

Site/Facility: Columbus/ DSCC

Week of/Dates: May 25-29, June 29-July 3, August 3-7, September 7-11

Week 5*	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	Hashbrown Potatoes	Mandarin ORANGE Kiwi	Honeydew Melon	Blueberries
Bread/Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv			WGR Corn Puffs Cereal	WGR French Toast Bake Waffles	WGR Toasted Oat Cereal
Meat/Other				Yogurt	Scrambled Eggs			
Lunch				Cheesy Noodles and Beef	Turkey Teriyaki	Chicken Alfredo w/ a twist	Salmon Cakes	***Veggie Burger ^{JUST} (sub-Enchilada bean bake)
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Ground beef and Cheese	Ground Turkey	Chicken	Fish Poak Tenderloin	Soy/black or pinto beans (depends on vendor options)
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR pasta **	Brown rice	WGR Pasta***	Breadstick	WGR roll or WGR tortilla
Fruit	1/8 c	1/4 c	1/4 c	Pears	Pineapple	Cantaloupe	Peaches	Apple
Vegetable	1/8 c	1/4 c	1/2 c	Cauliflower	Broccoli	Green Beans	Peas	Tossed Salad
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								
PM Snack							Hawaiian English muffin pizza	
Fruit	1/2 c	1/2 c	3/4 c		Orange (Mandarin)	Banana		
Vegetable	1/2 c	1/2 c	3/4 c	Carrots [steamed for CDC] & hummus				Sweet Potato Fries
Meat/ Alt	1/2 oz	1/2 oz	1 oz				Cheese on Pizza	
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR Toasted Pita Bread	WGR Crackers	Graham Crackers	WGR English Muffin	
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole		Fluid Milk 1% or Whole		Fluid Milk 1% or Whole
Other							Ham/Crushed Pineapple	

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

Signature Date: 26 September 2024

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