

Installation/Facility **Fort Carson CYS**

Week of/Dates: **September 28, November 2, December 7, January 11**

Week 1* Fall/Winter 20	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
<b>Breakfast</b>								
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Banana	Pineapple (crushed pineapple)	Apricots (peaches)	Hash brown potatoes	Orange (Mandarin oranges)
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR corn puffs cereal KIX	WGR pumpkin muffin square	Oatmeal	WGR toast	WGR English muffin
Meat/ Other					Yogurt		Ham	
<b>Lunch</b>								
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Chicken	Beef	Cheese, egg	Ground turkey/egg	<b>Center Choice***</b>
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR biscuit	WGR bread	Brown rice	WGR roll	
Fruit/Veg	1/8 c	1/4 c	1/4 c	Winter squash***	Apple***	Strawberries	Peaches	
Vegetable	1/8 c	1/4 c	1/2 c	Green beans	Potato, carrots, peas*** in stew	Broccoli	Pinto beans	
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other							Lettuce, tomato	
<b>PM Snack</b>								
Fruit	1/2 c	1/2 c	3/4 c	Pear			Cantaloupe	Banana
Vegetable	1/2 c	1/2 c	3/4 c		Tomato, cucumber	Carrots, cauliflower [steamed for CDC]		
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Cheese				
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR soft pretzel	WGR bagel	WGR crackers	Graham crackers	Trail mix [no pretzels or dried fruit for CDC]^
Fluid Milk**	1/2 c	1/2 c	1 c				Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other					Cream cheese	Sesame dipping sauce	Sunbutter^^	

\*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.

*This institution is an equal opportunity provider.*

*Denise E. Laursen RDN, LD*  
 Denise E. Laursen, MA, RDN, LD  
 CYS Nutritionist, IMCOM G9

Approved by: \_\_\_\_\_

Signature Date: 4 SEPTEMBER 2020

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Menus approved for use through: 3 SEPTEMBER 2021

Installation/Facility \_\_\_\_\_

Week of/Dates: \_\_\_\_\_

Week 1 Notes

Monday

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

Tuesday

- Yogurt  
1-5 years: ¼ cup  
6-18 years: ½ cup
- Beef stew:  
1-2 years: 1/2 cup  
3-5 years: 3/4 cup  
6-18 years: 1 cup
- \*\*\*Peas in beef stew  
For children under 18 months old, puree, chop, or omit. If omitted replace with equal amount of green beans.
- \*\*\*Beef stew  
May serve vegetables separately
- \*\*\*Apple  
For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for apples.
- Tomato  
1-5 years: ¼ cup  
6-18 years: ¼ cup
- Cucumber  
1-5 years: ¼ cup  
6-18 years: ½ cup

Wednesday

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

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Wednesday, continued

- Cauliflower  
1-5 years: ¼ cup  
6-18 years: ¾ cup
- Sesame dipping sauce  
1-5: 1 Tbsp  
6-18 years: 1 ½ Tbsp

Thursday

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

Friday

- **\*\*\*Center Choice Lunch – Center Choice – Center may choose lunch. It must be a lunch that is either on this menu or a menu previously approved (IMCOM G9) CDC/SAC menu and have macros available. Lunch components must be documented on the menu prior to the meal service.**
- Trail mix:  
1-5 years: 5/8 cup (no pretzels or dried fruit)  
6-18 years: 1 cup + 1 Tbsp (made without pretzels) or 1 1/8 cup (made with pretzels)

