

YOUTH CENTER

Week 4*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Banana	Peaches	Pears	Strawberries	Pineapple
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Crispy puffed corn cereal	WGR Biscuit	Oatmeal	WGR waffle	WGR bagel
Meat/ Other							Pancake syrup (optional)	Yogurt
Lunch				Greek Turkey Pita	Lemon Baked Salmon Cake***	Frittata	Crispy Baked Chicken	Beef and Spaghetti Casserole
Meat/ Alternate	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 pita	Cilantro brown rice	WGR toast	Barley pilaf	WGR pasta
Fruit	1/8 c	1/4 c	1/4 c	Pineapple	Cantaloupe	Orange	Honeydew Melon	Tomato Sauce
Vegetable	1/8 c	1/4 c	1/2 c	Spinach	Broccoli	Hash brown potatoes	Diced Carrots	Tossed salad
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Other								Italian dressing
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c				Apple	
Vegetable	1/2 c	1/2 c	3/4 c		Garden Salad			Celery & Carrot Sticks
Meat/ Alternate	1/2 oz	1/2 oz	1 oz	Sun butter			Cheddar cheese Stick	
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Graham cracker without honey	Whole Grain Crackers	Blueberry Muffin		
Fluid Milk**	1/2 c	1/2 c	1 c			Milk		Milk
Other								Ranch Dressing Dip

*All hard foods must be cut to 1/4 inch for children under 2 and 1/2 inch for children 2-3 years of age, or replaced with foods in parenthesis. Hard 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 whole milk to children between the ages of 1 and 2. Serve only 1% milk to children ages 2 and older. *** See menu notes for additional information or substitution options. ^Classroom cooking activity.

Week 4 Notes:

***Tuesday

- May substitute tuna for salmon

***Wednesday

- Frittata
1-2 years: 1/2 piece
3-5 years: 3/4 piece
6-18 years: 1 piece

***Thursday

- May substitute honeydew melon for kiwi

***Friday

- Beef and Spaghetti Casserole
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup

Ounce equivalents for meats/ alternates: meat and cheese, 1 oz = 1 oz; eggs, 1/2 egg = 1 oz (except for snack, when all ages should get 1/2 egg); cooked beans/ peas, 1/4 c = 1 oz; peanut/ nut/ seed butters, 2 Tbsp = 1 oz, nuts/ seeds, 1 oz = 1 oz (nuts/ seeds may provide no more than half of the requirement at lunch/ supper); yogurt, 4 oz (1/2 c) = 1 oz

YOUTH CENTER

Week 5*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Fruit/Veg	1/4 c	1/2 c	1/2 c	Banana	Applesauce	Orange	Pineapple	Peaches
Bread/Grain	1/2 serving	1/2 serving	1 serving	WGR English muffin	Whole Wheat Pancakes	Crispy rice cereal	Bran Muffin	Cream of wheat
Meat/Other				Cheese Omelet	Pancake syrup (optional)			
Lunch								
				Spanish Chick Pea Stew	Ginger Chicken w/ Asian vegetables	Chicken Alfredo with a Twist	Taco Salad	Roasted turkey
Meat/Alternate	1 oz	1 1/2 oz	2 oz	Garbanzo beans	Chicken	Chicken	Beef	Turkey
Bread/Grain	1/2 serving	1/2 serving	1 serving	Whole Grain Roll	Brown rice	WGR pasta	corn bread Muffin	Dressing
Fruit	1/8 c	1/4 c	1/4 c	Honeydew melon	Pineapple	Pear	Diced Peaches	Squash
Vegetable	1/8 c	1/4 c	1/2 c	Onion, spinach	Asian vegetable mix	Broccoli	Mixed salad	Green beans
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Other								
PM Snack					Cheese Toast***			
Fruit	1/2 c	1/2 c	3/4 c			Banana		Strawberries
Vegetable	1/2 c	1/2 c	3/4 c	Marinara sauce and potato wedges				
Meat/Alternate	1/2 oz	1/2 oz	1 oz		Cheese***			Yogurt
Bread/Grain	1/2 serving	1/2 serving	1 serving		WGR toast	Animal Crackers	Graham crackers without honey	
Fluid Milk**	1/2 c	1/2 c	1 c	Milk			Milk	
Other								Granola^^

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^^For SAC only.

