

March 24-28, April 28-May 2,
Week of/Dates: June 2-6, July 7-11, August 11-15, September 15-19, 2025

Installation/Facility

Week 1* Spring/ Summer	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	Pears	Peaches	Strawberries	Banana	Hash brown potatoes
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR corn puffs cereal KIX	Oatmeal	WGR waffle	Bran flakes cereal (WGR Life***)	WGR toast
Meat/ Other					Yogurt	Pancake syrup (optional)		Scrambled eggs
Lunch				Spaghetti & meat sauce	Baked chicken	Hawaiian pork ***	Bean enchiladas bake	Turkey tikka
Meat/ Alternate	1 oz	1 1/2 oz	2 oz	Ground beef	Chicken	Pork	Pinto beans, cheese	Turkey
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR pasta	WGR roll	WGR macaroni salad	WGR tortilla***	Brown rice
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Cauliflower	Yellow squash***	Carrots	Cantaloupe	Apple
Vegetable	1/8 c	1/4 c	1/2 c	Tossed salad (cucumbers***)	Black beans	Green beans	Broccoli	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				Salad dressing (dip)***				
PM Snack						English muffin pizza^		
Fruit	1/2 c	1/2 c	3/4 c	Banana	Orange (Mandarin oranges)	Watermelon***		Pineapple (crushed pineapple)
Vegetable	1/2 c	1/2 c	3/4 c				Cucumbers***, celery^^	
Meat/ Alternate	1/2 oz	1/2 oz	1 oz				Cheese (on pizza)	Yogurt
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	Graham crackers (no honey in CDC)	Trail mix [no pretzels or dried fruit for CDC]^ ***	WGR soft pretzel***	WGR English muffin	
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	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 only. Additional serving size information is located in the weekly notes and appendix.

This institution is an equal opportunity provider.

Approved by: 

Signature Date: 04 March 2024

Kayla Schumacher, RDN, LD CYS Nutritionist IMCOM G9

Installation/Facility _____

Week 1 Notes

Monday

- Meat sauce
 - 1-2 years: 1/4 cup
 - 3-5 years: 3/8 cup
 - 6-18 years: 1/2 cup
- Tossed salad
 - 3-5 years: 1/2 cup
 - 6-18 years: 1 cup
- ***Cucumbers: Peel and slice thin or remove seeds for CDCs
- Dip
 - 1-2 years: 2 tsp

***Dip: May serve creamy vegetable dip or ranch dressing

Tuesday

- Yogurt
 - 1-5 years: 1/4 cup
 - 6-18 years: 1/2 cup
- ***Yellow squash: May substitute zucchini for yellow squash
- Trail mix:
 - 1-5 years: 5/8 cup (no pretzels or dried fruit)
 - 6-18 years: 1 cup + 1 Tbsp (1.2 servings made without pretzels) or 1 cup (1 serving made with pretzels)
- ***Trail mix: May substitute WGR breakfast cereal

Wednesday

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

Approved by: _____



Kayla Schumacher, RDN, LD CYS Nutritionist IMCOM G9

March 24-28, April 28-May 2,
Week of/Dates: June 2-6, July 7-11, August 11-15, September 15-19, 2025

Wednesday, continued

- ***Watermelon
 - Watermelon must be seedless and/or have seeds removed for CDCs
 - May substitute honeydew melon for watermelon
- ***WGR soft pretzel: May substitute WGR breadstick for WGR soft pretzel

Thursday

- ***WGR Life
 - May substitute WGR toasted oat cereal for WGR Life cereal
- Bean enchilada bake
 - 1-2 years: 1/2 serving
 - 3-5 years: 3/4 serving
 - 6-18 years: 1 serving
- ***WGR tortilla
 - May use WGR flour or WGR corn tortilla
- English muffin pizza
 - 1-5 years: 1 pizza made from 1 English muffin half
 - 6-18 years: 2 pizzas
- Cucumbers
 - 1-18 years: 1/2 cup
- ***Cucumbers: Peel and slice thin or remove seeds for CDCs
- Celery
 - 6-18 years: 1/4 cup

