

Site/Facility: Columbus/ DSCC

Week of/Dates: April 27-May 1, June 1-5, July 6-10, August 10-14 September 14-18, 2026

Week 1* Spring/Summer Simplified	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
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	Mandarin Orange	Hashbrown Potatoes	Peaches	Blueberries	Applesauce
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR Bagel			Oatmeal	WGR Waffle
Meat/Other					Scrambled Eggs	Yogurt		Pancake syrup
Lunch				Lentil Taco	Turkey	Meatloaf	***Creamy Chicken Casserole	Toasted Cheese Sandwich
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Lentils/cheese	Turkey	Ground beef	Chicken	Cheese
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR tortilla	WGR roll	Biscuit (may sub cornbread)	WGR Noodles	WGR Bread
Fruit/Veg	1/8 c	1/4 c	1/4 c	Pears	Crushed Pineapple	Mandarin Oranges	Honeydew Melon	Strawberries
Vegetable	1/8 c	1/4 c	1/2 c	Black Beans	Carrots	Broccoli	Green Beans	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				Romaine lettuce, tomato, guacamole				
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Cantaloupe	Banana	Watermelon	Pears	
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz				Cheese	
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR Soft Pretzel***	Trail Mix	WGR Crackers		WGR Breadstick
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole			Fluid Milk 1% or Whole
Other							Cinnamon (optional)	Marinara Sauce

* 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: 26 September 2024

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