Installation/Facility West Point CDC/SAC

Week of/Dates: 28 April, 1 June, 7 July, 11 August, 15 September 2025

	- Cinty	St Point CD			Week of/E	Jaies. ·		· 1
Week 1*	Minimur	n Serving Si	ze Per Age					
Spring/Sum	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	l 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:	

West Point CDC/SAC/MST

Other

Week of/Dates: 28 April, 1 June, 7 July, 11 August, 15 September 2025 Installation/Facility PM Snack English muffin pizza^ Watermelon\*\*\* Fruit 1/2 c 1/2 c 3/4 c Orange (Mandarin Pineapple (crushed Banana oranges) pineapple) Cucumbers\*\*\*, celery^^ Vegetable 1/2 c 1/2 c3/4 cMeat/ 1/2 oz 1/2 oz 1 oz Cheese (on pizza) Yogurt Alternate 1 oz equiv Bread/ Grain 1/2 oz 1/2 oz Graham crackers (no Trail mix [no pretzels or WGR soft pretzel\*\*\* WGR English muffin honey in CDC) dried fruit for CDC]^ \*\*\* equiv equiv 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

Granola^^

Creamy vegetable dip

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

Approved by:	Signature Date: 26 September 2024
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1/1/10

Sunbutter (optional)^^

<sup>\*</sup> 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.

CYS Traditional Spring/Summer Cycle Infant 6-11 months 28 April, 1 June, 7 July, 11 August, 15 September

Approved by: Kyl I St. La Roy

Date: 26 September 2024

Kayla Schumacher, RDN, LD, CYS Nutritionist IMCOM G9

Week 1	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul> <li>6-8 fl oz Breast milk or IF infant formula</li> <li>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</li> </ul>	Breast milk or IF infant formula  IF infant cereal  Pears* (m) or infant vegetable/fruit	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 Infant vegetable/fruit	Breast milk or IF infant formula IF infant cereal Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Scrambled eggs* (m)  Mashed potatoes (m) or infant vegetable/fruit
	combination • 0-2 TBSP Fruit/Vegetable					
	<ul> <li>6-8 fl oz Breast milk or IF infant formula</li> <li>0-4 TBSP IF Infant Cereal,</li> </ul>	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
Lunch	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	IF infant cereal  Ground beef* (m) or infant meat  Steamed cauliflower* (m) or infant vegetable/fruit	IF infant cereal  Chicken* (m) or infant meat  Black beans* (m) or infant vegetable/fruit	IF infant cereal  Pork*without sauce (m) or infant meat  Steamed carrots* (m) Green beans* (m) or infant vegetable/fruit	IF infant cereal  Pinto beans* (m) or infant meat  Steamed broccoli* (m) or infant vegetable/fruit	IF infant cereal  Turkey* without sauce (m) or infant meat  Applesauce (m), peas* (m) or infant vegetable/fruit
Snack	<ul> <li>2-4 fl oz Breast milk or IF infant formula</li> <li>0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or readyto-eat cereal</li> <li>0-2 tbsp Vegetable, Fruit or both</li> </ul>	Breast milk or IF infant formula  Graham crackers without honey (m) or IF infant cereal  Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR 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  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	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 1 Notes

# Monday

Meat sauce

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

Tossed salad

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

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

• Dip

1-2 years: 2 tsp

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

# Tuesday

Yogurt

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

\*\*\*Yellow squash: May substitute zucchini for yellow squash

Trail mix:

1-5 years: 5/8 cup (no pretzels or dried fruit)

6-18 years: 1 cup + 1 Tbsp (1.2 servings made without pretzels) or 1 cup (1  $\,$ 

serving made with pretzels)

• \*\*\*Trail mix: May substitute WGR breakfast cereal

# Wednesday

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

• WGR macaroni salad:

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

Approved by:

