

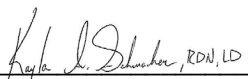
Installation/Facility: DSCC CDC

Week of/Dates: 11/18, 12/23, 1/27, 3/03

Week 4* Fall/Winter	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
<b>Breakfast</b>								
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	Crushed pineapple	Kiwi***	Fruit salad***	Orange (Mandarin oranges)
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR corn puffs cereal [KIX]	WGR toasted English muffin	WGR toasted oat cereal	WGR bagel	WGR toast
Meat/ Other								Baked Denver omelet
<b>Lunch</b>				Shepherd's pie	Roasted turkey with dressing	Bean enchilada bake	Hawaiian pork tenderloin***	Creamy chicken casserole
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Beef	Turkey	Pinto beans/cheese	Pork***	Chicken
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR roll	WGR dressing	WGR tortilla***	WGR macaroni salad***	Brown rice
Fruit	1/8 c	1/4 c	1/4 c	Pears	Baked apples***	Green beans	Steamed carrots	Butternut squash***
Vegetable	1/8 c	1/4 c	1/2 c	Potatoes, carrots, peas (chopped) in pie	Sweet potatoes	Tossed salad*** (sautéed spinach)***	Black beans (chopped)	Roasted Brussel sprouts^^ [steamed broccoli for CDC]
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						Salad dressing		
<b>PM Snack</b>				Cheese & chicken quesadilla				
Fruit	1/2 c	1/2 c	3/4 c		Honeydew melon	Strawberries (pureed)	Apple	Pears
Vegetable	1/2 c	1/2 c	3/4 c					
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Cheese		Yogurt		
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR tortilla***	WGR graham crackers without honey		WGR cranberry orange muffin***	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	Fluid Milk 1% or Whole
Other				Salsa	Sunbutter (optional)^^	Granola^^		

\* 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