Meat/ Other					Yogurt	Pancake syrup (optional)		Scrambled eggs
Lunch				Spaghetti & meat sauce	Baked chicken	Tuna salad	Pinto beans	Turkey tikka
Meat/ Alternate	1 oz	1 1/2 oz	2 oz	Ground beef	Chicken	Tuna	Pinto Beans	Turkey
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR pasta	WGR roll	WGR crackers	WGR apple oatmeal muffin	Brown rice
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Cauliflower	Yellow squash***	Broccoli salad (broccoli)	Cantaloupe	Apple
Vegetable	1/8 c	1/4 c	1/2 c	Green beans	Black beans	Steamed carrots	Collard greens***	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								
PM Snack							English muffin pizza^	
Fruit	1/2 c	1/2 c	3/4 c	Banana	Orange (Mandarin orange)	Watermelon***		Pineapple (crushed pineapple)
Vegetable	1/2 c	1/2 c	3/4 c				Cucumbers, celery^^	
Meat/ Alternate	1/2 oz	1/2 oz	1 oz				Cheese	Yogurt
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Graham Crackers (no honey in CDC)	Trail Mix^	WGR soft pretzel	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				Sunbutter^^			Creamy vegetable dip	Granola^^

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Week 1 Notes

Monday

- Meat Spaghetti Sauce:
1-2 years: ¼ cup
3-5 years: 3/8 cup
6-18 years: ½ cup

Tuesday

- Yellow squash***
***May substitute zucchini for yellow squash
- Trail Mix:
1-2 years: 1/4 cup
3-5 years: 1/3 cup
6-18 years: 3/4 cup

Wednesday

- Tuna Salad
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup
- Broccoli Salad:
1-2 years: none
3-5 years: 3/8 cup
6-18 years: 3/8cup
- Watermelon***
***May substitute honeydew melon for watermelon

Thursday

- Pinto Beans:
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup

- Collard greens***
May substitute turnip greens, sautéed spinach, kale, or chard for collard greens

- English Muffin Pizza
1-5 years: 1 pizza made from 1 English muffin half.
6-18 years: 2 pizzas

- Cucumbers
1-18 years: 1/2 cup

- Celery
6-18 years: 1/4 cup

Friday

- Scrambled Eggs
1-5 years: 2 Tbsp
6-18 years: 1/4 cup

- Turkey Tikka
1-2 years: ¼ cup
3-5 years: 3/8 cup
6-18 years: ½ cup

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Week of/Dates:

Week 2* Summer/Hot	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	Peaches	Honeydew melon	Pineapple (crushed pineapple)	Orange (Mandarin orange)	Banana
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Oven-baked whole wheat pancake	WGR Rice Chex	WGR English muffin	WGR Peach Muffin	WGR toasted oat cereal
Meat/ Other				Pancake syrup (optional)		Scrambled eggs		Yogurt
Lunch				Macaroni and cheese	Roasted turkey	Beef Paprikash	Chicken salad sandwich	BBQ pulled pork***
Meat/ Alternate	1 oz	1 1/2 oz	2 oz	Cheese	Turkey	Beef	Chicken	Pork
Bread/ Grain	½ serving	½ serving	1 serving	WGR pasta	WGR roll	Brown rice	WGR bread	WGR roll
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Strawberries	Sweet potatoes	Steamed carrots	Pears	Coleslaw (green beans)
Vegetable	1/8 c	1/4 c	1/2 c	Broccoli	Green beans	Cauliflower	Peas	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								
PM Snack							Lemon pesto pasta salad^	
Fruit	1/2 c	1/2 c	3/4 c		Blueberries	Apple		Watermelon***
Vegetable	1/2 c	1/2 c	3/4 c	Black bean, tomato and corn salsa + carrots [steamed for CDC]			Pasta salad vegetables + broccoli [steamed for CDC]	
Meat/ Alternate	1/2 oz	1/2 oz	1 oz		Yogurt			Cheese
Bread/ Grain	½ serving	½ serving	1 serving	WGR pita bread		Graham crackers (no honey in CDC)	WGR pasta	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	Granola^^	Sunbutter^^	Creamy vegetable dip	

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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 2 Notes:

Monday

- Oven-baked Whole Wheat Pancake
1-5 years: 1/2 piece
6-18 years: 1 piece
- Macaroni and Cheese
1-2 years: 1/3 cup
3-5 years: 1/2 cup
6-18 years: 2/3 cup
- Black Bean, Tomato and Corn Salsa
1-5 years: 1/4 cup
6-18 years: 3/8 cup
- Carrots
1-5 years: 1/4 cup
6-18 years: 3/8 cup

Tuesday

Wednesday

- Scrambled Eggs
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- Beef Paprikash
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup

Thursday

- Chicken salad sandwich
1-2 years: 2 quarter pieces (1/2 sandwich)
3-5 years: 3 quarter pieces (3/4 sandwich)
6-18 years: 1 sandwich

Thursday, continued

- Lemon Pesto Pasta Salad
1-5 years: 1/2 cup
6-18 years: 1 cup
- Broccoli
1-18 years: 1/4 cup

Friday

- BBQ pulled pork***
For pork free option serve pinto beans as meat alt and provide broccoli for vegetable.
- Watermelon***
May substitute cantaloupe for watermelon.