Kayla S. Schucher, RON, LO

Week of/Dates: 28 April, 1 June, 7 July, 11 August, 15 September 2025

Wednesday, continued

\*\*\*Watermelon

Watermelon must be seedless and/or have seeds removed for CDCs May substitute honeydew melon for watermelon

• \*\*\*WGR soft pretzel: May substitute WGR breadstick for WGR soft pretzel

# Thursday

\*\*\*WGR Life

May substitute WGR toasted oat cereal for WGR Life cereal

Bean enchilada bake

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

\*\*\*WGR tortilla

May use WGR flour or WGR corn tortilla

• English muffin pizza

1-5 years: 1 pizza made from 1 English muffin half

6-18 years: 2 pizzas

Cucumbers

1-18 years: 1/2 cup

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

Celery

6-18 years: 1/4 cup

#### Friday

Scrambled eggs

1-5 years: 2 Tbsp

6-18 years: 1/4 cup

Turkey tikka

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

Signature Date: 26 September 2024

Kayla Schumacher, RDN, LD CYS Nuurtionist IMCOM G9

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

Installation/Fa	ation/FacilityWest Point CDC/SAC					September 2025		
Week 2 Notes:		n Serving Siz	ze Per Age					
Week 2* Spring/Sum	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	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

Layla S. Dehnaher, RON, LD Approved by: \_

West Point CDC/SAC/MST

Installation/Facility

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

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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	

<sup>\*</sup>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:	Layla S. Schneber, RDN, LD
	Kayla Schumacher, RDN, LD CYS Nutritionist IMCOM G9

1/1/10

Signature Date:	26 September 2024	

CYS Traditional Spring/Summer Cycle Infant 6-11 months 5 May, 9 June, 14 July, 18 August, 22 September

Approved by:

Date: 26 September 2024

Kayla Schumacher, RDN, LD, CYS Nutritionist IMCOM G9

Week	Components	Monday	Tuesday	Wednesday	Thursday	Friday
2						
	<ul> <li>6-8 fl oz Breast milk or IF infant formula</li> <li>0-4 TBSP IF Infant Cereal,</li> </ul>	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
ast	meat, fish, poultry, whole eggs, cooked dry	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal
Breakfast	beans or peas; or 0-2 oz cheese; or 0-4 oz	Scrambled eggs* (m)		Infant vegetable/fruit	Mandarin oranges* (m) or infant vegetable/fruit	Yogurt (m)
<b></b>	(volume) cottage cheese; or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable	Peaches (m) or infant vegetable/fruit	Infant vegetable/fruit			Banana (m) or infant vegetable/fruit
	• 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal,	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
	meat, fish, poultry, whole eggs, cooked dry	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal
Lunch	beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese;	Cheese* (m) or infant meat	Turkey* (m) or infant meat	Ground beef* (m) or infant meat	Chicken* (m) or infant meat	Roasted pork without BBQ sauce* (m) or infant meat
	or 0-4 oz yogurt; or a combination  • 0-2 TBSP Fruit/Vegetable	Steamed broccoli* (m) or infant vegetable/fruit	Sweet potatoes* (m), green beans* (m) or infant vegetable/fruit	Steamed carrots* (m), steamed cauliflower* (m), or infant vegetable/fruit	Peas* (m), pears* (m), or infant vegetable/fruit	Mashed potatoes* (m), or infant vegetable/fruit
	• 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2	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
Snack	crackers; or 0-4 tbsp infant cereal or ready- to-eat 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	WGR corn puffs [Kix] (m) or IF infant cereal	WGR crackers* (m) or IF infant cereal
	0-2 tbsp vegetable, fruit or both	Steamed carrots* (m) or infant vegetable/fruit	Infant vegetable/fruit	Applesauce (m), or infant vegetable/fruit	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
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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 Infant formula supplied by facility: Similac Advanced with Iron and Similac Soy Appendix for important preparation instructions. This institution is an equal opportunity provider. 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 piece6-18 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 % inch 3-5 years: 1/2 cup, , chop vegetables to % 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.

