

Week 4*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>								
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
<b>Lunch</b>				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
<b>PM Snack</b>								Rice and Veggie Roll-up^
Fruit	1/2 c	1/2 c	3/4 c				Apple	
Vegetable	1/2 c	1/2 c	3/4 c		Cherry Tomato and Corn Salad			
Meat/ Alternate	1/2 oz	1/2 oz	1 oz	Sun butter			Cheddar cheese	
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Graham cracker without honey	WGR pita bread	Blueberry Muffin		Rice, tortilla
Fluid Milk**	1/2 c	1/2 c	1 c			Milk		Milk
Other								Spinach, carrot, cucumber

\*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

CYSS Spring Cycle Infant 8-11 Months – Current Pattern (creditable until 30 SEP 2017)

Approved By Nemse E. Lauson RD Date: 21 FEB 2017 Menu Dates: 17-21 July 2017

*Week 4	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk  IF Infant Cereal  Banana	IF Infant Formula or Breast Milk  IF Infant Cereal  Peaches	IF Infant Formula or Breast Milk  IF Infant Cereal  Pears	IF Infant Formula or Breast Milk  IF Infant Cereal  Strawberries	IF Infant Formula or Breast Milk  IF Infant Cereal  Crushed Pineapple
Lunch	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal and/or 1-4 TBSP Meat or Meat Alt</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk IF Infant Cereal  Turkey Peas Crushed Pineapple	IF Infant Formula or Breast Milk IF Infant Cereal  Tuna Steamed Broccoli Applesauce	IF Infant Formula or Breast Milk IF Infant Cereal  Scrambled Egg Mashed Potatoes Canned Mandarin Oranges	IF Infant Formula or Breast Milk IF Infant Cereal  Chicken Carrots Pears	IF Infant Formula or Breast Milk IF Infant Cereal  Chopped spaghetti w meat sauce Green Beans Peaches
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-5 Crusty Bread or Crackers</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-5 Crusty Bread or Cracker</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers

\* Menu subject to change. All fruits, vegetables, and meats must be finely chopped, mashed, or blended. All Infant Cereals are iron fortified (IF). All Formula is iron fortified (IF). Graham crackers must be honey free. Mandarin oranges must be canned. Infants are fed on demand and as developmentally appropriate determined by parents and health care provider.

Week 5*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>								
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				Scrambled eggs	Pancake syrup (optional)			
<b>Lunch</b>				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								
<b>PM Snack</b>					Cheese Toast***	Cinnamon nachos^		
Fruit	1/2 c	1/2 c	3/4 c			Mango and bananas		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	WGR tortilla	Graham crackers without honey	
Fluid Milk**	1/2 c	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.

## 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

CYSS Spring Cycle Infant 8-11 Months – Current Pattern (creditable until 30 SEP 2017)

Approved By Nurse E. Jansen RD Date: 21 FEB 2017 Menu Dates: 24-28 July 2017

*Week 5	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk  IF Infant Cereal  Banana	IF Infant Formula or Breast Milk  IF Infant Cereal  Applesauce	IF Infant Formula or Breast Milk  IF Infant Cereal  Canned Mandarin Oranges	IF Infant Formula or Breast Milk  IF Infant Cereal  Crushed Pineapple	IF Infant Formula or Breast Milk  IF Infant Cereal  Peaches
Lunch	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal and/or 1-4 TBSP Meat or Meat Alt</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk IF Infant Cereal  Spanish Chick Pea Stew (Pureed) Canned Mandarin Oranges	IF Infant Formula or Breast Milk IF Infant Cereal  Chicken Steamed Cauliflower Crushed Pineapple	IF Infant Formula or Breast Milk IF Infant Cereal  Chicken Alfredo (Chopped) Steamed Broccoli Pear	IF Infant Formula or Breast Milk IF Infant Cereal  Ground Beef Peas Peaches	IF Infant Formula or Breast Milk IF Infant Cereal  Turkey Squash Green Beans
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-.5 Crusty Bread or Crackers</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-.5 Crusty Bread or Cracker</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers

\* Menu subject to change. All fruits, vegetables, and meats must be finely chopped, mashed, or blended. All Infant Cereals are iron fortified (IF). All Formula is iron fortified (IF). Graham crackers must be honey free. Mandarin oranges must be canned. Infants are fed on demand and as developmentally appropriate determined by parents and health care provider.

