

Installation/Facility

Week of/Dates:

Week 1* Fall/Winter 19	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)	Apricots (peaches)	Hash brown potatoes	Orange (Mandarin oranges)
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR corn puffs cereal KIX	WGR pumpkin muffin square	Oatmeal	WGR toast	WGR English muffin
Meat/ Other					Yogurt		Ham	
Lunch								
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Baked chicken	Beef-vegetable stew***	Cheesey rice casserole	Turkey burger slider***	Pork lo Mein
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR biscuit	WGR bread	Brown rice	WGR roll	WGR pasta
Fruit/Veg	1/8 c	1/4 c	1/4 c	Winter squash***	Apple***	Strawberries	Peaches	Pea pods [peas for CDC]
Vegetable	1/8 c	1/4 c	1/2 c	Green beans	Potato, carrots, peas*** in stew	Broccoli	Pinto beans	Carrots
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	Banana
Vegetable	1/2 c	1/2 c	3/4 c		Tomato, cucumber	Carrots, cauliflower [steamed for CDC]		
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Cheese				
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR soft pretzel	WGR bagel	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					Cream cheese	Sesame dipping sauce	Sunbutter^^	

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This institution is an equal opportunity provider.

Approved by: Denise E. Laursen RDN, LD Signature Date: 27 AUG 2019
 Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9
 Denise E. Laursen, RDN, LD
 CYS Nutritionist, IMCOM G9
 Menus approved for use through: 1 SEPT 2020

Installation/Facility _____

Week of/Dates: _____

Week 1 Notes

Monday

- ***Winter squash
May use any winter squash such as butternut, acorn or Hubbard squash

Tuesday

- Yogurt
1-5 years: ¼ cup
6-18 years: ½ cup
- Beef stew:
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup
- ***Peas in beef stew
For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of green beans.
- ***Beef stew
May serve vegetables separately
- ***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

Wednesday

- Cheesy rice casserole
1-2 years: 1/4 cup
3-5 years: 1/3 cup
6-18 years: 1/2 cup
- Carrots
1-5 years: ¼ cup
6-18 years: ¾ cup

Wednesday, continued

- 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

- Ham
1-5 years: 1/2 oz
6-18 years: 1 oz
- Turkey burger slider
1-2 years: 1/2 slider
3-5 years: 1 slider
6-18 years: 1 slider
- ***Turkey burger slider
May serve with mayonnaise and mustard

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:
1-5 years: 5/8 cup (no pretzels or dried fruit)
6-18 years: 1 cup + 1 Tbsp (made without pretzels) or 1 1/8 cup (made with pretzels)

Denise E Laursen RDN, LD
Denise E. Laursen, RDN, LD
CYS Nutritionist, IMCOM G9

Approved by: *DLaursen RDN, LD*

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Signature Date: *27 AUG 2019*

Menus approved for use through: *1 SEPT 2020*

Installation/Facility

Week of/Dates:

Week 2* Fall/Winter 19	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 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	Toasted oat cereal	WGR English muffin	WGR bagel	WGR French toast bake	WGR corn puffs cereal KIX
Meat/ Other					Scrambled eggs	Cream cheese		Yogurt
Lunch				Meatloaf	Baked fish olé	Roasted turkey	Lentil soup	Chicken Alfredo with a twist
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Ground beef	Fish	Turkey	Lentils	Chicken
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	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 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.			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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Approved by: Denise E Laursen RDN, LD
 Denise E. Laursen, RDN, LD, CYS Nutritionist, IMCOM G9

Signature Date: 27 AUG 2019
 Menus approved for use through: 1 SEPT 2020

Denise E. Laursen, RDN, LD
 CYS Nutritionist, IMCOM G9

Installation/Facility _____

Week of/Dates: _____

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
- Baked fish olé:
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

- ***Quinoa pilaf
May substitute bulgur for quinoa, see quinoa pilaf recipe
- Quinoa pilaf:
1-5 years: 1/4 cup
6-18 years: 1/2 cup

Thursday

- Lentil soup:
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup
- Tossed salad
1-2 years: do not serve to this age group
6-18 years: 1/2 cup
6-18 years: 1 cup
- Cucumbers
1-5 years: 1/4 cup
6-18 years: 3/8 cup
- Celery
1-5 years: do not serve to this age group
6-18 years: 3/8 cup

