


Installation/Facility **DSCC Child Development Center** Week of/Dates:11/3-11/7, 12-8-12/12, 1/12-1/16, 2/16-2/20, 3/23-3/27

Week 3* 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	Applesauce	Pineapple (crushed pineapple)	Blueberries (pureed)***	Orange (Mandarin oranges)	Peaches
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	Cinnamon oatmeal	WGR bagel	WGR waffle	WGR biscuit	WGR Rice Chex***
Meat/ Other						Pancake syrup (optional)	Scrambled eggs	Yogurt
Lunch				Egg, cheese, and sausage breakfast bake	Crispy baked chicken with sweet Asian sauce	Spaghetti & meat sauce	White chili***	BBQ pork slider
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Egg, cheese, sausage	Chicken	Ground beef	White beans	Pork***
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR toast***	Brown rice	WGR pasta***	WGR cornbread***	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Kiwi***	Banana	Tomato in sauce	Honey dew melon	Steamed broccoli
Vegetable	1/8 c	1/4 c	1/2 c	Potato in bake	Asian vegetable mix (chopped peas)	Tossed salad*** (cauliflower)	Peppers, onions, and corn in chili	Pinto beans (chopped)
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					Sweet Asian sauce	Salad dressing		
PM Snack						WGR cinnamon nachos^		
Fruit	1/2 c	1/2 c	3/4 c	Pears		Banana & peaches or mango^^		Apple
Vegetable	1/2 c	1/2 c	3/4 c		Cucumbers [steamed for CDC]		Potato wedges & marinara sauce	
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 graham crackers without honey	WGR soft pretzel***	WGR tortilla		
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole		Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	
Other				Sunbutter (optional)^^	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

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

Signature Date: 15 September 2024

Installation/Facility _____

Week 3 Notes

Week of/Dates: _____

Monday

- Egg, cheese, and sausage breakfast bake:
1-5 years: 1/2 piece
6-18 years: 1 piece
- ***WGR toast: May substitute WGR roll
- ***Kiwi: May substitute Mandarin oranges

Tuesday

- Peas
For children under 3 years old, puree or chop.
- Sweet Asian sauce
1-2 years: 1 ½ tsp sauce
3-5 years: 2 tsp sauce
6-18 years: 1 Tbsp sauce
- Cucumbers:
1-5 years: 1/2 cup
6-18 years: 3/4 cup
- ***WGR soft pretzel: May substitute WGR breadstick

Wednesday

- ***Blueberries
1-2 years: pureed
3-5 years: chopped to 1/2 inch
- Meat sauce:
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 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

Wednesday, continued

Approved by: Kayla A. Schumacher, RDN, LD

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

- Mangos
1-5 years: Do not serve mangos to children 1-5 years
6-18 years: May substitute peaches for mangos

- WGR cinnamon nachos (with 6-inch tortilla)
1-5 years: 1/2 tortilla plus 1/2 c fruit
6-18 years: 1 tortilla plus 3/4 c fruit

- WGR cinnamon nachos (with 8-inch tortilla)
1-5 years: 1/3 tortilla plus 1/2 c fruit
6-18 years: 2/3 tortilla plus 3/4 c fruit

Thursday

- ***White chili: chop corn and beans for CDC
- ***WGR cornbread: May substitute WGR crackers
- Potato wedges:
1-5 years: 3/8 cup
6-18 years: 1/2 cup
- Marinara sauce:
1-5 years: 1/8 cup
6-18 years: 1/4 cup

Friday

- ***WGR Rice Chex
May substitute WGR Life cereal for WGR Rice Chex
- Yogurt
1-5 years: 1/4 cup
6-18 years: 1/2 cup
- BBQ pork slider:
1-2 years: 1/2 sandwich
3-18 years: 1 sandwich
- Pinto beans
For children under 3 years old, puree or chop.
- *** Pork: may substitute pinto beans for pork and serve roasted sweet potatoes or winter squash as 2nd vegetable.

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