Week 1*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>								
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						Scrambled eggs		Pancake syrup (optional)
<b>Lunch</b>				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								
<b>PM Snack</b>								
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 (steamed for CDC)
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^^	Creamy Vegetable 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



CYSS Spring Cycle Infant 8-11 Months – Current Pattern (creditable until 30 SEP 2017) Approved By Heuse Elaine RD Date: 21 FEB 2017  
Menu Dates: 31 July – 4 Aug 2017

Week 1*	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk  IF Infant Cereal  Strawberries	IF Infant Formula or Breast Milk  IF Infant Cereal  Applesauce	IF Infant Formula or Breast Milk  IF Infant Cereal  Peaches	IF Infant Formula or Breast Milk  IF Infant Cereal  Canned Mandarins	IF Infant Formula or Breast Milk  IF Infant Cereal  Bananas
Lunch	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal and/or 1-4 TBSP Meat or Meat Alt</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk IF Infant Cereal  Meat loaf  Green beans Crushed pineapple	IF Infant Formula or Breast Milk IF Infant Cereal  Tuna  Steamed Cauliflower Bananas	IF Infant Formula or Breast Milk IF Infant Cereal  Chicken  Steamed Carrots Pears	IF Infant Formula or Breast Milk IF Infant Cereal  Lentils  Mashed Potatoes Apricots	IF Infant Formula or Breast Milk IF Infant Cereal  Mozzarella Cheese  Mashed Peas Applesauce
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-5 Crusty Bread or Crackers</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-5 Crusty Bread or Cracker</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers

\* Menu subject to change. All fruits, vegetables, and meats must be finely chopped, mashed, or blended. All Infant Cereals are iron fortified (IF). All Formula is iron fortified (IF). Graham crackers must be honey free. Mandarin oranges must be canned. Infants are fed on demand and as developmentally appropriate determined by parents and health care provider.

Week 2*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>								
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				Scrambled eggs				
<b>Lunch</b>				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								
<b>PM Snack</b>								
Fruit	1/2 c	1/2 c	3/4 c			Diced Peaches		
Vegetable	1/2 c	1/2 c	3/4 c					Cherry Tomato & Corn Salad^
Meat/Alternate	1/2 oz	1/2 oz	1 oz	Sun butter		Colby-Monterrey Jack cheese		
Bread/Grain	1/2 serving	1/2 serving	1 serving	Graham crackers without honey	Breadstick		Bran Muffin***	WGR Pita bread
Fluid Milk**	1/2 c	1/2 c	1 c		Milk		Milk	
Other					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.

## 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

CYSS Spring Cycle Infant 8-11 Months – Current Pattern (creditable until 30 SEP 2017)

Approved By Nemsel Flauninko Date: 21 FEB 2017 Menu Dates: 7-11 Aug 2017

*Week 2	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk  IF Infant Cereal  Applesauce	IF Infant Formula or Breast Milk  IF Infant Cereal  Banana	IF Infant Formula or Breast Milk  IF Infant Cereal  Crushed pineapple	IF Infant Formula or Breast Milk  IF Infant Cereal  Pears	IF Infant Formula or Breast Milk  IF Infant Cereal  Mashed Blueberries
Lunch	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal and/or 1-4 TBSP Meat or Meat Alt</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk IF Infant Cereal  Mashed Pinto Beans Sweet Potatoes Pears	IF Infant Formula or Breast Milk IF Infant Cereal  Chicken Green Beans Strawberries	IF Infant Formula or Breast Milk IF Infant Cereal  Pureed Beef Stew Canned Mandarin Oranges	IF Infant Formula or Breast Milk IF Infant Cereal  Tuna Mashed Peas Peaches	IF Infant Formula or Breast Milk IF Infant Cereal  Ground turkey Steamed Broccoli Applesauce
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-5 Crusty Bread or Crackers</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-5 Crusty Bread or Cracker</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers

\* Menu subject to change. All fruits, vegetables, and meats must be finely chopped, mashed, or blended. All Infant Cereals are iron fortified (IF). All Formula is iron fortified (IF). Graham crackers must be honey-free. Mandarin oranges must be canned. Infants are fed on demand and as developmentally appropriate determined by parents and health care provider.

