

Installation/Facility **DSCC Child Development Center**

Week of/Dates: 10/20-10/24, 11/24-11/28, 12/29-1/2, 2/2-2/6, 3/9-3/13

Week 1* Fall/Winter	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Banana	Pineapple (crushed)	Baked apples*** (applesauce)	Hash brown potatoes	Orange (Mandarin oranges)
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR corn puffs cereal [KIX]	WGR pumpkin muffin square	Oatmeal		WGR toasted English muffin
Meat/ Other							Scrambled eggs	
Lunch				Baked chicken	Beef-vegetable stew***	Cheesy rice casserole	Turkey burger slider***	Pork lo Mein***
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Chicken	Beef	Cheese, egg	Ground turkey/egg	Pork***
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR biscuit***	WGR bread	Brown rice	WGR bun or roll	WGR pasta***
Fruit/Veg	1/8 c	1/4 c	1/4 c	Butternut squash***	Pear	Strawberries (pureed)***	Peaches	Crushed pineapple
Vegetable	1/8 c	1/4 c	1/2 c	Green beans	Potato, carrots, peas^^ in stew	Steamed broccoli	Pinto beans (chopped)	Asian vegetable mix (chopped peas)
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other							Lettuce, tomato	
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Apple			Cantaloupe	Banana
Vegetable	1/2 c	1/2 c	3/4 c		Tomato, cucumber [steamed for CDC]	Carrots [steamed for CDC] + edamame dip		
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Cheese, sliced				
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR soft pretzel***	WGR bagel	WGR crackers	WGR graham crackers without honey	Trail mix [no pretzels or dried fruit for CDC]^
Fluid Milk**	1/2 c	1/2 c	1 c				Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other					Cream cheese		Sunbutter (optional)^^	

* All hard foods and non-ground meat must be cut to 1/4 inch for children under 2 and to 1/2 inch for children 2-3 years of age. For children under 3 years of age replace menu item with the food in parenthesis. **For children under 18 months, see appendix for important information.** 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 unflavored whole milk to children age one. Serve only unflavored 1% or skim milk to children 2 years old and older. *** See menu notes for additional information or substitution options. ^Cooking project. ^^SAC/MST only. Additional serving size information is located in the weekly notes and appendix.

This institution is an equal opportunity provider.

Approved by: Kayla A. Schumacher, RDN, LD

Signature Date: 15 September 2024

Kayla A. Schumacher, RDN, LD, CYS Nutritionist IMCOM G9

Installation/Facility _____

Week 1 Notes

Week of/Dates: _____

Monday

- ***WGR biscuit: May use drop biscuit recipe (original or dairy free)
- ***Butternut squash: May substitute Hubbard squash
- ***WGR soft pretzel: May substitute WGR breadstick

Tuesday

- ***Beef-vegetable stew
CDCs use ground beef
For children under 18 months old, puree stew.
- ***Beef-vegetable stew
For CDCs omit peas
May serve meat and vegetables separately
- Beef stew:
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup
- Tomato,
1-5 years: ¼ cup
6-18 years: ¼ cup
- Cucumber
1-5 years: ¼ cup
6-18 years: ½ cup

Wednesday

- ***Baked apples: May substitute applesauce
- ***Baked apples: CDCs use peeled apples
- Cheesy rice casserole
1-2 years: 1/4 cup
3-5 years: 1/3 cup
6-18 years: 1/2 cup
- ***Strawberries
1-2 years: pureed
3-5 years: chopped to 1/2 inch

- Carrots
1-5 years: 3/8 cup
6-18 years: 1/2 cup
- Edamame dip
1-5: 3 Tbsp
6-18 years: 6 Tbsp

Thursday

- Scrambled eggs:
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- ***Turkey burger slider: may serve with lettuce, tomato, ketchup, mayonnaise, and mustard. No lettuce for under 3 years.
- Turkey burger slider
1-2 years: 1/2 slider (no lettuce)
3-5 years: 1 slider
6-18 years: 1 slider
- ***Pinto beans: for children under 3 years old, puree or chop.

Friday

- ***Pork: may substitute tofu (see recipe) or chicken for pork
- Pork lo Mein
1-2 years: ½ serving
3-5 years: ¾ serving
6-18 years: 1 serving
- ***WGR pasta: Any tube-shaped pasta (e.g., elbow macaroni, penne pasta) should be chopped for under 3.
- ***Peas
For children under 3 years old, puree or chop.
- Trail mix:
1-5 years: 5/8 cup (no pretzels or dried fruit)
6-18 years: 1 cup + 1 Tbsp (made without pretzels) or 1 cup (made with pretzels)

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