

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

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

| Week 2 | Components | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|--|--|--|--|---|
| Breakfast | <ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable | Breast milk or IF infant formula IF infant cereal Pears* (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 Peaches (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Scrambled eggs (m) Infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal 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 and/or Pinto beans* (m) or infant meat Peaches (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Chicken* (m) or infant meat Infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Ground Beef* (m) or infant meat Mandarin oranges* (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Tuna* (m) or infant meat Steamed broccoli* (m) black beans* (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Ground turkey* (m) or infant meat Green beans* (m) mashed potato (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 WGR toasted oat cereal (m) or IF infant cereal Steamed carrots *(m) or infant vegetable/fruit | Breast milk or IF infant formula WGR corn puffs [Kix](m) or IF infant cereal Applesauce (m), or infant vegetable/fruit | 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 crackers* (m) or IF infant cereal Pear* (m) infant vegetable/fruit |
| Snack | <ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |

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

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

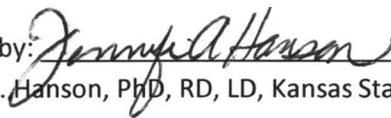
Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. Foods will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

| 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 IF infant cereal Banana (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Scrambled egg (m) 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 and/or Yogurt (m) Mandarin oranges* (m) or infant vegetable/fruit |
| Lunch | <ul style="list-style-type: none"> • 6-8 fl oz Breast milk or IF infant formula • 0-4 TBSP IF Infant Cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination • 0-2 TBSP Fruit/Vegetable | Breast milk or IF infant formula IF infant cereal and/or Turkey* (m) or infant meat Steamed broccoli* (m), pinto beans* (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Tuna* (m) or infant meat Steamed carrots* (m) mashed potatoes (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Scrambled egg (m) or infant meat Peas* (m), banana (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Chicken [no curry sauce]* (m) or infant meat Green beans* (m), pears* (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Ground beef* (m) or infant meat Peaches (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 Graham crackers without honey (m) or IF infant cereal Infant vegetable/fruit | Breast milk or IF infant formula WGR toasted oat cereal (m) Mandarin oranges* (m) or infant vegetable/fruit | Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Applesauce* (m), or mashed sweet potatoes* (m), or infant vegetable/fruit | Breast milk or IF infant formula WGR corn puff cereal (m) or IF infant cereal Steamed carrots* (m) or infant vegetable/fruit | Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Infant vegetable/fruit |
| Snack | <ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |

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| 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 Mandarin oranges* (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Scrambled egg (m) 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 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 IF infant cereal and/or Pinto beans* (m) Pears* (m), green beans* (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Pork* (m) or infant meat Steamed carrots* (m), black beans* (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Chicken* (m) or infant meat Applesauce (m) or infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Ground beef* (m) or infant meat Peas* (m) or Infant vegetable/fruit | Breast milk or IF infant formula IF infant cereal and/or Infant meat Mashed potatoes (m), or infant vegetable/fruit |
| Snack | <ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula • 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal • 0-2 tbsp vegetable, fruit or both | Breast milk or IF infant formula WGR toasted oat cereal (m) or IF infant cereal Steamed broccoli* (m), steamed cauliflower* (m) or infant vegetable/fruit | Breast milk or IF infant formula Graham crackers without honey (m) or IF infant cereal Peaches* (m) or infant vegetable/fruit | Breast milk or IF infant formula WGR corn puffs cereal [Kix](m) or IF infant cereal Mashed potato (m) or infant vegetable/fruit | Breast milk or IF infant formula WGR toasted oat cereal (m) or IF infant cereal Infant vegetable/fruit | Breast milk or IF infant formula WGR crackers* (m) or IF infant cereal Banana (m) or infant vegetable/fruit |
| Snack | <ul style="list-style-type: none"> • 2-4 fl oz Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula | Breast milk or IF infant formula |

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



APPENDIX

All vegetables must be cooked.

Black beans: chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate. Serve without seasoning.

