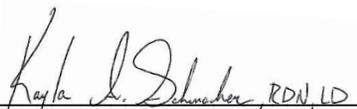


Week 1* Fall/Winter	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Banana	Pineapple (crushed pineapple)	Apricots (peaches)	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 toast	WGR English muffin
Meat/ Other							Ham	
Lunch				Baked chicken	Beef-vegetable stew***	Cheese 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 roll	WGR pasta
Fruit/Veg	1/8 c	1/4 c	1/4 c	Winter squash***	Apple	Strawberries	Peaches	Pea pods [peas*** for CDC]
Vegetable	1/8 c	1/4 c	1/2 c	Green beans	Potato, carrots, peas*** in stew	Broccoli	Pinto beans	Carrots
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other							Lettuce, tomato	
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Pear			Cantaloupe	Banana
Vegetable	1/2 c	1/2 c	3/4 c		Tomato, cucumber	Carrots, cauliflower [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 bagel	WGR crackers	Graham crackers	Trail mix [no pretzels or dried fruit for CDC]^
Fluid Milk**	1/2 c	1/2 c	1 c				Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other					Cream cheese	Sesame dipping sauce	Sunbutter (optional)^^	

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

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Approved by:  Kayla A. Schumacher, RDN, LD

Signature Date: 23 September 2022

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

Menus approved for use through: 31 October 2023

Kayla A. Schumacher, RDN, LD

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>Banana (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>Peaches (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Ham* (m)</p> <p>Mashed potatoes (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Mandarin oranges* (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>Chicken* (m) or infant meat</p> <p>Winter squash* (m), green beans* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Infant meat</p> <p>Applesauce (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Cheese* (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>Ground turkey* (m) or infant meat</p> <p>Peaches (m), pinto beans* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Pork* (m) or infant meat</p> <p>Steamed carrots* (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>Toasted oat cereal (m) or IF infant cereal</p> <p>Pears* (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>IF infant cereal</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Steamed carrots* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Graham crackers* (m) or IF infant cereal</p> <p>Infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>WGR corn puffs cereal, KIX (m) or IF infant cereal</p> <p>Banana* (m) or 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. *See Appendix for important preparation instructions. **Infant formula supplied by facility: Similac Advanced with Iron and Enfamil with Iron**

Week 1 Notes

Monday

- ***Winter squash
May use any winter squash such as butternut, acorn or Hubbard squash

Tuesday

- Beef stew:
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup
- ***Peas in beef stew
For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of green beans.
- ***Beef stew
May serve vegetables separately
- Tomato
1-5 years: ¼ cup
6-18 years: ¼ cup
- Cucumber
1-5 years: ¼ cup
6-18 years: ½ cup

Wednesday

- Cheesy rice casserole
1-2 years: 1/4 cup
3-5 years: 1/3 cup
6-18 years: 1/2 cup
- Carrots
1-5 years: ¼ cup
6-18 years: ¾ cup
- Cauliflower
1-5 years: ¼ cup
6-18 years: ¾ cup

Wednesday, continued

- Sesame dipping sauce
1-5: 1 Tbsp

Approved by: Kayla A. Schumacher, RDN, LD

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6-18 years: 1 ½ Tbsp

Thursday

- Ham
1-5 years: 1/2 oz
6-18 years: 1 oz
- Turkey burger slider
1-2 years: 1/2 slider
3-5 years: 1 slider
6-18 years: 1 slider
- ***Turkey burger slider
May serve with ketchup, mayonnaise, and mustard

Friday

- ***Pork: may substitute tofu (see recipe) or chicken for pork
- Pork lo Mein
1-2 years: ½ serving
3-5 years: ¾ serving
6-18 years: 1 serving
- ***Peas
For children under 18 months old, puree or chop.
- Trail mix:
1-5 years: 5/8 cup (no pretzels or dried fruit)
6-18 years: 1 cup + 1 Tbsp (made without pretzels) or 1 cup (made with pretzels)

