

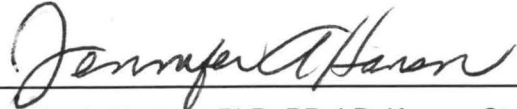
Garrison: _____

Week of: _____

Week 1 Spring MST*	Minimum Serving Size Per Age					
	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack			Tuna salad with WGR crackers		BBQ pork slider or ham sandwich	
Fruit	3/4 c	Apple		Honeydew melon		Fruit
Vegetable	3/4 c		Carrots & broccoli		Cinnamon sweet potato cubes	
Meat/ Alternate	1 oz	Cheese	Tuna salad		BBQ pork or sliced ham	Scrambled egg
Bread/ Grain	1 serving	WGR soft pretzel or WGR breadstick	WGR crackers	Graham crackers without honey	WGR roll or bread	WGR waffle
Fluid Milk**	1 c			Fluid milk 1% or skim		
Other			Creamy vegetable dip	Sunbutter (optional)		Pancake syrup (optional)

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. See menu notes below for serving size and substitution options. ***Additional important information is located in the appendix.** **Serve only 1% or skim milk to children ages 2 and older.

- Tuna salad
6-18 years: 1/4 cup
- Honeydew melon
May substitute apples for honeydew melon
- BBQ pork sliders
6-18 years: 1 sandwich
- OR Ham sandwich
6-18 years: ½ sandwich
- ***BBQ pork sliders
May substitute sloppy lentil Joes for BBQ pork sliders/ham sandwich
- WGR roll
May use either WGR roll or WBR bun
- Sweet potato cubes
May substitute oven-baked sweet potato fries for sweet potato cubes
- Scrambled eggs
1-5 years: 2 Tbsp
6-18 years: 1/4 cup

Approved by: 
Jennifer A. Hanson, PhD, RD, LD, Kansas State University

Signature Date: 22 February 2022

Menus approved for use: 01 March 2022 to 28 February 2023


Garrison: _____

Week of: _____

Week 2 Spring MST*	Minimum Serving Size Per Age					
	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack		Bean burrito bowl		Yogurt parfait		Turkey slider or veggie burger
Fruit	3/4 c			Peaches or berries	Fresh fruit	
Vegetable	3/4 c	Diced tomatoes, romaine lettuce, salsa	Tomato & corn salad plus carrots			Potato wedges plus lettuce, tomato,
Meat/ Alternate	1 oz	Beans/cheese		Yogurt		Ground turkey
Bread/ Grain	1 serving	Cilantro brown rice	WGR toasted pita bread	Granola or graham crackers	WGR bagels	WGR roll
Fluid Milk**	1 c				Fluid milk 1% or skim	
Other			White bean dip or hummus		Cream cheese	Mustard, mayonnaise, ketchup

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- Bean burrito bowl
6-18 years: 1/2 cup rice, 2/3 cup beans, 1/4 cup tomatoes, 1/2 cup shredded lettuce, 1 Tbsp plus 1 tsp shredded cheese, 1/4 cup of salsa
- Tomato and corn salad
5-18 years: 3/8 cup
- Carrots
6-18 years: 3/8 cup
- Granola
6-18 years: ¼ cup
- Cream cheese
6-18 years: 2 tsp
- Turkey slider or veggie burger
6-18 years: 1 slider or 1 burger
- Potato wedges
6-18 years: 1/2 cup

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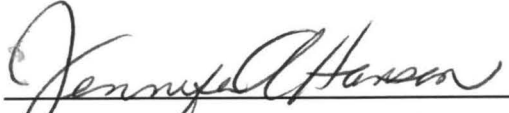
Garrison: _____

Week of: _____

Week 3 Spring MST	Minimum Serving Size Per Age					
	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack		Taco bar		Italian pasta salad		Hawaiian chicken wrap
Fruit	3/4 c		Apple	Fruit		
Vegetable	3/4 c	Beans, lettuce, tomatoes, salsa			Potato wedges & marinara sauce	Vegetable tray broccoli, cauliflower, carrots, etc.
Meat/ Alternate	1 oz	Beef taco meat, shredded cheese			Cheese	Chicken
Bread/ Grain	1 serving	WGR tortilla (corn or flour)	Graham crackers without honey	WGR pasta		WGR tortilla
Fluid Milk**	1 c		Fluid milk 1% or skim		Fluid milk 1% or skim	
Other			Sunbutter (optional)	Tomato, cucumber in salad		Creamy vegetable dip

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- Taco bar
6-18 years: 2 2/3 Tbsp taco meat, 1 WGR tortilla, 3/8 cup beans, ¼ cup lettuce, 2 Tbsp diced tomatoes, 2 Tbsp salsa
- Italian pasta salad
6-18 years: 1 cup
- Creamy vegetable dip:
6-18 years: 1 Tbsp
- Potato Wedges:
6-18 years: 1/2 cup
- Marinara:
6-18 years: 1/4 cup
- Hawaiian chicken wrap
6-18 years: 1
- Vegetable tray, assorted vegetables
6-18 years: 1/2 cup
- Creamy vegetable dip
6-18 years: 1 1/2 Tbsp Sesame dipping sauce

