

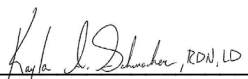
Installation/Facility **MCNARMARA CHILD DEVELOPMENT CENTER**

Week of/Dates:

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

Installation/Facility _____

Week of/Dates: _____

Week 1 Notes

Monday

- ***WGR biscuit: May use drop biscuit recipe (original or dairy free)
- ***Butternut squash: May substitute Hubbard squash
- ***WGR soft pretzel: May substitute WGR breadstick

Tuesday

- ***Beef-vegetable stew
CDCs use ground beef
For children under 18 months old, puree stew.
- ***Beef-vegetable stew
For CDCs omit peas
May serve meat and vegetables separately
- Beef stew:
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup
- Tomato,
1-5 years: 1/4 cup
6-18 years: 1/4 cup
- Cucumber
1-5 years: 1/4 cup
6-18 years: 1/2 cup

Wednesday

- ***Baked apples: May substitute applesauce
- ***Baked apples: CDCs use peeled apples
- Cheesy rice casserole
1-2 years: 1/4 cup
3-5 years: 1/3 cup
6-18 years: 1/2 cup
- Strawberries
1-2 years: pureed
3-5 years: chopped to 1/2 inch

- Carrots
1-5 years: 3/8 cup
6-18 years: 1/2 cup
- Edamame dip
1-5: 3 Tbsp
6-18 years: 6 Tbsp

Thursday

- Scrambled eggs:
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- ***Turkey burger slider: may serve with lettuce, tomato, ketchup, mayonnaise, and mustard. No lettuce for under 3 years.
- Turkey burger slider
1-2 years: 1/2 slider (no lettuce)
3-5 years: 1 slider
6-18 years: 1 slider
- ***Pinto beans: for children under 3 years old, puree or chop.

Friday

- ***Pork: may substitute tofu (see recipe) or chicken for pork
- Pork lo Mein
1-2 years: 1/2 serving
3-5 years: 3/4 serving
6-18 years: 1 serving
- ***WGR pasta: Any tube-shaped pasta (e.g., elbow macaroni, penne pasta) should be chopped for under 3.
- ***Peas
For children under 3 years old, puree or chop.
- Trail mix:
1-5 years: 5/8 cup (no pretzels or dried fruit)
6-18 years: 1 cup + 1 Tbsp (made without pretzels) or 1 cup (made with pretzels)

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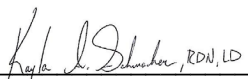
Installation/Facility MCNAMARA CHILD DEVELOPMENT CENTER

Week of/Dates:

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.

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Installation/Facility _____

Week of/Dates: _____

Week 2 Notes

Monday

- ***Blueberry/strawberry mix
1-2 years: pureed
3-5 years: chopped to 1/2 inch
- Meat loaf:
1-2 years: 1/2 piece
3-5 years: 3/4 piece
6-18 years: 1 piece
- ***WGR biscuit: May use drop biscuit recipe (original or dairy free)
- Gravy
1-2 years: 1 Tbsp
3-5 years: 2 Tbsp
6-18 years: ¼ cup

Tuesday

- Scrambled eggs:
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- Toasted cheese sandwich
CDCs: serve as open face sandwich (see recipe)
- Toasted cheese sandwich
1-2 years: ½ sandwich
3-5 years: ¾ sandwich
6-18 years: 1 sandwich
- Tomato soup:
1-2 years: 1/8 cup
3-5 years: 1/4 cup
6-18 years: 1/2 cup
- Broccoli
1-5 years: 3/8 cup
6-18 years: 1/2 cup
- White bean dip
1-5: 3 Tbsp
6-18 years: 6 Tbsp

Wednesday

- ***Peas For children under 3 years old, puree or chop.

Thursday

- Chicken Philly slider:
1-2 years: 1/2 sandwich
3-18 years: 1 sandwich

Friday

- Yogurt
1-5 years: ¼ cup
6-18 years: ½ cup
- ***WGR pasta: Any tube-shaped pasta (e.g., elbow macaroni, penne pasta) should be chopped for under 3.
- Tossed salad
1-2 years: do not serve to this age group
6-18 years: 1/2 cup
6-18 years: 1 cup
- *** Sautéed spinach: chop
- *** Sautéed spinach
May substitute turnip greens, collard greens, kale, or chard for sautéed spinach.
- Cucumbers
1-5 years: ½ cup
6-18 years: 3/8 cup
- Celery
1-5 years: do not serve to this age group
6-18 years: 3/8 cup

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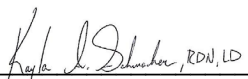
Installation/Facility MCNAMARA CHIL DEVELOPMENT CENTER

Week of/Dates:

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.

