


| Week 1* Spring/Sum | 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)*** | | | | |

Approved by: 

Signature Date: 26 September 2024

Kayla Schumacher, RDN, LD CY5 Nutritionist IMCOM G9

| Week 1 | Components | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|---|---|--|---|---|
| Breakfast | <ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |
| | | IF infant cereal | IF infant cereal | IF infant cereal | IF infant cereal | IF infant cereal |
| | | Pears* (m) or infant vegetable/fruit | Yogurt (m) | Infant vegetable/fruit | Banana (m) or infant vegetable/fruit | Scrambled eggs* (m) |
| | | | Peaches (m) or infant vegetable/fruit | | | Mashed potatoes (m) or infant vegetable/fruit |
| Lunch | <ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |
| | | IF infant cereal | IF infant cereal | IF infant cereal | IF infant cereal | IF infant cereal |
| | | Ground beef* (m) or infant meat | Chicken* (m) or infant meat | Pork*without sauce (m) or infant meat | Pinto beans* (m) or infant meat | Turkey* without sauce (m) or infant meat |
| | | Steamed cauliflower* (m) or infant vegetable/fruit | Black beans* (m) or infant vegetable/fruit | Steamed carrots* (m) or infant vegetable/fruit | Steamed broccoli* (m) or infant vegetable/fruit | Applesauce (m), peas* (m) or infant vegetable/fruit |
| Snack | <ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal • 0-2 tbsp Vegetable, Fruit or both | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |
| | | Graham crackers without honey (m) or IF infant cereal | WGR toasted oat cereal (m) or IF infant cereal | WGR crackers* (m) or IF infant cereal | WGR corn puffs [Kix](m) or IF infant cereal | WGR crackers* (m) or IF infant cereal |
| | | Banana (m) or infant vegetable/fruit | Mandarin oranges* (m) or infant vegetable/fruit | Infant vegetable/fruit | Infant vegetable/fruit | Infant vegetable/fruit |
| | | | | | | |
| Snack | <ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. Foods will not be cut onto rounds in CYS Facilities. *See Appendix for important preparation instructions. This institution is an equal opportunity provider. **Infant formula supplied by facility: Similac Advanced with Iron and Similac Soy with Iron**

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

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

Approved by: _____




Kayla Schumacher, RDN, LD
CYS Nutritionist IMCOM G9

Signature Date: 26 September 2024

Installation/Facility West Point CDC/SAC

Week of/Dates: 5 May, 9 June, 14 July, 18 August, 22 September 2025

| Week 2 Notes: Week 2* Spring/Sum | 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 |


Approved by:  Kayla Schumacher, RDN, LD
 Kayla Schumacher, RDN, LD CYS Nutritionist IMCOM G9

Signature Date: 26 September 2024

| | | | | | | | | |
|-----------------|--------------|--------------|------------|---|-------------|-----------------------------------|------------------------|---------------|
| 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 | |

*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.

Infant formula supplied by facility: Similac Advanced with Iron and Similac Soy with Iron

Approved by: 
 Kayla Schumacher, RDN, LD CYS Nutritionist IMCOM G9

Signature Date: 26 September 2024

| Week 2 | Components | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|---|---|---|--|--|
| Breakfast | <ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |
| | | IF infant cereal | IF infant cereal | IF infant cereal | IF infant cereal | IF infant cereal |
| | | Scrambled eggs* (m) | | | | Mandarin oranges* (m) or infant vegetable/fruit |
| | | Peaches (m) or infant vegetable/fruit | Infant vegetable/fruit | Infant vegetable/fruit | Infant vegetable/fruit | Yogurt (m) Banana (m) or infant vegetable/fruit |
| Lunch | <ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |
| | | IF infant cereal | IF infant cereal | IF infant cereal | IF infant cereal | IF infant cereal |
| | | Cheese* (m) or infant meat | Turkey* (m) or infant meat | Ground beef* (m) or infant meat | Chicken* (m) or infant meat | Roasted pork without BBQ sauce* (m) or infant meat |
| | | Steamed broccoli* (m) or infant vegetable/fruit | Sweet potatoes* (m), green beans* (m) or infant vegetable/fruit | Steamed carrots* (m), steamed cauliflower* (m), or infant vegetable/fruit | Peas* (m), pears* (m), or infant vegetable/fruit | Mashed potatoes* (m), or infant vegetable/fruit |
| Snack | <ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal • 0-2 tbsp vegetable, fruit or both | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |
| | | WGR crackers* (m) or IF infant cereal | WGR toasted oat cereal (m) or IF infant cereal | Graham crackers without honey (m) or IF infant cereal | WGR corn puffs [Kix] (m) or IF infant cereal | WGR crackers* (m) or IF infant cereal |
| | | Steamed carrots* (m) or infant vegetable/fruit | Infant vegetable/fruit | Applesauce (m), or infant vegetable/fruit | Infant vegetable/fruit | Infant vegetable/fruit |
| | | | | | | |
| Snack | <ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |
| | | | | | | |

