

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

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.

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 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 	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Pears* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Yogurt (m)</p> <p>Peaches (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Banana (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Scrambled eggs* (m)</p> <p>Mashed potatoes (m) or infant vegetable/fruit</p>
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 	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Ground beef* (m) or infant meat</p> <p>Steamed cauliflower* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Chicken* (m) or infant meat</p> <p>Black beans* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Pork*without sauce (m) or infant meat</p> <p>Steamed carrots* (m) Green beans* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Pinto beans* (m) or infant meat</p> <p>Steamed broccoli* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Turkey* without sauce (m) or infant meat</p> <p>Applesauce (m), peas* (m) or infant vegetable/fruit</p>
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 	<p>Breast milk or IF infant formula</p> <p>Graham crackers without honey (m) or IF infant cereal</p> <p>Banana (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR toasted oat cereal (m) or IF infant cereal</p> <p>Mandarin oranges* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR corn puffs [Kix](m) or IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Infant vegetable/fruit</p>
Snack	<ul style="list-style-type: none"> 2-4 fl oz Breast milk or IF infant formula 	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>	<p>Breast milk or IF infant formula</p>

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
Kayla Schumacher, RDN, LD
CYS nutritionist IMCOM G9

Signature Date: 26 September 2024

Installation/Facility West Point CDC/SAC

Week of/Dates: 11 May, 15 June, 20 July, 24 August, 28 September 2026

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 CY5 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 IF infant cereal Scrambled eggs* (m) Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Mandarin oranges* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal 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 IF infant cereal Cheese* (m) or infant meat Steamed broccoli* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Turkey* (m) or infant meat Sweet potatoes* (m), green beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Ground beef* (m) or infant meat Steamed carrots* (m), steamed cauliflower* (m), or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Chicken* (m) or infant meat Peas* (m), pears* (m), or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Roasted pork without BBQ sauce* (m) or infant meat 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 WGR crackers* (m) or IF infant cereal Steamed carrots* (m) or infant vegetable/fruit	Breast milk or IF infant formula WGR toasted oat cereal (m) or IF infant cereal Infant vegetable/fruit	Breast milk or IF infant formula Graham crackers without honey (m) or IF infant cereal Applesauce (m), or infant vegetable/fruit	Breast milk or IF infant formula WGR corn puffs [Kix] (m) or IF infant cereal Infant vegetable/fruit	Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal 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: 18 May, 22 June, 27 July, 31 August 2026

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

Approved by: 
 Kayla Schumacher, RDN, LD

Signature Date: 26 September 2024

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

Week of/Dates: 25 May, 29 June, 3 August, 7 September 2026

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: Kayla Schumacher, RDN, LD

Signature Date: 26 September 2024

Kayla Schumacher, RDN, LD CY5 Nutritionist IMCOM G9

Installation/Facility **West Point CDC/SAC/MST**

Week of/Dates: **25 May, 29 June, 3 August, 7 September 2026**

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:  Kayla Schumacher, RDN, LD

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: 25 May, 29 June, 3 August, 7 September 2026

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
Kayla Schumacher, RDN, LD CY5 Nutritionist IMCOM G9

Signature Date: 26 September 2024

Installation/Facility West Point CDC/SAC

Week of/Dates: 1 June, 6 July, June, 10 August, 14 September 2026

Week 5* 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	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

Approved by: 
 Kayla Schumacher, RDN, LD CY5 Nutritionist IMCOM G9

Signature Date: 26 September 2024

Installation/Facility	West Point CDC/SAC/MST				Week of/Dates: 1 June, 6 July, June, 10 August, 14 September 2026			
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: 1 June, 6 July, June, 10 August, 14 September 2026

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

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

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/SAC/MST

Week of/Dates: 4 May-2 October 2026

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.

Approved by: _____


Kayla L. Schneider, RDW, LD

Signature Date: 26 September 2024