nstallation/Facility West Point CDC/SAC Week of/Dates: 12 May, 16 June, 21 July, 25 August, 29 September 2025

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Minimum	n Serving Siz	ze Per Age					
1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
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
1/4 c	1/2 c	1/2 c	Banana	Pears	Pineapple (crushed pineapple)	Blueberries	Applesauce
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
				Ham			Scrambled eggs
			Pizza burger	Strawberry spinach salad with chicken***	Bean burrito bowl	Cajun baked fish	Pork lo Mein***
1 oz	1 1/2 oz	2 oz	Ground beef & cheese	Chicken	Pinto beans & cheese	Fish	Pork
1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR roll***	WGR crackers	Brown rice	WGR roll	WGR pasta
1/8 c	1/4 c	1/4 c	Broccoli	Apple	Peaches	Pears	Pineapple (crushed pineapple)
1/8 c	1/4 c	1/2 c	Oven-baked sweet potato fries***	Spinach (sautéed)	Tomatoes, lettuce (tomatoes)	Green beans	Peas
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
					Salsa (optional)		
	1/2 c  1/2 c  1/4 c  1/2 oz equiv  1/8 c	Minimum Serving Siz  1-2 3-5  1/2 c 3/4 c  1/4 c 1/2 c  1/2 oz equiv equiv  1 oz 1 1/2 oz equiv  1/8 c 1/4 c  1/8 c 1/4 c	Minimum Serving Size Per Age         1-2       3-5       6-18         I/2 c         1/2 c       3/4 c       1 c         1/4 c       1/2 c       1/2 c         1/2 oz equiv       1/2 oz equiv       1 oz equiv         1/2 oz equiv       1/2 oz equiv       1 oz equiv         1/8 c       1/4 c       1/4 c         1/8 c       1/4 c       1/2 c	Minimum Serving Size Per Age  1-2 3-5 6-18 Monday  1/2 c 3/4 c 1 c Fluid Milk 1% or Whole  1/4 c 1/2 c 1/2 c Banana  1/2 oz equiv equiv WGR corn puffs cereal KIX  Pizza burger  1 oz 1 1/2 oz 2 oz Ground beef & cheese  1/2 oz equiv equiv 1 oz equiv WGR roll***  1/8 c 1/4 c 1/2 c Oven-baked sweet potato fries***	Minimum Serving Size Per Age       1-2     3-5     6-18     Monday     Tuesday       1/2 c     3/4 c     1 c     Fluid Milk 1% or Whole     Fluid Milk 1% or Whole       1/4 c     1/2 c     1/2 c     Banana     Pears       1/2 oz equiv     1/2 oz equiv     WGR corn puffs cereal KIX     WGR biscuit       Ham     Ham       1 oz     1 1/2 oz     2 oz     Ground beef & cheese     Chicken       1/2 oz equiv     1/2 oz equiv     WGR roll***     WGR crackers       1/8 c     1/4 c     1/4 c     Broccoli     Apple       1/8 c     1/4 c     1/2 c     Oven-baked sweet potato fries***     Spinach (sautéed)	Minimum Serving Size Per Age  1-2 3-5 6-18 Monday Tuesday Wednesday  1/2 c 3/4 c 1 c Fluid Milk 1% or Whole Fluid Milk 1% or Whole Fluid Milk 1% or Whole  1/4 c 1/2 c 1/2 c Banana Pears Pineapple (crushed pineapple)  1/2 oz equiv Pizza burger Strawberry spinach salad with chicken***  Pizza burger Strawberry spinach salad with chicken***  1 oz 1 1/2 oz 2 oz Ground beef & cheese Chicken Pinto beans & cheese  1/2 oz equiv equiv 1 oz equiv WGR roll*** WGR crackers Brown rice  1/2 oz 1/2 oz 1/2 oz 1 oz equiv Strawberry spinach salad with chicken***  1 oz 1 1/2 oz 1/2 oz 1 oz equiv Strawberry spinach salad with chicken***  1 oz 1/2 oz 1/2 oz 1/2 oz Ground beef & cheese Chicken Pinto beans & cheese  1/2 oz 1/2 oz 1/2 oz 1 oz equiv Strawberry spinach salad with chicken***  1 oz 1/2 oz 1/2 oz 1/2 oz Ground beef & cheese Chicken Pinto beans & cheese  1 oz 1/2 oz 1/2 oz 1/2 oz 1/2 oz Strawberry spinach salad with chicken***  1 oz 1/2 oz 1/2 oz 1/2 oz Ground beef & cheese Chicken Pinto beans & cheese  1 oz 1/2 oz 1/2 oz 1/2 oz Strawberry spinach salad with chicken***  1 oz 1/2 oz 1/2 oz Fluid Milk 1% or Whole	Minimum Serving Size Per Age   1-2   3-5   6-18   Monday   Tuesday   Wednesday   Thursday