Week 5 Notes:

***Monday

- May substitute pumpernickel for brown bread
- Spanish chick pea stew
 - 1-2 years: 1/2 cup
 - 3-5 years: 3/4 cup
 - 6-12 years: 1 cup

***Tuesday

- For pork free option substitute chicken for pork
- May substitute hummus and pita for cheese toast (see recipe for hummus)

***Wednesday

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

***Thursday

- May substitute apples for grapes

Ounce equivalents for meats/ alternates: meat and cheese, 1 oz = 1 oz; eggs, 1/2 egg = 1 oz (except for snack, when all ages should get 1/2 egg); cooked beans/ peas, 1/4 c = 1 oz; peanut/ nut/ seed butters, 2 Tbsp = 1 oz, nuts/ seeds, 1 oz = 1 oz (nuts/ seeds may provide no more than half of the requirement at lunch/ supper); yogurt, 4 oz (1/2 c) = 1 oz

Week 1*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Fruit/Veg	1/4 c	1/2 c	1/2 c	Strawberries	Cantaloupe	Peaches	Orange	Banana
Bread/Grain	1/2 serving	1/2 serving	1 serving	Crispy rice cereal	Blueberry Muffin	WGR toast	Grits	WGR waffle
Meat/Other						Cheese Omelet		Pancake syrup (optional)
Lunch				Meat Loaf with parsley noodles	Tuna Salad with Vegetable soup	Sweet and Sour Chicken	Sloppy Lentil Joes	Cheesy Rice Casserole
Meat/Alternate	1 oz	1 1/2 oz	2 oz	Ground beef	Tuna	Chicken	Lentils	Egg, cheese
Bread/Grain	1/2 serving	1/2 serving	1 serving	Parsley Noodles	WGR crackers	Savory Barley	WGR roll	Brown rice
Fruit	1/8 c	1/4 c	1/4 c	Pineapple	Banana	Kiwi***	Coleslaw	Apples
Vegetable	1/8 c	1/4 c	1/2 c	Green beans	Vegetable soup	Steamed carrots	Potato wedges	Peas
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Other								
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Pear			Blueberries	
Vegetable	1/2 c	1/2 c	3/4 c					Cauliflower and broccoli florets
Meat/Alternate	1/2 oz	1/2 oz	1 oz	Low fat mozzarella cheese			Low fat vanilla yogurt	
Bread/Grain	1/2 serving	1/2 serving	1 serving		Trail Mix^	Animal Crackers		WGR crackers
Fluid Milk**	1/2 c	1/2 c	1 c		Milk	Milk		
Other							Granola^^	Ranch Dressing Dip

*All hard foods must be cut to 1/4 inch for children under 2 and 1/2 inch for children 2-3 years of age, or replaced with foods in parenthesis. Hard 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 whole milk to children between the ages of 1 and 2. Serve only 1% milk to children ages 2 and older. *** See menu notes for additional information or substitution options. ^Classroom cooking activity. ^^For SAC only.

Notes: Week 1:

Monday

- Meat Loaf:
1-2 years: 1/2 piece
3-5 years: 3/4 piece
6-18 years: 1 piece
- Due to the vegetables and grain in the main dish (meat loaf) the serving size for peas is 3/8 c for 6-18 year olds and the serving size for parsley noodles is 1/2 serving (1/4 cup).

Tuesday

- Tuna Salad:
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup
- Vegetable Soup:
1-2 years: 1/4 cup
3-5 years: 1/2 cup
6-18 years: 7/8 cup
- Due to the vegetables in the main dish (tuna salad) the serving size for vegetable soup is 7/8 c for 6-18 year olds.
- Granola (SAC only): 2 Tbsp

Wednesday

- Sweet and Sour Chicken:
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup
- ***May substitute pear for kiwi.