Signature Date: 4 SEPTEMBER 2020

Menus approved for use through: 3 SEPTEMBER 2021

Installation/Facility Fort Carson CYS

Week of/Dates: October 5, November 9, December 14, January 18

Week 2* Fall/Winter 20	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
<b>Breakfast</b>								
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Strawberries	Applesauce	Orange (Mandarin oranges)	Pineapple (crushed pineapple)	Cantaloupe
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	Toasted oat cereal	WGR English muffin	WGR bagel	WGR French toast bake	WGR corn puffs cereal KIX
Meat/ Other					Scrambled eggs	Cream cheese		Yogurt
<b>Lunch</b>				Meatloaf	Baked fish olé	Roasted turkey	Lentil soup	Chicken Alfredo with a twist
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Ground beef	Fish	Turkey	Lentils	Chicken
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR roll	Brown rice	Quinoa pilaf***	WGR breadstick	WGR pasta
Fruit/Veg	1/8 c	1/4 c	1/4 c	Green beans	Pineapple (crushed pineapple)***	Beets	Pears	Carrots
Vegetable	1/8 c	1/4 c	1/2 c	Mashed potato	Black beans	Peas	Tossed salad*** (green beans)	Broccoli
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other							Salad dressing	
<b>PM Snack</b>						Center Choice***		
Fruit	1/2 c	1/2 c	3/4 c	Peaches				Apple
Vegetable	1/2 c	1/2 c	3/4 c		Parmesan cauliflower & marinara sauce		Cucumbers, celery^^	
Meat/ Alt	1/2 oz	1/2 oz	1 oz	Yogurt			Cheese	
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.				WGR crackers	WGR sweet potato plum muffin square
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole			Fluid Milk 1% or Whole
Other				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 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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 CYS Nutritionist, IMCOM G9

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Approved by: \_\_\_\_\_

Signature Date: 4 SEPTEMBER 2020

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Menus approved for use through: 3 SEPTEMBER 2021

Installation/Facility \_\_\_\_\_

Week of/Dates: \_\_\_\_\_

Week 2 Notes

Monday

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

Tuesday

- Scrambled eggs:  
1-5 years: 2 Tbsp  
6-18 years: 1/4 cup
- Baked fish olé:  
1-2 years: 1/2 portion  
3-5 years: 2/3 portion  
6-18 years: 1 portion
- \*\*\*Pineapple  
May substitute kiwi for pineapple
- Parmesan cauliflower:  
1-5 years: 3/8 cup  
6-18 years: 1/2 cup
- Marinara sauce:  
1-5 years: 1/8 cup  
6-18 years: 1/4 cup

Wednesday

- \*\*\*Quinoa pilaf  
May substitute bulgur for quinoa, see quinoa pilaf recipe
- Quinoa pilaf:  
1-5 years: ¼ cup  
6-18 ears: ½ cup
- **\*\*\*Center Choice Snack** – Center may choose snack. It must be a snack that is either on this menu or a menu previously approved (IMCOM G9) CDC/SAC menu and have macros available. It must include a full serving of fruit or vegetable as one of the components. Snack components must be documented on the menu prior to the snack service.

Thursday

- Lentil soup:  
1-2 years: 1/2 cup  
3-5 years: 3/4 cup  
6-18 years: 1 cup
- Tossed salad  
1-2 years: do not serve to this age group  
6-18 years: 1/2 cup  
6-18 years: 1 cup
- Cucumbers  
1-5 years: ½ cup  
6-18 years: 3/8 cup
- Celery  
1-5 years: do not serve to this age group  
6-18 years: 3/8 cup

Friday

- Yogurt  
1-5 years: ¼ cup  
6-18 years: ½ cup
- Chicken Alfredo with a twist  
1-2 years: 1/2 cup  
3-5 years: 3/4 cup  
6-18 years: 1 cup

Approved by: \_\_\_\_\_

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Signature Date: 4 SEPTEMBER 2020 \_\_\_\_\_

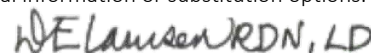
Menus approved for use through: 3 SEPTEMBER 2021 \_\_\_\_\_