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

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 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.

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.

Mandarin oranges must be canned and chop into pieces smaller than the maximum width of 1/8-inch.

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: chop into pieces smaller than the maximum width of 1/8-inch. Mashing is not adequate. Serve without seasoning.

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.

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.

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 or hard.

Installation/Facility

Week of/Dates:

| Week 1* Spring | 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 | Kiwi*** | Hash brown potatoes | Honeydew melon*** | Banana | Orange (Mandarin oranges) |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | WGR Rice Chex | WGR toast | WGR toasted oat cereal | WGR fruit & bran muffin | WGR waffle |
| Meat/ Other | | | | Yogurt | Scrambled eggs | | | Pancake syrup (optional) |
| Lunch | | | | Meatloaf with WGR parsley noodles | Tuna salad with WGR crackers | Baked chicken | BBQ pork slider*** | Cheesy rice casserole |
| Meat/ Alt | 1 oz | 1 1/2 oz | 2 oz | Ground beef, egg | Tuna | Chicken | Pork | Egg, cheese |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | WGR pasta | WGR crackers | Quinoa pilaf*** | WGR roll*** | Brown rice |
| Fruit | 1/8 c | 1/4 c | 1/4 c | Carrots | Banana | Collard greens*** | Coleslaw*** (cauliflower) | Pineapple (crushed pineapple) |
| Vegetable | 1/8 c | 1/4 c | 1/2 c | Green beans | Broccoli (steamed for CDC) | Sweet potatoes | Pinto beans | Peas |
| Fluid Milk** | 1/2 c | 3/4 c | 1 c | Fluid Milk 1% or Whole | Fluid Milk 1% or Whole | Fluid Milk 1% or Whole | Fluid Milk 1% or Whole | Fluid Milk 1% or Whole |
| Other | | | | | Creamy vegetable dip | | | |
| PM Snack | | | | | | | | |
| Fruit | 1/2 c | 1/2 c | 3/4 c | Apple | Orange (Mandarin oranges) | Pear | Peaches | |
| Vegetable | 1/2 c | 1/2 c | 3/4 c | | | | | Broccoli & cauliflower (steamed for CDC) |
| Meat/ Alt | 1/2 oz | 1/2 oz | 1 oz | Cheese (sliced) | | | Yogurt | |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | WGR soft pretzel*** | Trail mix [no pretzels or dried fruit for CDC]^*** | Graham crackers without honey | | WGR crackers |
| Fluid Milk** | 1/2 c | 1/2 c | 1 c | | Fluid Milk 1% or Whole | Fluid Milk 1% or Whole | | Fluid Milk 1% or Whole |
| Other | | | | | | Sunbutter (optional)^^ | Granola^^ | 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 important 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.

Approved by:



Jennifer A. Hanson, PhD, RD, LD, Kansas State University

Signature Date: 21 February 2022

Menus approved for use: 01 March 2022 to 28 February 2023

Installation/Facility _____

Week 1 Notes

Week of/Dates: _____

Monday

- ***Kiwi
May substitute pears for kiwi
- Yogurt
1-5 years: 1/4 cup
6-18 years: 1/2 cup
- Meatloaf
1-2 years: 1/2 piece
3-5 years: 3/4 piece
6-18 years: 1 piece
- Parsley noodles
1-5 years: 1/4 cup
6-18 years: 1/2 cup
- ***WGR soft pretzel
May substitute WGR breadstick for WGR soft pretzel

Tuesday

- Scrambled eggs
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- Tuna salad
1-2 years: 1/4 cup
3-5 years: 3/8 cup
6-18 years: 1/2 cup
- Creamy vegetable dip
1-5 years: 1 Tbsp
6-18 years: 1 1/2 Tbsp
- 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

- ***Honeydew melon
May substitute apples for honeydew melon
- ***Quinoa pilaf
May substitute bulgur for quinoa, see quinoa pilaf recipe
- ***Collard greens
May substitute turnip greens, sautéed spinach, kale, or chard for collard greens

Thursday

- BBQ pork slider
1-2 years: 1/2 sandwich
3-18 years: 1 sandwich
- ***BBQ pork sliders
May substitute sloppy lentil Joes for BBQ pork sliders
- ***WGR roll
May use either WGR roll or WBR bun
- ***Coleslaw: may serve coleslaw to 2-3 year olds, if very finely chopped (1/8- inch).
Do not serve to under 2 years olds.