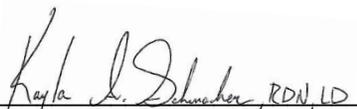
Signature Date: 23 September 2022

Menus approved for use through: 31 October 2023

Week 2* Fall/Winter	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Strawberries	Applesauce	Orange (Mandarin oranges)	Pineapple (crushed pineapple)	Cantaloupe
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	Toasted oat cereal	WGR English muffin	WGR bagel	WGR French toast bake	WGR corn puffs cereal KIX
Meat/ Other					Scrambled eggs	Cream cheese		Yogurt
Lunch				Meatloaf	Baked fish olé with cheesy broccoli rice	Roasted turkey	Lentil soup***	Chicken Alfredo with a twist
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Ground beef	Fish	Turkey	Lentils	Chicken
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR roll	Brown rice	Quinoa pilaf***	WGR breadstick	WGR pasta
Fruit/Veg	1/8 c	1/4 c	1/4 c	Green beans	Pineapple (crushed pineapple)***	Beets***	Pears	Sautéed spinach***
Vegetable	1/8 c	1/4 c	1/2 c	Mashed potato	Broccoli in rice dish	Peas	Tossed salad*** (green beans)	Carrots
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other							Salad dressing	
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Peaches		Banana		Apple
Vegetable	1/2 c	1/2 c	3/4 c		Potato wedges & marinara sauce		Cucumbers, celery^^	
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Yogurt			Cheese	
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv			Graham crackers	WGR crackers	WGR sweet potato plum muffin square
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				Granola^^		Sunbutter (optional)^^	Creamy vegetable dip	

*All hard foods 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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Kayla A. Schumacher, RDN, LD, CYS Nutritionist IMCOM G9

Signature Date: 23 September 2022

Menus approved for use through: 31 October 2023

Kayla A. Schumacher, RDN, LD

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 	<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>Scrambled egg* (m)</p> <p>Applesauce (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Mandarin oranges* (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>Yogurt (m)</p> <p>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>Green beans* (m), mashed potatoes (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Tuna* (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* (m) or infant meat</p> <p>Peas* (m), or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Cheese* (m) or infant meat</p> <p>Pears* (m), green beans* (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>Steamed carrots* (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>WGR crackers* (m) or IF infant cereal</p> <p>Peaches (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>Toasted oat cereal (m) or IF infant cereal</p> <p>Mashed potatoes (m), or infant veg/fruit</p>	<p>Breast milk or IF infant formula</p> <p>Graham cracker* (m) or IF infant cereal</p> <p>Banana (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 cereal (m) or IF infant cereal</p> <p>Applesauce (m) or 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. *See Appendix for important preparation instructions. **Infant formula supplied by facility: Similac Advanced with Iron and Enfamil with Iron**

Monday

- Meat loaf:
1-2 years: 1/2 piece
3-5 years: 3/4 piece
6-18 years: 1 piece

Tuesday

- Scrambled eggs:
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- Baked fish olé:
1-2 years: 1/2 portion
3-5 years: 2/3 portion
6-18 years: 1 portion
- Cheesy broccoli rice:
1-5 years: 1/2 cup
6-18 years: 1 cup
- ***Pineapple
May substitute kiwi for pineapple
- Potato wedges:
1-5 years: 3/8 cup
6-18 years: 1/2 cup
- Marinara sauce:
1-5 years: 1/8 cup
6-18 years: 1/4 cup

Wednesday

- ***Quinoa pilaf
May substitute bulgur for quinoa, see quinoa pilaf recipe
- Quinoa pilaf:
1-5 years: ¼ cup
6-18 years: ½ cup

Wednesday, continued

- ***Beets
May substitute any winter squash such as butternut, acorn or Hubbard squash for beets

Thursday

- ***Lentil soup
May substitute Moroccan stew for lentil soup.
- Lentil soup or Moroccan Stew:
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup
- Tossed salad
1-2 years: do not serve to this age group
6-18 years: 1/2 cup
6-18 years: 1 cup
- Cucumbers
1-5 years: ½ cup
6-18 years: 3/8 cup
- Celery
1-5 years: do not serve to this age group
6-18 years: 3/8 cup