Friday

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

Denise E Laursen RDN, LD

**Denise E. Laursen, RDN, LD
CYS Nutritionist, IMCOM G9**

Approved by: _____

Denise E Laursen RDN, LD

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Signature Date: _____

27 AUG 2019

Menus approved for use through: _____

1 SEPT 20 20

Installation/Facility

Week of/Dates:

Week 3* Fall/Winter 19	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	Pineapple (crushed pineapple)	Orange (Mandarin oranges)	Peaches
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	Oatmeal	WGR waffle	WGR bagel	WGR biscuit	WGR Rice Chex***
Meat/ Other					Pancake syrup (optional)	Cream cheese	Ham	Yogurt
Lunch				Sunshine egg bake	Spaghetti & meat sauce	Chicken Katsu	Toasted cheese sandwich	BBQ pork slider
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Egg, ground turkey	Ground beef	Chicken	Cheese	Pork***
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR roll	WGR pasta	Brown rice	WGR bread	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Carrots	Green beans	Apple	Banana	Coleslaw*** (broccoli)
Vegetable	1/8 c	1/4 c	1/2 c	Potato wedges	Tossed salad*** (cauliflower)	Asian vegetable mix (peas)	Vegetable soup***	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					Salad dressing			
PM Snack					WGR cinnamon nachos^			
Fruit	1/2 c	1/2 c	3/4 c	Apple	Banana & mangos***			Cantaloupe
Vegetable	1/2 c	1/2 c	3/4 c			Cucumbers, cauliflower [steamed for CDC]	Carrots [steamed for CDC]	
Meat/ Alt	1/2 oz	1/2 oz	1 oz					
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	Graham crackers	WGR tortilla	WGR soft pretzel	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
Other				Sunbutter^		Creamy vegetable dup	Hummus	

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Approved by: Denise E. Laursen RDN, LD
 Denise E. Laursen, RDN, LD, CYS Nutritionist, IMCOM G9
 Denise E. Laursen, RDN, LD
 CYS Nutritionist, IMCOM G9

Signature Date: 27 AUG 2019
 Menus approved for use through: 1 SEPT 2020

Installation/Facility _____

Week of/Dates: _____

Week 3 Notes

Monday

- Sunshine egg bake:
1-2 years: 1/2 piece
3-5 years: 3/4 piece
6-18 years: 1 piece

Tuesday

- Meat sauce:
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup
- ***Tossed salad
1-2 years: do not serve to this age group
6-18 years: 1/2 cup
6-18 years: 1 cup
- 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
- ***Mangos
May substitute peaches for mangos

Wednesday

- Chicken Katsu
1-2 years: 1 oz cooked meat plus 1 1/2 tsp sauce
3-5 years: 1.5 oz cooked meat plus 2 tsp sauce
6-18 years: 1 serving: 2 oz cooked meat plus 1 Tbsp sauce
- Cauliflower:
1-5 years: 1/4 cup
6-18 years: 3/8 cup
- Cucumbers:
1-5 years: 1/4 cup
6-18 years: 3/8 cup

Denise E Laursen RDN, LD
Denise E. Laursen, RDN, LD
CYS Nutritionist, IMCOM G9

Thursday

Approved by: *Denise E Laursen RDN, LD*

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

- 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: For children under 18 months, chop corn and peas or puree soup.
 - 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
 - Yogurt
1-5 years: 1/4 cup
6-18 years: 1/2 cup
 - BBQ pork slider:
1-2 year olds: 1/2 sandwich
3-18 year olds: 1 sandwich
 - *** Pork: may substitute pinto beans for pork and serve roasted sweet potatoes or winter squash as 2nd vegetable.
 - ***Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8 inch)
 - Trail mix:
1-5 years: 5/8 cup (no pretzels or dried fruit)
6-18 years: 1 cup + 1 Tbsp (made without pretzels) or 1 1/8 cup (made with pretzels)

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Installation/Facility

Week of/Dates:

Week 4* Fall/Winter 19	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)	Apricots (peaches)	Fruit salad
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	Toasted oat cereal	WGR English muffin	WGR corn puffs cereal KIX	WGR French toast bake	WGR toast
Meat/ Other				Yogurt				Ham
Lunch								
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Lemon baked salmon cakes***	Sesame beef	Roasted pork	Bean enchilada bake	Baked chicken
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR bread stick	Brown rice	WGR roll	WGR tortilla***	WGR pasta
Fruit	1/8 c	1/4 c	1/4 c	Pears***	Peaches	Black beans	Corn (pureed)	Applesauce
Vegetable	1/8 c	1/4 c	1/2 c	Peas	Green beans	Carrots	Tossed salad*** (sautéed spinach***)	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	
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Honeydew melon		Banana	Apple	Pears
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 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	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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Denise E. Laursen, RDN, LD, CYS Nutritionist, IMCOM G9