	Rayla S. Schwicher, RON, LD	
Approved by:	1 Jay 1a D. Lehmaher, RDN, LD	

West Point CDC/SAC/MST

Installation/Facility Week of/Dates: PM Snack Fruit 1/2 c 1/2 c 3/4 cCantaloupe Orange (Mandarin oranges) Cauliflower & broccoli White bean dip + carrots Vegetable 1/2 c 1/2 c 3/4 cMarinara sauce and [steamed for CDC] [steamed for CDC] potatoes wedges Meat/ Alt 1/2 oz 1/2 oz 1 oz Cheese 1 oz equiv WGR soft pretzel\*\*\* Bread/ Grain 1/2 oz 1/2 oz WGR crackers Graham crackers (no WGR toasted pita bread equiv equiv honey in 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 Sunbutter (optional)^^ Creamy vegetable dip

12 May, 16 June, 21 July, 25 August, 29 September 2025

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

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Approved by: _	Mayla S. Dehmaher, RDN, LD	Signature Date: 26 September 2024

<sup>\*</sup>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.

CYS Traditional Spring/Summer Cycle Infant 6-11 months 12 May, 16 June, 21 July, 25 August, 29 September

Approved by:

Kyla I. Shaha ROW, LO

Date: 26 September 2024

Kayla Schumacher, RDN, LD, CYS Nutritionist IMCOM G9

Week	Components	Monday	Tuesday	Wednesday	Thursday	Friday
3						
	<ul> <li>6-8 fl oz Breast milk or IF infant formula</li> <li>0-4 TBSP IF Infant Cereal,</li> </ul>	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
ast	meat, fish, poultry, whole eggs, cooked dry	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal
Breakfast	beans or peas; or 0-2 oz cheese; or 0-4 oz	Banana (m) or infant vegetable/fruit	Ham* (m)	Infant vegetable/fruit	Infant vegetable/fruit	Scrambled eggs* (m)
<b>B</b>	(volume) cottage cheese; or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable		Pears* (m) or infant vegetable/fruit			Applesauce (m) or infant vegetable/fruit
	6-8 fl oz Breast milk or IF infant formula     0-4 TBSP IF Infant Cereal,	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
ج	meat, fish, poultry, whole eggs, cooked dry	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal
Lunch	beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese;	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
	or 0-4 oz yogurt; or a combination  • 0-2 TBSP Fruit/Vegetable	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
	• 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2	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
Snack	crackers; or 0-4 tbsp infant cereal or ready- to-eat cereal	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
	0-2 tbsp vegetable, fruit or both	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	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula

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

# Installation/Facility West Point CDC/SAC/MST

Week 3 Notes:

Monday

Pizza burger

1-2 years: 1/2 sandwich (1/2 serving)

3-18 years: 1 sandwich

\*\*\*WGR roll

May use either WGR roll or WBR bun

\*\*\*Oven-baked sweet potato fries
 May substitute sweet potatoes (roasted) for oven-baked sweet potato fries

• \*\*\*WGR soft pretzel: May substitute WGR breadstick for WGR soft pretzel

# Tuesday

• Ham

1-5 years: ½ ounce 6-18 years: 1 ounce

\*\*\*Strawberry spinach salad
 May substitute Mandarin oranges for strawberries

• Strawberry spinach salad

1-2 years: none 3-5 years: 1/2 cup 6-18 years: 1 cup

Marinara sauce

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

Potato wedges

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

#### Wednesday

• Bean burrito bowl, see below for each age group.

