

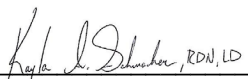
Installation/Facility: DSCC CDC

Week of/Dates: 11/25, 12/30, 2/03, 3/10

Week 5* Fall/Winter	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
Breakfast								Breakfast tacos
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	Apricots*** (peaches)	Apple	Pineapple (crushed pineapple)	Blueberries (pureed)***	Pears
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR biscuit	WGR Rice Chex***	WGR waffle	WGR toasted oat cereal	WGR tortilla***
Meat/ Other						Pancake syrup (optional)		Scrambled eggs
Lunch				Vegetarian chili***	Curry chicken salad slider	Beef stroganoff	Hammy mac and cheese***	Lemon baked fish
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Pinto beans, black beans, cheese	Chicken	Beef	Ham	Fish
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR tortilla***	WGR Bun/Roll	Brown rice	WGR pasta***	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Pears	Strawberries (pureed)***	Peaches	Cauliflower	Coleslaw (steamed broccoli)
Vegetable	1/8 c	1/4 c	1/2 c	Carrots [steamed for CDC]	Cucumbers	Steamed broccoli***	Green Beans	Potato wedges
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				Creamy vegetable dip				
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Oranges (mandarin oranges)			Baked apples (applesauce)***	Banana
Vegetable	1/2 c	1/2 c	3/4 c			Carrots [steamed for CDC] + hummus		
Meat/ Alt	1/2 oz	1/2 oz	1 oz		Cheese, sliced***			Yogurt
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR graham crackers without honey	WGR bread stick***	WGR toasted pita bread		
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole			Fluid Milk 1% or Whole	
Other				Sunbutter (optional)^	Marinara sauce			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