Installation/Facility **Fort Carson CYS**

Week of/Dates: **October 12, November 16, December 21, January 25**

Week 3* Fall/Winter 20	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
<b>Breakfast</b>								
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Pears	Blueberries	Pineapple (crushed pineapple)	Orange (Mandarin oranges)	Peaches
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	Oatmeal	WGR waffle	WGR bagel	WGR biscuit	WGR Rice Chex***
Meat/ Other					Pancake syrup (optional)	Cream cheese	Ham	Yogurt
<b>Lunch</b>				<b>Center Choice***</b>	Spaghetti & meat sauce	Chicken Katsu	Toasted cheese sandwich	BBQ pork slider
Meat/ Alt	1 oz	1 1/2 oz	2 oz		Ground beef	Chicken	Cheese	Pork***
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.		WGR pasta	Brown rice	WGR bread	WGR roll
Fruit	1/8 c	1/4 c	1/4 c		Green beans	Apple	Banana	Coleslaw*** (broccoli)
Vegetable	1/8 c	1/4 c	1/2 c		Tossed salad*** (cauliflower)	Asian vegetable mix (peas)	Vegetable soup***	Pinto beans
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other					Salad dressing			
<b>PM Snack</b>					WGR cinnamon nachos^			
Fruit	1/2 c	1/2 c	3/4 c	Apple	Banana & mangos***			Cantaloupe
Vegetable	1/2 c	1/2 c	3/4 c			Cucumbers, cauliflower [steamed for CDC]	Carrots [steamed for CDC]	
Meat/ Alt	1/2 oz	1/2 oz	1 oz					
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	Graham crackers	WGR tortilla	WGR soft pretzel	WGR pita bread	Trail mix [no pretzels or dried fruit for CDC]^
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole			Fluid Milk 1% or Whole
Other				Sunbutter^		Creamy vegetable dip	Hummus	

\*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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 CYS Nutritionist, IMCOM G9

Approved by: \_\_\_\_\_

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Signature Date: 4 SEPTEMBER 2020

Menus approved for use through: 3 SEPTEMBER 2021

Installation/Facility \_\_\_\_\_

Week of/Dates: \_\_\_\_\_

Week 3 Notes

Monday

- **\*\*\*Center Choice Lunch** – Center Choice – Center may choose lunch. It must be a lunch that is either on this menu or a menu previously approved (IMCOM G9) CDC/SAC menu and have macros available. Lunch components must be documented on the menu prior to the meal service.

Tuesday

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

Wednesday

- Chicken Katsu  
1-2 years: 1 oz cooked meat plus 1 1/2 tsp sauce  
3-5 years: 1.5 oz cooked meat plus 2 tsp sauce  
6-18 years: 1 serving: 2 oz cooked meat plus 1 Tbsp sauce
- Cauliflower:  
1-5 years: 1/4 cup  
6-18 years: 3/8 cup
- Cucumbers:  
1-5 years: 1/4 cup  
6-18 years: 3/8 cup

*Denise E. Laursen* RDN, LD  
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CYS Nutritionist, IMCOM G9

Approved by: \_\_\_\_\_

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Thursday

- Ham  
1-5 years: 1/2 oz  
6-18 years: 1 oz
- Toasted cheese sandwich  
1-2 years: 1/2 sandwich  
3-5 years: 3/4 sandwich  
6-18 years: 1 sandwich
- **\*\*\*Vegetable soup:** For children under 18 months, chop corn and peas or puree soup.
- Vegetable soup:  
1-2 years: 1/4 cup  
3-5 years: 1/2 cup  
6-18 years: 1 cup

Friday

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

Signature Date: 4 SEPTEMBER 2020

Menus approved for use through: 3 SEPTEMBER 2021

Installation/Facility **Fort Carson CYS**

Week of/Dates: **October 19, November 23, December 28, February 1**

Week 4* Fall/Winter 20	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
<b>Breakfast</b>								
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Banana	Pineapple (crushed pineapple)	Orange (Mandarin oranges)	Apricots (peaches)	Fruit salad
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	Toasted oat cereal	WGR English muffin	WGR corn puffs cereal KIX	WGR French toast bake	WGR toast
Meat/ Other				Yogurt				Ham
<b>Lunch</b>								
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Salmon, egg	Ground beef	Pork***	Pinto bean/cheese	Chicken
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR bread stick	Brown rice	WGR roll	WGR tortilla***	WGR pasta
Fruit	1/8 c	1/4 c	1/4 c	Pears***	Peaches	Black beans	Corn (pureed)	Applesauce
Vegetable	1/8 c	1/4 c	1/2 c	Peas	Green beans	Carrots	Tossed salad*** (sautéed spinach***)	Winter squash***
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	
<b>PM Snack</b>								
Fruit	1/2 c	1/2 c	3/4 c	<b>Center Choice***</b>			Banana	Pears
Vegetable	1/2 c	1/2 c	3/4 c		Potato wedges & marinara sauce			
Meat/ Alt	1/2 oz	1/2 oz	1 oz			Yogurt		Cheese
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.				WGR carrot muffin***	WGR soft pretzel
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole		Fluid Milk 1% or Whole	
Other						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.

