

Installation/Facility

Et Carson CHS

Week of/Dates:

24 Jan, 29 Jul, 02 Sept

Week 1* Summer/ 2019	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	Peaches	Strawberries	Banana	Hash brown potatoes
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR corn puffs cereal KIX	Oatmeal	WGR waffle	Bran flakes cereal (WGR Life***)	WGR toast
Meat/ Other					Yogurt	Pancake syrup (optional)		Scrambled eggs
Lunch				Spaghetti & meat sauce	Baked chicken	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								
PM Snack							English muffin pizza^	
Fruit	1/2 c	1/2 c	3/4 c	Banana	Orange (Mandarin oranges)	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)	Trail mix^	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	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 CVS 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.

Approved by:

Denise E. Laursen, RDN, LD

Signature Date:

30 May 2019

Denise E. Laursen, RDN, LD

Menus approved for use through: 30 May 2020

Installation/Facility _____
Week 1 Notes

Week of/Dates: _____

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

Trail mix:

- 1-5 years: 5/8 cup (no pretzels or dried fruit)
6-18 years: 1 cup (made with pretzels) or 1 1/8 cup (made without pretzels)

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, RDN, LD
CYS Nutritionist, IMCOM G9

Approved by: *Denise E. Laursen RDN, LD*

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

Signature Date: 30 May 2019

Menus approved for use through: 30 May 2020

Installation/Facility

Et Carson CYS

Week of/Dates:

01 Jul, 05 Aug, 09 Sept

Week 2* Summer/Hot 2019	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
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Peaches	Honeydew melon	Pineapple (crushed pineapple)
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	Oven-baked whole wheat pancake	WGR Rice Chex	WGR English muffin
Meat/ Other				Pancake syrup (optional)	WGR peach muffin	WGR toasted oat cereal
Lunch						
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Macaroni and cheese	Roasted turkey	Beef paprikash
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	Cheese	Turkey	Beef
Fruit/ Veg	1/8 c	1/4 c	1/4 c	WGR pasta	WGR roll	Brown rice
Vegetable	1/8 c	1/4 c	1/4 c	Strawberries	Sweet potatoes	Steamed carrots
Fluid Milk**	1/2 c	3/4 c	1 c	Broccoli	Green beans	Cauliflower
Other				Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
PM Snack						
Fruit	1/2 c	1/2 c	3/4 c	Blueberries	Apple	Lemon pasta salad^
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]	Watermelon***
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
Fluid Milk**	1/2 c	1/2 c	1 c	Hummus	Granola^	Sunbutter^
Other						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. ^NSAC only. Additional serving size information is located in the weekly notes and appendix. This institution is an equal opportunity provider.

Approved by:

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

Signature Date: 30 May 2019

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

Menus approved for use through:

30 May 2020

Installation/Facility _____
Week 2 Notes:

Week of/Dates: _____

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

Denise E. Laursen RDN, LD

Denise E. Laursen, RDN, LD

CYS Nutritionist, IMCOM G9

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

• BBQ pulled pork***

- For pork free option serve pinto beans as meat alt

• Watermelon***

- May substitute cantaloupe for watermelon.

Approved by: _____

Denise E. Laursen RDN, LD

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

Signature Date: _____

30 May 2019

Menus approved for use through: *30 May 2020*

Installation/Facility

Et Carson CYS

Week of/Dates:

08 Jul, 12 Aug, 16 Sept

Week 3* Summer/2019	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	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
Lunch				Pizza burger	Strawberry spinach salad with chicken***	Bean burrito bowl	Cajun baked fish	Pork lo mein***
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Ground beef & cheese	Chicken	Pinto beans & cheese	Fish	Pork
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR roll	WGR crackers	Cilantro brown rice	WGR roll	WGR pasta
Fruit/Veg	1/8 c	1/4 c	1/4 c	Broccoli	Apple	Peaches	Carrots	Pineapple (crushed pineapple)
Vegetable	1/8 c	1/4 c	1/2 c	Pinto beans	Spinach (sauteed)	Tomatoes, lettuce (tomatoes)	Green 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						Salsa (optional)		
PM Snack								
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 into 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. ^ASAC only. Additional serving size information is located in the weekly notes and appendix.

This institution is an equal opportunity provider.

Approved by:

Denise E. Laursen, RDN, LD

Denise E. Laursen, RDN, LD

Signature Date:

30 May 2019

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

Menus approved for use through:

30 May 2020

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

Approved by: DE Laursen RDN, LD

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CYS Nutritionist, IMCOM G9

- 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

- Pork lo mein***

May substitute turkey for pork

- Pork lo mein

1-2 years: 1/2 serving

3-5 years: 3/4 serving

6-18 years: 1 serving

- 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: 30 May 2019

Menus approved for use through: 30 May 2020

Installation/Facility

Et Carson

CYS

Week of/Dates:

15 Jul, 19 Aug

Week 4* Summer/2019	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	Honeydew melon	Peaches	Strawberries	Banana	Orange (Mandarin oranges)
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR toasted oat cereal	WGR bagel	WGR waffle	WGR corn puffs cereal KIX	WGR English muffin
Meat/ Other					Yogurt	Pancake syrup (optional)		Scrambled eggs
Lunch				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)
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c		Apple		Peaches	
Vegetable	1/2 c	1/2 c	3/4 c	Marinara sauce & Parmesan cauliflower		Carrots & broccoli [steamed for CDC]		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		Trail mix	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	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. This institution is an equal opportunity provider.