Thursday

- ***For pork free option substitute Sloppy Lentil Joes for BBQ Pulled Pork on a roll

Friday

- Cheesy Rice Casserole
1-2 year olds: 1/4 cup
3-5 year olds: 1/4 cup
6-12 year olds: 1/2 cup
- Due to the vegetables in the main dish the serving size for peas is 1/8 c for 1-5 year olds and 1/4 cup for 6-18 year olds.

Ounce equivalents for meats/ alternates: meat and cheese, 1 oz = 1 oz; eggs, 1/2 egg = 1 oz (except for snack, when all ages should get 1/2 egg); cooked beans/ peas, 1/4 c = 1 oz; peanut/ nut/ seed butters, 2 Tbsp = 1 oz, nuts/ seeds, 1 oz = 1 oz (nuts/ seeds may provide no more than half of the requirement at lunch/ supper); yogurt, 4 oz (1/2 c) = 1 oz

YOUTH CENTER
CDC/SAC Spring Cycle

Approved by:

Nemse E. Vanman RD

Date:

20 FEB 2017

Menu Dates: 7-11 Aug 2017

Week 2*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Applesauce	Banana	Pineapple	Pears	Blueberries
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR English muffin	Corn puffs cereal	WGR French Toast Bake	Oatmeal	Bran flakes cereal
Meat/ Other				Cheese Omelet				
Lunch				Burrito Bowl	Strawberry Spinach Salad with Chicken	Beef-Vegetable Stew	Cajun Baked Fish	Porcupine Slider on WGR roll
Meat/ Alternate	1 oz	1 1/2 oz	2 oz	Pinto Beans	Chicken	Beef	Fish	Turkey
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Cilantro Brown Rice	WGR crackers	WGR cornbread	Mediterranean Quinoa Salad***	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Pears	Cantaloupe	Orange	Peaches	Apple
Vegetable	1/8 c	1/4 c	1/2 c	Diced Tomatoes and lettuce	Spinach	Potato, carrots	Peas	Broccoli
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Other								
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c			Diced Peaches		
Vegetable	1/2 c	1/2 c	3/4 c					Garden Salad
Meat/ Alternate	1/2 oz	1/2 oz	1 oz	Sun butter		Cheddar Cheese Stick		
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Graham crackers without honey	Breadstick		Bran Muffin***	WG Crackers
Fluid Milk**	1/2 c	1/2 c	1 c		Milk		Milk	
Other					Marinara sauce			

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Week 2 Notes:

***Monday

- May substitute chopped tomatoes for Pico de Gallo.
- Burritos bowls 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 pico de gallo, 1/8 cup lettuce, 2 tsp shredded cheese
 - 3-5 years: 1/4 c rice, 1/2 cup bean mixture, 1/8 cup pico de gallo, 1/8 cup lettuce, 1 Tbsp shredded cheese
 - 6-18 : 1/2 c rice, 2/3 cup beans, 1/4 cup pico de gallo, 1/4 cup of lettuce, 1 Tbsp plus 1 tsp shredded cheese

***Tuesday

- 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

***Wednesday

- Beef-vegetable stew
 - 1-2 years: 1/2 cup
 - 3-5 years: 3/4 cup
 - 6-18 Years: 1 cup
- May substitute honeydew melon for grapes

***Thursday

- May substitute barley for quinoa in Mediterranean quinoa salad. May advance prep extra quinoa for use in carrot muffin, but note muffin quinoa is prepared with water (not chicken stock).
- Mediterranean quinoa salad:
 - 1-2 years: 3/8 cup
 - 3-5 years: 3/8 cup
 - 6-18 years: 3/4 cup
- Note: due to the vegetables in Mediterranean quinoa salad the serving size for peas is 1/8 c for 1-5 years and 3/8 cup for 6-18 years.
- Recipe options for carrot muffin with and without quinoa.