Week 3*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>								
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	Honeydew melon	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)	Scrambled eggs			
<b>Lunch</b>				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								
<b>PM Snack</b>							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 (steamed for CDC)			
Meat/ Alternate	1/2 oz	1/2 oz	1 oz				Beans/cheese	Low fat vanilla yogurt
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Trail Mix	WGR crackers	Blueberry Muffin	WGR pasta	
Fluid Milk**	1/2 c	1/2 c	1 c	Milk		Milk		
Other					Creamy vegetable dip			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.

\*\*\*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

CYSS Spring Cycle Infant 8-11 Months – Current Pattern (creditable until 30 SEP 2017)

Approved By Aimee E. Landon RD Date: 11 FEB 2017 Menu Dates: 14-18 Aug 2017

*Week 3	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk  IF Infant Cereal  Peaches	IF Infant Formula or Breast Milk  IF Infant Cereal  Strawberries	IF Infant Formula or Breast Milk  IF Infant Cereal  Apricot	IF Infant Formula or Breast Milk  IF Infant Cereal  Canned Mandarin Oranges	IF Infant Formula or Breast Milk  IF Infant Cereal  Pears
Lunch	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal and/or 1-4 TBSP Meat or Meat Alt</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk IF Infant Cereal  Chicken Green Beans Pears	IF Infant Formula or Breast Milk IF Infant Cereal  Ground Beef Peas Crushed Pineapple	IF Infant Formula or Breast Milk IF Infant Cereal  Mashed Pinto Beans Carrots Banana	IF Infant Formula or Breast Milk IF Infant Cereal  Turkey Steamed Broccoli Applesauce	IF Infant Formula or Breast Milk IF Infant Cereal  Pork Mashed Potatoes Squash
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-5 Crusty Bread or Crackers</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-5 Crusty Bread or Cracker</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers

\* Menu subject to change. All fruits, vegetables, and meats must be finely chopped, mashed, or blended. All Infant Cereals are iron fortified (IF). All Formula is iron fortified (IF). Graham crackers must be honey free. Mandarin oranges must be canned. Infants are fed on demand and as developmentally appropriate determined by parents and health care provider.

Week 4*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>								
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
<b>Lunch</b>				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
<b>PM Snack</b>								Rice and Veggie Roll-up^
Fruit	1/2 c	1/2 c	3/4 c				Apple	
Vegetable	1/2 c	1/2 c	3/4 c		Cherry Tomato and Corn Salad			
Meat/ Alternate	1/2 oz	1/2 oz	1 oz	Sun butter			Cheddar cheese	
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Graham cracker without honey	WGR pita bread	Blueberry Muffin		Rice, tortilla
Fluid Milk**	1/2 c	1/2 c	1 c			Milk		Milk
Other								Spinach, carrot, cucumber

\*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

CYSS Spring Cycle Infant 8-11 Months – Current Pattern (creditable until 30 SEP 2017)

Approved By: Nemsel E. Lauson RD Date: 21 FEB 2017 Menu Dates: 21 -25 Aug 2017

*Week 4	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk  IF Infant Cereal  Banana	IF Infant Formula or Breast Milk  IF Infant Cereal  Peaches	IF Infant Formula or Breast Milk  IF Infant Cereal  Pears	IF Infant Formula or Breast Milk  IF Infant Cereal  Strawberries	IF Infant Formula or Breast Milk  IF Infant Cereal  Crushed Pineapple
Lunch	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal and/or 1-4 TBSP Meat or Meat Alt</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk IF Infant Cereal  Turkey Peas Crushed Pineapple	IF Infant Formula or Breast Milk IF Infant Cereal  Tuna Steamed Broccoli Applesauce	IF Infant Formula or Breast Milk IF Infant Cereal  Scrambled Egg Mashed Potatoes Canned Mandarin Oranges	IF Infant Formula or Breast Milk IF Infant Cereal  Chicken Carrots Pears	IF Infant Formula or Breast Milk IF Infant Cereal  Chopped spaghetti w meat sauce Green Beans Peaches
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-5 Crusty Bread or Crackers</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-5 Crusty Bread or Cracker</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers

\* Menu subject to change. All fruits, vegetables, and meats must be finely chopped, mashed, or blended. All Infant Cereals are iron fortified (IF). All Formula is iron fortified (IF). Graham crackers must be honey free. Mandarin oranges must be canned. Infants are fed on demand and as developmentally appropriate determined by parents and health care provider.

Week 5*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>								
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	CLOSED
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	
Meat/Other				Scrambled eggs	Pancake syrup (optional)			FOR
<b>Lunch</b>				Spanish Chick Pea Stew	Ginger Chicken w/ Asian vegetables	Chicken Alfredo with a Twist	Taco Salad	
Meat/Alternate	1 oz	1 1/2 oz	2 oz	Garbanzo beans	Chicken	Chicken	Beef	CYS
Bread/Grain	1/2 serving	1/2 serving	1 serving	Whole Grain Roll	Brown rice	WGR pasta	corn bread Muffin	
Fruit	1/8 c	1/4 c	1/4 c	Honeydew melon	Pineapple	Pear	Diced Peaches	IN SERVICE
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	
Other								
<b>PM Snack</b>					Cheese Toast***	Cinnamon nachos^		
Fruit	1/2 c	1/2 c	3/4 c			Mango and bananas		
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	WGR tortilla	Graham crackers without honey	
Fluid Milk**	1/2 c	1/2 c	1 c	Milk			Milk	
Other								

\*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.

## 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

CYSS Spring Cycle Infant 8-11 Months – Current Pattern (creditable until 30 SEP 2017)

Approved By Amie E. Jensen RD Date: 21 FEB 2017 Menu Dates: 28 Aug – 1 Sept 2017

*Week 5	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk  IF Infant Cereal  Banana	IF Infant Formula or Breast Milk  IF Infant Cereal  Applesauce	IF Infant Formula or Breast Milk  IF Infant Cereal  Canned Mandarin Oranges	IF Infant Formula or Breast Milk  IF Infant Cereal  Crushed Pineapple	IF Infant Formula or Breast Milk  IF Infant Cereal  Peaches
Lunch	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal and/or 1-4 TBSP Meat or Meat Alt</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk IF Infant Cereal  Spanish Chick Pea Stew (Pureed) Canned Mandarin Oranges	IF Infant Formula or Breast Milk IF Infant Cereal  Chicken Steamed Cauliflower Crushed Pineapple	IF Infant Formula or Breast Milk IF Infant Cereal  Chicken Alfredo (Chopped) Steamed Broccoli Pear	IF Infant Formula or Breast Milk IF Infant Cereal  Ground Beef Peas Peaches	IF Infant Formula or Breast Milk IF Infant Cereal  Turkey Squash Green Beans
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-5 Crusty Bread or Crackers</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-5 Crusty Bread or Cracker</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers

\* Menu subject to change. All fruits, vegetables, and meats must be finely chopped, mashed, or blended. All Infant Cereals are iron fortified (IF). All Formula is iron fortified (IF). Graham crackers must be honey free. Mandarin oranges must be canned. Infants are fed on demand and as developmentally appropriate determined by parents and health care provider.

