

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.

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Approved by: 

Kayla A. Schumacher, RDN, LD, CYS Nutritionist ICOM G9

Signature Date: 15 September 2024

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

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Kayla A. Schumacher, RDN, LD, CYS Nutritionist IIMCOM G9

Week of/Dates: _____

- 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)

Signature Date: 15 September 2024

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

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Signature Date: 15 September 2024

Kayla A. Schumacher, RDN, LD, CYS Nutritionist ICOM G9

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: May use cornstarch or flour recipe
- Gravy
1-2 years: 1 Tbsp
3-5 years: 2 Tbsp
6-18 years: 1/4 cup
- Yogurt
1-5 years: 1/4 cup
6-18 years: 1/2 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
1-5 years: 1 open-faced 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

Tuesday, continued

Approved by: Kayla A. Schumacher, RDN, LD

Kayla A. Schumacher, RDN, LD, CYS Nutritionist IIMCOM G9

Week of/Dates: _____

- 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: 1/4 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
- ***Sautéed spinach: chop
• ***Sautéed spinach
May substitute turnip greens, collard greens, kale, or chard for sautéed spinach.
- Cucumbers
1-5 years: 1/2 cup
6-18 years: 3/8 cup
- Celery
1-5 years: do not serve to this age group
6-18 years: 3/8 cup

Signature Date: 15 September 2024

OCT 20-24, NOV 24-28, DEC 29, 2025
 Week of/Dates: JAN 2, 2026 FEB 2-6, MAR 9-13, 2026

Installation/Facility McNamara CDC

Week 3* Fall/Winter	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
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			

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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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Signature Date: 15 September 2024

Kayla A. Schumacher, RDN, LD, CYS Nutritionist ICOM G9

Installation/Facility _____

Week 3 Notes

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: 1/2 cup
6-18 years: 3/4 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

Approved by: Kayla A. Schumacher, RDN, LD

Kayla A. Schumacher, RDN, LD, CYS Nutritionist ICOM G9

Week of/Dates: _____

- Mangos
1-5 years: Do not serve mangos to children 1-5 years
6-18 years: May substitute peaches for mangos
- WGR 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.

Signature Date: 15 September 2024

Installation/Facility **DLA McNamara CDC**

OCT 27-31, DEC 1-5, 2025

JAN 5-9, FEB 9-13, MAR 16-20, 2026

Week of/Dates:

Week 4* Fall/Winter	Minimum Serving Size Per Age							
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
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 (peaches)	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 (applesauce)***	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	Chicken, 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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Approved by: Kayla A. Schumacher, RDN, LD

Signature Date: 15 September 2024

Kayla A. Schumacher, RDN, LD, CYS Nutritionist ICOM G9

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
- Salsa
- 1-5 years: 1 Tbsp
- 6-18 years: 2 Tbsp

Tuesday

- WGR dressing:
1-5 years: 1/4 cup
6-18 years: 1/2 cup
- ***Baked apples: CDCs use peeled apples
- *** Baked apples: May substitute applesauce

Wednesday

- *** Kiwi: may substitute pears
- 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

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• *** Sautéed spinach

May substitute turnip greens, collard greens, kale, or chard for sautéed spinach

Wednesday, continued

- Yogurt
1-5 years: 1/4 cup
6-18 years: 1/2 cup

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)

Signature Date: 15 September 2024

Installation/Facility **DLA McNamara CDC**

NOV 3-7, DEC 8-12, 2025
Week of/Dates: JAN 12-16, FEB 16-20, MAR 23-27, 2026

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 sandwich	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 bread	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^^

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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 ½ Tbsp shredded cheese
6-18 years: 2 Tbsp shredded cheese
- ***WGR tortilla: May use WGR flour or WGR corn tortillas
- Creamy vegetable dip
1-2 years: 2 tsp
3-5 years: 1 Tbsp
6-18 years: 1 ½ Tbsp

Tuesday

- ***WGR Rice Chex: may substitute WGR Life cereal for WGR Rice Chex
- Curry chicken slider
1-2 years: 2 quarter pieces of sandwich
3-5 years: 3 quarter pieces of sandwich
6-18 years: 1 sandwich
- ***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