***Friday

- Porcupine slider on WGR roll
 - 1-2 years: 1/2 slider
 - 3-5 years: 1
 - 6-18 years: 1

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Week 3*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Peaches	Strawberries	Pineapple	Orange	Pears
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Whole wheat pancake	WGR biscuit	Toasted oat cereal	Cream of wheat	Crispy rice cereal
Meat/ Other				Pancake syrup (optional)	Hard-boiled Egg			
Lunch				Crunchy Hawaiian Chicken Wrap***	Cheesy Noodles with Beef	Southwestern White Bean Soup	Turkey Chop Suey	Roasted Pork***
Meat/ Alternate	1 oz	1 1/2 oz	2 oz	Chicken	Ground beef	White beans	Turkey	Pork
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR wrap	WGR pasta	WGR Cornbread Muffin	Brown rice	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Pear	Pineapple	Banana	Apple	Turnip greens
Vegetable	1/8 c	1/4 c	1/2 c	Broccoli, carrots, spinach	Peas	Bell pepper, corn, carrot, onion, tomato	Celery, onion, carrots	Mashed potatoes
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Other								
PM Snack							Pasta Salad ^	
Fruit	1/2 c	1/2 c	3/4 c					Peaches
Vegetable	1/2 c	1/2 c	3/4 c		Carrots and broccoli Florets			
Meat/ Alternate	1/2 oz	1/2 oz	1 oz					Low fat vanilla yogurt
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Trail Mix	WGR crackers	Blueberry Muffin	pasta	
Fluid Milk**	1/2 c	1/2 c	1 c	Milk		Milk	Milk	
Other					Ranch Dressing			Granola^^

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Week 3 Notes:

***Monday

- Crunchy Hawaiian Chicken Wrap; see recipe for directions for cutting wrap per age group
1-2 years: 1/2 wrap
3-5 years: 2/3 wrap (two 1/3 pieces)
6-18 years: 1 wrap (two halves)
- May substitute baked chicken, dressing, and peas & carrots for Crunchy Hawaiian Wrap.

***Tuesday

- Cheesy Noodles with Beef
1-2 years: 1/2 c + 1/2 Tbsp
3-5 years: 3/4 c + 1/2 Tbsp
6-18 years: 1 c + 1 Tbsp

***Wednesday

- Southwestern White Bean Soup
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup

***Thursday

- Lemon Pesto Pasta Salad
1-2 years: 1/2 cup
3-5 years: 1/2 cup
6-18 years: 1 cup

***Thursday

- Turkey chop Suey
1-2 years: 3/8 cup
3-5 years: 3/4 cup
6-18 years: 3/4 cup

***Friday

- For pork free option substitute pinto beans for pork

Ounce equivalents for meats/ alternates: meat and cheese, 1 oz = 1 oz; eggs, 1/2 egg = 1 oz (except for snack, when all ages should get 1/2 egg); cooked beans/ peas, 1/4 c = 1 oz; peanut/ nut/ seed butters, 2 Tbsp = 1 oz, nuts/ seeds, 1 oz = 1 oz (nuts/ seeds may provide no more than half of the requirement at lunch/ supper); yogurt, 4 oz (1/2 c) = 1 oz

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Week 4*	Minimum Serving Size Per Age							
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Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Banana	Peaches	Pears	Strawberries	Pineapple
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Crispy puffed corn cereal	WGR Biscuit	Oatmeal	WGR waffle	WGR bagel
Meat/ Other							Pancake syrup (optional)	Yogurt
Lunch				Greek Turkey Pita	Lemon Baked Salmon Cake***	Frittata	Crispy Baked Chicken	Beef and Spaghetti Casserole
Meat/ Alternate	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 pita	Cilantro brown rice	WGR toast	Barley pilaf	WGR pasta
Fruit	1/8 c	1/4 c	1/4 c	Pineapple	Cantaloupe	Orange	Honeydew Melon	Tomato Sauce
Vegetable	1/8 c	1/4 c	1/2 c	Spinach	Broccoli	Hash brown potatoes	Diced Carrots	Tossed salad
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Other								Italian dressing
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c				Apple	
Vegetable	1/2 c	1/2 c	3/4 c		Garden Salad			Celery & Carrot Sticks
Meat/ Alternate	1/2 oz	1/2 oz	1 oz	Sun butter			Cheddar cheese Stick	
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Graham cracker without honey	Whole Grain Crackers	Blueberry Muffin		
Fluid Milk**	1/2 c	1/2 c	1 c			Milk		Milk
Other								Ranch Dressing Dip

