

Installation/Facility DSCC Child Development Center Week of/Dates: 10/27-10/31, 12/1-12/5, 1/5-1/9, 2/9-2/13, 3/16-3/20

Week 2* Fall/Winter	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	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	Blueberry/strawberry mix (pureed)***	Applesauce	Orange (Mandarin oranges)	Pineapple (crushed pineapple)	Cantaloupe
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR toasted oat cereal	WGR toasted English muffin	WGR bagel	WGR French toast bake	WGR corn puffs cereal [KIX]
Meat/ Other					Scrambled eggs			Yogurt
<b>Lunch</b>				Meatloaf***	Toasted cheese sandwich***	Sesame turkey	Chicken Philly slider	Fish scampi
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Ground beef	Cheese	Ground turkey	Chicken	Fish
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR biscuit	WGR bread	Brown rice	WGR bun	WGR pasta***
Fruit/Veg	1/8 c	1/4 c	1/4 c	Green beans	Banana	Steamed carrots	Onion, pepper on slider	Peaches
Vegetable	1/8 c	1/4 c	1/2 c	Mashed potatoes	Tomato soup	Peas (chopped)	Steamed broccoli	Tossed salad*** (sautéed spinach)***
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				Gravy***				Salad dressing
<b>PM Snack</b>								
Fruit	1/2 c	1/2 c	3/4 c	Peaches		Apple	Banana	
Vegetable	1/2 c	1/2 c	3/4 c		Broccoli [steamed for CDC] & white bean dip			Cucumbers [steamed for CDC] & celery^^
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Yogurt				Cheese, sliced
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv		WGR toasted pita bread	WGR sweet potato plum muffin square	WGR graham crackers without honey	WGR crackers
Fluid Milk**	1/2 c	1/2 c	1 c			Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	
Other				Granola^^				Creamy vegetable dip

\* 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 2 Notes

Week of/Dates: \_\_\_\_\_

Monday

- \*\*\*Blueberry/strawberry mix  
1-2 years: pureed  
3-5 years: chopped to 1/2 inch
- Meat loaf:  
1-2 years: 1/2 piece  
3-5 years: 3/4 piece  
6-18 years: 1 piece
- \*\*\*WGR biscuit: May use drop biscuit recipe (original or dairy free)
- \*\*\*Gravy: May use cornstarch or flour recipe
- Gravy  
1-2 years: 1 Tbsp  
3-5 years: 2 Tbsp  
6-18 years: ¼ cup
- Yogurt  
1-5 years: ¼ cup  
6-18 years: ½ cup

Tuesday

- Scrambled eggs:  
1-5 years: 2 Tbsp  
6-18 years: 1/4 cup
- Toasted cheese sandwich  
CDCs: serve as open face sandwich (see recipe)
- Toasted cheese sandwich  
1-5 years: 1 open-faced sandwich  
6-18 years: 1 sandwich
- Tomato soup:  
1-2 years: 1/8 cup  
3-5 years: 1/4 cup  
6-18 years: 1/2 cup

Tuesday, continued

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- Broccoli  
1-5 years: 3/8 cup  
6-18 years: 1/2 cup
- White bean dip  
1-5: 3 Tbsp  
6-18 years: 6 Tbsp

Wednesday

- \*\*\*Peas For children under 3 years old, puree or chop.

Thursday

- Chicken Philly slider:  
1-2 years: 1/2 sandwich  
3-18 years: 1 sandwich

Friday

- Yogurt  
1-5 years: ¼ cup  
6-18 years: ½ cup
- \*\*\*WGR pasta: Any tube-shaped pasta (e.g., elbow macaroni, penne pasta) should be chopped for under 3.
- Tossed salad  
1-2 years: do not serve to this age group  
6-18 years: 1/2 cup  
6-18 years: 1 cup
- \*\*\* Sautéed spinach: chop
- \*\*\* Sautéed spinach  
May substitute turnip greens, collard greens, kale, or chard for sautéed spinach.
- Cucumbers  
1-5 years: ½ cup  
6-18 years: 3/8 cup
- Celery  
1-5 years: do not serve to this age group  
6-18 years: 3/8 cup

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