*Denise E. Laursen RDN, LD*  
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 CYS Nutritionist, IMCOM G9

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Approved by: \_\_\_\_\_

Signature Date: 4 SEPTEMBER 2020

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Menus approved for use through: 3 SEPTEMBER 2021

Installation/Facility \_\_\_\_\_

Week 4 Notes

Monday

- Yogurt  
1-5 years: ¼ cup  
6-18 years: ½ cup
- \*\*\*Lemon baked salmon cakes:  
May substitute tuna for salmon
- Lemon baked salmon cakes:  
1-2 years: 2/3 cake  
3-5 years: 1 cake  
6-18 years: 1 1/3 cake
- \*\*\*Pears  
May substitute kiwi for pears
- **\*\*\*Center Choice Snack** – Center may choose snack. It must be a snack that is either on this menu or a menu previously approved (IMCOM G9) CDC/SAC menu and have macros available. It must include a full serving of fruit or vegetable as one of the components. Snack components must be documented on the menu prior to the snack service.

Tuesday

- Sesame beef:  
1-2 years: 1/2 serving (1 oz cooked)  
3-5 years: 3/4 serving (1 1/2 oz cooked)  
6-18 years: 1 serving (2 oz cooked)-2 years:
- 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

Wednesday

- \*\*\*Pork: may substitute turkey for roasted pork

Thursday

- Bean enchilada bake  
1-2 years: 1/2 serving, about 1/2 cup

Approved by: \_\_\_\_\_

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

*DE Laursen RDN, LD*  
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CYS Nutritionist, IMCOM G9

Week of/Dates: \_\_\_\_\_

3-5 years: 3/4 serving, about 3/4 cup  
6-18 years: 1 serving, about 1 cup

- \*\*\*WGR tortilla  
May use WGR flour or WGR corn tortilla

Thursday, continued

- Tossed salad  
1-2 years: do not serve to this age group  
6-18 years: 1/2 cup  
6-18 years: 1 cup
- \*\*\* Sautéed spinach  
May substitute turnip greens, collard greens, kale, or chard for sautéed spinach
- \*\*\*WGR carrot muffins: two recipe options for WGR carrot muffin. One is with quinoa the other is without quinoa.

Friday

- Ham:  
1-5 years: 1/2 oz  
6-18 years: 1 oz
- \*\*\*Winter squash  
May use any winter squash such as butternut, acorn or Hubbard squash

Signature Date: 4 SEPTEMBER 2020

Menus approved for use through: 3 SEPTEMBER 2021



Installation/Facility Fort Carson CYS

Week of/Dates: October 26, November 30, January 4, February 8

Week 5* Fall/Winter 20	Minimum Serving Size Per Age			Monday	Tuesday	Wednesday	Thursday	Friday
	1-2	3-5	6-18					
<b>Breakfast</b>								Breakfast tacos
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Peaches	Apple	Pineapple (crushed pineapple)	Banana	Pears
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR biscuit	WGR Rice Chex***	WGR waffle	Toasted oat cereal	WGR tortilla
Meat/ Other				Yogurt		Pancake syrup (optional)		Scrambled eggs
<b>Lunch</b>				Vegetarian chili	Chicken salad sandwich	Beef stroganoff	Roasted turkey	<b>Center Choice***</b>
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Pinto beans, cheese	Chicken	Beef	Turkey	
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR tortilla***	WGR bread	WGR pasta	Quinoa pilaf***	
Fruit	1/8 c	1/4 c	1/4 c	Pears***	Broccoli	Beets	Collard greens***	
Vegetable	1/8 c	1/4 c	1/2 c	Carrots [steamed for CDC]	Potato wedges	Green beans	Winter squash***	
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				
<b>PM Snack</b>								
Fruit	1/2 c	1/2 c	3/4 c		Orange (Mandarin oranges)		Strawberries	Cantaloupe
Vegetable	1/2 c	1/2 c	3/4 c	Parmesan cauliflower & marinara sauce		Carrots [steamed for CDC]		
Meat/ Alt	1/2 oz	1/2 oz	1 oz		Cheese		Yogurt	
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.		WGR crackers	WGR pita bread		Graham crackers
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole				Fluid Milk 1% or Whole
Other						Hummus	Granola^^	Sunbutter^^

