

Installation/Facility

Week of/Dates:

Week 1* Fall/Winter 20	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	Chicken	Beef	Cheese, egg	Ground turkey/egg	Pork***
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^^	

*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.

This institution is an equal opportunity provider.

DE Laursen RDN, LD

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

Approved by: _____

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

Signature Date: 4 SEPTEMBER 2020 _____

Menus approved for use through: 3 SEPTEMBER 2021 _____

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

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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)

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Week of/Dates:

Week 2* Fall/Winter 20	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								
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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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: 1/2 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

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Week 3* Fall/Winter 20	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								
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								
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 dip	Hummus	

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Signature Date: 4 SEPTEMBER 2020

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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

Thursday

Approved by: _____

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- 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 20	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	Salmon, egg	Ground beef	Pork***	Pinto bean/cheese	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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Signature Date: _____ 4 SEPTEMBER 2020

Menus approved for use through: _____ 33 3 SEPTEMBER 2021

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

Approved by: _____

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Installation/Facility

Week of/Dates:

Week 5* Fall/Winter 20	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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4 SEPTEMBER 2020

Signature Date: _____

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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

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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)

Signature Date: 4 SEPTEMBER 2020 _____

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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	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:

Creamy vegetable dip	Sunbutter	Granola	Hummus
1-5 years: 1 ½ Tbsp	1-5 years: none	1-5 years: 0	1-5 years: 1 Tbsp
6-18 years: 2 Tbsp	6-18 years: 1 Tbsp	6-18 years: 2 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.

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

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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 check 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.


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

Approved by: _____

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

Signature Date: ~~4 SEPTEMBER 2020~~ _____

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