CDC/SAC Spring Cycle

Approved by: WIMPLE LAMPLED KD

Date: 20 FEB 2017 Menu Dates: 17-21 July 2017

YOUTH CENTER

Week 4*	Minimum	Serving Size	e 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 Biscult	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 Spaghettl 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	Honevdew 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 ọz	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						rankand with foods in page		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.

		- ·	A 4 D	17-21 July	2017
CDC/SAC Spring Cycle	Approved by:	Date:	Menu Datest	17-21 July	2017
CDC/3AC 3build soleic	, tp: 0 v c a a y .			•	

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

Approved by: Menual & Vauroom RD

Date: 20 FEB 20 17 Menu Dates: 24-28 July 2017

Week 5*	Mlnimum	Serving Siz	e Per Age	•				· .
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
-luid 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	Páncake syrup (optional)			
Lunch			-	Spanish Chick Pea Stew	Ginger Chicken w/Asian vegetables	Chicken Alfredo with a Twist	Taco Salad	Roasted turkey
Meat/ Alternate	1 02	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	. Onlon, 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 c	Milk		·	Milk	
Other	 	 						Granola^^

^{*}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.

CDC/SAC Spring Cycle	Approved by:	Date:	Menu Dates:	24-28 July 2017

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

YOUTH CENTER CDC/SAC Spring Cycle

Approved by: WinstElawaimKD

Date: 20 FEB 2017

Menu Dates: 31 July-4 Aug 2017

CDC/2AC 2hm	ig Cycle	Αþ	proved by.	10		Date:		
Week 1*	Minimum	Serving Size	e Per Age				•	
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c · f	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	<u> </u>							
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 02	1/2 02	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^^ enthesis. Hard foods will no	Ranch Dressing

^{*}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.

CDC/SAC Spring Cycle	Approved by:	Date:	Menu Dates 31 July-A Aug 2017
Notes: Week 1:	,		
Monday			
 Meat Loaf: 			
1-2 years: 1/2 piece			
3-5 years: 3/4 piece			
6-18 years: 1 piece			
	and grain in the main dish (meat loa	f) 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			
	n the main dish (tung soled) the ser	ving size for vegetable soup is 7/8 c for 6-1	9 year olds
		vilig size for vegetable soup is 7/5 c for 0-1	o year cius.
 Granola (SAC only): 2 T 	psh		•
NAT - dura - dans	:		
Wednesday			
Sweet and Sour Chicke	n:		
1-2 years: 1/4 cup			
3-5 years: 3/8 cup	•		
6-18 years: 1/2 cup			
 ***May substitute pea 	r for kiwi.	· ·	
Thursday			
•	n substitute Sloppy Lentil Joes for B	BQ 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 	n 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

Fluid Milk**

Other

1/2 c

1/2 c

1 c

Nemol E Varnoin RD

Milk

Date: 20FEB 2017 Menu Dates: 7-11 Aug 2017 Approved by: CDC/SAC Spring Cycle Week 2* Minimum Serving Size Per Age 1-2 3-5 6-18 Monday Tuesday Wednesday Thursday Friday Breakfast Milk Fluid 1/2 c3/4 c1 c Milk Milk Milk Milk Milk** 1/4 c 1/2 c1/2 c **Applesauce** Banana Pineapple Pears Blueberries Fruit/Veg Bread/ 1/2 1/2 1 serving WGR English muffin Corn puffs cereal WGR French Toast Oatmeal Bran flakes cereal Bake Grain serving serving Meat/ Cheese Omelet Other Porcupine Slider on Beef-Vegetable Stew Cajun Baked Fish Lunch Burrito Bowl Strawberry Spinach WGR roll Salad with Chicken Pinto Beans Chicken Beef Fish Turkey Meat/ 1 oz $1 \frac{1}{2} oz$ 2 oz Alternate WGR crackers WGR cornbread Mediterranean WGR roll Cilantro Brown Rice Bread/ 1/2 1/2 1 serving Quinoa Salad*** Grain serving serving Peaches Apple Fruit 1/8 c. 1/4 c 1/4 cPears Cantaloupe Orange 1/4 c 1/2 c Spinach Potato, carrots Peas Broccoli-Vegetable 1/8 c Diced Tomatoes lettuce and Milk Milk Milk Fluid Milk** 3/4 c Milk Milk 1/2 c 1 c Other PM Snack 1/2 c 1/2 c3/4 c Fruit Diced Peaches Vegetable 1/2 c1/2c3/4cGarden Salad Sun butter Meat/ 1/2 oz 1/2 oz 1 oz Cheddar Cheese Alternate Stick Bran Muffin*** Graham crackers Breadstick Bread/ 1/2 1/2 1 serving without honey WG Crackers Grain serving serving

Milk

Marinara sauce

^{*}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.

CDC/SAC Spring Cycle	Approved by:		Date:	Menu Dates:_	7-11 Aug	2017
----------------------	--------------	--	-------	--------------	----------	------

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 guinoa 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

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

Approved by: HUMBLE LAMBERKD

Date: 20 FEB 2017

Menu Dates: 14-18 Aug 2017

Week 3*	Minimum	Serving Siz	e 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 02	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, onlon, 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 yogur
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^^

^{*}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.

CDC/SAC Spring Cycle	Approved by:	Date:	Menu Dates: 14–18 Aug 2017	
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 Hawaijan Wrap.