Friday

- Yogurt
1-5 years: ¼ cup
6-18 years: ½ cup
- Chicken Alfredo with a twist
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup
- *** Sautéed spinach
May substitute turnip greens, collard greens, kale, or chard for sautéed spinach

Approved by: _____



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Week 3* 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	Pears	Blueberries	Pineapple (crushed pineapple)	Orange (Mandarin oranges)	Peaches
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	Oatmeal	WGR waffle	WGR bagel	WGR biscuit	WGR Rice Chex***
Meat/ Other					Pancake syrup (optional)	Cream cheese	Ham	Yogurt
Lunch				Sunshine egg bake	Spaghetti & meat sauce	Crispy baked chicken with sweet Asian sauce***	Toasted cheese sandwich	BBQ pork slider
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Egg, ground turkey	Ground beef	Chicken	Cheese	Pork***
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR roll	WGR pasta	Brown rice	WGR bread	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Carrots	Green beans	Apple	Banana	Coleslaw*** (broccoli)
Vegetable	1/8 c	1/4 c	1/2 c	Potato wedges	Tossed salad*** (cauliflower)	Asian vegetable mix (peas)	Tomato soup	Pinto 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	Sweet Asian sauce		
PM Snack					WGR cinnamon nachos^			
Fruit	1/2 c	1/2 c	3/4 c	Apple	Banana & peaches or mango^^			Cantaloupe
Vegetable	1/2 c	1/2 c	3/4 c			Cucumbers, cauliflower [steamed for CDC]	Carrots [steamed for CDC] & white bean dip	
Meat/ Alt	1/2 oz	1/2 oz	1 oz					
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	Graham crackers	WGR tortilla	WGR soft pretzel	WGR toasted pita bread	Trail mix [no pretzels or dried fruit for CDC]^
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole			Fluid Milk 1% or Whole
Other				Sunbutter (optional)^^		Creamy vegetable dip		

*All hard foods 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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Menus approved for use through: 31 October 2023

Kayla A. Schumacher, RDN, LD

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 	<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>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>Ham* (m)</p> <p>Mandarin oranges* (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>
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>Scrambled egg* (m) or infant meat</p> <p>Steamed carrots* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Ground beef* (m) or infant meat</p> <p>Green beans* (m), steamed cauliflower* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Chicken* (without breading) (m) or infant meat</p> <p>Applesauce (m), peas* (m), or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Cheese* (m) or infant meat</p> <p>Banana (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>IF infant cereal</p> <p>Pork* (without barbeque sauce) (m) or infant meat</p> <p>Steamed broccoli* (m), pinto beans* (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* (m) or IF infant cereal</p> <p>Applesauce (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR corn puffs cereal (m) or IF infant cereal</p> <p>Banana (m), peaches (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Steamed cauliflower* (m), or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>WGR crackers* (m) or IF infant cereal</p> <p>Steamed carrots* (m) or infant vegetable/fruit</p>	<p>Breast milk or IF infant formula</p> <p>Toasted oat cereal (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>

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Week 3 Notes

Monday

- Sunshine egg bake:
1-2 years: 1/2 piece
3-5 years: 3/4 piece
6-18 years: 1 piece

Tuesday

- Meat sauce:
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup
- ***Tossed salad
1-2 years: do not serve to this age group
6-18 years: 1/2 cup
6-18 years: 1 cup
- WGR cinnamon nachos (with 6-inch tortilla)
1-5 years: 1/2 tortilla plus 1/2 c fruit
6-18 years: 1 tortilla plus 3/4 c fruit
- WGR cinnamon nachos (with 8-inch tortilla)
1-5 years: 1/3 tortilla plus 1/2 c fruit
6-18 years: 2/3 tortilla plus 3/4 c fruit
- ***Mangos
1-5 years: Do not serve mangos to children 1-5 years
6-18 years: May substitute peaches for mangos