\*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

*Denise E. Laursen RDN, LD*

*This institution is an equal opportunity provider.*

Denise E. Laursen, MA, RDN, LD  
CYS Nutritionist, IMCOM G9

Approved by: \_\_\_\_\_

Signature Date: 4 SEPTEMBER 2020

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Menus approved for use through: 3 SEPTEMBER 2021

Installation/Facility \_\_\_\_\_

Week of/Dates: \_\_\_\_\_

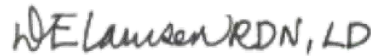
Week 5 Notes

Monday

- Yogurt  
1-5 years: ¼ cup  
6-18 years: ½ cup
- Vegetarian chili  
1-2 years: 1/2 cup  
3-5 years: 3/4 cup  
6-18 years: 1 cup
- Cheese  
1-2 years: 1 Tbsp shredded cheese  
3-5 years: 1 ½ Tbsp shredded cheese  
6-18 years: 2 Tbsp shredded cheese
- \*\*\*WGR tortilla  
May use WGR flour or WGR corn tortilla
- \*\*\*Pears  
For 3 years old and older, may substitute grapes (cut lengthwise and quartered) for pears
- Parmesan cauliflower:  
1-5 years: 3/8 cup  
6-18 years: 1/2 cup
- Marinara sauce:  
1-5 years: 1/8 cup  
6-18 years: 1/4 cup

Tuesday

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

  
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Wednesday

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

Thursday

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

Friday

- Breakfast taco:  
1-2 years: 1 taco  
3-5 years: 1 taco  
6-18 years: 1 taco
- **\*\*\*Center Choice Lunch – Center Choice – Center may choose lunch. It must be a lunch that is either on this menu or a menu previously approved (IMCOM G9) CDC/SAC menu and have macros available. Lunch components must be documented on the menu prior to the meal service.**

Signature Date: \_\_\_\_\_ 4 SEPTEMBER 2020

Menus approved for use through: \_\_\_\_\_ 3 SEPTEMBER 2021

Installation/Facility Fort Carson CYS

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:

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

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

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

Salad Dressing: 1 tsp per ½ cup of salad or 2 tsp per 1 cup of salad.

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

Approved by: \_\_\_\_\_

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Signature Date: 4 SEPTEMBER 2020

Menus approved for use through: 3 SEPTEMBER 2021

Installation/Facility \_\_\_\_\_

Week of/Dates: \_\_\_\_\_

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

Apples: Offer applesauce.

Blueberries: Should be chopped or pureed.

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

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.

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

Fish: Serve tuna or check carefully for bones.

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

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

Peas: Should be chopped or pureed.

Vegetable soup: Chop corn and peas or puree soup.

  
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CYS Nutritionist, IMCOM G9

Approved by: \_\_\_\_\_

Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9

Signature Date: \_\_\_\_\_ 4 SEPTEMBER 2020

Menus approved for use through: \_\_\_\_\_ 3 SEPTEMBER 2021

*DE Laursen RDN, LD*  
 Denise E. Laursen, MA, RDN, LD  
 CYS Nutritionist, IMCOM-GG