1-2 years: 1/4 c rice, 1/3 cup bean mixture, 1/8 cup diced tomato, 2 tsp

shredded cheese

Approved by: Kayla I. Schnicher, RDN, LC

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

Wednesday, continued

• Bean burrito bowl

3-5 years:  $1/4 \, \mathrm{c}$  rice,  $1/2 \, \mathrm{cup}$  bean mixture,  $1/8 \, \mathrm{cup}$  diced tomato,  $1/4 \, \mathrm{cup}$ 

lettuce, 1 Tbsp shredded cheese

6-18: 1/2 c rice, 2/3 cup beans, 1/4 cup diced tomato, 1/2 cup of lettuce, 1 Tbsp

plus 1 tsp shredded cheese

• Salsa (optional)

1-2 years: 2 tsp 3-5 years: 1 Tbsp 6-18 years: 1 ½ Tbsp

# Thursday

WGR Life\*\*\*

May substitute WGR Rice Chex for WGR Life cereal

Cajun baked fish

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

# Friday

Scrambled eggs

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

• Pork lo mein\*\*\* may substitute turkey for pork

Pork lo mein

1-2 years: ½ serving 3-5 years: ¾ serving 6-18 years: 1 serving

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

Carrots

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

West Point CDC/SAC

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

Installation/Fa	acility	vest Point C	De/ 5/16		Week of/D	Dates:	y, 20 dane, 20 dary, 1 e.	<u> </u>
Week 4*	Minimum	n Serving Siz	e Per Age					
Spring/Sum	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	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:	Kay	la I. Sil	lucher, RON, LD	

installation/racility week of/Dates.								
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)^^	

<sup>\*</sup>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 I. Schnador, RON, LD	Signature Date: 26 September 2024
Approved by.	, ,	oignature bate. 20 ochtember 2024

CYS Traditional Spring/Summer Cycle Infant 6-11 months 14 April, 19 May, 23 June, 28 July, 1 September Approved by: \_\_\_\_\_

Kyla I Shahar RON 10

Date: 26 September 2024

Kayla Schumacher, RDN, LD, CYS Nutritionist IMCOM G9

Week 4	Components	Monday	Tuesday	Wednesday	Thursday	Friday
	6-8 fl oz Breast milk or IF infant formula     0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry	Breast milk or IF infant formula IF infant cereal	Breast milk or IF infant formula IF infant cereal	Breast milk or IF infant formula IF infant cereal	Breast milk or IF infant formula IF infant cereal	Breast milk or IF infant formula IF infant cereal
Breakfast	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	Infant vegetable/fruit	Yogurt (m)  Peaches (m) or  infant vegetable/fruit	Infant vegetable/fruit	Banana (m) or infant vegetable/fruit	Scrambled eggs* (m)  Mandarin oranges* (m)  or infant vegetable/fruit
	6-8 fl oz Breast milk or IF infant formula     0-4 TBSP IF Infant Cereal,	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
Lunch	meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz	IF infant cereal  Scrambled egg* (m), ham* (m) or infant meat	IF infant cereal  Chicken* (m) or  infant meat	IF infant cereal  Roasted pork* (m) or  infant meat	IF infant cereal  Ground turkey* (m) or infant meat	IF infant cereal  Ground beef* (m) or  infant meat
	(volume) cottage cheese; or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable	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
	• 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2	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
Snack	crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal  O-2 tbsp vegetable, fruit or both	WGR crackers* (m) or IF infant cereal  Steamed cauliflower* (m) or infant	WGR toasted oat cereal (m) or IF infant cereal  Applesauce (m) or	WGR crackers* (m) or IF infant cereal  Steamed carrots* (m), steamed broccoli* (m),	Graham crackers without honey (m) or IF infant cereal Peaches (m) or infant	WGR corn puff cereal [Kix]( (m) or IF infant cereal Infant vegetable/fruit
Snack	2-4 fl oz Breast milk or IF infant formula	vegetable/fruit  Breast milk or IF infant formula	infant vegetable/fruit Breast milk or IF infant formula	or infant vegetable/fruit  Breast milk or IF infant formula	vegetable/fruit  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 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