Friday

- Scrambled eggs
 - 1-5 years: 2 Tbsp
 - 6-18 years: 1/4 cup
- Turkey tikka
 - 1-2 years: 1/4 cup
 - 3-5 years: 3/8 cup
 - 6-18 years: 1/2 cup

Signature Date: 04 March 2024

Week 2* Spring/ Summer	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	Peaches	Honeydew melon	Pineapple (crushed pineapple)	Orange (Mandarin oranges)	Banana
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR English muffin	WGR Rice Chex	Oven-baked whole wheat pancake	WGR peach muffin	WGR toasted oat cereal
Meat/ Other				Scrambled eggs		Pancake syrup (optional)		Yogurt
Lunch				Macaroni and cheese	Roasted turkey	Beef paprikash	Chicken salad sandwich	BBQ pork***
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Cheese	Turkey	Beef	Chicken	Pork
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR pasta	WGR biscuit	Brown rice	WGR bread	WGR roll***
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Strawberries	Sweet potatoes	Steamed carrots	Pears	Cucumbers***
Vegetable	1/8 c	1/4 c	1/2 c	Broccoli	Green beans	Cauliflower	Peas	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							Italian pasta salad	
Fruit	1/2 c	1/2 c	3/4 c		Blueberries	Apple		Watermelon***
Vegetable	1/2 c	1/2 c	3/4 c	White bean dip + snap peas^^ and carrots) [steamed for CDC]				
Meat/ Alternate	1/2 oz	1/2 oz	1 oz		Yogurt			Cheese
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR toasted pita bread		Graham crackers (no honey in CDC)	WGR pasta	WGR crackers
Fluid Milk**	1/2 c	1/2 c	1 c			Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	
Other					Granola^^	Sunbutter (optional)^^	Vegetables in salad	

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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 only. Additional serving size information is located in the weekly notes and appendix.

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Kayla Schumacher, RDN, LD CYS Nutritionist ICOM G9

Signature Date: 04 March 2024

Installation/Facility _____

Week 2 Notes:

Monday

- Scrambled eggs
1-5 years: 2 Tbsp
6-18 years: 1/4 cup

• Macaroni and cheese

1-2 years: 1/3 cup
3-5 years: 1/2 cup
6-18 years: 2/3 cup

• White bean dip

1-5 years: 3 Tbsp dip
6-18 years: 6 Tbsp dip

• Snap peas

1-5 years: do not serve to this age group
6-18 years: 1/4 cup

• Carrots

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

Tuesday: No notes

Wednesday

- Oven-baked whole wheat pancake
- 1-5 years: 1/2 piece
- 6-18 years: 1 piece

• Beef Paprikash

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

Approved by: _____



Kayla Schumacher RDN, LD, CYS Nutritionist IMCOM G9

Week of/Dates: March 31-April 4, May 5-9, June 9-13, July 14-18, August 18-22, 2025

Thursday

- Chicken salad sandwich
1-2 years: 2 quarter pieces (1/2 sandwich)
3-5 years: 3 quarter pieces (3/4 sandwich)
6-18 years: 1 sandwich

• Italian pasta salad

1-2 years: 1/2 cup, chop vegetables to 1/4 inch
3-5 years: 1/2 cup, chop vegetables to 1/2 inch
6-18 years: 1 cup

Friday

- Yogurt
1-5 years: 1/4 cup
6-18 years: 1/2 cup
- BBQ pulled pork***
For pork free option serve pinto beans as meat alt
- ***Cucumbers: Peel and slice thin or remove seeds for CDCs
- Creamy vegetable dip
1-2 years: 1 tsp
3-18 years: 2 tsp
- ***Watermelon
Watermelon must be seedless and/or have seeds removed for CDCs
May substitute cantaloupe for watermelon.

