

Installation/Facility: _____

Week of: _____

2021 Week 1 Summer YC	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
			6-18					
PM Snack				Meat spaghetti sauce with pasta or breadstick		Tuna salad sandwich	English muffin pizza	
Fruit			3/4 c		Banana or other fruit	Watermelon or other fruit		Fruit: _____
Vegetable			3/4 c	Tossed salad + tomato in spaghetti sauce			Cucumber salad + pizza sauce	
Meat/ Alternate			1 oz	Meat spaghetti sauce		Tuna	Cheese	Yogurt
Bread/ Grain			1 oz equivalent	WGR pasta or WGR breadstick	Graham crackers	WGR bread	WGR English muffin	Granola
Fluid Milk**			1 c		Milk			
Other				Salad dressing	Sunbutter^^			

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'*

- Meat spaghetti sauce: 6-18 years: 3/8 cup
- Tossed salad 6-18 years: 1 cup
- Salad dressing 6-18 years: 1 Tbsp
- Sunbutter 6-18 years: 1 Tbsp
- Tuna salad sandwich 6-18 years: 1/2 sandwich
- English muffin pizza 6-18 years: 2 pizzas
- Cucumber salad 6-18 years: 5/8 cup
- Creamy vegetable dip: 6-18 years: 1 Tbsp
- Granola 6-18 years: 1/4 cup

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

Signature Date: 12 JAN 2021
 Approved for use through: 31 DEC 2021

Garrison: _____

Week of: _____

2021 Week 2 Summer YC	Minimum Serving Size Per Age							
			6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack					Yogurt parfait	Taco bar	Lemon pasta salad	BBQ pork slider or ham sandwich***
Fruit			3/4 c	Fruit: _____	Peaches or berries		Fruit: _____	
Vegetable			3/4 c			Beans, lettuce, tomatoes, salsa		Cinnamon sweet potato cubes plus lettuce, tomato,
Meat/ Alternate			1 oz		Yogurt	Beef taco meat, shredded cheese		BBQ pork or sliced ham
Bread/ Grain			1 oz equivalent	WGR bagels	Granola or graham crackers	WGR tortilla (corn or flour)	Lemon pasta salad	WGR roll or bread
Fluid Milk**			1 c	Milk			Milk	
Other				Cream cheese				

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'*

- Cream cheese
6-18 years: 2 tsp
- Granola
6-18 years: ¼ cup
- Taco bar
6-18 years: 2 2/3 Tbsp taco meat, 1 Tbsp shredded cheese, 1 oz WGR tortilla, 3/8 cup beans, ¼ cup lettuce, 2 Tbsp diced tomatoes, 2 Tbsp salsa
- Lemon pasta salad
6-18 years: 1 cup
- BBQ pork sliders
6-18 years: 1 slider
- OR Ham sandwich
6-18 years: ½ sandwich
- ***BBQ pork sliders
May substitute sloppy lentil Joes for BBQ pork sliders/ham sandwich

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

Approved by: _____

Signature Date: 12 JAN 2021

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

Approved for use through: 31 DEC 2021

Garrison: _____

Week of: _____

2021 Week 3 Summer MST	Minimum Serving Size Per Age							
			6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack				Pizza burger		Bean burrito bowl		Ramen bowl
Fruit			3/4 c	Fruit: _____			Fruit: _____	
Vegetable			3/4 c		Vegetable tray broccoli, cauliflower, carrots, etc.	Tomatoes, lettuce, salsa, avocado***		Peas, carrots, cabbage
Meat/ Alternate			1 oz	Ground beef & cheese		Pinto beans & cheese		Pork or chicken
Bread/ Grain			1 oz equivalent	WGR roll	WGR soft pretzel	Cilantro brown rice	Graham crackers	WGR noodles with soy sauce and sesame
Fluid Milk**			1 c			Milk	Milk	
Other				Lettuce, tomatoes, pickles	Creamy vegetable dip		Sunbutter^^	Broth

