

Site/Facility: Columbus/ DSCC

Week of/Dates: May 4-8, June 8-12, July 13-17, August 17-21, September 21-25, 2026

Week 2* 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	Strawberries	Pears	Honeydew Melon	Orange (mandarin oranges)	Banana
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR Toasted Oat Cereal	Oven-Baked Whole Wheat Pancake	WGR Biscuit	English Muffin	WGR Rice Chex
Meat/Other						Scrambled eggs		
Lunch				Tuna Salad	Turkey Burger Slider	Bean Burrito Bowl	Spaghetti with Meat Sauce	Chicken Philly Slider
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Tuna	Ground Turkey	Pinto beans & cheese	Ground beef***	Chicken/cheese
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR Crackers	WGR Bun**	Cilantro Brown Rice	WGR Pasta	WGR Roll***
Fruit/Veg	1/8 c	1/4 c	1/4 c	Peaches	Green Beans	Crushed Pineapple	Pears	Watermelon
Vegetable	1/8 c	1/4 c	1/2 c	Cucumbers	Potato Wedges	Diced tomatoes, romaine lettuce	Broccoli	Sweet Potato Fries
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 dressing				Bell pepper, onion (on slider)
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c		Orange (Mandarin oranges)	Baked Apples***		Strawberries
Vegetable	1/2 c	1/2 c	3/4 c					
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 Cranberry Orange Muffin Square			WGR Crackers^	
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole	Graham Crackers	Fluid Milk 1%	Fluid Milk**	1/2 c
Other								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. This institution is an equal opportunity provider.

Approved by: Kayla A. Schumacher, RDN, LD

Signature Date: 26 September 2024

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

8