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. Foods will not be cut onto rounds in CYS Facilities. *See Appendix for important preparation instructions. This institution is an equal opportunity provider. **Infant formula supplied by facility: Similac Advanced with Iron and Similac Soy with Iron**

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

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 ¼ inch
3-5 years: 1/2 cup, , chop vegetables to ½ inch
6-18 years: 1 cup

Friday

- Yogurt
1-5 years: ¼ cup
6-18 years: ½ 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.

Approved by: _____



Kayla Schumacher, RDN, LD CYS Nutritionist IMCOM G9

Signature Date: 26 September 2024

Installation/Facility

West Point CDC/SAC

Week of/Dates: 12 May, 16 June, 21 July, 25 August, 29 September 2025

| Week 3* Spring/Sum | 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) | | |

Approved by: _____

Kayla Schumacher, RDN, LD

Signature Date: 26 September 2024

Kayla Schumacher, RDN, LD CY5 Nutritionist IMCOM G9

| | | | | | | | | |
|--------------|--------------|--------------|------------|------------------------|------------------------------------|--|-----------------------------------|--|
| 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.
This institution is an equal opportunity provider.

Infant formula supplied by facility: Similac Advanced with Iron and Similac Soy with Iron

Approved by: 

Signature Date: 26 September 2024

Kayla Schumacher, RDN, LD CYS Nutritionist IMCOM G9

| Week 3 | Components | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|---|---|--|--|--|
| Breakfast | <ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |
| | | IF infant cereal | IF infant cereal | IF infant cereal | IF infant cereal | IF infant cereal |
| | | Banana (m) or infant vegetable/fruit | Ham* (m) | Infant vegetable/fruit | Infant vegetable/fruit | Scrambled eggs* (m) |
| | | | Pears* (m) or infant vegetable/fruit | | | Applesauce (m) or infant vegetable/fruit |
| Lunch | <ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |
| | | IF infant cereal | IF infant cereal | IF infant cereal | IF infant cereal | IF infant cereal |
| | | Ground beef* (m) or infant meat | Chicken* (m) or infant meat | Pinto beans* (m), cheese* (m), or infant meat | Tuna* (m) or infant meat | Pork* (m) or infant meat |
| | | Steamed broccoli* (m) or infant vegetable/fruit | Applesauce (m) or infant vegetable/fruit | Peaches (m) or infant vegetable/fruit | Pears* (m), green beans* (m) or infant vegetable/fruit | Peas* (m) or infant vegetable/fruit |
| Snack | <ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal • 0-2 tbsp vegetable, fruit or both | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |
| | | WGR toasted oat cereal (m) or IF infant cereal | WGR crackers* (m) or IF infant cereal | WGR corn puff cereal [Kix] (m) or IF infant cereal | Graham crackers without honey (m) or IF infant cereal | WGR crackers* (m) or IF infant cereal |
| | | Infant vegetable/fruit | Mashed potatoes (m) or infant vegetable/fruit | Steamed cauliflower* (m) or infant vegetable/fruit | Mandarin oranges* (m) or infant vegetable/fruit | Steamed carrots* (m) or infant vegetable/fruit |
| | | | | | | |
| Snack | <ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. Foods will not be cut onto rounds in CYS Facilities. *See Appendix for important preparation instructions. This institution is an equal opportunity provider. **Infant formula supplied by facility: Similac Advanced with Iron and Similac Soy with Iron**

Installation/Facility West Point CDC/SAC/MST

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

Week of/Dates: 12 May, 16 June, 21 July, 25 August, 29 September 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

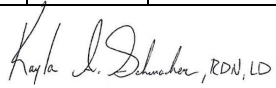
Approved by:  _____
Kayla Schumacher, RDN, LD

Signature Date: 26 September 2024 _____

Installation/Facility West Point CDC/SAC

Week of/Dates: 14 April, 19 May, 23 June, 28 July, 1 September 2025

| Week 4* Spring/Sum | 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) |

Approved by: 

Signature Date: 26 September 2024

Kayla Schumacher, RDN, LD CY5 Nutritionist IMCOM G9

| | | | | | | | | |
|--------------|--------------|--------------|------------|---------------------------------------|------------------------|--------------------------------------|-----------------------------------|---------------------------|
| 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.
This institution is an equal opportunity provider.