***Tuesday

• Cheesy Noodles with Beef 1-2 years: ½ c + 1/2 Tbsp 3-5 years: ¾ 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

Approved by: Well Campes KD

Date: 20 FEB 2017 Menu Dates: 21-25 Aug 2017

Week 4*	Minimum	Serving Size	e 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 Biscult	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 Spaghettl 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.

000	/C A C	Corina	Cuclo
$-\nu c$	JAC	Spring	Cycie

	· · · · · · · · · · · · · · · · · · ·	·	
Approved by:	Date:	Menu Dates: 21-25 Aug 2017	<u></u>

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

Approved by: Newsel Lauron RD

Date: 20 FEB 20 17 Menu Dates: 28 Aug -1 Sept 2017

Week 5*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<u> </u>			-				
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				Chēēsē 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 02	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	. Onlon, spinach	Asian vegetable mix	Broccali	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 -	 					replaced with foods in parel		

^{*}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.

CD	C/SAC	Spring Cycle
	-/ -/~	ability choice

pproved by:	Date:	Menu Dates: 2	8 Aug-1 Sept	201

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 plta 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

YOUTH CENTER
CDC/SAC Spring Cycle

Approved by: _ Numble Laurannek

Date: 20 FEB 2017

Menu Dates: 4-8 Sept 2017

CDC/SAC Sprii	ng Cycle	Ap	proved by:	Mac 124 a Ch. 12 1		Date:	ivienu Dates: 4	<u>-8 Sept 2017 - </u>
Week 1*	Minimum Serving Size Per Age		um Serving Size Per Age					
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		_						
Fluid Milk**	1/2 c f	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	Kiwi***	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 02	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,		1				or replaced with foods in par	Granola^^	Ranch Dressing

^{*}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.

CDC/SAC Spring Cycle	Approved by:	Date:	Menu Dates:	<u>4-8 Sept 2017</u>
Notes: Week 1:		,		•
Monday			• •	
Meat Loaf:				
1-2 years: 1/2 piece				
3-5 years: 3/4 piece		V		
6-18 years: 1 piece		·	•	
 Due to the vegetable 	es and grain in the main dish (meat loaf) the serving size for peas is 3/8 c for 6-18	Byear 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			10	
		ving size for vegetable soup is 7/8 c for 6-	is year olds.	
 Granola (SAC only): 	: 2 Tbsp			•
Wednesday				
Sweet and Sour Ch.	icken:			• •
1-2 years: 1/4 cup		•	,	
3-5 years: 3/8 cup				
6-18 years: 1/2 cup				
 ***May substitute 	pear for kiwi.	•		
Thursday				
	ption substitute Sloppy Lentil Joes for Bi	30 Pulled Pork on a roll		
	httott annatitute atobby terminoea for pr	SQ and ork on a lon		
Friday • Cheesy Rice Casser	cala			•
1-2 year olds: 1/4 o	•			•
3-5 year olds: 1/4 o				
5-5 year olus: 1/4 (-uh			

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

Approved by: NEWALE VAMBLEN KJ)

Date: 20 FEB 2017

Menu Dates: 11–15 Sept 2017

DC/SAC Spring	Cycle	App	roved bγ: _	10000		Date:	iviend pares: TT-	-15 Sept 2017
Week 2*	Minimum	Serving Size	e Per Age					
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
reakfast								
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 muffln	Corn puffs cereal	WGR French Toast	Oatmeal	Bran flakes cereal
Meat/ Other				Cheese Omelet				
Lunch		-		Burrita Bowl	Strawberry Spinach Salad with Chicken	Beef-Vegetable Stew	Cajun Baked Fish	Porcupine Slider or 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	Cllantro 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 €	1/2 €	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			Dieed 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	<u> </u>				Marinara sauce	enlaced with foods in parer		

^{*}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.

CDC/SAC Spring Cycle	Approved by:
CDC/3AC 3DHIIR CAME	white over by.

Date:	Menu Dates: 11-15 Sept	2017

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

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

Approved by: Number Lumper KD

Date: 20 KEB 2017

Menu Dates: 18-22 Sept 2017

YOUTH CE	ENTER							
Week 3*	Minimum	Serving Size	e Per Age					
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					·		,	•
Fluid Milk**	1/2 c	3/4 ¢	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, onlon, 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 yogu
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	MIIk		Milk	Milk	•
Other		<u> </u>			Ranch Dressing	realized with foods in pare		Granola^^

^{*}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.

CDC/SAC Spring Cycle	Approved by:	 Date:	Menu Dates: 18–22	Sept 2017
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 haives)

• May substitute baked chicken, dressing, and peas & carrots for Crunchy Hawaiian Wrap.

***Tuesday

Cheesy Noodles with Beef

1-2 years: ½ c + 1/2 Tbsp

3-5 years: % 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

12 / 00/0.0/0 00/

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

CDC/SAC Spring Cycle

Approved by: Well Lamber KD

Date: 20 PEB 2017 Menu Dates: 25-29 Sept 2017

YOUTH CENTER

Week 4* Minimum Serving Size Per Age			e 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 Biscult	Oatmeal	WGR waffle	WGR bagel .
Meat/ Other	•	<u>-</u>					Pancake syrup (optional)	Yogurt
Lunch	•			Greek Turkey Pita	Lemon Baked Salmon Cake***	Frittata	Crispy Baked Chicken	Beef and Spaghettl 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	Honevdew 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 ọz	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								Ramch 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.

	•		25 20 0-	- 2017
Approved by:	Date:	Menu Dates:	25–29 Se [.]	pt 2017
White over plant and a second plant and a second plant a second pla	D G 1 C 1			

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