CDC/SAC Spring Cycle

Approved by:

*Himself Lawan MKD*

Date:

20 FEB 2017

Menu Dates: 4-8 Sept 2017

Week 1*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>								
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						Scrambled eggs		Pancake syrup (optional)
<b>Lunch</b>				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	LABOR DAY	Tuna	Chicken	Lentils	Egg, cheese
Bread/ Grain	1/2 serving	1/2 serving	1 serving		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	HOLIDAY	Vegetable soup	Steamed carrots	Potato wedges	Peas
Fluid Milk**	1/2 c	3/4 c	1 c		Milk	Milk	Milk	Milk
Other								
<b>PM Snack</b>								
Fruit	1/2 c	1/2 c	3/4 c				Blueberries	
Vegetable	1/2 c	1/2 c	3/4 c					Cauliflower and broccoli (steamed for CDC)
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^^	Creamy Vegetable 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

CYSS Spring Cycle Infant 8-11 Months – Current Pattern (creditable until 30 SEP 2017) Approved By Heuse Elaine RD Date: 21 FEB 2017  
Menu Dates: 4-8 Sept 2017

Week 1*	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk  IF Infant Cereal  Strawberries	IF Infant Formula or Breast Milk  IF Infant Cereal  Applesauce	IF Infant Formula or Breast Milk  IF Infant Cereal  Peaches	IF Infant Formula or Breast Milk  IF Infant Cereal  Canned Mandarins	IF Infant Formula or Breast Milk  IF Infant Cereal  Bananas
Lunch	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal and/or 1-4 TBSP Meat or Meat Alt</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk IF Infant Cereal  Meat loaf  Green beans Crushed pineapple	IF Infant Formula or Breast Milk IF Infant Cereal  Tuna  Steamed Cauliflower Bananas	IF Infant Formula or Breast Milk IF Infant Cereal  Chicken  Steamed Carrots Pears	IF Infant Formula or Breast Milk IF Infant Cereal  Lentils  Mashed Potatoes Apricots	IF Infant Formula or Breast Milk IF Infant Cereal  Mozzarella Cheese  Mashed Peas Applesauce
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-5 Crusty Bread or Crackers</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-5 Crusty Bread or Cracker</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers

\* Menu subject to change. All fruits, vegetables, and meats must be finely chopped, mashed, or blended. All Infant Cereals are iron fortified (IF). All Formula is iron fortified (IF). Graham crackers must be honey free. Mandarin oranges must be canned. Infants are fed on demand and as developmentally appropriate determined by parents and health care provider.



Week 2*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>								
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				Scrambled eggs				
<b>Lunch</b>				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								
<b>PM Snack</b>								
Fruit	1/2 c	1/2 c	3/4 c			Diced Peaches		
Vegetable	1/2 c	1/2 c	3/4 c					Cherry Tomato & Corn Salad^
Meat/Alternate	1/2 oz	1/2 oz	1 oz	Sun butter		Colby-Monterrey Jack cheese		
Bread/Grain	1/2 serving	1/2 serving	1 serving	Graham crackers without honey	Breadstick		Bran Muffin***	WGR Pita bread
Fluid Milk**	1/2 c	1/2 c	1 c		Milk		Milk	
Other					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.

## 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

CYSS Spring Cycle Infant 8-11 Months – Current Pattern (creditable until 30 SEP 2017)

Approved By Kenneth Flansburg Date: 21 FEB 2017 Menu Dates: 11-15 Sept 2017

*Week 2	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk  IF Infant Cereal  Applesauce	IF Infant Formula or Breast Milk  IF Infant Cereal  Banana	IF Infant Formula or Breast Milk  IF Infant Cereal  Crushed pineapple	IF Infant Formula or Breast Milk  IF Infant Cereal  Pears	IF Infant Formula or Breast Milk  IF Infant Cereal  Mashed Blueberries
Lunch	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal and/or 1-4 TBSP Meat or Meat Alt</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk IF Infant Cereal  Mashed Pinto Beans Sweet Potatoes Pears	IF Infant Formula or Breast Milk IF Infant Cereal  Chicken Green Beans Strawberries	IF Infant Formula or Breast Milk IF Infant Cereal  Pureed Beef Stew Canned Mandarin Oranges	IF Infant Formula or Breast Milk IF Infant Cereal  Tuna Mashed Peas Peaches	IF Infant Formula or Breast Milk IF Infant Cereal  Ground turkey Steamed Broccoli Applesauce
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-5 Crusty Bread or Crackers</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-5 Crusty Bread or Cracker</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers

\* Menu subject to change. All fruits, vegetables, and meats must be finely chopped, mashed, or blended. All Infant Cereals are iron fortified (IF). All Formula is iron fortified (IF). Graham crackers must be honey-free. Mandarin oranges must be canned. Infants are fed on demand and as developmentally appropriate determined by parents and health care provider.