Friday

- Cheesy rice casserole
1-5 years: 1/4 cup
6-18 years: 1/2 cup

Approved by: _____



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Installation/Facility

Week of/Dates:

| Week 2* Spring | 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*** | Peaches | Pineapple (crushed pineapple) | Cantaloupe |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | WGR corn puffs cereal (KIX) | Oatmeal | WGR French toast bake | WGR bagel | Bran flakes (WGR Life***) |
| Meat/ Other | | | | | | | Scrambled eggs | |
| Lunch | | | | | | | | |
| Meat/ Alt | 1 oz | 1 1/2 oz | 2 oz | Pinto beans & cheese | Chicken | Beef | Fish | Ground turkey |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | Cilantro brown rice | WGR pasta | WGR biscuit | WGR breadstick | WGR roll*** |
| Fruit | 1/8 c | 1/4 c | 1/4 c | Peaches | Pineapple (crushed pineapple) | Orange (Mandarin oranges) | Broccoli | Green beans |
| Vegetable | 1/8 c | 1/4 c | 1/2 c | Diced tomatoes, romaine lettuce | Spinach salad (sautéed spinach) | Potatoes, carrots, peas [in pie] | Black beans | Potato wedges |
| Fluid Milk** | 1/2 c | 3/4 c | 1 c | Fluid Milk 1% or Whole | Fluid Milk 1% or Whole | Fluid Milk 1% or Whole | Fluid Milk 1% or Whole | Fluid Milk 1% or Whole |
| Other | | | | | | | | Lettuce, tomato, mayonnaise |
| PM Snack | | | | | | | | |
| Fruit | 1/2 c | 1/2 c | 3/4 c | | | | Banana | Pear |
| Vegetable | 1/2 c | 1/2 c | 3/4 c | Parmesan roasted cauliflower***, marinara sauce | Tomato & corn salad^*** + carrots (steamed) | Cinnamon sweet potato cubes*** | | |
| Meat/ Alt | 1/2 oz | 1/2 oz | 1 oz | | | | | Cheese (sliced) |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | | WGR toasted pita bread | | Graham crackers without honey | WGR crackers |
| Fluid Milk** | 1/2 c | 1/2 c | 1 c | Fluid Milk 1% or Whole | | Fluid Milk 1% or Whole | Fluid Milk 1% or Whole | |
| Other | | | | | Hummus | Apples (optional) | 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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Week 2 notes

Monday

- Bean burrito bowl
1-2 years: 1/4 c rice, 1/3 cup bean mixture, 1/8 cup tomatoes, (no lettuce for this age group), 2 tsp shredded cheese
3-5 years: 1/4 c rice, 1/2 cup bean mixture, 1/8 cup tomatoes, 1/4 cup shredded lettuce, 1Tbsp shredded cheese
6-18 years: 1/2 c rice, 2/3 cup beans, 1/4 cup tomatoes, 1/2 cup shredded lettuce, 1 Tbsp plus 1 tsp shredded cheese.
- *** Parmesan roasted cauliflower
For children under 18 months old serve steamed cauliflower with Parmesan cheese sprinkled on top
- Parmesan roasted 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

- *** Blueberries
For children under 18 months chopped or pureed
- *** Chicken noodles
May substitute chicken alfredo for chicken and noodles
For chicken alfredo may serve meat and pasta separately (see optional recipe)
- Chicken and noodles and chicken alfredo
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup
- ***Tomato & corn salad
For children under 2 years old, omitted this dish and replace with equal amount of carrots.
- Tomato and corn salad
1-2: none
2-5 years: 1/4 cup
5-18 years: 3/8 cup

