

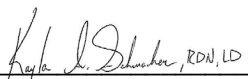
Installation/Facility: DSCC CDC

Week of/Dates: 11/04, 12/09, 1/13, 2/17, 3/24

Week 2* 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	Blueberry/strawberry mix (pureed)***	Applesauce	Orange (Mandarin oranges)	Pineapple (crushed pineapple)	Cantaloupe
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR toasted oat cereal	WGR toasted English muffin	WGR bagel	WGR French toast bake	WGR corn puffs cereal [KIX]
Meat/ Other					Scrambled eggs			Yogurt
Lunch				Meatloaf***	Toasted cheese sandwich***	Sesame turkey	Chicken Philly slider	Fish scampi
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Ground beef	Cheese	Ground turkey	Chicken	Fish
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR biscuit	WGR bread	Brown rice	WGR bun	WGR pasta***
Fruit/Veg	1/8 c	1/4 c	1/4 c	Green beans	Banana	Steamed carrots	Onion, pepper on slider	Peaches
Vegetable	1/8 c	1/4 c	1/2 c	Mashed potatoes	Tomato soup	Peas (chopped)	Steamed broccoli	Tossed salad*** (sautéed spinach)***
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				Gravy				Salad dressing
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Peaches		Apple	Banana	
Vegetable	1/2 c	1/2 c	3/4 c		Broccoli [steamed for CDC] & white bean dip			Cucumbers [steamed for CDC] & celery^^
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Yogurt				Cheese, sliced
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv		WGR toasted pita bread	WGR sweet potato plum muffin square	WGR graham crackers without honey	WGR crackers
Fluid Milk**	1/2 c	1/2 c	1 c			Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	
Other				Granola^^				Creamy vegetable dip

* 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