

Installation/Facility **Fort Carson CYS**

Week of/Dates: **July 6, August 10, September 14**

Week 1 Summer/ 2020	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	Peaches	Strawberries	Banana	Hash brown potatoes
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR corn puffs cereal KIX	Oatmeal	WGR waffle	Bran flakes cereal (WGR Life***)	WGR toast
Meat/ Other					Yogurt	Pancake syrup (optional)		Scrambled eggs
<b>Lunch</b>				Spaghetti & meat sauce	Baked chicken	Tuna salad sandwich	Bean enchiladas bake	Turkey tikka
Meat/ Alternate	1 oz	1 1/2 oz	2 oz	Ground beef	Chicken	Tuna	Pinto beans, cheese	Turkey
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR pasta	WGR roll	WGR bread	WGR tortilla***	Brown rice
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Cauliflower	Yellow squash***	Cucumber salad	Cantaloupe	Apple
Vegetable	1/8 c	1/4 c	1/2 c	Green beans	Black beans	Steamed carrots	Broccoli	Peas
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other								
<b>PM Snack</b>					<b>CENTER CHOICE***</b>		English muffin pizza^	
Fruit	1/2 c	1/2 c	3/4 c	Banana		Watermelon***		Pineapple (crushed pineapple)
Vegetable	1/2 c	1/2 c	3/4 c				Cucumbers, celery^^	
Meat/ Alternate	1/2 oz	1/2 oz	1 oz				Cheese	Yogurt
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	Graham crackers (no honey in CDC)		WGR soft pretzel	WGR English muffin	
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole		Fluid Milk 1% or Whole		
Other				Sunbutter^^			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.

*Denise E. Laursen, RDN, LD*

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

*This institution is an equal opportunity provider.*

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

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

Signature Date: 11 May 2020

Menus approved for use through: 10 May 2021

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

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

Week 1 Notes

Monday

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

Tuesday

- Yogurt
  - 1-5 years: 1/4 cup
  - 6-18 years: 1/2 cup
- Yellow squash\*\*\*
  - May substitute zucchini for yellow squash
- **Center Choice – 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.**

Wednesday

- Tuna salad sandwich
  - 1-2 years: 2 quarter pieces of sandwich
  - 3-5 years: 3 quarter pieces of sandwich
  - 6-18 years: 1 full sandwich
- Cucumber salad:
  - 1-2 years: 1/8 cup
  - 3-5 years: 1/4 cup
  - 6-18 years: 1/4 cup
- Watermelon\*\*\*
  - May substitute honeydew melon for watermelon

Thursday

- WGR Life\*\*\*
  - May substitute WGR toasted oat cereal for WGR Life cereal
- Bean enchilada bake
  - 1-2 years: 1/2 serving
  - 3-5 years: 3/4 serving
  - 6-18 years: 1 serving
- WGR tortilla\*\*\*
  - May use WGR flour or WGR corn tortilla
- English muffin pizza
  - 1-5 years: 1 pizza made from 1 English muffin half.
  - 6-18 years: 2 pizzas
- Cucumbers
  - 1-18 years: 1/2 cup
- Celery
  - 6-18 years: 1/4 cup

Friday

- Scrambled eggs
  - 1-5 years: 2 Tbsp
  - 6-18 years: 1/4 cup
- Turkey tikka
  - 1-2 years: 1/4 cup
  - 3-5 years: 3/8 cup
  - 6-18 years: 1/2 cup

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

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

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

Signature Date: 11 May 2020

Menus approved for use through: 10 May 2021

Installation/Facility **Fort Carson CYS**

Week of/Dates: **July 13, August 17, September 21**

Week 2 Summer/Hot 2020	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	Peaches	Honeydew melon	Pineapple (crushed pineapple)	Orange (Mandarin oranges)	Banana
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	Oven-baked whole wheat pancake	WGR Rice Chex	WGR English muffin	WGR peach muffin	WGR toasted oat cereal
Meat/ Other				Pancake syrup (optional)		Scrambled eggs		Yogurt
<b>Lunch</b>				Macaroni and cheese	Roasted turkey	Beef Paprikash	Chicken salad sandwich	BBQ pork***
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Cheese	Turkey	Beef	Chicken	Pork
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR pasta	WGR roll	Brown rice	WGR bread	WGR roll
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Strawberries	Sweet potatoes	Steamed carrots	Pears	Coleslaw (green beans)
Vegetable	1/8 c	1/4 c	1/2 c	Broccoli	Green beans	Cauliflower	Peas	Potato wedges
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other								
<b>PM Snack</b>							Lemon pasta salad^	
Fruit	1/2 c	1/2 c	3/4 c		Blueberries	Apple		Watermelon***
Vegetable	1/2 c	1/2 c	3/4 c	Black bean, tomato and corn salsa + carrots (steamed for CDC)			Pasta salad vegetables + broccoli [steamed for CDC]	
Meat/ Alternate	1/2 oz	1/2 oz	1 oz		Yogurt			Cheese
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR pita bread		Graham crackers (no honey in CDC)	WGR pasta	WGR crackers
Fluid Milk**	1/2 c	1/2 c	1 c			Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	
Other				Hummus	Granola^^	Sunbutter^^	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.