Week 1	Components	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<ul style="list-style-type: none"> <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 combination*</li> <li>• 0-2 TBSP Fruit/Vegetable</li> </ul>	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 Yogurt (m)  Infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Ham* (m)  Mashed potatoes (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Mandarin oranges* (m) or infant vegetable/fruit
<b>Lunch</b>	<ul style="list-style-type: none"> <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 combination*</li> <li>• 0-2 TBSP Fruit/Vegetable</li> </ul>	Breast milk or IF infant formula  IF infant cereal and/or Chicken* (m) or infant meat  Winter squash* (m), green beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Infant meat  Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Cheese* (m) or infant meat  Steamed broccoli* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Ground turkey* (m) or infant meat  Peaches (m), pinto 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), peas* (m), or infant vegetable/fruit
<b>Snack</b>	<ul style="list-style-type: none"> <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 ready-to-eat cereal*</li> <li>• 0-2 tbsp vegetable, fruit or both*</li> </ul>	Breast milk or IF infant formula  Toasted oat cereal (m) or IF infant cereal  Pears* (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 crackers* (m) or IF infant cereal  Steamed carrots* (m) or infant vegetable/fruit	Breast milk or IF infant formula  Graham crackers* (m) or IF infant cereal  Infant vegetable/fruit	Breast milk or IF infant formula  WGR corn puffs cereal, KIX (m) or IF infant cereal  Banana* (m) or infant vegetable/fruit
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 2-4 fl oz Breast milk or IF infant formula</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

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. \*See Appendix for important preparation instructions.

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Week 2	Components	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<ul style="list-style-type: none"> <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 combination*</li> <li>• 0-2 TBSP Fruit/Vegetable</li> </ul>	Breast milk or IF infant formula  IF infant cereal  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  Mandarin oranges* (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 and/or Yogurt (m)  Infant vegetable/fruit
<b>Lunch</b>	<ul style="list-style-type: none"> <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 combination*</li> <li>• 0-2 TBSP Fruit/Vegetable</li> </ul>	Breast milk or IF infant formula  IF infant cereal and/or Ground beef* (m) or infant meat  Green beans* (m), mashed potatoes (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Tuna* (m) or infant meat  Black beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Turkey* (m) or infant meat  Peas* (m), or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Cheese* (m) or infant meat  Pears* (m), green beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Chicken* (m) or infant meat  Steamed carrots* (m), steamed broccoli* (m) or infant vegetable/fruit
<b>Snack</b>	<ul style="list-style-type: none"> <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 ready-to-eat cereal*</li> <li>• 0-2 tbsp vegetable, fruit or both*</li> </ul>	Breast milk or IF infant formula  WGR crackers* (m) or IF infant cereal  Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula  Toasted oat cereal (m) or IF infant cereal  Steamed cauliflower* (m), or infant veg/fruit	Breast milk or IF infant formula  Graham cracker* (m) or IF infant cereal  Banana (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 cereal (m) or IF infant cereal  Applesauce (m) infant vegetable/fruit
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 2-4 fl oz Breast milk or IF infant formula</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

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. \*See Appendix for important preparation instructions.

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Week 3	Components	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<ul style="list-style-type: none"> <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 combination*</li> <li>• 0-2 TBSP Fruit/Vegetable</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  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 Ham* (m)  Mandarin oranges* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Yogurt (m)  Peaches (m) or infant vegetable/fruit
<b>Lunch</b>	<ul style="list-style-type: none"> <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 combination*</li> <li>• 0-2 TBSP Fruit/Vegetable</li> </ul>	Breast milk or IF infant formula  IF infant cereal and/or Scrambled egg* (m) or infant meat  Steamed carrots* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Ground beef* (m) or infant meat  Green beans* (m), steamed cauliflower* (m), or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Chicken* (without breading) (m) or infant meat  Applesauce (m), peas* (m), or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Cheese* (m) or infant meat  Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Pork* (without barbeque sauce) (m) or infant meat  Steamed broccoli* (m), pinto beans* (m) or infant vegetable/fruit
<b>Snack</b>	<ul style="list-style-type: none"> <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 ready-to-eat cereal*</li> <li>• 0-2 tbsp vegetable, fruit or both*</li> </ul>	Breast milk or IF infant formula  Graham crackers* (m) or IF infant cereal  Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR corn puffs cereal (m) or IF infant cereal  Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR crackers* (m) or IF infant cereal  Steamed cauliflower* (m), or infant vegetable/fruit	Breast milk or IF infant formula  WGR crackers* (m) or IF infant cereal  Steamed carrots* (m) or infant vegetable/fruit	Breast milk or IF infant formula  Toasted oat cereal (m) or IF infant cereal  Infant vegetable/fruit
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 2-4 fl oz Breast milk or IF infant formula</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

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. \*See Appendix for important preparation instructions.