Week 3*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>								
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	Honeydew melon	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)	Scrambled eggs			
<b>Lunch</b>				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								
<b>PM Snack</b>							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 (steamed for CDC)			
Meat/ Alternate	1/2 oz	1/2 oz	1 oz				Beans/cheese	Low fat vanilla yogurt
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Trail Mix	WGR crackers	Blueberry Muffin	WGR pasta	
Fluid Milk**	1/2 c	1/2 c	1 c	Milk		Milk		
Other					Creamy vegetable dip			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.

## 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

CYSS Spring Cycle Infant 8-11 Months – Current Pattern (creditable until 30 SEP 2017)

Approved By Amel F. Tausch RD Date: 7 FEB 2017 Menu Dates: 18-22 Sept 2017

*Week 3	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk  IF Infant Cereal  Peaches	IF Infant Formula or Breast Milk  IF Infant Cereal  Strawberries	IF Infant Formula or Breast Milk  IF Infant Cereal  Apricot	IF Infant Formula or Breast Milk  IF Infant Cereal  Canned Mandarin Oranges	IF Infant Formula or Breast Milk  IF Infant Cereal  Pears
Lunch	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal and/or 1-4 TBSP Meat or Meat Alt</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk IF Infant Cereal  Chicken Green Beans Pears	IF Infant Formula or Breast Milk IF Infant Cereal  Ground Beef Peas Crushed Pineapple	IF Infant Formula or Breast Milk IF Infant Cereal  Mashed Pinto Beans Carrots Banana	IF Infant Formula or Breast Milk IF Infant Cereal  Turkey Steamed Broccoli Applesauce	IF Infant Formula or Breast Milk IF Infant Cereal  Pork Mashed Potatoes Squash
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-5 Crusty Bread or Crackers</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-5 Crusty Bread or Cracker</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers

\* Menu subject to change. All fruits, vegetables, and meats must be finely chopped, mashed, or blended. All Infant Cereals are iron fortified (IF). All Formula is iron fortified (IF). Graham crackers must be honey free. Mandarin oranges must be canned. Infants are fed on demand and as developmentally appropriate determined by parents and health care provider.

Week 4*	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>								
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
<b>Lunch</b>				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
<b>PM Snack</b>								Rice and Veggie Roll-up^
Fruit	1/2 c	1/2 c	3/4 c				Apple	
Vegetable	1/2 c	1/2 c	3/4 c		Cherry Tomato and Corn Salad			
Meat/ Alternate	1/2 oz	1/2 oz	1 oz	Sun butter			Cheddar cheese	
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Graham cracker without honey	WGR pita bread	Blueberry Muffin		Rice, tortilla
Fluid Milk**	1/2 c	1/2 c	1 c			Milk		Milk
Other								Spinach, carrot, cucumber

\*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



CYSS Spring Cycle Infant 8-11 Months – Current Pattern (creditable until 30 SEP 2017)