Infant formula supplied by facility: Similac Advanced with Iron and Similac Soy with Iron

Approved by: 

Signature Date: 26 September 2024

Kayla Schumacher, RDN, LD CYS Nutritionist IMCOM G9

| Week 4 | Components | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|--|--|--|---|--|
| Breakfast | <ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |
| | | IF infant cereal | IF infant cereal | IF infant cereal | IF infant cereal | IF infant cereal |
| | | Infant vegetable/fruit | Yogurt (m) | Infant vegetable/fruit | Banana (m) or infant vegetable/fruit | Scrambled eggs* (m) |
| | | | Peaches (m) or infant vegetable/fruit | | | Mandarin oranges* (m) or infant vegetable/fruit |
| Lunch | <ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |
| | | IF infant cereal | IF infant cereal | IF infant cereal | IF infant cereal | IF infant cereal |
| | | Scrambled egg* (m), ham* (m) or infant meat | Chicken* (m) or infant meat | Roasted pork* (m) or infant meat | Ground turkey* (m) or infant meat | Ground beef* (m) or infant meat |
| | | Mandarin oranges* (m), peas* (m) or infant vegetable/fruit | Green beans* (m) or infant vegetable/fruit | Pinto beans* (m) or infant vegetable/fruit | Mashed potatoes (m), green beans* (m) or infant vegetable/fruit | Infant vegetable/fruit |
| Snack | <ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal • 0-2 tbsp vegetable, fruit or both | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |
| | | WGR crackers* (m) or IF infant cereal | WGR toasted oat cereal (m) or IF infant cereal | WGR crackers* (m) or IF infant cereal | Graham crackers without honey (m) or IF infant cereal | WGR corn puff cereal [Kix] (m) or IF infant cereal |
| | | Steamed cauliflower* (m) or infant vegetable/fruit | Applesauce (m) or infant vegetable/fruit | Steamed carrots* (m), steamed broccoli* (m), or infant vegetable/fruit | Peaches (m) or infant vegetable/fruit | Infant vegetable/fruit |
| | | | | | | |
| Snack | • 2-4 fl oz Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. Foods will not be cut onto rounds in CYS Facilities. *See Appendix for important preparation instructions. This institution is an equal opportunity provider. **Infant formula supplied by facility: Similac Advanced with Iron and Similac Soy with Iron**

Installation/Facility West Point CDC/SAC/MST

Week of/Dates: 14 April, 19 May, 23 June, 28 July, 1 September 2025

Week 4 Notes

Monday

- Denver omelet
1-2 years: ½ serving
3-5 years: ¾ serving
6-18 years: 1 serving
- ***WGR toast: May substitute WGR bread or bun for WGR toast
- Marinara sauce
1-5 years: 1/8 cup
6-18 years: 1/4 cup
- Parmesan cauliflower
1-5 years: 3/8 cup
6-18 years: 1/2 cup

Tuesday

- Yogurt
1-5 years: ¼ cup
6-18 years: ½ 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

Thursday

- Turkey burger
1-2 years: ½ burger
3-18 years: 1 burger
- ***Coleslaw: may serve coleslaw to 2-3 year olds, if very finely chopped (1/8- inch). Do not serve to under 2 years old.

Friday

- Scrambled eggs
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- ***Taco salad
1-2 years: 1/4 cup diced tomatoes; 2 Tbsp+ 2 tsp meat mixture, 1 Tbsp shredded cheese
3-5 years: 1/2 cup lettuce tomato mixture; 1/4 cup meat mixture, 1 1/2 Tbsp shredded cheese
6-18 years: 1 cup lettuce tomato mixture; 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 ½ Tbsp

Approved by: _____




Kayla Schumacher, RDN, LD CY5 Nutritionist IMCOM G9

Signature Date: 26 September 2024

| 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. 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.

Infant formula supplied by facility: Similac Advanced with Iron and Similac Soy with Iron