Signature Date: 04 March 2024

Week 3* Spring/ Summer	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	Pears	Pineapple (crushed pineapple)	Blueberries	Applesauce
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR corn puffs cereal KIX	WGR biscuit	WGR French toast bake	Bran flakes cereal (WGR Life***)	WGR bagel
Meat/ Other					Ham			Scrambled eggs
Lunch				Pizza burger	Strawberry spinach salad with chicken***	Bean burrito bowl	Cajun baked fish	Pork lo mein***
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Ground beef & cheese	Chicken	Pinto beans & cheese	Fish	Pork
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR roll***	WGR crackers	Brown rice	WGR roll	WGR pasta
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Broccoli	Apple	Peaches	Pears	Pineapple (crushed pineapple)
Vegetable	1/8 c	1/4 c	1/2 c	Oven-baked sweet potato fries***	Spinach (sautéed)	Tomatoes, lettuce (tomatoes)	Green beans	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						Salsa (optional)		
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Cantaloupe			Orange (Mandarin oranges)	
Vegetable	1/2 c	1/2 c	3/4 c		Marinara sauce and potatoes wedges	Cauliflower & broccoli [steamed for CDC]		White bean dip + carrots [steamed for CDC]
Meat/ Alt	1/2 oz	1/2 oz	1 oz		Cheese			
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR soft pretzel***		WGR crackers	Graham crackers (no honey in CDC)	WGR toasted pita bread
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						Creamy vegetable dip	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 only. Additional serving size information is located in the weekly notes and appendix.

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Approved by:  Signature Date: 04 March 2024

Kayla Schumacher RDN, LD, CYS Nutritionist ICOM G9

Installation/Facility _____

Week 3 Notes:

Monday

- Pizza burger
1-2 years: 1/2 sandwich (1/2 serving)
3-18 years: 1 sandwich
- ***WGR roll
May use either WGR roll or WBR bun
- ***Oven-baked sweet potato fries
May substitute sweet potatoes (roasted) for oven-baked sweet potato fries
- ***WGR soft pretzel: May substitute WGR breadstick for WGR soft pretzel

Tuesday

- Ham
1-5 years: 1/2 ounce
6-18 years: 1 ounce
- ***Strawberry spinach salad
May substitute Mandarin oranges for strawberries
- Strawberry spinach salad
1-2 years: none
3-5 years: 1/2 cup
6-18 years: 1 cup
- Marinara sauce
1-5 years: 1/8 cup
6-18 years: 1/4 cup
- Potato wedges
1-5 years: 3/8 cup
6-18 years: 1/2 cup

Wednesday

- Bean burrito bowl, see below for each age group.
1-2 years: 1/4 c rice, 1/3 cup bean mixture, 1/8 cup diced tomato, 2 tsp shredded cheese

Approved by: _____



Kayla Schumacher RDN, LD, CYS Nutritionist ICOM G9

Week of/Dates: April 7-11, May 12-23, June 23-27, July 21-25, August 25-29, 2025

Wednesday, continued

- Bean burrito bowl
3-5 years: 1/4 c rice, 1/2 cup bean mixture, 1/8 cup diced tomato, 1/4 cup lettuce, 1 Tbsp shredded cheese
6-18: 1/2 c rice, 2/3 cup beans, 1/4 cup diced tomato, 1/2 cup of lettuce, 1 Tbsp plus 1 tsp shredded cheese
- Salsa (optional)
1-2 years: 2 tsp
3-5 years: 1 Tbsp
6-18 years: 1 1/2 Tbsp

Thursday

- WGR Life***
May substitute WGR Rice Chex for WGR Life cereal
- Cajun baked fish
1-2 years: 1/2 serving
3-5 years: 2/3 serving
6-18 years: 1 serving

Friday

- Scrambled eggs
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- Pork lo mein*** may substitute turkey for pork
- Pork lo mein
1-2 years: 1/2 serving
3-5 years: 3/4 serving
6-18 years: 1 serving

White bean dip
1-5 years: 3 Tbsp dip
6-18 years: 6 Tbsp dip

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

Signature Date: 04 March 2024

April 14-18,
Week of/Dates: May 19-23, June 23-27, July 28-August 11, September 1-5, 2025