Approved By Nemse E. Lawson RD Date: 21 FEB 2017 Menu Dates: 25-29 Sept 2017

*Week 4	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk  IF Infant Cereal  Banana	IF Infant Formula or Breast Milk  IF Infant Cereal  Peaches	IF Infant Formula or Breast Milk  IF Infant Cereal  Pears	IF Infant Formula or Breast Milk  IF Infant Cereal  Strawberries	IF Infant Formula or Breast Milk  IF Infant Cereal  Crushed Pineapple
Lunch	<ul style="list-style-type: none"> <li>6-8 oz IF Infant Formula or Breast Milk</li> <li>2-4 TBSP IF Infant Cereal and/or 1-4 TBSP Meat or Meat Alt</li> <li>1-4 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk IF Infant Cereal  Turkey Peas Crushed Pineapple	IF Infant Formula or Breast Milk IF Infant Cereal  Tuna Steamed Broccoli Applesauce	IF Infant Formula or Breast Milk IF Infant Cereal  Scrambled Egg Mashed Potatoes Canned Mandarin Oranges	IF Infant Formula or Breast Milk IF Infant Cereal  Chicken Carrots Pears	IF Infant Formula or Breast Milk IF Infant Cereal  Chopped spaghetti w meat sauce Green Beans Peaches
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-5 Crusty Bread or Crackers</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers
Snack	<ul style="list-style-type: none"> <li>2-4 oz IF Infant Formula or Breast Milk</li> <li>0-5 Crusty Bread or Cracker</li> </ul>	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers	IF Infant Formula or Breast Milk Bread/Crackers

\* Menu subject to change. All fruits, vegetables, and meats must be finely chopped, mashed, or blended. All Infant Cereals are iron fortified (IF). All Formula is iron fortified (IF). Graham crackers must be honey free. Mandarin oranges must be canned. Infants are fed on demand and as developmentally appropriate determined by parents and health care provider.

CYSS Spring Cycle Infant 0-3 Months – Current Pattern (creditable until 30 SEP 2017)

Approved By: Amel Elamien RD Date: 21 FEB 2017 Menu Dates: 17 July – 29 Sept' 2017

Weeks 1-5	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> <li>4-6 oz IF Infant Formula or Breast Milk</li> </ul>	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk
Lunch	<ul style="list-style-type: none"> <li>4-6 oz IF Infant Formula or Breast Milk</li> </ul>	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk
Snack	<ul style="list-style-type: none"> <li>4-6 oz IF Infant Formula or Breast Milk</li> </ul>	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk
Snack	<ul style="list-style-type: none"> <li>4-6 oz IF Infant Formula or Breast Milk</li> </ul>	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk

1 – 5 All formula is iron fortified (IF). Infants are fed on demand.

CYSS Spring Cycle Infant 4-7 Months – Current Pattern (creditable until 30 SEP 2017)

Approved By Nurse Flannery Date: 21 FEB 2017 Menu Dates: 17 July -29 Sept 2017

Weeks 1-5	Components	Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> <li>4-8 oz IF Infant Formula or Breast Milk</li> <li>0-3 TBSP IF Infant Cereal</li> </ul>	IF Infant Formula or Breast Milk IF Infant Cereal	IF Infant Formula or Breast Milk IF Infant Cereal	IF Infant Formula or Breast Milk IF Infant Cereal	IF Infant Formula or Breast Milk IF Infant Cereal	IF Infant Formula or Breast Milk IF Infant Cereal
Lunch	<ul style="list-style-type: none"> <li>4-8 oz IF Infant Formula or Breast Milk</li> <li>0-3 TBSP IF Infant Cereal</li> <li>0-3 TBSP Fruit/Vegetable</li> </ul>	IF Infant Formula or Breast Milk IF Infant Cereal  Vegetable and/or Fruit	IF Infant Formula or Breast Milk IF Infant Cereal  Vegetable and/or Fruit	IF Infant Formula or Breast Milk IF Infant Cereal  Vegetable and/or Fruit	IF Infant Formula or Breast Milk IF Infant Cereal  Vegetable and/or Fruit	IF Infant Formula or Breast Milk IF Infant Cereal  Vegetable and/or Fruit
Snack	<ul style="list-style-type: none"> <li>4-6 oz IF Infant Formula or Breast Milk</li> </ul>	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk
Snack	<ul style="list-style-type: none"> <li>4-6 oz IF Infant Formula or Breast Milk</li> </ul>	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk	IF Infant Formula or Breast Milk

1-5

\*Menu subject to change. Single item jarred infant food offered. Any table fruits and vegetables must be finely mashed, chopped, or blended. All Infant Cereals are iron fortified (IF). All Formula is iron fortified (IF). Infants are fed on demand and as developmentally appropriate directed by parents and health care provider.