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Week 4 Notes:

***Tuesday

- May substitute tuna for salmon

***Wednesday

- Frittata
 - 1-2 years: 1/2 piece
 - 3-5 years: 3/4 piece
 - 6-18 years: 1 piece

***Thursday

- May substitute honeydew melon for kiwi

***Friday

- Beef and Spaghetti Casserole
 - 1-2 years: 1/4 cup
 - 3-5 years: 3/8 cup
 - 6-18 years: 1/2 cup

Ounce equivalents for meats/ alternates: meat and cheese, 1 oz = 1 oz; eggs, 1/2 egg = 1 oz (except for snack, when all ages should get 1/2 egg); cooked beans/ peas, 1/4 c = 1 oz; peanut/ nut/ seed butters, 2 Tbsp = 1 oz, nuts/ seeds, 1 oz = 1 oz (nuts/ seeds may provide no more than half of the requirement at lunch/ supper); yogurt, 4 oz (1/2 c) = 1 oz

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Week 5*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Banana	Applesauce	Orange	Pineapple	
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR English muffin	Whole Wheat Pancakes	Crispy rice cereal	Bran Muffin	CLOSED
Meat/ Other				Cheese Omelet	Pancake syrup (optional)			
Lunch				Spanish Chick Pea Stew	Ginger Chicken w/ Asian vegetables	Chicken Alfredo with a Twist	Taco Salad	FOR
Meat/ Alternate	1 oz	1 1/2 oz	2 oz	Garbanzo beans	Chicken	Chicken	Beef	
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Whole Grain Roll	Brown rice	WGR pasta	corn bread Muffin	CYS
Fruit	1/8 c	1/4 c	1/4 c	Honeydew melon	Pineapple	Pear	Diced Peaches	
Vegetable	1/8 c	1/4 c	1/2 c	Onion, spinach	Asian vegetable mix	Broccoli	Mixed salad	
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	IN SERVICE
Other								
PM Snack					Cheese Toast***			
Fruit	1/2 c	1/2 c	3/4 c			Banana		
Vegetable	1/2 c	1/2 c	3/4 c	Marinara sauce and potato wedges				
Meat/ Alternate	1/2 oz	1/2 oz	1 oz		Cheese***			
Bread/ Grain	1/2 serving	1/2 serving	1 serving		WGR toast	Animal Crackers	Graham crackers without honey	
Fluid Milk**	1/2 c	1/2 c	1 c	Milk			Milk	
Other								

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Week 5 Notes:

***Monday

- May substitute pumpernickel for brown bread
- Spanish chick pea stew
 - 1-2 years: 1/2 cup
 - 3-5 years: 3/4 cup
 - 6-12 years: 1 cup

***Tuesday

- For pork free option substitute chicken for pork
- May substitute hummus and pita for cheese toast (see recipe for hummus)

***Wednesday

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

***Thursday

- May substitute apples for grapes

Ounce equivalents for meats/ alternates: meat and cheese, 1 oz = 1 oz; eggs, 1/2 egg = 1 oz (except for snack, when all ages should get 1/2 egg); cooked beans/ peas, 1/4 c = 1 oz; peanut/ nut/ seed butters, 2 Tbsp = 1 oz, nuts/ seeds, 1 oz = 1 oz (nuts/ seeds may provide no more than half of the requirement at lunch/ supper); yogurt, 4 oz (1/2 c) = 1 oz