Wednesday

- Sweet Asian sauce
1-2 years: 1 1/2 tsp sauce
3-5 years: 2 tsp sauce
6-18 years: 1 Tbsp sauce
- Cauliflower:
1-5 years: 1/4 cup
6-18 years: 3/8 cup
- Cucumbers:
1-5 years: 1/4 cup
6-18 years: 3/8 cup

Thursday

- Ham
1-5 years: 1/2 oz
6-18 years: 1 oz
- Toasted cheese sandwich
1-2 years: 1/2 sandwich
3-5 years: 3/4 sandwich
6-18 years: 1 sandwich
- Tomato soup:
1-2 years: 1/8 cup
3-5 years: 1/4 cup
6-18 years: 1/2 cup
- Carrots:
1-5 years: 3/8 cup
6-18 years: 1/2 cup
- White bean dip:
1-5 years: 3 Tbsp
6-18 years: 6 Tbsp

Friday

- ***WGR Rice Chex
May substitute WGR Life cereal for WGR Rice Chex
- Yogurt
1-5 years: 1/4 cup
6-18 years: 1/2 cup
- BBQ pork slider:
1-2 years: 1/2 sandwich
3-18 years: 1 sandwich
- *** Pork: may substitute pinto beans for pork and serve roasted sweet potatoes or winter squash as 2nd vegetable.
- ***Coleslaw: may serve coleslaw to 2–3-year-olds if very finely chopped (1/8 inch)
- Trail mix:
1-5 years: 5/8 cup (no pretzels or dried fruit)
6-18 years: 1 cup + 1 Tbsp (made without pretzels) or 1 cup (made with pretzels)

Approved by: Kayla A. Schumacher, RDN, LD

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

Signature Date: 23 September 2022

Menus approved for use through: 31 October 2023

Week 4* 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 pineapple)	Orange (Mandarin oranges)	Fruit salad	Apricots (peaches)
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR corn puffs cereal KIX	WGR English muffin	Toasted oat cereal	WGR bagel	WGR toast
Meat/ Other							Cream cheese	Baked Denver omelet
Lunch				Lemon baked salmon cakes***	Sesame beef	Bean enchilada bake	Hawaiian pork tenderloin***	Tuscan chicken bake
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Salmon, egg	Ground beef	Pinto beans/cheese	Pork***	Chicken
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR bread stick	Brown rice	WGR tortilla***	WGR macaroni salad	Quinoa
Fruit	1/8 c	1/4 c	1/4 c	Pears	Peaches	Applesauce	Black beans	Tomato in bake
Vegetable	1/8 c	1/4 c	1/2 c	Peas	Green beans	Tossed salad*** (sautéed spinach***)	Carrots	Broccoli***
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other						Salad dressing		
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Honeydew melon		Strawberries	Apple	Pears
Vegetable	1/2 c	1/2 c	3/4 c		Parmesan cauliflower & marinara sauce			
Meat/ Alt	1/2 oz	1/2 oz	1 oz			Yogurt		Cheese
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	Graham crackers			WGR cranberry orange muffin***	WGR soft pretzel
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)^		Granola^^		

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

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Approved by:  Kayla A. Schumacher, RDN, LD

Signature Date: 23 September 2022

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

Menus approved for use through: 31 October 2023

Kayla A. Schumacher, RDN, LD

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
		Banana (m) or infant vegetable/fruit	Infant vegetable/fruit	Mandarin oranges* (m) or infant vegetable/fruit	Banana (m) or infant vegetable/fruit	Scrambled egg* (m)
						Peaches (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
		Tuna* (m) or infant meat	Ground beef* without seasoning (m) or infant meat	Pinto beans* (m) or infant meat	Pork* (without sauce) (m) or infant meat	Chicken* (m) or infant meat
		Peas* (m), Pears* (m) or infant vegetable/fruit	Peaches (m), green beans* (m) or infant vegetable/fruit	Applesauce* (m) or infant vegetable/fruit	Black beans* (m), steamed carrots* (m) or infant vegetable/fruit	Steamed broccoli* (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* (m) or IF infant cereal	WGR crackers* (m) or IF infant cereal	WGR corn puffs cereal (m) or IF infant cereal	WGR crackers* (m) or IF infant cereal	Toasted oat cereal (m) or IF infant cereal
		Infant vegetable/fruit	Steamed cauliflower* (m) or infant vegetable/fruit	Infant vegetable/fruit	Applesauce* (m) or infant vegetable/fruit	Pears* (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. *See Appendix for important preparation instructions. **Infant formula supplied by facility: Similac Advanced with Iron and Enfamil with Iron**