Week of/Dates: _____

Tuesday, continued

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

Wednesday

- ***Peas in Shepard's pie
For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of carrots.
- Beef Shepard's pie
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup
- ***Sweet potato cubes
May substitute oven-baked sweet potato fries for sweet potato cubes
Offer full servings of sweet potato cubes/fries
- Apples (optional):
2-5 years: 1/4 cup
5-18 years: 1/2 cup

Thursday

- Scrambled eggs
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- Lemon baked fish:
1-2 years: 1/2 portion
3-5 years: 2/3 portion
6-18 years: 1 portion

Friday

- ***WGR Life
May substitute WGR Rice Chex for WGR Life
- Turkey burger sliders
1-2 years: 1/2 slider
3-18 years: 1 slider
- ***WGR roll
May use either WGR roll or WBR bun

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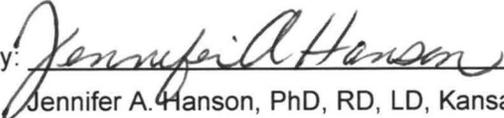
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Week of/Dates:

| Week 3* Spring | Minimum Serving Size Per Age | | | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|------------------------------|--------------|------------|--|-------------------------------|--|---------------------------------------|---------------------------|
| | 1-2 | 3-5 | 6-18 | | | | | |
| Breakfast | | | | | Breakfast taco*** | | | |
| 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*** | Pineapple (crushed pineapple) | Banana | Strawberries | Orange (Mandarin oranges) |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | WGR English muffin | WGR tortilla | WGR toasted oat cereal | Oven-baked whole wheat pancake | WGR Rice Chex |
| Meat/ Other | | | | | Scrambled eggs, cheese | Yogurt | Pancake syrup (optional) | |
| Lunch | | | | Cheesy noodles with beef*** | Roasted pork *** | Teriyaki turkey | Southwestern white bean soup*** | Crispy baked chicken |
| Meat/ Alt | 1 oz | 1 1/2 oz | 2 oz | Ground beef & cheese | Pork*** | Turkey | White beans + cheddar cheese (sliced) | Chicken |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | WGR pasta | WGR roll | Brown rice | WGR breadstick | WGR biscuit |
| Fruit | 1/8 c | 1/4 c | 1/4 c | Cauliflower | Broccoli | Pears | Apple | Collard greens*** |
| Vegetable | 1/8 c | 1/4 c | 1/2 c | Carrots | Black beans | Peas | Green beans | Sweet potatoes |
| 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 | | | | | | | | |
| PM Snack | | | | | | Italian pasta salad**** | | |
| Fruit | 1/2 c | 1/2 c | 3/4 c | Pear | Apple | | | Peaches |
| Vegetable | 1/2 c | 1/2 c | 3/4 c | | | Tomato, cucumber in salad + broccoli [steamed for CDC] | Potato wedges & marinara sauce | |
| Meat/ Alt | 1/2 oz | 1/2 oz | 1 oz | | | | | Yogurt |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | Trail mix [no pretzels or dried fruit for CDC]^*** | Graham Crackers without honey | WGR pasta | | |
| Fluid Milk** | 1/2 c | 1/2 c | 1 c | Fluid Milk 1% or Whole | Fluid Milk 1% or Whole | | Fluid Milk 1% or Whole | |
| Other | | | | | Sunbutter(optional)^^ | Creamy vegetable dip | | Granola^^ |

*All hard foods 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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Week 3 Notes

Week of/Dates: _____

Monday

- ***Peaches
For children 5 years old and above, may substitute mangos for peaches
Do not serve mangos to children 1-5 years
- *** Cheesy noodles with beef
May serve meat and pasta separately (see optional recipe)
- Cheesy noodles with beef
1-2 years: ½ c + 1 tsp
3-5 years: ¾ c + 1/2 Tbsp
6-18 years: 1 c + 1 Tbsp
- 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