Week 1*	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		Milk	Milk	Milk	Milk
Fruit/ Veg	1/4 c	1/2 c	1/2 c		Cantaloupe	Peaches	Orange	Banana
Bread/ Grain	1/2 serving	1/2 serving	1 serving	CLOSED	Blueberry Muffin	WGR toast	Grits	WGR waffle
Meat/ Other						Cheese Omelet		Pancake syrup (optional)
Lunch				FOR	Tuna Salad with Vegetable soup	Sweet and Sour Chicken	Sloppy Lentil Joes	Cheesy Rice Casserole
Meat/ Alternate	1 oz	1 1/2 oz	2 oz		Tuna	Chicken	Lentils	Egg, cheese
Bread/ Grain	1/2 serving	1/2 serving	1 serving	LABOR DAY	WGR crackers	Savory Barley	WGR roll	Brown rice
Fruit	1/8 c	1/4 c	1/4 c		Banana	Kiwj***	Coleslaw	Apples
Vegetable	1/8 c	1/4 c	1/2 c		Vegetable soup	Steamed carrots	Potato wedges	Peas
Fluid Milk**	1/2 c	3/4 c	1 c		Milk	Milk	Milk	Milk
Other				HOLIDAY				
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c				Blueberries	
Vegetable	1/2 c	1/2 c	3/4 c					Cauliflower and broccoli florets
Meat/ Alternate	1/2 oz	1/2 oz	1 oz				Low fat vanilla yogurt	
Bread/ Grain	1/2 serving	1/2 serving	1 serving		Trail Mix^	Animal Crackers		WGR crackers
Fluid Milk**	1/2 c	1/2 c	1 c		Milk	Milk		
Other							Granola^^	Ranch Dressing Dip

*All hard foods must be cut to 1/4 inch for children under 2 and 1/2 inch for children 2-3 years of age, or replaced with foods in parenthesis. Hard 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 whole milk to children between the ages of 1 and 2. Serve only 1% milk to children ages 2 and older. *** See menu notes for additional information or substitution options. ^Classroom cooking activity. ^^For SAC only.

Notes: Week 1:

Monday

- Meat Loaf:
1-2 years: 1/2 piece
3-5 years: 3/4 piece
6-18 years: 1 piece
- Due to the vegetables and grain in the main dish (meat loaf) the serving size for peas is 3/8 c for 6-18 year olds and the serving size for parsley noodles is 1/2 serving (1/4 cup).

Tuesday

- Tuna Salad:
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup
- Vegetable Soup:
1-2 years: 1/4 cup
3-5 years: 1/2 cup
6-18 years: 7/8 cup
- Due to the vegetables in the main dish (tuna salad) the serving size for vegetable soup is 7/8 c for 6-18 year olds.
- Granola (SAC only): 2 Tbsp

Wednesday

- Sweet and Sour Chicken:
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup
- ***May substitute pear for kiwi.

Thursday

- ***For pork free option substitute Sloppy Lentil Joes for BBQ Pulled Pork on a roll

Friday

- Cheesy Rice Casserole
1-2 year olds: 1/4 cup
3-5 year olds: 1/4 cup
6-12 year olds: 1/2 cup
- Due to the vegetables in the main dish the serving size for peas is 1/8 c for 1-5 year olds and 1/4 cup for 6-18 year olds.

Ounce equivalents for meats/ alternates: meat and cheese, 1 oz = 1 oz; eggs, 1/2 egg = 1 oz (except for snack, when all ages should get 1/2 egg); cooked beans/ peas, 1/4 c = 1 oz; peanut/ nut/ seed butters, 2 Tbsp = 1 oz; nuts/ seeds, 1 oz = 1 oz (nuts/ seeds may provide no more than half of the requirement at lunch/ supper); yogurt, 4 oz (1/2 c) = 1 oz