Signature Date: 27 AUG 2019

Menus approved for use through: SEPT 2020

Denise E. Laursen, RDN, LD
CYS Nutritionist, IMCOM G9

Installation/Facility _____

Week of/Dates: _____

Week 4 Notes

Monday

- Yogurt
1-5 years: ¼ cup
6-18 years: ½ cup
- ***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
- ***Pears
May substitute kiwi for pears

Tuesday

- 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)-2 years:
- 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

Wednesday

- ***Pork: may substitute turkey for roasted pork

Thursday

- Bean enchilada bake
1-2 years: 1/2 serving, about 1/2 cup
3-5 years: 3/4 serving, about 3/4 cup
6-18 years: 1 serving, about 1 cup
- ***WGR tortilla
May use WGR flour or WGR corn tortilla

Thursday, continued

- Tossed salad
1-2 years: do not serve to this age group
6-18 years: 1/2 cup
6-18 years: 1 cup
- *** Sautéed spinach
May substitute turnip greens, collard greens, kale, or chard for sautéed spinach
- ***WGR carrot muffins: two recipe options for WGR carrot muffin. One is with quinoa the other is without quinoa.

Friday

- Ham:
1-5 years: 1/2 oz
6-18 years: 1 oz
- ***Winter squash
May use any winter squash such as butternut, acorn or Hubbard squash

Denise E Laursen RDN, LD
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Signature Date: *27 AUG 2019*

Menus approved for use through: *1 SEPT 2020*

Installation/Facility

Week of/Dates:

Week 5* Fall/Winter 19	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 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR biscuit	WGR Rice Chex***	WGR waffle	Toasted oat cereal	WGR tortilla
Meat/ Other				Yogurt		Pancake syrup (optional)		Scrambled eggs
Lunch				Vegetarian chili	Chicken salad sandwich	Beef stroganoff	Roasted turkey	Lemon baked fish
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Pinto beans, cheese	Chicken	Beef	Turkey	Fish
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR tortilla***	WGR bread	WGR pasta	Quinoa pilaf***	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Pears***	Broccoli	Beets	Collard greens***	Coleslaw*** (carrots)
Vegetable	1/8 c	1/4 c	1/2 c	Carrots [steamed for CDC]	Potato wedges	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				Creamy vegetable dip				
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c		Orange (Mandarin oranges)		Strawberries	Cantaloupe
Vegetable	1/2 c	1/2 c	3/4 c	Parmesan cauliflower & marinara sauce		Carrots [steamed for CDC]		
Meat/ Alt	1/2 oz	1/2 oz	1 oz		Cheese		Yogurt	
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.		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
Other						Hummus	Granola^^	Sunbutter^^

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Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Signature Date: 27 AUG 2019
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Installation/Facility _____

Week of/Dates: _____

Week 5 Notes

Monday

- Yogurt
1-5 years: ¼ cup
6-18 years: ½ cup
- Vegetarian chili
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup
- Cheese
1-2 years: 1 Tbsp shredded cheese
3-5 years: 1 ½ Tbsp shredded cheese
6-18 years: 2 Tbsp shredded cheese
- ***WGR tortilla
May use WGR flour or WGR corn tortilla
- ***Pears
For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for pears
- 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

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

Wednesday

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

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
- ***Winter squash
May use any winter squash such as butternut, acorn or Hubbard squash

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)

Approved by: Denise E Laursen RDN, LD
Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Signature Date: 27 AUG 2019
Menus approved for use through: 1 SEPT 2020

Installation/Facility _____

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Appendix:

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

1/2 oz. equiv. of bread/grains = .5 oz 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 oz. equiv. of bread/grains = 1 oz 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 varies by type:

WGR Rice Chex or WGR Life
1-2 years: ½ cup
3-5 years: ½ cup
6-18 years: 1 cup

WGR corn puffs cereal
1-2 years: ¾ cup
3-5 years: ¾ cup
6-18 years: 1 ¼ cup

WGR toasted oat cereal
1-2 years: ½ cup
3-5 years: ½ cup
6-18 years: 1 cup

Bran flakes
1-2 years: ½ cup
3-5 years: ½ 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:

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

Hummus
1-5 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 tsp per ½ cup of salad or 2 tsp per 1 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.

Vegetable soup: Chop corn and peas or puree soup.

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