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Installation/Facility _____

Week 3 Notes

Week of/Dates: _____

Monday

- Egg, cheese, and sausage breakfast bake:
1-5 years: 1/2 piece
6-18 years: 1 piece
- ***WGR toast: May substitute WGR roll
- ***Kiwi: May substitute Mandarin oranges

Tuesday

- Peas
For children under 3 years old, puree or chop.
- Sweet Asian sauce
1-2 years: 1 ½ tsp sauce
3-5 years: 2 tsp sauce
6-18 years: 1 Tbsp sauce
- Cucumbers:
1-5 years: 1/4 cup
6-18 years: 3/8 cup
- Cauliflower:
1-5 years: 1/4 cup
6-18 years: 3/8 cup

- ***WGR soft pretzel: May substitute WGR breadstick

Wednesday

- ***Blueberries
1-2 years: pureed
3-5 years: chopped to 1/2 inch
- Meat sauce:
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup
- ***WGR pasta: Any tube-shaped pasta (e.g., elbow macaroni, penne pasta) should be chopped for under 3.
- ***Tossed salad
1-2 years: do not serve to this age group
6-18 years: 1/2 cup
6-18 years: 1 cup

Wednesday, continued

- Mangos
1-5 years: Do not serve mangos to children 1-5 years
6-18 years: May substitute peaches for mangos
- GR cinnamon nachos (with 6-inch tortilla)
1-5 years: 1/2 tortilla plus 1/2 c fruit
6-18 years: 1 tortilla plus 3/4 c fruit
- WGR cinnamon nachos (with 8-inch tortilla)
1-5 years: 1/3 tortilla plus 1/2 c fruit
6-18 years: 2/3 tortilla plus 3/4 c fruit

Thursday

- ***White chili: chop corn and beans for CDC
- ***WGR cornbread: May substitute WGR crackers
- Potato wedges:
1-5 years: 3/8 cup
6-18 years: 1/2 cup
- Marinara sauce:
1-5 years: 1/8 cup
6-18 years: 1/4 cup

Friday

- ***WGR Rice Chex
May substitute WGR Life cereal for WGR Rice Chex
- Yogurt
1-5 years: 1/4 cup
6-18 years: 1/2 cup
- BBQ pork slider:
1-2 years: 1/2 sandwich
3-18 years: 1 sandwich
- Pinto beans
For children under 3 years old, puree or chop.
- *** Pork: may substitute pinto beans for pork and serve roasted sweet potatoes or winter squash as 2nd vegetable.

Approved by: _____

Kayla A. Schumacher, RDN, LD

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Signature Date: 15 September 2023

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Installation/Facility **MCNAMARA CHILD DEVELOPMENT CENTER**

Week of/Dates: -

Week 4* 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	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
Lunch				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		
PM Snack				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^^		

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Installation/Facility _____

Week of/Dates: _____

Week 4 Notes

Monday

- Shepherd's pie
1-2 years: 1/2 serving (chop peas)
3-5 years: 3/4 serving
6-18 years: 1 serving
- ***WGR tortilla: May use WGR flour or WGR corn tortillas
- Chicken and cheese quesadilla
1-5 years: 1 wedge
6-18 years: 2 wedges

Tuesday

- WGR dressing:
1-5 years: ¼ cup
6-18 years: ½ cup
- ***Baked apples: CDCs use peeled apples
- *** Baked apples: May substitute applesauce

Wednesday

- *** Kiwi: may substitute peaches
- Bean enchilada bake
1-2 years: 1/2 serving,
3-5 years: 3/4 serving,
6-18 years: 1 serving,
- *** Bean enchilada bake: chop beans for under 3 years.
- ***WGR tortilla: May use WGR flour or WGR corn tortillas
- Tossed salad
1-2 years: do not serve to this age group
6-18 years: 1/2 cup
6-18 years: 1 cup
- *** Sautéed spinach
May substitute turnip greens, collard greens, kale, or chard for sautéed spinach