Installation/Facility

Week 4* Spring/ Summer	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	Honeydew melon	Peaches	Strawberries	Banana	Orange (Mandarin oranges)
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR toasted oat cereal	WGR bagel	WGR waffle	WGR corn puffs cereal KIX	WGR English muffin
Meat/ Other					Yogurt	Pancake syrup (optional)		Scrambled eggs
Lunch				Denver omelet bake	Baked chicken	Roasted pork***	Turkey burger slider	Taco Salad***
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Egg, cheese, ham	Chicken	Pork	Ground turkey	Ground beef, cheese
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR toast***	WGR pasta	Brown rice	WGR roll	WGR tortilla***
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Orange (Mandarin oranges)	Yellow squash***	Pineapple (crushed pineapple)	Coleslaw*** (green beans)	Honeydew melon***
Vegetable	1/8 c	1/4 c	1/2 c	Peas	Green beans	Pinto beans	Potato wedges	Romaine lettuce & tomatoes (tomatoes)
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								Salsa (optional)
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c		Apple		Peaches	
Vegetable	1/2 c	1/2 c	3/4 c	Marinara sauce & parmesan cauliflower		Carrots & broccoli [steamed for CDC]		
Meat/ Alt	1/2 oz	1/2 oz	1 oz		Cheese^			
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv			WGR crackers	Graham crackers (no honey in CDC)	WGR fruit and bran muffin
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	Fluid Milk 1% or Whole
Other						Creamy vegetable dip	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 only. Additional serving size information is located in the weekly notes and appendix.

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Approved by: Kayla Schumacher, RDN, LD

Signature Date: 04 March 2024

Kayla Schumacher RDN, LD, CYS Nutritionist IMCOM G9

Installation/Facility_____

Week 4 Notes

Monday

- Denver omelet
1-2 years: $\frac{1}{2}$ serving
3-5 years: $\frac{3}{4}$ serving
6-18 years: 1 serving
- ***WGR toast: May substitute WGR bread or bun for WGR toast

• Marinara sauce

1-5 years: $\frac{1}{8}$ cup
6-18 years: $\frac{1}{4}$ cup

• Parmesan cauliflower

1-5 years: $\frac{3}{8}$ cup
6-18 years: $\frac{1}{2}$ cup

Tuesday

• Yogurt

1-5 years: $\frac{1}{4}$ cup
6-18 years: $\frac{1}{2}$ cup

• ***Yellow squash

May substitute zucchini for yellow squash

Wednesday

• ***Roasted pork

For pork free option, serve pinto beans as meat alt and sweet potatoes as vegetable

Week of/Dates:_____

Thursday

- Turkey burger
1-2 years: $\frac{1}{2}$ burger
3-18 years: 1 burger
- ***Coleslaw: may serve coleslaw to 2-3 year olds, if very finely chopped ($\frac{1}{8}$ - inch). Do not serve to under 2 years old.

Friday

- Scrambled eggs
1-5 years: 2 Tbsp
6-18 years: $\frac{1}{4}$ cup
- ***Taco salad
1-2 years: $\frac{1}{4}$ cup diced tomatoes; 2 Tbsp+ 2 tsp meat mixture, 1 Tbsp shredded cheese
3-5 years: $\frac{1}{2}$ cup lettuce tomato mixture; $\frac{1}{4}$ cup meat mixture, 1 $\frac{1}{2}$ Tbsp shredded cheese
6-18 years: 1 cup lettuce tomato mixture; $\frac{1}{3}$ cup meat mixture, 2 Tbsp shredded cheese
- ***WGR tortilla
May use WGR flour or WGR corn tortilla
- Salsa (optional)
1-2 years: 2 tsp
3-5 years: 1 Tbsp
6-18 years: $1\frac{1}{2}$ Tbsp

Approved by: _____



Kayla Schumacher RDN, LD, CYS Nutritionist ICOM G9

Signature Date: _____

04 March 2024

April 21-25,
Week of/Dates: May 26-30, June 30-July 4, August 4-8, September 8-12, 2025

