

Site/Facility: Columbus/ DSCC

Week of/Dates: May 18-22, June 22-26, July 27-31, August 31-September 4, 2026

Week 4* 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	Banana	Mandarin Kiwi Oranges	Crushed Pineapple	Mandarin orange	Strawberries
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR Rice Chex	WGR Waffle	Bran Flakes or WGR Life***	WGR Toast	WGR Tortilla
Meat/ Other							Avocado (optional)	Scrambled Eggs Diced Tomato (optional)
Lunch				Shepherd's Pie***	Lemon Baked Fish*	Egg, Cheese, and Sausage Bake	Baked Chicken	Spaghetti with Meat Sauce
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Beef	Fish Turkey	Egg, sausage crumble, cheese	Chicken	Ground Beef***
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR Roll	WGR Pasta	WGR Toast or Roll	Brown Rice	WGR Pasta
Fruit/Veg	1/8 c	1/4 c	1/4 c	Peaches	Cantaloupe	***Peas	Broccoli	Pears
Vegetable	1/8 c	1/4 c	1/2 c	Potatoes, carrots, peas in pie	Green beans	Potatoes in the Bake	Sweet Potatoes	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
PM Snack					*Parmesan cauliflower			
Fruit	1/2 c	1/2 c	3/4 c	Honeydew Melon	Watermelon	***Blueberries		
Vegetable	1/2 c	1/2 c	3/4 c		Cauliflower and Marra Sauce		Carrots & bell peppers (steamed for CDC), + edamame dip	
Meat/ Alt	1/2 oz	1/2 oz	1 oz			Yogurt	Cheese	
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR Pretzel***	Graham Cracker		WGR crackers	WGR Cocoa Oatmeal Muffin
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole			Fluid Milk 1% or Whole

* 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

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