Thursday

- ***Hawaiian pork, for 18 months and younger, prepare sauce without pineapple or do not serve sauce to this age group. For CDCs, use crushed pineapple in sauce.
- ***Pork: may substitute turkey for pork
- ***WGR macaroni salad: Any tube-shaped pasta (e.g., elbow macaroni, penne pasta) should be chopped for under 3.
- ***WGR cranberry orange muffin
May substitute blueberries for cranberries

Friday

- Baked Denver omelet
1-5 years: 1/2 piece
6-18 years: 1 piece
- Creamy chicken casserole:
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup
- ***Butternut squash: May substitute Hubbard squash
- ***Roasted Brussel sprouts: May substitute broccoli
- Trail mix:
1-5 years: 5/8 cup (no pretzels or dried fruit)
6-18 years: 1 cup + 1 Tbsp (made without pretzels) or 1 cup (made with pretzels)

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Installation/Facility **MCNAMARA CHILD DEVELOPMENT CENTER**

Week of/Dates:

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, CYS Nutritionist IMCOM G9

Signature Date: 15 September 2023
 Menus approved for use through: 31 October 2025

Installation/Facility _____

Week 5 Notes

Week of/Dates: _____

Monday

- ***Apricots: May substitute peaches for apricots
- *** Vegetarian chili: Chop beans for under 3 years.
- Vegetarian chili
1-2 years: 1/2 cup (chop beans)
3-5 years: 3/4 cup
6-18 years: 1 cup
- Cheese
1-2 years: 1 Tbsp shredded cheese
3-5 years: 1 1/2 Tbsp shredded cheese
6-18 years: 2 Tbsp shredded cheese
- ***WGR tortilla: May use WGR flour or WGR corn tortillas

Tuesday

- ***WGR Rice Chex
May substitute WGR Life cereal for WGR Rice Chex
- Curry chicken slider
1-2 years: 1/2 slider
3-18: 1 slider
- ***Strawberries
1-2 years: pureed
3-5 years: chopped to 1/2 inch
- ***WGR soft pretzel: May substitute WGR breadstick
- *** Cheese: MST and SACs may substitute WGR baked cheese stick for cheese and breadstick: Serving per CN label
- ***WGR breadstick: MST and SACs may substitute WGR baked cheese stick for cheese and breadstick: Serving per CN label
- Marinara sauce
1-5 years: 2 Tbsp
6-18 years : 3 Tbsp

Wednesday

- Beef stroganoff:
1-2 years: 3/8 cup
3-5 years: 5/8 cup
6-18 years: 3/4 cup

Wednesday, continued

- ***Broccoli: MST and SAC may substitute roasted Brussel sprouts for broccoli
- Carrots
1-5 years: 3/8 cup
6-18 years: 1/2 cup
- Hummus
1-5: 3 Tbsp
6-18 years: 6 Tbsp

Thursday

- ***Blueberries
1-2 years: pureed
3-5 years: chopped to 1/2 inch
- Hammy mac and cheese:
1-2 years: 3/8 cup (chopped)
3-5 years: 1/2 cup
6-18 years: 3/4 cup
- Hammy mac and cheese: Any tube-shaped pasta (e.g., elbow macaroni, penne pasta) should be chopped for under 3.
- ***Baked apples: CDCs use peeled apples
- ***Baked apples: may substitute applesauce.

Friday

- Breakfast taco:
1-2 years: 1 taco
3-5 years: 1 taco
6-18 years: 1 taco
- ***WGR tortilla: May use WGR flour or WGR corn tortillas
- Lemon baked fish:
1-2 years: 1/2 portion
3-5 years: 2/3 portion
6-18 years: 1 portion
- Yogurt
1-5 years: 1/4 cup
6-18 years: 1/2 cup

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Appendix:

Unless noted otherwise in the menu template or weekly notes, serving sizes are as listed below.

1/2 oz equiv of bread/grains = .5 oz of bread; ¼ cup of cooked breakfast cereal, cooked rice, cooked pasta or cooked grains; 4 saltine crackers; 1 whole graham cracker sheet (2 ½ x 5 inches); ½ serving of muffin or muffins squares, cornbread, or French toast bake; ½ of a 1-oz biscuit, roll, or soft pretzel; ½ of a mini-bagel; ¼ of a 2-oz bagel; ½ of a 1.25-oz waffle; ¼ of a 2-oz English muffin or pita.

