

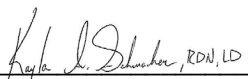
Installation/Facility: DSCC CDC

Week of/Dates: 10/28, 12/02, 1/06, 2/10, 3/17

Week 1* Fall/Winter	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	Pineapple (crushed)	Baked apples*** (applesauce)	Hash brown potatoes	Orange (Mandarin oranges)
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR corn puffs cereal [KIX]	WGR pumpkin muffin square	Oatmeal		WGR toasted English muffin
Meat/ Other							Scrambled eggs	
Lunch				Baked chicken	Beef-vegetable stew***	Cheesy rice casserole	Turkey burger slider***	Pork lo Mein***
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Chicken	Beef	Cheese, egg	Ground turkey/egg	Pork***
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR biscuit***	WGR bread	Brown rice	WGR bun or roll	WGR pasta***
Fruit/Veg	1/8 c	1/4 c	1/4 c	Butternut squash***	Pear	Strawberries (pureed)***	Peaches	Crushed pineapple
Vegetable	1/8 c	1/4 c	1/2 c	Green beans	Potato, carrots, peas^^ in stew	Steamed broccoli	Pinto beans (chopped)	Asian vegetable mix (chopped 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							Lettuce, tomato	
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Apple			Cantaloupe	Banana
Vegetable	1/2 c	1/2 c	3/4 c		Tomato, cucumber [steamed for CDC]	Carrots [steamed for CDC] + edamame dip		
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Cheese, sliced				
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR soft pretzel***	WGR bagel	WGR crackers	WGR graham crackers without honey	Trail mix [no pretzels or dried fruit for CDC]^
Fluid Milk**	1/2 c	1/2 c	1 c				Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other					Cream cheese		Sunbutter (optional)^^	

* 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: 15 September 2023

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

Menus approved for use through: 31 October 2025