Week 4 Notes

Monday

- ***Lemon baked salmon cakes:
May substitute tuna for salmon
- Lemon baked salmon cakes:
1-2 years: 2/3 cake (use tuna or checked carefully for bones)
3-5 years: 1 cake
6-18 years: 1 1/3 cake
- ***Pears
May substitute kiwi for pears

Tuesday

- Sesame beef:
1-2 years: 1/2 serving (1 oz cooked)
3-5 years: 3/4 serving (1 1/2 oz cooked)
6-18 years: 1 serving (2 oz cooked)-2 years:
- Parmesan cauliflower
1-5 years: 3/8 cup
6-18 years: 1/2 cup
- Marinara:
1-5 years: 1/8 cup
6-18 years: 1/4 cup

Wednesday

- 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
- Tossed salad
1-2 years: do not serve to this age group
6-18 years: 1/2 cup
6-18 years: 1 cup

Wednesday, continued

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

Thursday

- ***Hawaiian pork, for 18 months and younger, prepare sauce without pineapple or do not serve to this age group. For CDCs, use crushed pineapple in sauce
- ***Pork: may substitute turkey for pork
- ***WGR cranberry orange muffin
May substitute blueberries for cranberries

Friday

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

Approved by: _____


Kayla A. Schumacher, RDN, LD

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

Signature Date: 23 September 2022

Menus approved for use through: 31 October 2023

Week 5* Fall/Winter	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
Breakfast								Breakfast tacos
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Peaches	Apple	Pineapple (crushed pineapple)	Banana	Pears
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR biscuit	WGR Rice Chex***	WGR waffle	Toasted oat cereal	WGR tortilla***
Meat/ Other				Yogurt		Pancake syrup (optional)		Scrambled eggs
Lunch				Vegetarian chili	Chicken salad sandwich	Beef stroganoff	Roasted turkey	Lemon baked fish
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Pinto beans, black beans, cheese	Chicken	Beef	Turkey	Fish
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR tortilla***	WGR bread	WGR pasta	Quinoa pilaf***	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Pears	Broccoli	Peaches	Collard greens***	Coleslaw*** (cauliflower)
Vegetable	1/8 c	1/4 c	1/2 c	Carrots [steamed for CDC]	Potato wedges	Green beans	Winter squash***	Pinto 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				Creamy vegetable dip				
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c		Orange (Mandarin oranges)		Strawberries	Cantaloupe
Vegetable	1/2 c	1/2 c	3/4 c	Parmesan cauliflower & marinara sauce		Carrots [steamed for CDC]		
Meat/ Alt	1/2 oz	1/2 oz	1 oz		Cheese		Yogurt	
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv		WGR crackers	WGR pita bread		Graham crackers
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole				Fluid Milk 1% or Whole
Other						Hummus	Granola^^	Sunbutter (optional) ^^

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

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Approved by:  Kayla A. Schumacher, RDN, LD

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

Signature Date: 23 September 2022

Menus approved for use through: 31 October 2023

Kayla A. Schumacher, RDN, LD

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 IF infant cereal Yogurt (m) Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Applesauce (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 Scrambled egg* (m) Pears* (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 Black beans* (m) or infant meat Steamed carrots* (m), pears* (m), or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Chicken* (m) or infant meat Steamed broccoli* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Ground beef* (m) or infant meat Green beans* (m), peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Turkey* (m) or infant meat Winter squash* (m) or infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Tuna* (m) or infant meat Pinto beans* (m), steamed cauliflower* (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 cauliflower* (m), or infant vegetable/fruit	Breast milk or IF infant formula Toasted oat cereal (m) or IF infant cereal Mandarin oranges* (m) or infant vegetable/fruit	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 corn puffs cereal (m) or IF infant cereal Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula Graham 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. *See Appendix for important preparation instructions. **Infant formula supplied by facility: Similac Advanced with Iron and Enfamil with Iron**