1 oz equiv of bread/grains = 1 oz bread; ½ cup of cooked breakfast cereal, cooked rice, cooked pasta or cooked grains; 8 saltine crackers, 2 whole graham cracker sheets (2 ½ x 5 inches); 1 serving of muffin or muffins squares, cornbread, or French toast bake; 1 1-oz biscuit, roll, or soft pretzel; 1 mini bagel, ½ of a 2-oz bagel; 1 1.25-oz waffle; and ½ of a 2-oz English muffin or pita.

The serving size for ready to eat breakfast cereal varies by type:

WGR Rice Chex or WGR Life	WGR corn puffs cereal	WGR toasted oat cereal	Bran flakes
1-2 years: ½ cup	1-2 years: ¾ cup	1-2 years: ½ cup	1-2 years: ½ cup
3-5 years: ½ cup	3-5 years: ¾ cup	3-5 years: ½ cup	3-5 years: ½ cup
6-18 years: 1 cup	6-18 years: 1 ¼ cup	6-18 years: 1 cup	6-18 years: 1 cup

Ounce equivalents for meats/ alternates: cooked meat and cheese, 1 oz = 1 oz; cooked beans/ peas, ¼ c = 1 oz; yogurt, 4 oz (½ c) = 1 oz,

For “other” foods that do not count as a meal component, **unless specified otherwise in the weekly notes**, the serving size is below:

Creamy vegetable dip	Sunbutter	Granola
1-5 years: 1 ½ Tbsp	1-5 years: none	1-5 years: 0
6-18 years: 2 Tbsp	6-18 years: 1 Tbsp	6-18 years: 2 Tbsp


Cream Cheese: Optional for bagels. Spread thin to prevent choking hazard, about ½ tsp per ½ serving of bagel (i.e., ½ tsp on ½ of a mini-bagel or ¼ of a 2-oz bagel).

Pancake syrup: 2 tsp per ½ waffle or ½ serving of pancake bake. No syrup on French toast bake.

Salad Dressing: 1 tsp per ½ cup of salad or 2 tsp per 1 cup of salad.

Smart Balance: ½ tsp per ½ serving of toast, bagel, English muffin, roll, bread, and cornbread. Optional: ½ tsp per ¼ cooked vegetables. No spread on biscuits calculated, but it may be used.

Jam: Optional for English muffins and toast. ½ tsp per ½ serving of toast and English muffin.

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For children under 18 months, the following foods should be modified as noted or a substitution should be offered.

Apples: Offer applesauce.

Asian mixed vegetables: Should not be given to this age group. Offer chopped peas.

Baked apples: Offer applesauce.

Beef-vegetable stew: Puree stew.

Black beans: Should be chopped.

Blueberries: Should be pureed.

Cheese: Should be served shredded or sliced in thin pieces.

Coleslaw: Should not be given to this age group. Offer a substitution.

Crispy baked chicken: Serve chicken without breading.

Crushed pineapple: Pineapple of any kind should not be given to this age group. Offer a substitution.

Cucumber: Should be served without skin, may require steaming if not soft enough to be cut with fork.

Fish (including salmon): Serve tuna or checked carefully for bones.

Fruit salad: do not serve to this age group. Serve applesauce, bananas or mandarin oranges.

Grapes: Even when cut into quarters, grapes should not be given to this age group. Offer a substitution.

Peas: Should be chopped or pureed.

Pineapple: Do not serve pineapple (regular or crushed) to this age group. Offer a substitution.

Pinto Beans: Should be chopped.

Hashbrown potatoes: Should not be given to this age group. Offer mashed potatoes.

Continued

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Installation/Facility _____ Week of/Dates: _____

Hawaiian pork: prepare sauce without pineapple or do not serve sauce to this age group.

Mixed berries should be pureed.

Sautéed greens (i.e., spinach, turnip greens, collard greens, kale, or chard): Offer chopped to ¼ inch pieces.

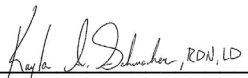
Soft pretzels should be cut into pieces smaller than the maximum width of 1/4-inch.

Strawberries should be pureed.

Toasted pita should be cut into pieces smaller than the maximum width of 1/4-inch.

WGR crackers should easily dissolve in the mouth. They must not be brittle and hard.

WGR pasta: Any tube-shaped pasta (e.g., elbow macaroni, penne pasta) should be chopped.

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