

Installation/Facility: West Point CYS/Child Development Center and School Age Center Week of Dates: 27 October, 1 December, 5 January, 9 February, 16 March

| Week 1 *<br>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***<br>(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         |                                    |

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

This institution is an equal opportunity provider.

Approved by:  Kayla A. Schumacher, RDN, LD

Signature Date: 15 September 2024

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

Installation/Facility: West Point CYS/Child Development Center and School Age Center Week of/Dates: 27 October, 1 December, 5 January, 9 February, 16 March

| 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 |
| Fluid Milk** | 1/2 c        | 1/2 c        | 1 c        |                     |                                    | Fluid Milk 1% or Whole                  | Fluid Milk 1% or Whole            |
| Other        |              |              |            | Cream cheese        |                                    | Sunbutter (optional)^                   |                                   |

\* All hard foods and non-ground meat must be cut to 1/4 inch for children under 2 and to 1/2 inch for children 2-3 years of age. For children under 3 years of age replace menu item with the food in parenthesis. For children under 18 months, see appendix for important information. Foods will not be cut onto rounds in CYS Facilities. Water available at meals/snacks and in classroom. Condiments are served as appropriate. WGR is whole grain rich. Menu subject to change. \*\*Serve only unflavored whole milk to children age one. Serve only unflavored 1% or skim milk to children 2 years old and older. \*\*\* See menu notes for additional information or substitution options. ^Cooking project. ^^SAC/MST only. Additional serving size information is located in the weekly notes and appendix. *This institution is an equal opportunity provider.*

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

Approved by:

*Kayla A. Schumacher, RDN, LD*

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

Signature Date: 15 September 2024

Installation/Facility: West Point CYS/Child Development Center and School Age Center Week of/Dates: 3 November, 8 December, 12 January, 16 February, 23 March

| Week/Days<br>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*** (sauteed 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                       |

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Approved by:

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

Signature Date: 15 September 2024

**Installation/Facility** West Point CYS/Child Development Center and School Age Center **Week of/Dates:** 3 November, 8 December, 12 January, 16 February, 23 March

| PM Snack     |              |              |            |                                             |                                     |                                   |                                        |
|--------------|--------------|--------------|------------|---------------------------------------------|-------------------------------------|-----------------------------------|----------------------------------------|
| Fruit        | 1/2 c        | 1/2 c        | 3/4 c      | Peaches                                     |                                     | Apple                             | Banana                                 |
| Vegetable    | 1/2 c        | 1/2 c        | 3/4 c      | Broccoli [steamed for CDC] & white bean dip |                                     |                                   | Cucumbers [steamed for CDC] & celery^^ |
| Meat/ Alt    | 1/2 oz       | 1/2 oz       | 1 oz       | Yogurt                                      |                                     |                                   | Cheese, sliced                         |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | WGR toasted pita bread                      | WGR sweet potato plum muffin square | WGR graham crackers without honey | WGR crackers                           |
| Fluid Milk** | 1/2 c        | 1/2 c        | 1 c        |                                             | Fluid Milk 1% or Whole              | Fluid Milk 1% or Whole            |                                        |
| Other        |              |              |            | Granola^^                                   |                                     |                                   | Creamy vegetable dip                   |

\* All hard foods and non-ground meat must be cut to 1/4 inch for children under 2 and to 1/2 inch for children 2-3 years of age. For children under 3 years of age replace menu item with the food in parenthesis. For children under 18 months, see appendix for important information. Foods will not be cut onto rounds in CYS Facilities. Water available at meals/snacks and in classroom. Condiments are served as appropriate. WGR is whole grain rich. Menu subject to change. \*\*Serve only unflavored whole milk to children age one. Serve only unflavored 1% or skim milk to children 2 years old and older. \*\*\* See menu notes for additional information or substitution options. ^Cooking project. ^^SAC/MST only. Additional serving size information is located in the weekly notes and appendix.

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

*This institution is an equal opportunity provider.*

Approved by:

  
Kayla A. Schumacher, RDN, LD

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

Signature Date: 15 September 2024

**Installation/Facility**      **West Point CYS/Child Development Center and School Age Center**      **Week of/Dates:**    10 November, 15 December, 19 January, 23 February, 30 March

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

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Approved by: Kayla A. Schumacher, RDN, LD      Infant formula supplied by facility: Similac Advanced with Iron and Similac Soy with Iron

Signature Date: 15 September 2024

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

|              |              |              |            |                                   |                             |                                |                        |
|--------------|--------------|--------------|------------|-----------------------------------|-----------------------------|--------------------------------|------------------------|
| 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      |                                   |                             | Potato wedges & marinara sauce |                        |
|              |              |              |            | Cucumbers [steamed for CDC]       |                             |                                |                        |
| 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        |                                |                        |

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

Approved by:

  
Kayla A. Schumacher, RDN, LD

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

Signature Date: 15 September 2024

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**Installation/Facility** West Point CVS/Child Development Center and School Age Center **Week of/Dates:** 17 November, 22 December, 26 January, 2 March, 6 April

| Week 4*<br>Fall/Winter | Minimum Serving Size Per Age |              |            | Monday                                   | Tuesday                       | Wednesday                              | Thursday                    | Friday                                               |
|------------------------|------------------------------|--------------|------------|------------------------------------------|-------------------------------|----------------------------------------|-----------------------------|------------------------------------------------------|
|                        | 1-2                          | 3-5          | 6-18       |                                          |                               |                                        |                             |                                                      |
| Breakfast              |                              |              |            |                                          |                               |                                        |                             |                                                      |
| Fluid Milk**           | 1/2 c                        | 3/4 c        | 1 c        | Fluid Milk 1% or Whole                   | Fluid Milk 1% or Whole        | Fluid Milk 1% or Whole                 | Fluid Milk 1% or Whole      | Fluid Milk 1% or Whole                               |
| Fruit/ Veg             | 1/4 c                        | 1/2 c        | 1/2 c      | Banana                                   | Crushed pineapple             | Kiwi****                               | Fruit salad (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                         |                             |                                                      |

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

Approved by: Kayla A. Schumacher, RDN, LD

Signature Date: 15 September 2024

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

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**Installation/Facility** West Point CYS/Child Development Center and School Age Center **Week of/Dates:** 17 November, 22 December, 26 January, 2 March, 6 April

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

Approved by: Kayla A. Schumacher, RDN, LD

Signature Date: 15 September 2024  
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**Installation/Facility**

West Point CYS/Child Development Center and School Age Center

**Week of/Dates:**

24 November, 29 December, 2 February, 9 March

| Week 5 *<br>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 CDG]        | 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             |                              |                               |                         |                             |

Approved by:


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

Signature Date: 15 September 2024

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

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

Installation/Facility: West Point CVS/Child Development Center and School Age Center Week of/Dates: 24 November, 29 December, 2 February, 9 March

| 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)^v            | Marinara sauce                     |                              | Granola^v |

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This institution is an equal opportunity provider.

6-18 years: 1 cup

Approved by:  Kayla A. Schumacher, RDN, LD  
Kayla A. Schumacher, RDN, LD, CVS Nutritionist IMCOM G9

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