Week of/Dates:

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 CYS Nutritionist IMCOM G9

Installation/Facility West Point CDC/SAC Week of/Dates: 21 April, 26 May, 30 June, 4 August, 8 September 2025

nstallation/Fa	acility ***	St Point CD	C/3AC		Week of/E	Dates: 21 April, 26 May	, 30 Julie, 4 August, 6	September 2023
Week 5*	Minimur	n Serving Siz	e Per Age					
Spring/Sum	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Orange (Mandarin orange)	Applesauce	Peaches	Banana	Cantaloupe
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR toasted oat cereal	Oven-baked whole wheat pancake	WGR biscuit	WGR Rice Chex	WGR bagel
Meat/ Other				Yogurt	Pancake syrup (optional)	Scrambled eggs		Cream cheese
Lunch				Roasted turkey	Beef picadillo	Lemon baked tuna cake***	Toasted cheese sandwich	Crispy baked chicken
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Turkey	Ground beef	Tuna & egg	Cheese	Chicken
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	Quinoa pilaf***	Brown rice	WGR roll	WGR bread	WGR pasta
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Turnip greens***	Pineapple (crushed pineapple)	Green beans	Pears	Yellow squash***
Vegetable	1/8 c	1/4 c	1/2 c	Carrots	Peas	Potato wedges	Broccoli	Tossed salad (green beans)
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other								Salad dressing

Approved by:		K	y a J. Sch	heher, RON, LO	
	Kavla So	chumachei	r. RDN. LD	CYS Nutritionist IMCC	MG

installation// achity week of/Dates.								
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^^

<sup>\*</sup> 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 I. Schwaher, RDN, LD
	Kayla Schumacher RDN LD CVS Nutritionist IMCOM G0

1/1/10

CYS Traditional Spring/Summer Cycle Infant 6-11 months 21 April, 26 May, 30 June, 4 August, 8 September

Approved by:

Kyla I. Shahar, ROW,

Date: 26 September 2024

Kayla Schumacher, RDN, LD, CYS Nutritionist IMCOM G9

		, 		CYS Nutritionist IIVICOM		Fuldon	
Week	Components	Monday	Tuesday	Wednesday	Thursday	Friday	
5							
	<ul> <li>6-8 fl oz Breast milk or IF infant formula</li> <li>0-4 TBSP IF Infant Cereal,</li> </ul>	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	
fast	meat, fish, poultry, whole eggs, cooked dry	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal	IF infant cereal	
Breakfast	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	Yogurt (m)  Mandarin oranges* (m)  or infant vegetable/fruit	Applesauce (m) or infant vegetable/fruit	Scrambled egg* (m)  Peaches (m) or infant  vegetable/fruit	Banana (m) or infant vegetable/fruit	Infant vegetable/fruit	
	6-8 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	
Lunch	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	IF infant cereal  Turkey* (m) or  infant meat	IF infant cereal  Ground beef* (m) or  infant meat	IF infant cereal  Tuna* (m) or  infant meat	IF infant cereal  Cheese* (m) or infant  meat	IF infant cereal  Chicken without  breading* (m) or	
	(volume) cottage cheese; or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable	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	infant meat  Green beans* (m) or infant vegetable/fruit	
	• 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	
Snack	0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready- to-eat cereal	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	
	0-2 tbsp vegetable, fruit or both	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	2-4 fl oz Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	Breast milk or IF infant formula	

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

# Monday

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

Approved by:

• 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).