Approved by: 
 Kayla Schumacher, RDN, LD CYS Nutritionist IMCOM G9

Signature Date: 26 September 2024

| Week 5 | Components | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|---|---|---|---|---|
| Breakfast | <ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |
| | | IF infant cereal | IF infant cereal | IF infant cereal | IF infant cereal | IF infant cereal |
| | | Yogurt (m) | | Scrambled egg* (m) | | |
| | | Mandarin oranges* (m) or infant vegetable/fruit | Applesauce (m) or infant vegetable/fruit | Peaches (m) or infant vegetable/fruit | Banana (m) or infant vegetable/fruit | Infant vegetable/fruit |
| Lunch | <ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |
| | | IF infant cereal | IF infant cereal | IF infant cereal | IF infant cereal | IF infant cereal |
| | | Turkey* (m) or infant meat | Ground beef* (m) or infant meat | Tuna* (m) or infant meat | Cheese* (m) or infant meat | Chicken without breading* (m) or infant meat |
| | | Steamed carrots* (m) or infant vegetable/fruit | Peas* (m) or infant vegetable/fruit | Mashed potatoes (m), green beans* (m) or infant vegetable/fruit | Steamed broccoli* (m), pears* (m) or infant vegetable/fruit | Green beans* (m) or infant vegetable/fruit |
| Snack | <ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal • 0-2 tbsp vegetable, fruit or both | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |
| | | WGR crackers* (m) or IF infant cereal | WGR corn puffs cereal [Kix] (m) or IF infant cereal | WGR crackers* (m) or IF infant cereal | WGR toasted oat cereal (m) or IF infant cereal | Graham crackers without honey (m) or IF infant cereal |
| | | Infant vegetable/fruit | Sweet potatoes* (m) or infant vegetable/fruit | Mandarin oranges* (m) or infant vegetable/fruit | Steamed carrots* (m), or infant vegetable/fruit | Infant vegetable/fruit |
| | | | | | | |
| Snack | <ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. Foods will not be cut onto rounds in CYS Facilities. *See Appendix for important preparation instructions. This institution is an equal opportunity provider. **Infant formula supplied by facility: Similac Advanced with Iron and Similac Soy with Iron**

Installation/Facility West Point CDC/SAC/MST

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

Week 5 Notes

Monday

- Yogurt
1-5 years: ¼ cup
6-18 years: ½ 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: ¼ cup
3-5 years: 3/8 cup
6-18 years: 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: 1/4 cup
- ***Lemon baked tuna cakes
May substitute salmon for tuna
- Lemon baked tuna cakes:
1-2 years: 2/3 cake
3-5 years: 1 cake
6-18 years: 1 1/3 cake (See recipe to make one large tuna cake).

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

Approved by: 

Kayla Schumacher, RDN, LD CYS Nutritionist IMCOM G9

Signature Date: 26 September 2024

Installation/Facility West Point CDC/SAC/MST

Week of/Dates: 14 April - 3 October 2025

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, breadstick 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: 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 ½ tsp per ½ cup of salad or 1 Tbsp per cup of salad.

Smart Balance: ½ tsp per ½ serving of toast, bagel, English muffin, brown bread, roll, and cornbread. ½ tsp per ¼ cup mashed potatoes. No spread on biscuits calculated, but may be used.

Infant formula supplied by facility: Similac Advanced with Iron and Similac Soy with Iron

Approved by: _____

Kayla L. Schneider, RDW, LD

Signature Date: 26 September 2024

Kayla Schumacher, RDN, LD, CYS Nutritionist IMCOM G9

APPENDIX

Black beans: chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate.

Infant formula supplied by facility: Similac Advanced with Iron and Similac Soy with Iron

Broccoli: only the floret portion should be served to infants.

Carrots: cook to the point where they can be easily mashed with a fork and chop into pieces smaller than the maximum width of 1/8-inch.

Cauliflower: only the floret portion should be served to infants.

Cheese should be shredded or cut into pieces smaller than the maximum width of 1/8-inch.

Chicken: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Graham crackers must not contain honey.

Green beans: cook to the point where they can be easily mashed with a fork and chop into pieces smaller than the maximum width of 1/8-inch

Ground beef: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Ground turkey: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Ham: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Mandarin oranges must be canned.

Pears should be canned or ripened to the point where they can be easily mashed with a fork.

Peas: chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate.

Pinto beans should be chopped into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate.

Pork: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

Scrambled eggs: serve scrambled whole egg.

Sweet potatoes: cook to the point where they can be easily mashed with a fork and chop into pieces smaller than the maximum width of 1/8-inch. Do not serve sweet potato fries.

Tuna: chop and add a small amount of water to prevent serving overly dry tuna, which would be difficult for the infant to swallow.

Turkey: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

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

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. Foods will not be cut onto rounds in CYS Facilities. *See Appendix for important preparation instructions. This institution is an equal opportunity provider.

Installation/Facility West Point CDC

Week of/Dates: 14 April - 3 October 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.

Infant formula supplied by facility: Similac Advanced with Iron and Similac Soy with Iron

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

Signature Date: 26 September 2024

Kayla Schumacher RDN, LD, CYS Nutritionist IMCOM G9