Tuesday

- ***Breakfast taco
Omit corn in breakfast tacos for CDC
- Breakfast Taco:
1-18 years: 1 taco
- *** Roasted pork
May substitute oven baked chicken for roasted pork

Wednesday

- Yogurt
1-5 years: 1/4 cup
6-18 years: 1/2 cup
- Turkey Teriyaki:
1-2 years: 1/2 serving
3-5 years 3/4 serving
6-18 years: 1 serving

Wednesday, continued

- ***Cucumbers in Italian pasta salad:
For children under 18 months old, remove skin on cucumbers. May need to steam if hard.
- Italian pasta salad:
1-5 years: 1/2 cup
6-18 years: 1 cup
- Broccoli
1-18 years: 1/4 cup

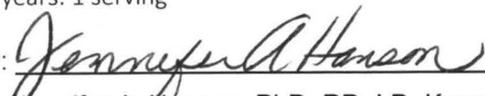
Thursday

- ***Southwestern white bean soup
For children under 18 months old, chop corn and beans or puree soup.
- Southwestern white bean soup
1-5 years: 1/2 cup
6-18 years: 1 cup
- Cheddar cheese
1-2 years: 1/2 oz
3-5 years: 1 oz
6-18 years: 1 oz
- Potato Wedges:
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

Friday

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

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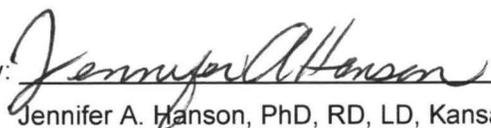
Week of/Dates:

| Week 4* Spring | 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 | Applesauce | Pineapple (crushed pineapple) | Blueberries*** | Orange (Mandarin orange) |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | Bran flakes (WGR Life***) | WGR biscuit | Oatmeal | WGR waffle | WGR bagel |
| Meat/ Other | | | | | Scrambled eggs | | Pancake syrup (optional) | Yogurt |
| Lunch | | | | Roasted turkey | Lemon tuna cake*** | Frittata | Chicken curry | Quinoa pizza bake*** |
| Meat/ Alt | 1 oz | 1 1/2 oz | 2 oz | Turkey | Tuna | Egg | Chicken | Ground beef, cheese |
| Bread/ Grain | 1/2 serving | 1/2 serving | 1 serving | WGR bread dressing | WGR roll | WGR breadstick*** | Brown rice | Quinoa |
| Fruit | 1/8 c | 1/4 c | 1/4 c | Broccoli | Coleslaw*** (carrots) | Cantaloupe*** | Pears | Peaches |
| Vegetable | 1/8 c | 1/4 c | 1/2 c | Pinto beans | Potato wedges | Peas | Green beans | Tossed salad (cauliflower) |
| 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*** | Orange (Mandarin orange) | | | |
| Vegetable | 1/2 c | 1/2 c | 3/4 c | | | Cinnamon sweet potato cubes*** | Carrots [steamed for CDC] & white bean dip | Cucumbers (steamed) |
| Meat/ Alt | 1/2 oz | 1/2 oz | 1 oz | | Cheese (sliced) | | | |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | Carrot muffin*** | | | WGR toasted pita bread | WGR crackers |
| Fluid Milk** | 1/2 c | 1/2 c | 1 c | Fluid Milk 1% or Whole | | Fluid Milk 1% or Whole | | |
| Other | | | | | | Apples (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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Week 4 Notes

Monday

- ***WGR Life
May substitute WGR toasted oat cereal for WGR Life cereal
- WGR bread dressing
1-5 years: 1/2 piece
6-18 years: 1 piece
- ***Honeydew melon
May substitute crushed pineapple for honeydew melon for children older than 18 months. For children 18 months and younger offer peaches or pears
- ***WGR carrot muffins: two recipe options for WGR carrot muffin. One is with quinoa and the other is with oatmeal.
- Carrot muffin
1-5 years: 1/2 muffin
6-18 years: 1 muffin