Installation/Facility

Week 5* Spring/Summer	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	Orange (Mandarin orange)	Applesauce	Peaches	Banana	Cantaloupe
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR toasted oat cereal	Oven-baked whole wheat pancake	WGR biscuit	WGR Rice Chex	WGR bagel
Meat/ Other				Yogurt	Pancake syrup (optional)	Scrambled eggs		Cream cheese
Lunch				Roasted turkey	Beef picadillo	Lemon baked tuna cake***	Toasted cheese sandwich	Crispy baked chicken
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Turkey	Ground beef	Tuna & egg	Cheese	Chicken
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	Quinoa pilaf***	Brown rice	WGR roll	WGR bread	WGR pasta
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Turnip greens***	Pineapple (crushed pineapple)	Green beans	Pears	Yellow squash***
Vegetable	1/8 c	1/4 c	1/2 c	Carrots	Peas	Potato wedges	Broccoli	Tossed salad (green beans)
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								
Fruit	1/2 c	1/2 c	3/4 c	Watermelon***		Orange (mandarin oranges)		Strawberries
Vegetable	1/2 c	1/2 c	3/4 c		Oven-baked sweet potato fries***		Cucumbers*** & carrots [steamed for CDC]	
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Cheese	Ham			Yogurt
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR crackers		WGR soft pretzel***	WGR crackers	
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole			
Other							Creamy vegetable dip	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.

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Signature Date: 04 March 2024

Installation/Facility _____

Week 5 Notes

Monday

- Yogurt
1-5 years: $\frac{1}{4}$ cup
6-18 years: $\frac{1}{2}$ cup
- ***Quinoa pilaf
May substitute WGR dressing for quinoa pilaf
- ***Turnip greens
May substitute collard greens, sautéed spinach, kale, or chard for turnip greens
- ***Watermelon
Watermelon must be seedless and/or have seeds removed for CDCs
May substitute honeydew melon for watermelon

Tuesday

- Picadillo beef
1-2 years: $\frac{1}{4}$ cup
3-5 years: $\frac{3}{8}$ cup
6-18 years: $\frac{1}{2}$ cup
- ***Oven-baked sweet potato fries
May substitute sweet potatoes (roasted) for oven-baked sweet potato fries

Wednesday

- Scrambled eggs
1-5 years: 2 Tbsp
6-18 years: $\frac{1}{4}$ cup
- ***Lemon baked tuna cakes
May substitute salmon for tuna
- Lemon baked tuna cakes:
1-2 years: $\frac{2}{3}$ cake
3-5 years: 1 cake
6-18 years: $1\frac{1}{3}$ cake (See recipe to make one large tuna cake).

Approved by: _____



Kayla Schumacher RDN, LD, CYS Nutritionist IMCOM G9

April 21-25,
Week of/Dates: May 26-30, June 30-July 4, August 4-8, September 8-12, 2025

Wednesday, continued

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

Thursday

- Toasted cheese sandwich
1-2 years: 2 quarter pieces (1/2 sandwich)
3-5 years: 3 quarter pieces (3/4 sandwich)
6-18 years: 1 sandwich

- ***Cucumbers: Peel and slice thin or remove seeds for CDCs

Friday

- ***Yellow squash
May substitute zucchini for yellow squash

Signature Date: _____

04 March 2024

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, breadstick 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: 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 $\frac{1}{2}$ tsp per $\frac{1}{2}$ cup of salad or 1 Tbsp per cup of salad.

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

Approved by: _____



Kayla Schumacher RDN, LD, CYS Nutritionist IMCOM G9

Signature Date: 04 March 2024

Installation/Facility _____

Week of/Dates: March 24 - September 19, 2025

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

All vegetables must be cooked.

Apples: Offer applesauce.

Blueberries: Should be chopped or pureed.

Cheese: Should be served shredded or sliced and cut into pieces smaller than the maximum width of 1/4-inch.

Crispy baked chicken: Serve chicken without breading.

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

Corn: Puree, chop, or offer a substitution.

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

Fish: Serve tuna or checked carefully for bones.

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.

Lettuce: Offer substitute.

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

Mandarin oranges must be canned.

Parmesan roasted cauliflower: Serve steamed cauliflower with Parmesan cheese sprinkled on top.

Pineapple: Should not be given any form of pineapple to this age group. Offer a substitution.

Peas: Should be chopped or pureed.

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

Watermelon: check carefully for seeds.

WGR crackers should easily dissolve in the mouth, and they must not be brittle or hard.

Approved by: Kayla Schumacher, RDN, LD

Kayla Schumacher RDN, LD, CYS Nutritionist IMCOM G9

Signature Date: 04 March 2024