*Denise E. Laursen* RDN, LD

*This institution is an equal opportunity provider.*

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

Signature Date: 11 May 2020

Menus approved for use through: 10 May 2021

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

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

Week 2 Notes:

Monday

- Oven-baked whole wheat pancake  
1-5 years: 1/2 piece  
6-18 years: 1 piece
- Macaroni and cheese  
1-2 years: 1/3 cup  
3-5 years: 1/2 cup  
6-18 years: 2/3 cup
- Black Bean, tomato and corn salsa  
1-2 years: do not serve to this age group  
5 years: 1/4 cup  
6-18 years: 3/8 cup
- Carrots  
1-2 years: 1/2 cup  
3-5 years: 1/4 cup  
6-18 years: 3/8 cup
- Hummus  
1-5 years: 1 Tbsp  
6-18 years: 2 Tbsp

Tuesday: No notes

Wednesday

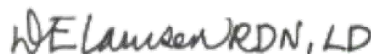
- Scrambled eggs  
1-5 years: 2 Tbsp  
6-18 years: 1/4 cup
- Beef Paprikash  
1-2 years: 1/2 cup  
3-5 years: 3/4 cup  
6-18 years: 1 cup

Thursday

- Chicken salad sandwich  
1-2 years: 2 quarter pieces (1/2 sandwich)  
3-5 years: 3 quarter pieces (3/4 sandwich)  
6-18 years: 1 sandwich
- Lemon pasta salad  
1-2 years: 1/2 cup, chop vegetables to ¼ inch  
3-5 years: 1/2 cup  
6-18 years: 1 cup
- Broccoli  
1-18 years: 1/4 cup
- Creamy vegetable dip  
1-18 years: 1 Tbsp

Friday

- Yogurt  
1-5 years: ¼ cup  
6-18 years: ½ cup
- BBQ pulled pork\*\*\*  
For pork free option serve pinto beans as meat alt
- Watermelon\*\*\*  
May substitute cantaloupe for watermelon.



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Signature Date: 11 May 2020

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Installation/Facility **Fort Carson CYS**

Week of/Dates: **July 20, August 24**

Week 3 Summer/Hot 2020	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	Pears	Pineapple (crushed pineapple)	Blueberries	Applesauce
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR corn puffs cereal KIX	WGR biscuit	WGR French toast bake	Bran flakes cereal (WGR Life***)	WGR bagel
Meat/ Other					Ham			Scrambled eggs
<b>Lunch</b>				Pizza burger	Strawberry spinach salad with chicken***	Bean burrito bowl	Cajun baked fish	<b>CENTER CHOICE***</b>
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Ground beef & cheese	Chicken	Pinto beans & cheese	Fish	
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR roll	WGR crackers	Cilantro brown rice	WGR roll	
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Broccoli	Apple	Peaches	Carrots	
Vegetable	1/8 c	1/4 c	1/2 c	Pinto beans	Spinach (sautéed)	Tomatoes, lettuce (tomatoes)	Green beans	
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other						Salsa (optional)		
<b>PM Snack</b>								
Fruit	1/2 c	1/2 c	3/4 c	Cantaloupe			Orange (Mandarin oranges)	
Vegetable	1/2 c	1/2 c	3/4 c		Marinara sauce and potatoes wedges	Cauliflower & broccoli [steamed for CDC]		Cherry tomato & corn salad^ + carrots (steamed for CDC)
Meat/ Alt	1/2 oz	1/2 oz	1 oz		Cheese			
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR soft pretzel		WGR crackers	Graham crackers (no honey in CDC)	WGR pita
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						Sesame dipping sauce	Sunbutter^^	Creamy vegetable dip

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

\*\*\* See menu notes for additional information or substitution options. ^Cooking project. ^^SAC only. Additional serving size information is located in the weekly notes and appendix.