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Week 3* Summer/Hot	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	Pear	Pineapple (crushed pineapple)	Blueberries	Applesauce
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR corn puffs cereal KIX	WGR biscuit	WGR French toast bake	Bran flakes cereal (WGR Life***)	WGR bagel
Meat/ Other					Ham			Scrambled eggs
Lunch				Pizza burger	Strawberry Spinach Salad with Chicken***	Burrito Bowl	Cajun Baked Fish	Pork Lo Mein
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Ground beef & cheese	Chicken	Pinto beans & cheese	Fish	Pork
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR roll	WGR crackers	Cilantro brown rice	WGR roll	WGR pasta
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Cucumber & celery^^	Apple	Peaches	Carrots	Pineapple(crushed pineapple)
Vegetable	1/8 c	1/4 c	1/2 c	Pinto beans	Spinach (sautéed)	Tomatoes, lettuce	Peas	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				Creamy vegetable dip		Salsa (optional)		
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Cantaloupe			Orange (Mandarin oranges)	
Vegetable	1/2 c	1/2 c	3/4 c		Marinara sauce and potatoes wedges	Cauliflower & broccoli [steamed for CDC]		Cherry tomato & corn salad^ + carrots (steamed for CDC)
Meat/ Alt	1/2 oz	1/2 oz	1 oz		Cheese			
Bread/ Grain	½ serving	½ serving	1 serving	Trail mix^		WGR soft pretzel	Graham crackers (no honey in CDC)	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						Sesame dipping sauce	Sunbutter^^	Hummus

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Week 3 Notes:

Monday

- Pizza Burger
1-2 years: 1/2 sandwich (1/2 serving)
3-5 years: 1 sandwich
6-18 years: 1 sandwich

Tuesday

- Strawberry spinach salad***
May substitute Mandarin oranges for strawberries.
- Strawberry Spinach Salad
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 3/4 cup
- Marinara Sauce
1-2 years: 1/8 cup
3-5 years: 1/8 cup
6-18 years: 1/4 cup
- Potato wedges
1-2 years: 3/8 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup

Wednesday

- Burrito Bowl should be assembled in classrooms. See below for each age group.
1-2 years: 1/4 c rice, 1/3 cup bean mixture, 1/8 cup diced tomato, 2 tsp shredded cheese
3-5 years: 1/4 c rice, 1/2 cup bean mixture, 1/8 cup diced tomato, 1/8 cup lettuce, 1 Tbsp shredded cheese
6-18: 1/2 c rice, 2/3 cup beans, 1/4 cup diced tomato, 1/4 cup of lettuce, 1 Tbsp plus 1 tsp shredded cheese

Thursday

- Sesame Dipping Sauce
1-5: 1 Tbsp
6-18 years: 1 1/2 Tbsp

Friday

- Pork Lo Mein***
May substitute turkey for pork
- Pork Lo Mein***
1-2 years: 1/2 serving
3-5 years: 3/4 serving
6-18 years: 1 serving
- Cherry tomato & corn salad
1-5 years: 1/4 cup
5-18 years: 3/8 cup
- Carrots
1-5 years: 1/4 cup
5-18 years: 3/8 cup

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Week 4* Summer/Hot	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	Honeydew melon	Peaches	Strawberries	Banana	Orange
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR toasted oat cereal	WGR bagel	WGR waffle	WGR corn puffs cereal KIX	WGR English muffin
Meat/ Other					Yogurt	Pancake syrup (optional)		Scrambled eggs
Lunch				Frittata	Baked chicken	Ham & coconut rice	Greek turkey burger	Taco Salad
Meat/ Alternate	1 oz	1 1/2 oz	2 oz	Egg, cheese	Chicken	Ham	Ground turkey	Ground beef, cheese
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR toast	WGR Pasta	Brown rice	WGR roll	WGR tortilla
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Orange (Mandarin orange)	Yellow squash	Pineapple (crushed pineapple)	Coleslaw (Green beans)	Grapes***
Vegetable	1/8 c	1/4 c	1/2 c	Peas	Green beans	Pinto beans	Potato wedges	Romaine lettuce & tomatoes
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								Salsa (optional)
PM Snack					Aztec grain salad^			
Fruit	1/2 c	1/2 c	3/4 c		Apple in salad + cantaloupe		Peaches	Pears
Vegetable	1/2 c	1/2 c	3/4 c	Marinara sauce & Parmesan cauliflower		Carrots & broccoli [steamed for CDC]		Cinnamon sweet potato sticks
Meat/ Alt	1/2 oz	1/2 oz	1 oz			Cheese		
Bread/ Grain	1/2 serving	1/2 serving	1 serving		Quinoa	WGR crackers	Graham crackers (no honey in 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	Fluid Milk 1% or Whole
Other						Sesame dipping sauce	Sunbutter^^	