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 Jennifer A. Hanson, PhD, RD, LD, Kansas State University

Signature Date: 15 February 2022
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Garrison: _____

Week of: _____

Week 4 Spring MST	Minimum Serving Size Per Age					
	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack			Potato or salad bar	Cereal bar	English muffin pizza	Asian bowl
Fruit	3/4 c	Honeydew melon		Fruit		
Vegetable	3/4 c		Lettuce, spinach, tomatoes or salsa, olives, potato		Tomato sauce, vegetable toppings + carrots	Peas, carrots, cabbage
Meat/ Alternate	1 oz		Chopped turkey ham, shredded cheese		Cheese on pizza	Chicken, pork, beef, or tofu
Bread/ Grain	1 serving	WGR carrot muffin square	WGR crackers or WGR roll (if salad bar)	Choice of WGR cereal	WGR English muffin	WGR noodles (or brown rice) with soy sauce and sesame .
Fluid Milk**	1 c	Fluid milk 1% or skim		Fluid milk 1% or skim		
Other			Sour cream/salad dressing		Creamy vegetable dip	Broth (optional)

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- English muffin pizza
6-18 years: 2 pizzas
- Carrots
6-18 years: 3/8 cup
- Creamy vegetable dip
6-18 years: 1 1/2 Tbsp
- Broth (optional)
6-18 years: 1 cup
- Peas, carrots, cabbage***
May also use broccoli, onion, diced celery for a total of 3/4 cup per vegetable serving

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Jennifer A. Hanson, PhD, RD, LD, Kansas State University

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Week of: _____

Week 5 Spring MST	Minimum Serving Size Per Age					
	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack				Yogurt parfait	Bean burrito bowl	Turkey sandwich
Fruit	3/4 c		Pear	Strawberries or banana		
Vegetable	3/4 c	Vegetable tray broccoli, cauliflower, carrots, etc.			Diced tomatoes, romaine lettuce, salsa	Sweet potato cubes plus lettuce and tomato
Meat/ Alternate	1 oz		Cheese	Yogurt	Beans/cheese	Sliced turkey
Bread/ Grain	1 serving	WGR soft pretzel	WGR crackers	Granola	Cilantro brown rice	WGR bread
Fluid Milk**	1 c					
Other		Creamy vegetable dip	White bean dip or hummus			Mustard, mayonnaise

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- Vegetable tray, assorted vegetables
6-18 years: 2/3 cup
- Granola
6-18 years: ¼ cup
- Bean burrito bowl
6-18 years: 1/2 cup rice, 2/3 cup beans, 1/4 cup tomatoes, 1/2 cup shredded lettuce, 1 Tbsp plus 1 tsp shredded cheese, 1/4 cup of salsa
- Sweet potato cubes
May substitute oven-baked sweet potato fries for sweet potato cubes
- Turkey sandwich
6-18 years: ½ sandwich

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 Jennifer A. Hanson, PhD, RD, LD, Kansas State University

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Garrison: _____

Week of: _____

Appendix

Unless noted otherwise in the menu template or weekly notes, serving sizes are as listed below.

1 serving of bread/grains = 1 slice of bread; ½ cup of cooked rice, cooked pasta or cooked grains; 8 saltine crackers, 2 whole graham cracker sheets (2 ½ x 5 inches); 1 muffin, 1 serving of muffin squares, cornbread, or French toast bake; 1 1-oz biscuit, roll, or soft pretzel; 1 mini bagel, ½ of a 2-oz bagel; 1 1.25-oz waffle; and ½ of a 2-oz English muffin or pita.

The serving size for ready to eat breakfast cereal varies by type:

WGR Rice Chex or WGR Life
6-18 years: 1 cup

WGR corn puffs cereal
6-18 years: 1 ¼ cup

WGR toasted oat cereal
6-18 years: 1 cup

Bran flakes
6-18 years: 1 cup

Ounce equivalents for meats/ alternates: cooked meat and cheese, 1 oz = 1 oz; cooked beans/ peas, ¼ c = 1 oz; yogurt, 4 oz (½ c) = 1 oz,

For “other” foods that do not count as a meal component, unless specified otherwise in the weekly notes, the serving size is below:

White Bean Dip
6-18 years: 2 Tbsp

Hummus
6-18 years: 2 Tbsp

Pancake syrup
6-18 years: 1 1/3 Tbsp

Cream cheese
6-18 years: 2 tsp

Creamy vegetable dip
6-18 years: 2 Tbsp

Sunbutter
6-18 years: 1 Tbsp

Salad dressing or sour cream
6-18 years: 1 Tbsp

Approved by: _____



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