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Menus approved for use through: 10 May 2021

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

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

Week 3 Notes:

Monday

- Pizza burger  
1-2 years: 1/2 sandwich (1/2 serving)  
3-18 years: 1 sandwich

Tuesday

- Ham  
1-5 years: 1/2 ounce  
6-18 years: 1 ounce
- Strawberry spinach salad\*\*\*  
May substitute Mandarin oranges for strawberries.
- Strawberry spinach salad  
1-2 years: none  
3-5 years: 1/2 cup  
6-18 years: 1 cup
- Marinara sauce  
1-5 years: 1/8 cup  
6-18 years: 1/4 cup
- Potato wedges  
1-5 years: 3/8 cup  
6-18 years: 1/2 cup

Wednesday

- Bean burrito bowl, see below for each age group.  
1-2 years: 1/4 c rice, 1/3 cup bean mixture, 1/8 cup diced tomato, 2 tsp shredded cheese  
3-5 years: 1/4 c rice, 1/2 cup bean mixture, 1/8 cup diced tomato, 1/4 cup lettuce, 1 Tbsp shredded cheese  
6-18: 1/2 c rice, 2/3 cup beans, 1/4 cup diced tomato, 1/2 cup of lettuce, 1 Tbsp plus 1 tsp shredded cheese
- Salsa (optional)  
1-2 years: 2 tsp  
3-5 years: 1 Tbsp  
6-18 years: 1 1/2 Tbsp

*Denise E. Laursen RDN, LD*

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CYS Nutritionist, IMCOM G9

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- Sesame dipping sauce  
1-5: 1 Tbsp  
6-18 years: 1 1/2 Tbsp

Thursday

- WGR Life\*\*\*  
May substitute WGR Rice Chex for WGR Life cereal
- Cajun baked fish  
1-2 years: 1/2 serving  
3-5 years: 2/3 serving  
6-18 years: 1 serving

Friday

- Scrambled eggs  
1-5 years: 2 Tbsp  
6-18 years: 1/4 cup
- **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.
- Cherry tomato & corn salad  
1-2 years: do not serve to this age group  
3-5 years: 1/4 cup  
5-18 years: 3/8 cup
- Carrots  
1-2 years: 1/2 cup  
3-5 years: 1/4 cup  
6-18 years: 3/8 cup
- Creamy vegetable dip  
1-2 years: 1 1/2 Tbsp  
1-5 years: 1 Tbsp  
6-18 years: 1 1/2 Tbsp

Signature Date: 11 May 2020

Menus approved for use through: 10 May 2021

Installation/Facility **Fort Carson CYS**

Week of/Dates: **July 27, August 31**

Week 4 Summer/Hot 2020	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	Honeydew melon	Peaches	Strawberries	Banana	Orange (Mandarin oranges)
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR toasted oat cereal	WGR bagel	WGR waffle	WGR corn puffs cereal KIX	WGR English muffin
Meat/ Other					Yogurt	Pancake syrup (optional)		Scrambled eggs
<b>Lunch</b>				Frittata	Baked chicken	Roasted pork***	Greek turkey burger	Taco Salad
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Egg, cheese	Chicken	Pork	Ground turkey	Ground beef, cheese
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR toast	WGR pasta	Brown rice	WGR roll	WGR tortilla***
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Orange (Mandarin oranges)	Yellow squash	Pineapple (crushed pineapple)	Coleslaw (Green beans)	Honeydew melon***
Vegetable	1/8 c	1/4 c	1/2 c	Peas	Green beans	Pinto beans	Potato wedges	Romaine lettuce & tomatoes (tomatoes)
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other								Salsa (optional)
<b>PM Snack</b>					<b>CENTER CHOICE***</b>			
Fruit	1/2 c	1/2 c	3/4 c				Peaches	
Vegetable	1/2 c	1/2 c	3/4 c	Marinara sauce & Parmesan cauliflower		Carrots & broccoli [steamed for CDC]		Cinnamon sweet potato cubes
Meat/ Alt	1/2 oz	1/2 oz	1 oz			Cheese		Ham
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv			WGR crackers	Graham crackers (no honey in CDC)	
Fluid Milk**	1/2 c	1/2 c	1 c	Fluid Milk 1% or Whole			Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Other						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.

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

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

Signature Date: 11 May 2020

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

Menus approved for use through: 10 May 2021

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

Week 4 Notes

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

1-2 years: ½ burger  
3-18 years: 1 burger

Monday

- Frittata  
1-2 years: ½ serving  
3-5 years: ¾ serving  
6-18 years: 1 serving
- Marinara sauce  
1-5 years: 1/8 cup  
6-18 years: 1/4 cup
- Parmesan cauliflower  
1-5 years: 3/8 cup  
6-18 years: 1/2 cup

Tuesday

- Yogurt  
1-5 years: ¼ cup  
6-18 years: ½ cup

**Center Choice – 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.**

Wednesday

- Roasted pork\*\*\*  
For pork free option, serve pinto beans as meat alt and sweet potatoes as vegetable
- Sesame dipping sauce  
1-5: 1 Tbsp  
6-18 years: 1 ½ Tbsp