Tuesday

- Scrambled eggs
1-5 years: 2 Tbsp
6-18 years: 1/4 cup
- ***Lemon baked tuna cake
May substitute salmon for tuna in recipe
- Lemon baked tuna (or salmon) cakes:
1-2 years: 2/3 cake
3-5 years: 1 cake
6-18 years: 1 1/3 cake (or one large) see recipe
- ***Coleslaw: may serve coleslaw to 2-3 year olds if very finely chopped (1/8- inch). Do not serve to under 2 years old.

Wednesday

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

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Week of/Dates: _____

Wednesday, continued

- ***Breadstick
May substitute WGR toast for breadstick
- ***Cantaloupe
May substitute banana for cantaloupe
- ***Sweet potato cubes
May substitute oven-baked sweet potato fries for sweet potato cubes
Offer full servings of sweet potato cubes/fries
- Apples (optional):
2-5 years: 1/4 cup
5-18 years: 1/2 cup

Thursday

- *** Blueberries
For children under 18 months chopped or pureed
- Chicken curry
1-2 years: 1/2 serving (about 3 Tbsp)
3-5 years: 3/4 serving (about 1/4 cup)
6-18 years: 1 serving (about 1/3 cup)
- Carrots
1-5 years: 3/8 cup
6-18 years: 1/2 cup
- White bean dip:
1-5 years: 3 Tbsp dip
6-18 years: 6 Tbsp dip

Friday

- Yogurt
1-5 years: 1/4 cup
6-18 years: 1/2 cup
- ***Quinoa pizza bake
May substitute spaghetti with meat sauce (see recipes for serving size)
- Quinoa pizza bake
1-2 years: 3/8 cup
3-5 years: 1/2 cup
6-18 years: 3/4 cup

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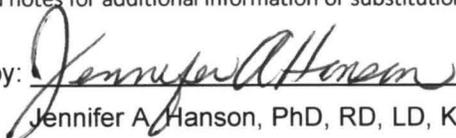
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Week of/Dates:

| Week 5* Spring | 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 | Orange (Mandarin oranges) | Applesauce | Kiwi*** | Cantaloupe | Peaches |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | Toasted oat cereal | WGR tortilla | WGR bagel | WGR French toast bake | WGR corn puffs cereal KIX |
| Meat/ Other | | | | | Scrambled eggs, cheese | Cream cheese*** | | |
| Lunch | | | | Bean enchilada bake | Roasted pork*** | Strawberry*** spinach salad with chicken | Sesame beef | Turkey sandwich |
| Meat/ Alt | 1 oz | 1 1/2 oz | 2 oz | Beans & cheese | Pork | Chicken | Beef | Turkey |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | WGR tortilla*** | WGR pasta | WGR crackers | Brown rice | WGR bread |
| Fruit | 1/8 c | 1/4 c | 1/4 c | Pears | Carrots | Apple | Pineapple (crushed pineapple) | Cucumber (steamed), celery^^ |
| Vegetable | 1/8 c | 1/4 c | 1/2 c | Tossed salad (green beans) | Black beans | Spinach (sautéed) | Sautéed cabbage (peas) | Potato, corn & cauliflower soup (cauliflower) *** |
| 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 | | | | Creamy vegetable dip |
| PM Snack | | | | | | | English muffin pizza | Cinnamon nachos^ |
| Fruit | 1/2 c | 1/2 c | 3/4 c | | Peaches | | | Strawberries and bananas |
| Vegetable | 1/2 c | 1/2 c | 3/4 c | Broccoli & cauliflower (steamed for CDC) | | Potato wedges & marinara sauce | | |
| Meat/ Alt | 1/2 oz | 1/2 oz | 1 oz | | | | Cheese on pizza | |
| Bread/ Grain | 1/2 oz equiv | 1/2 oz equiv | 1 oz equiv | WGR soft pretzel*** | Graham crackers without honey | | WGR English muffin | WGR tortilla |
| Fluid Milk** | 1/2 c | 1/2 c | 1 c | Fluid Milk 1% or Whole | | Fluid Milk 1% or Whole | | |
| Other | | | | Creamy vegetable dip | Sunbutter(optional)^^ | | Vegetable toppings | |

