

Installation/Facility DSCC Child Development Center Week of/Dates: 11/17-11/21, 12/22-12/16, 1/26-1/30, 3/2-3/6, 4/6-4/10

Week 5* Fall/Winter	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								Breakfast tacos
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	Apricots*** (peaches)	Apple	Pineapple (crushed pineapple)	Blueberries (pureed)***	Pears
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR biscuit	WGR Rice Chex***	WGR waffle	WGR toasted oat cereal	WGR tortilla***
Meat/ Other						Pancake syrup (optional)		Scrambled eggs
Lunch				Vegetarian chili***	Curry chicken salad sandwich	Beef stroganoff	Hammy mac and cheese***	Lemon baked fish
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Pinto beans, black beans, cheese	Chicken	Beef	Ham	Fish***
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR tortilla***	WGR bread	Brown rice	WGR pasta***	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Pears	Strawberries (pureed)***	Peaches	Cauliflower	Coleslaw (steamed broccoli)
Vegetable	1/8 c	1/4 c	1/2 c	Carrots [steamed for CDC]	Cucumbers	Steamed broccoli***	Green Beans	Potato wedges
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				Creamy vegetable dip				
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Oranges (mandarin oranges)			Baked apples (applesauce)***	Banana
Vegetable	1/2 c	1/2 c	3/4 c			Carrots [steamed for CDC] + hummus		
Meat/ Alt	1/2 oz	1/2 oz	1 oz		Cheese, sliced***			Yogurt
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR graham crackers without honey	WGR bread stick***	WGR toasted pita bread		
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole			Fluid Milk 1% or Whole	
Other				Sunbutter (optional)^^	Marinara sauce			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

This institution is an equal opportunity provider.

Installation/Facility _____

Week 5 Notes

Week of/Dates: _____

Monday

- ***Apricots: May substitute peaches for apricots
- *** Vegetarian chili: Chop beans for under 3 years.
- Vegetarian chili
1-2 years: 1/2 cup (chop beans)
3-5 years: 3/4 cup
6-18 years: 1 cup
- Cheese
1-2 years: 1 Tbsp shredded cheese
3-5 years: 1 ½ Tbsp shredded cheese
6-18 years: 2 Tbsp shredded cheese
- ***WGR tortilla: May use WGR flour or WGR corn tortillas
- Creamy vegetable dip
1-2 years: 2 tsp
3-5 years: 1 Tbsp
6-18 years: 1 ½ Tbsp

Tuesday

- ***WGR Rice Chex: may substitute WGR Life cereal for WGR Rice Chex
- Curry chicken slider
1-2 years: 2 quarter pieces of sandwich
3-5 years: 3 quarter pieces of sandwich
6-18 years: 1 sandwich
- ***Strawberries
1-2 years: pureed
3-5 years: chopped to 1/2 inch
- ***WGR soft pretzel: May substitute WGR breadstick
- *** Cheese: MST and SACs may substitute WGR baked cheese stick for cheese and breadstick: Serving per CN label
- ***WGR breadstick: MST and SACs may substitute WGR baked cheese stick for cheese and breadstick: Serving per CN label
- Marinara sauce
1-5 years: 2 Tbsp
6-18 years : 3 Tbsp

Wednesday

- Beef stroganoff:
1-2 years: 3/8 cup
3-5 years: 5/8 cup
6-18 years: 3/4 cup
- ***Broccoli: MST and SAC may substitute roasted Brussel sprouts for broccoli
- Carrots
1-5 years: 3/8 cup
6-18 years: 1/2 cup
- Hummus
1-5: 3 Tbsp
6-18 years: 6 Tbsp

Thursday

- ***Blueberries
1-2 years: pureed
3-5 years: chopped to 1/2 inch
- Hammy mac and cheese:
1-2 years: 3/8 cup (chopped)
3-5 years: 1/2 cup
6-18 years: 3/4 cup
- Hammy mac and cheese: Any tube-shaped pasta (e.g., elbow macaroni, penne pasta) should be chopped for under 3.

- ***Baked apples: CDCs use peeled apples
- ***Baked apples: may substitute applesauce.

Friday

- Breakfast taco:
1-2 years: 1 taco
3-5 years: 1 taco
6-18 years: 1 taco
- ***WGR tortilla: May use WGR flour or WGR corn tortillas
- Lemon baked fish:
***substitute tuna for under 18 months
1-2 years: check for bones carefully
3-5 years: 2/3 portion
6-18 years: 1 portion
- Yogurt
1-5 years: ¼ cup
6-18 years: ½ cup

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