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Week 4 Notes

Monday

- Frittata
1-2 years: ½ serving
3-5 years: ¾ serving
6-18 years: 1 serving
- Marinara Sauce
1-2 years: 1/8 cup
3-5 years: 1/8 cup
6-18 years: 1/4 cup
- Parmesan cauliflower
1-5 years: 3/8 cup
6-18 years: 1/2 cup

Tuesday

- Aztec Grain Salad
1-5 years: 1/2 cup
6-18 years: 1 cup
- Cantaloupe
1-5 years: 1/4 cup
6-18 years: 1/4 cup

Wednesday

- Coconut rice
1-5 years: 1/4 cup
6-18 years: 1/2 cup
- Sesame Dipping Sauce
1-5: 1 Tbsp
6-18 years: 1 ½ Tbsp

Thursday

- Greek Turkey Burger
1-2 years: ½ burger
3-5 years: 1 burger
6-18 years: 1 burger

Friday

- Scrambled eggs
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- Taco salad
1-2 years: 1/4 cup lettuce tomato mixture; 2 Tbsp+ 2 tsp meat mixture, 1 Tbsp shredded cheese
3-5 years: 1/3 cup lettuce tomato mixture; 1/4 cup meat mixture, 1 1/2 Tbsp shredded cheese
6-18 years: 3/4 cup lettuce tomato mixture; 1/3 cup meat mixture, 2 Tbsp shredded cheese
- Grapes***
May substitute honeydew melon for grapes
- Cinnamon sweet potato sticks
1-5 years: 1/2 cup
6-18 years: 3/4 cup

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Week 5* Summer/Hot	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 orange)	Applesauce	Banana	Peaches	Cantaloupe
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR Rice Chex	Oven-baked whole wheat pancake	WGR biscuit	WGR Corn puffs cereal KIX	Fruit and bran muffin
Meat/ Other				Yogurt	Pancake syrup (optional)			Scrambled eggs
Lunch				Roasted Turkey	Picadillo Beef	Lemon baked salmon cake**	Toasted cheese sandwich	Crispy Baked Chicken
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Turkey	Ground beef	Salmon & egg	Cheese	Chicken
Bread/ Grain	½ serving	½ serving	1 serving	Mediterranean quinoa salad	Brown rice	WGR pasta	WGR bread	WGR roll
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Turnip greens***	Pineapple (crushed pineapple)	Coleslaw (green beans)	Pears	Sweet potato
Vegetable	1/8 c	1/4 c	1/2 c	Carrots	Peas	Potato wedges	Broccoli	Black 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								
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Watermelon***		Grapes*** (mandarin oranges)		Strawberries
Vegetable	1/2 c	1/2 c	3/4 c		Cherry tomato & corn salad^ + carrots (steamed for CDC)		Marinara sauce & Parmesan cauliflower	
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Ham		Cheese		Yogurt
Bread/ Grain	½ serving	½ serving	1 serving	WGR crackers	WGR bagel	WGR soft pretzel		
Fluid Milk**	1/2 c	1/2 c	1 c				Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other					Hummus			Granola^^

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Week 5 Notes

Monday

- Mediterranean quinoa salad***
May substitute bulgur wheat for quinoa in Mediterranean quinoa salad.
- Mediterranean quinoa salad
1-5 years: 3/8 cup
6-18 years: 3/4 cup
- Turnip greens***
May substitute collard greens, sautéed spinach, kale, or chard for turnip greens
- Watermelon***
May substitute cantaloupe for watermelon

Tuesday

- Picadillo Beef
1-2 years: ¼ cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup
- Cherry tomato & corn salad
1-5 years: 1/4 cup
6-18 years: 1/2 cup
- Carrots
1-5 years: 1/4 cup
6-18 years: 1/4 cup

Wednesday

- 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

Wednesday, continued

- Grapes***
May substitute honeydew melon for grapes

Thursday

- Grilled Cheese Sandwich
1-2 years: ½ sandwich
3-5 years: ¾ sandwich
6-18 years: 1 sandwich
- Marinara Sauce
1-2 years: 1/8 cup
3-5 years: 1/8 cup
6-18 years: 1/4 cup
- Parmesan cauliflower
1-5 years: 3/8 cup
6-18 years: 1/2 cup

Friday

- Scrambled eggs
1-5 years: 2 Tbsp
6-18 years: 1/4 cup

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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 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 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 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 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, the serving size is below:

Hummus

1-5 years: 2 Tbsp

6-18 years: 3 Tbsp

Creamy vegetable dip

1-5 years: 1 ½ Tbsp

6-18 years: 2 Tbsp

Sunbutter

1-5 years: none

6-18 years: 1 Tbsp

Granola

1-5 years: 0

6-18 years: 2 Tbsp

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.

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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