

Installation/Facility DSCC Child Development Center Week of/Dates: 11/10-11/14, 12/15-12/19, 1/19-1/23, 2/23-2/27, 3/30-4/3

Week 4* 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	Crushed pineapple	Kiwi***	Fruit salad (peaches)	Orange (Mandarin oranges)
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR corn puffs cereal [KIX]	WGR toasted English muffin	WGR toasted oat cereal	WGR bagel	WGR toast
Meat/ Other								Baked Denver omelet
Lunch				Shepherd's pie	Roasted turkey with dressing	Bean enchilada bake	Hawaiian pork tenderloin***	Creamy chicken casserole
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Beef	Turkey	Pinto beans/cheese	Pork***	Chicken
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR roll	WGR dressing	WGR tortilla***	WGR macaroni salad***	Brown rice
Fruit	1/8 c	1/4 c	1/4 c	Pears	Baked apples (applesauce)***	Green beans	Steamed carrots	Butternut squash***
Vegetable	1/8 c	1/4 c	1/2 c	Potatoes, carrots, peas (chopped) in pie	Sweet potatoes	Tossed salad*** (sautéed spinach)***	Black beans (chopped)	Roasted Brussel sprouts^^ [steamed broccoli for CDC]
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						Salad dressing		
PM Snack				Cheese & chicken quesadilla				
Fruit	1/2 c	1/2 c	3/4 c		Honeydew melon	Strawberries (pureed)	Apple	Pears
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Chicken, cheese		Yogurt		
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR tortilla***	WGR graham crackers without honey		WGR cranberry orange muffin***	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	Fluid Milk 1% or Whole
Other				Salsa	Sunbutter (optional)^^	Granola^^		

* 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.

Approved by: Kayla A. Schumacher, RDN, LD

Signature Date: 15 September 2024

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

Installation/Facility _____ Week of/Dates: _____

This institution is an equal opportunity provider.

Week 4 Notes

Monday

- Shepherd's pie
1-2 years: 1/2 serving (chop peas)
3-5 years: 3/4 serving
6-18 years: 1 serving
- ***WGR tortilla: May use WGR flour or WGR corn tortillas
- Chicken and cheese quesadilla
1-5 years: 1 wedge
6-18 years: 2 wedges
- Salsa
- 1-5 years: 1 Tbsp
- 6-18 years: 2 Tbsp

Tuesday

- WGR dressing:
1-5 years: ¼ cup
6-18 years: ½ cup
- ***Baked apples: CDCs use peeled apples
- *** Baked apples: May substitute applesauce

Wednesday

- *** Kiwi: may substitute pears
- Bean enchilada bake
1-2 years: 1/2 serving,
3-5 years: 3/4 serving,
6-18 years: 1 serving,
- *** Bean enchilada bake: chop beans for under 3 years.
- ***WGR tortilla: May use WGR flour or WGR corn tortillas
- 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
May substitute turnip greens, collard greens, kale, or chard for sautéed spinach

Wednesday, continued

- Yogurt
1-5 years: ¼ cup
6-18 years: ½ cup

Thursday

- ***Hawaiian pork, for 18 months and younger, prepare sauce without pineapple or do not serve sauce to this age group. For CDCs, use crushed pineapple in sauce.
- ***Pork: may substitute turkey for pork
- ***WGR macaroni salad: Any tube-shaped pasta (e.g., elbow macaroni, penne pasta) should be chopped for under 3.
- ***WGR cranberry orange muffin
May substitute blueberries for cranberries

Friday

- Baked Denver omelet
1-5 years: 1/2 piece
6-18 years: 1 piece
- Creamy chicken casserole:
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup
- ***Butternut squash: May substitute Hubbard squash
- ***Roasted Brussel sprouts: May substitute broccoli
- 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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