Week 2*	Minimum Serving Size Per Age								
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast									
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk	
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Applesauce	Banana	Pineapple	Pears	Blueberries	
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR English muffin	Corn puffs cereal	WGR French Toast	Oatmeal	Bran flakes cereal	
Meat/ Other				Cheese Omelet					
Lunch				Burrito Bowl	Strawberry Spinach Salad with Chicken	Beef-Vegetable Stew	Cajun Baked Fish	Porcupine Slider on WGR roll	
Meat/ Alternate	1 oz	1 1/2 oz	2 oz	Pinto Beans	Chicken	Beef	Fish	Turkey	
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Cilantro Brown Rice	WGR crackers	WGR cornbread	Mediterranean Quinoa Salad***	WGR roll	
Fruit	1/8 c	1/4 c	1/4 c	Pears	Cantaloupe	Orange	Peaches	Apple	
Vegetable	1/8 c	1/4 c	1/2 c	Diced Tomatoes and lettuce	Spinach	Potato, carrots	Peas	Broccoli	
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk	
Other									
PM Snack									
Fruit	1/2 c	1/2 c	3/4 c			Diced Peaches			
Vegetable	1/2 c	1/2 c	3/4 c					Garden Salad	
Meat/ Alternate	1/2 oz	1/2 oz	1 oz	Sun butter		Cheddar Cheese Stick			
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Graham crackers without honey	Breadstick		Bran Muffin***	WG Crackers	
Fluid Milk**	1/2 c	1/2 c	1 c		Milk		Milk		
Other					Marinara sauce				

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Week 2 Notes:

***Monday

- May substitute chopped tomatoes for Pico de Gallo.
- Burritos bowls 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 pico de gallo, 1/8 cup lettuce, 2 tsp shredded cheese
 - 3-5 years: 1/4 c rice, 1/2 cup bean mixture, 1/8 cup pico de gallo, 1/8 cup lettuce, 1 Tbsp shredded cheese
 - 6-18: 1/2 c rice, 2/3 cup beans, 1/4 cup pico de gallo, 1/4 cup of lettuce, 1 Tbsp plus 1 tsp shredded cheese

***Tuesday

- 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

***Wednesday

- Beef-vegetable stew
 - 1-2 years: 1/2 cup
 - 3-5 years: 3/4 cup
 - 6-18 Years: 1 cup
- May substitute honeydew melon for grapes

***Thursday

- May substitute barley for quinoa in Mediterranean quinoa salad. May advance prep extra quinoa for use in carrot muffin, but note muffin quinoa is prepared with water (not chicken stock).
- Mediterranean quinoa salad:
 - 1-2 years: 3/8 cup
 - 3-5 years: 3/8 cup
 - 6-18 years: 3/4 cup
- Note: due to the vegetables in Mediterranean quinoa salad the serving size for peas is 1/8 c for 1-5 years and 3/8 cup for 6-18 years.
- Recipe options for carrot muffin with and without quinoa.

***Friday

- Porcupine slider on WGR roll
 - 1-2 years: 1/2 slider
 - 3-5 years: 1
 - 6-18 years: 1

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Week 3*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Peaches	Strawberries	Pineapple	Orange	Pears
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Whole wheat pancake	WGR biscuit	Toasted oat cereal	Cream of wheat	Crispy rice cereal
Meat/ Other				Pancake syrup (optional)	Hard-boiled Egg			
Lunch				Crunchy Hawaiian Chicken Wrap***	Cheesy Noodles with Beef	Southwestern White Bean Soup	Turkey Chop Suey	Roasted Pork***
Meat/ Alternate	1 oz	1 1/2 oz	2 oz	Chicken	Ground beef	White beans	Turkey	Pork
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR wrap	WGR pasta	WGR Cornbread Muffin	Brown rice	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Pear	Pineapple	Banana	Apple	Turnip greens
Vegetable	1/8 c	1/4 c	1/2 c	Broccoli, carrots, spinach	Peas	Bell pepper, corn, carrot, onion, tomato	Celery, onion, carrots	Mashed potatoes
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Other								
PM Snack							Pasta Salad ^	
Fruit	1/2 c	1/2 c	3/4 c					Peaches
Vegetable	1/2 c	1/2 c	3/4 c		Carrots and broccoli Florets			
Meat/ Alternate	1/2 oz	1/2 oz	1 oz					Low fat vanilla yogurt
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Trail Mix	WGR crackers	Blueberry Muffin	pasta	
Fluid Milk**	1/2 c	1/2 c	1 c	Milk		Milk	Milk	
Other					Ranch Dressing			Granola^^

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Week 3 Notes:

***Monday

- Crunchy Hawaiian Chicken Wrap; see recipe for directions for cutting wrap per age group
 - 1-2 years: 1/2 wrap
 - 3-5 years: 2/3 wrap (two 1/3 pieces)
 - 6-18 years: 1 wrap (two halves)
- May substitute baked chicken, dressing, and peas & carrots for Crunchy Hawaiian Wrap.

