

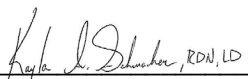
Installation/Facility: DSCC CDC

Week of/Dates: 11/11, 12/16, 1/20, 2/24, 3/31

Week 3* 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	Applesauce	Pineapple (crushed pineapple)	Blueberries (pureed)***	Orange (Mandarin oranges)	Peaches
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	Cinnamon oatmeal	WGR bagel	WGR waffle	WGR biscuit	WGR Rice Chex***
Meat/ Other						Pancake syrup (optional)	Scrambled eggs	Yogurt
Lunch				Egg, cheese, and sausage breakfast bake	Crispy baked chicken with sweet Asian sauce	Spaghetti & meat sauce	White chili***	BBQ pork slider
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Egg, cheese, sausage	Chicken	Ground beef	White beans	Pork***
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR toast***	Brown rice	WGR pasta***	WGR cornbread***	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Kiwi***	Banana	Tomato in sauce	Honey dew melon	Steamed broccoli
Vegetable	1/8 c	1/4 c	1/2 c	Potato in bake	Asian vegetable mix (chopped peas)	Tossed salad*** (cauliflower)	Peppers, onions, and corn in chili	Pinto beans (chopped)
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					Sweet Asian sauce	Salad dressing		
PM Snack						WGR cinnamon nachos^		
Fruit	1/2 c	1/2 c	3/4 c	Pears		Banana & peaches or mango^^		Apple
Vegetable	1/2 c	1/2 c	3/4 c		Cucumbers [steamed for CDC]		Potato wedges & marinara sauce	
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 graham crackers without honey	WGR soft pretzel***	WGR tortilla		
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				Sunbutter (optional)^	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