Kayla I. Schwaher, RON, LD

Wednesday, continued

• \*\*\*WGR soft pretzel: May substitute WGR breadstick for WGR soft pretzel

Thursday

Week of/Dates:

• 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

mstaliation/racility	CDC/SAC/MST	Week of/Dates:_	14 April - 3 October 20	025		
Appendix:	enu template or weekly notes, serving si	izes are as listed helow				
Offices floted other wise in the in	end template of weekly notes, serving s	izes are as listed below.				
cracker sheet (2 ½ x 5 inches); ½	•	ornbread, or French toa		rains; 4 saltine crackers; 1 whole graham cuit, roll, breadstick or soft pretzel; ½ of a		
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 to as	sted 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 year	s: 1 cup	6-18 years: 1 cup		
6-18 years: 1 cup		6-18 year	s: 1 cup	6-18 years: 1 cup		

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 dipSunbutterGranola1-5 years: 1 ½ Tbsp1-5 years: none1-5 years: 06-18 years: 2 Tbsp6-18 years: 1 Tbsp6-18 years: 2 Tbsp

Cream Cheese: Spread thin to prevent choking hazard, about ½ tsp per ½ serving of bagel (i.e., ½ tsp on ½ of a mini-bagel or ¼ of a 2-oz bagel).

Pancake syrup: 2 tsp per ½ waffle or ½ serving of pancake bake. No syrup on French toast bake.

Salad Dressing: 1 ½ tsp per ½ cup of salad or 1 Tbsp per cup of salad.

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

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

Approved by:	Kayla I. Schnecher, RDN, LD	Signature Date: 26 September 2024
4- p		

Kyla I. Shaha, ROW, LO

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_	Week of/Dates:_	Week of/Dates: 14 April - 3 October 2025				
For children under 1	18 months, the following foods should b	pe modified as noted or a substitution	should be offe	ered.		
All vegetables must be cooked.			Infan	ant formula supplied by facility: Similac Advanced with		
Apples: Offer apples	sauce.		Iron and Similac Soy with Iron			
Blueberries: Should	be chopped or pureed.					
Cheese: Should be s	served shredded or sliced and cut into p	ieces smaller than the maximum widt	th of 1/4-inch.			
Crispy baked chicke	n: Serve chicken without breading.					
Coleslaw: Should no	ot be given to this age group. Offer a sub	ostitution.				
Corn: Puree, chop, o	or offer a substitution.					
Cucumber: Should b	oe served without skin and without seed	ds, may require steaming if not soft er	nough to be cu	t with fork.		
Fish: Serve tuna or o	checked carefully for bones.					
Grapes: Even when	cut into quarters, grapes should not be	given to this age group. Offer a subst	itution.			
Hashbrown potatoe	es: Should not be given to this age group	o. Offer mashed potatoes.				
Lettuce: Offer subst	itute.					
Mangos: Should not	t be given to this age group. Offer a subs	stitution.				
Mandarin oranges r	must be canned.					
Parmesan roasted c	cauliflower: Serve steamed cauliflower v	vith Parmesan cheese sprinkled on to	p.			
Pineapple: Should n	not be given any form of pineapple to th	is age group. Offer a substitution.				
Peas: Should be cho	opped or pureed.					
Soft pretzels, bread	sticks, tortillas, and pita bread should be	e cut into pieces smaller than the max	kimum width o	f 1/4-inch.		
Watermelon: check	carefully for seeds.					
WGR crackers shoul	ld easily dissolve in the mouth, and they	must not be brittle or hard.				
Approved by:	X/ 12/1 POLICE	Signat	ure Date:	26 September 2024		