***Tuesday

- Cheesy Noodles with Beef
 - 1-2 years: 1/2 c + 1/2 Tbsp
 - 3-5 years: 3/4 c + 1/2 Tbsp
 - 6-18 years: 1 c + 1 Tbsp

***Wednesday

- Southwestern White Bean Soup
 - 1-2 years: 1/2 cup
 - 3-5 years: 3/4 cup
 - 6-18 years: 1 cup

***Thursday

- Lemon Pesto Pasta Salad
 - 1-2 years: 1/2 cup
 - 3-5 years: 1/2 cup
 - 6-18 years: 1 cup

***Thursday

- Turkey chop Suey
 - 1-2 years: 3/8 cup
 - 3-5 years: 3/4 cup
 - 6-18 years: 3/4 cup

***Friday

- For pork free option substitute pinto beans for pork

Ounce equivalents for meats/ alternates: meat and cheese, 1 oz = 1 oz; eggs, 1/2 egg = 1 oz (except for snack, when all ages should get 1/2 egg); cooked beans/ peas, 1/4 c = 1 oz; peanut/ nut/ seed butters, 2 Tbsp = 1 oz, nuts/ seeds, 1 oz = 1 oz (nuts/ seeds may provide no more than half of the requirement at lunch/ supper); yogurt, 4 oz (1/2 c) = 1 oz

YOUTH CENTER

Week 4*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Banana	Peaches	Pears	Strawberries	Pineapple
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Crispy puffed corn cereal	WGR Biscuit	Oatmeal	WGR waffle	WGR bagel
Meat/ Other							Pancake syrup (optional)	Yogurt
Lunch				Greek Turkey Pita	Lemon Baked Salmon Cake***	Frittata	Crispy Baked Chicken	Beef and Spaghetti Casserole
Meat/ Alternate	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 pita	Cilantro brown rice	WGR toast	Barley pilaf	WGR pasta
Fruit	1/8 c	1/4 c	1/4 c	Pineapple	Cantaloupe	Orange	Honeydew Melon	Tomato Sauce
Vegetable	1/8 c	1/4 c	1/2 c	Spinach	Broccoli	Hash brown potatoes	Diced Carrots	Tossed salad
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Other								Italian dressing
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c				Apple	
Vegetable	1/2 c	1/2 c	3/4 c		Garden Salad			Celery & Carrot Sticks
Meat/ Alternate	1/2 oz	1/2 oz	1 oz	Sun butter			Cheddar cheese Stick	
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Graham cracker without honey	Whole Grain Crackers	Blueberry Muffin		
Fluid Milk**	1/2 c	1/2 c	1 c			Milk		Milk
Other								Ranch Dressing Dip

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Week 4 Notes:

***Tuesday

- May substitute tuna for salmon

***Wednesday

- Frittata
1-2 years: 1/2 piece
3-5 years: 3/4 piece
6-18 years: 1 piece

***Thursday

- May substitute honeydew melon for kiwi

***Friday

- Beef and Spaghetti Casserole
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup

Ounce equivalents for meats/ alternates: meat and cheese, 1 oz = 1 oz; eggs, 1/2 egg = 1 oz (except for snack, when all ages should get 1/2 egg); cooked beans/ peas, 1/4 c = 1 oz; peanut/ nut/ seed butters, 2 Tbsp = 1 oz, nuts/ seeds, 1 oz = 1 oz (nuts/ seeds may provide no more than half of the requirement at lunch/ supper); yogurt, 4 oz (1/2 c) = 1 oz