

Site/Facility: Columbus/ DSCC

Week of/Dates: May 11-15, June 15-19, July 20-24, August 24-28, September 28-October 1, 2026

Week 3* Spring/Summer Simplified	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	Hashbrown Potatoes	Strawberries	Peaches	Blueberries
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR Corn Puffs Cereal		WGR Toasted Oat Cereal	Oatmeal	
Meat/ Other					Scrambled Eggs			Yogurt
Lunch				Tex Mex Chicken	Hamburger	Hammy Mac and Cheese	Roasted Turkey	Hawaiian pork ***
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Chicken	Ground Beef	Cheese, Ham	Turkey	Pork
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR Tortilla	WGR Bun	WGR Pasta	WGR Dressing	Quinoa Pilaf (sub brown rice)
Fruit/Veg	1/8 c	1/4 c	1/4 c	Crushed Pineapple	Cantaloupe	Carrots	Mandarin Oranges	Pears
Vegetable	1/8 c	1/4 c	1/2 c	Black Beans	Tossed Salad or Peas	Broccoli	Collard Greens (or other greens)	Green Beans
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				Diced tomato, guacamole	Salad dressing			Salad dressing
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Apple	Pear	Watermelon		Banana
Vegetable	1/2 c	1/2 c	3/4 c				Potato Wedges & Marinara Sauce	
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Cheese				
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv		Graham Crackers	WGR pretzel		WGR Crackers
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole		Fluid Milk 1% or Whole	
Other								

* 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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