*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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Week 5 Notes

Monday

- Bean enchilada bake
1-2 years: 1/2 cup
3-5 years: 3/4 cup
6-18 years: 1 cup
- ***WGR tortilla
May use WGR flour or WGR corn tortilla
- ***WGR pretzel
May substitute WGR breadstick for WGR soft pretzel

Tuesday

- ***Breakfast taco
Omit corn in breakfast tacos for CDC,
- Breakfast Taco:
1-18 years: 1 taco
- ***Roasted pork
May substitute black beans for roasted pork. If this substitution is made then add broccoli as the vegetable.

Wednesday

- ***Kiwi
May substitute crushed pineapple for kiwi for children older than 18 months. For children under 18 months and younger offer pears
May substitute crushed pineapple for kiwi
- ***Cream cheese: Spread thin to prevent choking hazard
- Strawberry spinach salad
1-2 years: none
3-5 years: 1/2 cup
6-18 years: 1 cup
- ***Strawberries
May substitute mandarin oranges for strawberries
- Potato wedges:
1-5 years: 3/8 cup
6-18 years: 1/2 cup

Week of/Dates: _____

Wednesday, continued

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

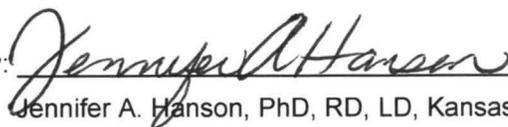
Thursday

- 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)
- English muffin pizza
1-5 years: 1 mini pizza
6-18 years: 2 mini pizzas

Friday

- *** Potato, corn, and cauliflower soup
For children under 2 years, puree corn or substitute cauliflower for soup.
- Potato, corn, and cauliflower soup
1-2 years: 1/4 cup
3-5 years: 1/2 cup
6-18 years: 1 cup
- Turkey Sandwich
1-2 years: 2 quarter pieces of sandwich
3-5 years: 3 quarter pieces of sandwich
6-18 years: 1 full sandwich
- Creamy vegetable dip
1-5 years: 1 Tbsp
6-18 years: 1 1/2 Tbsp
- 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

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Week of/Dates: _____

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:

| | | | |
|--------------------|----------------------|--------------------|--------------------|
| Hummus | Creamy vegetable dip | Sunbutter | Granola |
| 1-5 years: 1 Tbsp | 1-5 years: 1 ½ Tbsp | 1-5 years: none | 1-5 years: 0 |
| 6-18 years: 2 Tbsp | 6-18 years: 2 Tbsp | 6-18 years: 1 Tbsp | 6-18 years: 2 Tbsp |

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

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

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

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

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

All vegetables must be cooked.

Apples: Offer applesauce.

Blueberries: Should be chopped or pureed.

Cheese: Should be served shredded or sliced and cut into pieces smaller than the maximum width of 1/4-inch.

Crispy baked chicken: Serve chicken without breading.

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

Corn: Puree, chop, or offer a substitution.

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

Fish: Serve tuna or checked carefully for bones.

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

Hashbrown potatoes: Should not be given to this age group. Offer mashed potatoes.

Lettuce: Offer substitute.

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

Mandarin oranges must be canned.

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

Pineapple: Should not be given any form of pineapple to this age group. Offer a substitution.

Peas: Should be chopped or pureed.

Soft pretzels, breadsticks, tortillas, and pita bread should be cut into pieces smaller than the maximum width of 1/4-inch.

Southwestern white bean soup: Chop corn and beans or puree soup.

WGR crackers should easily dissolve in the mouth, and they must not be brittle or hard.

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