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 CYS Nutritionist, JMGOM-09

Week 4	Components	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<ul style="list-style-type: none"> <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 combination*</li> <li>0-2 TBSP Fruit/Vegetable</li> </ul>	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	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 Ham* (m)  Infant vegetable/fruit
<b>Lunch</b>	<ul style="list-style-type: none"> <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 combination*</li> <li>0-2 TBSP Fruit/Vegetable</li> </ul>	Breast milk or IF infant formula  IF infant cereal and/or Tuna* (m) or infant meat  Peas* (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), green beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Pork* (m) or infant meat  Black beans* (m), steamed carrots* (m), or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Pinto beans* (m) or infant meat  Infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Chicken* (m) or infant meat  Applesauce (m), winter squash* (m) or infant vegetable/fruit
<b>Snack</b>	<ul style="list-style-type: none"> <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 ready-to-eat cereal*</li> <li>0-2 tbsp vegetable, fruit or both*</li> </ul>	Breast milk or IF infant formula  Graham crackers* (m) or IF infant cereal  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 corn puffs cereal (m) or IF infant cereal  Banana (m) or infant vegetable/fruit	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  Toasted oat cereal (m) or IF infant cereal  Pears* (m) or infant vegetable/fruit
<b>Snack</b>	<ul style="list-style-type: none"> <li>2-4 fl oz Breast milk or IF infant formula</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

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. \*See Appendix for important preparation instructions.

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Week 5	Components	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<ul style="list-style-type: none"> <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 combination*</li> <li>• 0-2 TBSP Fruit/Vegetable</li> </ul>	Breast milk or IF infant formula  IF infant cereal and/or Yogurt (m)  Peaches (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Applesauce (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal  Banana (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Scrambled egg* (m)  Pears* (m) or infant vegetable/fruit
<b>Lunch</b>	<ul style="list-style-type: none"> <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 combination*</li> <li>• 0-2 TBSP Fruit/Vegetable</li> </ul>	Breast milk or IF infant formula  IF infant cereal and/or Black beans* (m) or infant meat  Steamed carrots* (m), pears* (m), or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Chicken* (m) or infant meat  Steamed broccoli* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Ground beef* (m) or infant meat  Green beans* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Turkey* (m) or infant meat  Winter squash* (m) or infant vegetable/fruit	Breast milk or IF infant formula  IF infant cereal and/or Tuna* (m) or infant meat  Pinto beans* (m), steamed carrots* (m) or infant vegetable/fruit
<b>Snack</b>	<ul style="list-style-type: none"> <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 ready-to-eat cereal*</li> <li>• 0-2 tbsp vegetable, fruit or both*</li> </ul>	Breast milk or IF infant formula  WGR crackers* (m) or IF infant cereal  Steamed cauliflower* (m), or infant vegetable/fruit	Breast milk or IF infant formula  Toasted oat cereal (m) or IF infant cereal  Mandarin oranges* (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR crackers* (m) or IF infant cereal  Steamed carrots* (m) or infant vegetable/fruit	Breast milk or IF infant formula  WGR corn puffs cereal (m) or IF infant cereal  Infant vegetable/fruit	Breast milk or IF infant formula  Graham crackers* (m) or IF infant cereal  Infant vegetable/fruit
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 2-4 fl oz Breast milk or IF infant formula</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

APPENDIX

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. \*See Appendix for important preparation instructions.

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Beef-vegetable stew: blend until lumps are no larger than 1/8-inch.

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

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

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 egg: serve scrambled whole egg

Tuna: chop and add a small amount of water to prevent serving overly dry tuna, which would be difficult for the infant to swallow.

Turkey: finely chop and add a small amount of water to prevent serving overly dry meat, which would be difficult for the infant to swallow.

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

Winter squash: cook to the point where they can be easily mashed with a fork and chop into pieces smaller than the maximum width of 1/8-inch

Menu subject to change. All fruits, vegetables, meats, cheese, and beans must be blended or finely chopped into pieces less than 1/8 of an inch in diameter. All infant cereals and all formula is iron fortified (IF). (m) = menu item (typically prepared by kitchen). Infants are fed on demand. \*See Appendix for important preparation instructions.

*'This institution is an equal opportunity provider'*