Thursday

- Greek turkey burger

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

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Friday

- Scrambled eggs  
1-5 years: 2 Tbsp  
6-18 years: 1/4 cup
- Taco salad  
1-2 years: 1/4 cup diced tomatoes; 2 Tbsp+ 2 tsp meat mixture, 1 Tbsp shredded cheese  
3-5 years: 1/2 cup lettuce tomato mixture; 1/4 cup meat mixture, 1 1/2 Tbsp shredded cheese  
6-18 years: 1 cup lettuce tomato mixture; 1/3 cup meat mixture, 2 Tbsp shredded cheese
- WGR tortilla\*\*\*  
May use WGR flour or WGR corn tortilla
- Salsa (optional)  
1-2 years: 2 tsp  
3-5 years: 1 Tbsp  
6-18 years: 1 ½ Tbsp
- Honeydew melon\*\*\*  
May substitute grapes (cut lengthwise and quartered) for honeydew melon.
- Cinnamon sweet potato cubes  
1-5 years: 1/2cup  
6-18 years: 3/4 cup
- Ham  
1-5 years: .75 ounce  
6-18 years: 1.5 ounce

Signature Date: 11 May 2020

Menus approved for use through: 10 May 2021



Installation/Facility **Fort Carson CYS**

Week of/Dates: **August 3, September 7**

Week 5 Summer/Hot 2020	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	Orange (Mandarin orange)	Applesauce	Peaches	Banana	Cantaloupe
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR toasted oat cereal	Oven-baked whole wheat pancake	WGR biscuit	WGR Rice Chex	Fruit and bran muffin
Meat/ Other				Yogurt	Pancake syrup (optional)			Scrambled eggs
<b>Lunch</b>				Roasted turkey	Beef picadillo	Lemon baked salmon cake***	<b>CENTER CHOICE MEATLESS</b>	Crispy baked chicken
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Turkey	Ground beef	Salmon & egg		Chicken
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	Quinoa pilaf***	Brown rice	WGR roll		WGR pasta
Fruit/ Veg	1/8 c	1/4 c	1/4 c	Turnip greens***	Pineapple (crushed pineapple)	Coleslaw (green beans)		Sweet potato
Vegetable	1/8 c	1/4 c	1/2 c	Carrots	Peas	Potato wedges		Yellow 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								
<b>PM Snack</b>								
Fruit	1/2 c	1/2 c	3/4 c	Watermelon***		Orange (mandarin oranges)		Strawberries
Vegetable	1/2 c	1/2 c	3/4 c		Marinara sauce & Parmesan cauliflower		Black bean, tomato and corn salsa + 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 soft pretzel	WGR pita bread	
Fluid Milk**	1/2 c	1/2 c	1 c		Fluid Milk 1% or Whole			
Other							Hummus	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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 CYS Nutritionist, IMCOM G9

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

Signature Date: 11 May 2020

Menus approved for use through: 10 May 2021

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

Week 5 Notes

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

Thursday

Monday

- Yogurt  
1-5 years: ¼ cup  
6-18 years: ½ cup
- Quinoa pilaf\*\*\*  
May substitute bulgur wheat for quinoa (see recipe).
- Turnip greens\*\*\*  
May substitute collard greens, sautéed spinach, kale, or chard for turnip greens
- Watermelon\*\*\*  
May substitute cantaloupe for watermelon

Tuesday

- Picadillo beef  
1-2 years: ¼ cup  
3-5 years: 3/8 cup  
6-18 years: 1/2 cup
- Marinara sauce  
1-5 years: 1/8 cup  
6-18 years: 1/4 cup
- Parmesan cauliflower  
1-5 years: 3/8 cup  
6-18 years: 1/2 cup

Wednesday

- 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 (See recipe to make one large salmon cake).

- Center Choice Lunch- MEATLESS – Center Choice – Center may choose lunch. It must be a MEATLESS 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.

- Black bean, tomato and corn salsa  
1-2 years: do not serve to this age group  
3-5 years: 1/4 cup  
6-18 years: 3/8 cup
- Carrots  
1-2 years: 1/2 cup  
3-5 years: 1/4 cup  
6-18 years: 3/8 cup
- Hummus  
1-5 years: 1 Tbsp  
6-18 years: 2 Tbsp

Friday

- Scrambled eggs  
1-5 years: 2 Tbsp  
6-18 years: 1/4 cup
- Yellow squash\*\*\*  
May substitute zucchini for yellow squash

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**Appendix:**

Unless noted otherwise in the menu template or weekly notes, serving sizes are as listed below.

**NOTE: If any of listed substitutions are used, they must be written on the menu prior to service**

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
1-5 years: 1 ½ Tbsp	1-5 years: none	1-5 years: 0
6-18 years: 2 Tbsp	6-18 years: 1 Tbsp	6-18 years: 2 Tbsp

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

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

Salad Dressing: ¾ tsp per ¼ cup salad or 1 ½ tsp per ½ cup.

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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Installation/Facility Fort Carson CYS

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 checked 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.

  
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