Monday

- Yogurt
1-5 years: ¼ cup
6-18 years: ½ cup
- Vegetarian chili
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup
- Cheese
1-2 years: 1 Tbsp shredded cheese
3-5 years: 1 ½ Tbsp shredded cheese
6-18 years: 2 Tbsp shredded cheese
- ***WGR tortilla
May use WGR flour or WGR corn tortilla
- Parmesan cauliflower:
1-5 years: 3/8 cup
6-18 years: 1/2 cup
- Marinara sauce:
1-5 years: 1/8 cup
6-18 years: 1/4 cup

Tuesday

- ***WGR Rice Chex
May substitute WGR Life cereal for WGR Rice Chex
- Chicken salad sandwich:
1-2 years: 2 quarter pieces
3-5 years: 3 quarter pieces
6-18 years: 1 sandwich

Wednesday

- Beef stroganoff:
1-2 years: 3/8 cup
3-5 years: 5/8 cup
6-18 years: 3/4 cup

Wednesday, continued

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

Thursday

- ***Quinoa pilaf
May substitute WGR dressing for quinoa pilaf or may substitute bulgur wheat for quinoa, see quinoa pilaf recipe
- Quinoa pilaf:
1-5 years: ¼ cup
6-18 years: ½ cup
- WGR dressing:
1-5 years: ¼ cup
6-18 years: ½ cup
- ***Collard greens
May substitute turnip greens, sautéed spinach, kale, or chard for collard greens
- ***Winter squash
May use any winter squash such as butternut, acorn or Hubbard squash

Friday

- Breakfast taco:
1-2 years: 1 taco
3-5 years: 1 taco
6-18 years: 1 taco
- ***WGR tortilla
May use WGR flour or WGR corn tortilla
- Lemon baked fish:
1-2 years: 1/2 portion
3-5 years: 2/3 portion
6-18 years: 1 portion
- ***Coleslaw: may serve coleslaw to 2–3-year olds if very finely chopped (1/8 inch)

Approved by: _____



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

Signature Date: 23 September 2022

Menus approved for use through: 31 October 2023

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, 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	Hummus
1-5 years: 1 ½ Tbsp	1-5 years: none	1-5 years: 0	1-5 years: 1 Tbsp
6-18 years: 2 Tbsp	6-18 years: 1 Tbsp	6-18 years: 2 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 tsp per ½ cup of salad or 2 tsp per 1 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 it may be used.

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

Apples: Offer applesauce.

Beef-vegetable stew: Puree stew.

Blueberries: Should be chopped or pureed.

Cheese: Should be served shredded or sliced in thin pieces.

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

Crispy baked chicken: Serve chicken without breading.

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

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

Fish (including salmon): Serve tuna or checked carefully for bones.

Grapes: Even when cut into quarters, grapes should not be given to this age group. Offer a substitution.

Lentil soup: Puree soup.

Moroccan stew: Puree stew.

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

Peas: Should be chopped or pureed.

Soft pretzels should be cut into pieces smaller than the maximum width of 1/4-inch.

Strawberries should be cut into pieces smaller than the maximum width of 1/4-inch.

Toasted pita should be cut into pieces smaller than the maximum width of 1/4-inch.

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

Approved by: _____



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APPENDIX

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

Broccoli: only the floret portion should be served to infants. Cook until soft and cut into pieces smaller than the maximum width of 1/8-inch.

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. Cook until soft and cut into pieces smaller than the maximum width of 1/8-inch.

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 egg: serve scrambled whole egg.

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.

Winter squash: 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

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. *See Appendix for important preparation instructions. **Infant formula supplied by facility: Similac Advanced with Iron and Enfamil with Iron**