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Wednesday

- Beef stroganoff:
1-2 years: 3/8 cup
3-5 years: 5/8 cup
6-18 years: 3/4 cup
- ***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:
***substitute tuna for under 18 months
1-2 years: check for bones carefully
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; $\frac{1}{4}$ cup of cooked breakfast cereal, cooked rice, cooked pasta or cooked grains; 4 saltine crackers; 1 whole graham cracker sheet (2 $\frac{1}{2}$ x 5 inches); $\frac{1}{2}$ serving of muffin or muffins squares, cornbread, or French toast bake; $\frac{1}{2}$ of a 1-oz biscuit, roll, or soft pretzel; $\frac{1}{2}$ of a mini-bagel; $\frac{1}{4}$ of a 2-oz bagel; $\frac{1}{2}$ of a 1.25-oz waffle; $\frac{1}{4}$ of a 2-oz English muffin or pita.

1 oz equiv of bread/grains = 1 oz bread; $\frac{1}{2}$ cup of cooked breakfast cereal, cooked rice, cooked pasta or cooked grains; 8 saltine crackers, 2 whole graham cracker sheets (2 $\frac{1}{2}$ 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, $\frac{1}{2}$ of a 2-oz bagel; 1 1.25-oz waffle; and $\frac{1}{2}$ 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
1-2 years: $\frac{1}{2}$ cup
3-5 years: $\frac{1}{2}$ cup
6-18 years: 1 cup

WGR corn puffs cereal
1-2 years: $\frac{3}{4}$ cup
3-5 years: $\frac{3}{4}$ cup
6-18 years: 1 $\frac{1}{4}$ cup

WGR toasted oat cereal
1-2 years: $\frac{1}{2}$ cup
3-5 years: $\frac{1}{2}$ cup
6-18 years: 1 cup

Bran flakes
1-2 years: $\frac{1}{2}$ cup
3-5 years: $\frac{1}{2}$ cup
6-18 years: 1 cup

Ounce equivalents for meats/ alternates: cooked meat and cheese, 1 oz = 1 oz; cooked beans/ peas, $\frac{1}{4}$ c = 1 oz; yogurt, 4 oz ($\frac{1}{2}$ 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
1-5 years: 1 $\frac{1}{2}$ Tbsp
6-18 years: 2 Tbsp

Sunbutter
1-5 years: none
6-18 years: 1 Tbsp

Granola
1-5 years: 0
6-18 years: 2 Tbsp

Cream Cheese: Optional for bagels. Spread thin to prevent choking hazard, about $\frac{1}{2}$ tsp per $\frac{1}{2}$ serving of bagel (i.e., $\frac{1}{2}$ tsp on $\frac{1}{2}$ of a mini-bagel or $\frac{1}{4}$ of a 2-oz bagel).

Pancake syrup: 2 tsp per $\frac{1}{2}$ waffle or $\frac{1}{2}$ serving of pancake bake. No syrup on French toast bake.

Salad Dressing: 1 tsp per $\frac{1}{2}$ cup of salad or 2 tsp per 1 cup of salad.

Smart Balance: $\frac{1}{2}$ tsp per $\frac{1}{2}$ serving of toast, bagel, English muffin, roll, bread, and cornbread. Optional: $\frac{1}{2}$ tsp per $\frac{1}{4}$ cooked vegetables. No spread on biscuits calculated, but it may be used.

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Jam: Optional for English muffins and toast. $\frac{1}{2}$ tsp per $\frac{1}{2}$ serving of toast and English muffin.

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.

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

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

Kiwi: Peel and remove stem patch. Offer chopped to $\frac{1}{4}$ inch pieces. If not soft enough to be cut with a fork, serve substitute.

Lettuce: Offer substitute.

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Mixed berries should be pureed.

CONTINUED

Mandarin oranges must be canned.

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

Sautéed greens (i.e., spinach, turnip greens, collard greens, kale, or chard): Offer chopped to $\frac{1}{4}$ 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.

WGR soft pretzels soft pretzels, breadsticks, tortillas, toast, and pita bread should be cut into pieces smaller than the maximum width of 1/4-inch.

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