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'*

- Pizza burger
6-18 years: 1
- Lettuce, Tomatoes, Pickles
6-18 years: 1/8 cup shredded lettuce, 1 slice tomato, 2 pickle slices
- Creamy vegetable dip:
6-18 years: 2 Tbsp
- Bean burrito bowl
6-18 years: 1/2 cup rice, 2/3 cup bean mixture, 1/4 cup tomatoes, 1/2 cup shredded lettuce, 2 Tbsp avocado, 1 Tbsp plus 1 tsp shredded cheese, 2 Tbsp of salsa
- Avocado
***May substitute black olives for avocado
- Sunbutter
6-18 years: 1 Tbsp
- Peas, carrots, cabbage***
***May also use broccoli, onion, diced celery for a total of 3/4 cup per vegetable serving
- Broth
6-18 years: 1 cup

Approved by: _____

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

Signature Date: 12 JAN 2021

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

Approved for use through: 31 DEC 2021

Garrison: _____

Week of: _____

2021 Week 4 Summer MST	Minimum Serving Size Per Age							
			6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack					Potato or salad bar	Cereal bar	Greek turkey burger or veggie burger	Taco Bar
Fruit			3/4 c	Fruit: _____		Fruit: _____		
Vegetable			3/4 c		Lettuce, spinach, tomatoes or salsa, olives, potato		Potato wedges plus lettuce, tomato,	Beans, lettuce, tomatoes, salsa
Meat/ Alternate			1 oz		Chopped turkey ham, shredded cheese		Greek turkey burger or veggie burger	Beef taco meat, shredded cheese
Bread/ Grain			1 oz equivalent	WGR waffle	WGR crackers or WGR roll (if salad bar	Choice of WGR cereal		WGR tortilla (corn or flour)
Fluid Milk**			1 c	Milk		Milk		
Other				Pancake syrup (optional)	Sour cream/salad dressing			

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'*

- Pancake syrup
6-18 years: 1 1/3 Tbsp
- Salad dressing or sour cream
6-18 years: 1 Tbsp
- Turkey slider or veggie burger
6-18 years: 1 slider or 1 burger
- Potato wedges
6-18 years: 1/2 cup
- Lettuce, Tomatoes, Pickles
6-18 years: 1/4 cup shredded lettuce, 1 thick slice tomato
- Taco bar
6-18 years: 2 2/3 Tbsp taco meat, 1 Tbsp shredded cheese, 1 oz WGR tortilla, 3/8 cup beans, 1/4 cup lettuce, 2 Tbsp diced tomatoes, 2 Tbsp salsa

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

Signature Date: 12 JAN 2021

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

Approved for use through: 31 DEC 2021

Garrison: _____

Week of: _____

2021 Week 5 Summer MST	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
PM Snack				Ham sandwich		Hawaiian chicken wrap		Yogurt parfait
Fruit			3/4 c	Watermelon	Fruit: _____			Strawberries or banana
Vegetable			3/4 c			Vegetable tray broccoli, cauliflower, carrots, etc.	Cherry tomato & corn salad + carrots	
Meat/ Alternate			1 oz	Ham	Cheese	Chicken		Yogurt
Bread/ Grain			1 oz equivalent	WGR bread	WGR crackers	WGR tortilla	WGR pita bread	Granola
Fluid Milk**			1 c					
Other						Sesame dipping sauce	Hummus	

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'*

6-18 years: 1 Tbsp

- Ham sandwich
6-18 years: ½ sandwich
- Watermelon***
***May substitute honeydew melon for watermelon
- Hawaiian chicken wrap
6-18 years: 1 wrap
- Vegetable tray, assorted vegetables
6-18 years: 1/2 cup
- Sesame dipping sauce
- Cherry tomato and corn salad
5-18 years: 3/8 cup
- Carrots
6-18 years: 3/8 cup
- Hummus
6-18 years: 2 Tbsp
- Granola
6-18 years: ¼ cup

Denise E. 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: 12 JAN 2021
Approved for use through: 31 DEC 2021

Garrison: _____

Week of: _____

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: 2 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


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