Approved by:

Denise E. Laursen RDN, LD

Signature Date:

30 May 2019

Denise E. Laursen, RDN, LD

Menus approved for use through:

30 May 2020

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

Installation/Facility _____

Week off/Dates: _____

Week 4 Notes

Monday

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

Friday

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

• Marinara sauce

- 1-5 years: 1/8 cup
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

• 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

• WGR tortilla***

May use WGR flour or WGR corn tortilla

• Trail mix:

- 1-5 years: 5/8 cup (no pretzels or dried fruit)
6-18 years: 1 cup (made with pretzels) or 1 1/8 cup (made without pretzels)

• Salsa (optional)

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

Wednesday

• Roasted pork***

- For pork free option, serve pinto beans as meat alt and sweet potatoes as vegetable

• Honeydew melon***

May substitute grapes (cut lengthwise and quartered) for honeydew melon.

• Sesame dipping sauce

- 1-5: 1 Tbsp
6-18 years: 1 ½ Tbsp

• Cinnamon sweet potato cubes

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

Thursday

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

Denise E. Laursen RDN, LD

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CYS Nutritionist, IMCOM G9

Approved by:

Denise E. Laursen RDN, LD

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

Signature Date:

30 May 2019

Menus approved for use through:

30 May 2020

Installation/Facility

Et Carson CYS

Week of Dates:

22 Jul, 26 Aug

Week 5 * Summer/2019	Minimum Serving Size Per Age			Week of Dates:				
	1-2	3-5	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk**	1/2 c	3/4 c	1 c	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole	Fluid Milk 1% or Whole
Fruit/Veg	1/4 c	1/2 c	1/2 c	Orange (Mandarin orange)	Applesauce	Peaches	Banana	Cantaloupe
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	WGR toasted oat cereal	Oven-baked whole wheat pancake	WGR biscuit	WGR Rice Chex	Fruit and bran muffin
Meat/ Other				Yogurt	Pancake syrup (optional)			Scrambled eggs
Lunch								
				Roasted turkey	Beef picadillo	Lemon baked salmon cake***	Toasted cheese sandwich	Crispy baked chicken
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Turkey	Ground beef	Salmon & egg	Cheese	Chicken
Bread/ Grain	1/2 oz equiv	1/2 oz equiv	1 oz equiv	Quinoa pilaf***	Brown rice	WGR roll	WGR bread	WGR pasta
Fruit/Veg	1/8 c	1/4 c	1/4 c	Turnip greens***	Pineapple (crushed pineapple)	Coleslaw (green beans)	Pears	Sweet potato
Vegetable	1/8 c	1/4 c	1/2 c	Carrots	Peas	Potato wedges	Broccoli	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								
PM Snack								
Fruit	1/2 c	1/2 c	3/4 c	Watermelon***	Orange (mandarin oranges)			Strawberries
Vegetable	1/2 c	1/2 c	3/4 c	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. ^CYS only. Additional serving size information is located in the weekly notes and appendix. This institution is an equal opportunity provider.

Approved by:

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

Signature Date: 30 May 2019

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

CYS Nutritionist, IMCOM G9

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).

Thursday

- Toasted cheese sandwich

1-2 years: 2 quarter pieces (1/2 sandwich)
3-5 years: 3 quarter pieces (3/4 sandwich)
6-18 years: 1 sandwich

- 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

Approved by:

Denise E. Laursen RDN, LD

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

Signature Date:

30 May 2019

Menus approved for use through:

30 May 2020

Installation/Facility Ft Carson CYS

Week of/Dates: _____

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; 1/4 cup of cooked breakfast cereal, cooked rice, cooked pasta or cooked grains; 4 saltine crackers; 1 whole graham cracker sheet (2 1/2 x 5 inches); 1/2 serving of muffin or muffins squares, cornbread, or French toast bake; 1/2 of a 1-oz biscuit, roll, or soft pretzel; 1/2 of a mini-bagel; 1/4 of a 2-oz bagel; 1/4 of a 1.25-oz waffle; 1/4 of a 2-oz English muffin or pita.

1 oz equiv of bread/grains = 1 oz bread; 1/2 cup of cooked breakfast cereal, cooked rice, cooked pasta or cooked grains; 8 saltine crackers, 2 whole graham cracker sheets (2 1/2 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, 1/2 of a 2-oz bagel; 1 1.25-oz waffle; and 1/2 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: 1/2 cup	1-2 years: 3/4 cup	1-2 years: 1/2 cup	1-2 years: 1/2 cup
3-5 years: 3/4 cup	3-5 years: 3/4 cup	3-5 years: 1/2 cup	3-5 years: 1/2 cup
6-18 years: 1 cup	6-18 years: 1 1/4 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, 1/4 c = 1 oz; yogurt, 4 oz (1/2 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 1/2 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 1/2 tsp per 1/2 serving of bagel (i.e., 1/2 tsp on 1/2 of a mini-bagel or 1/4 of a 2-oz bagel).

Pancake syrup: 2 tsp per 1/2 waffle or 1/2 serving of pancake bake. No syrup on French toast bake.

Salad Dressing: 3/4 tsp per 1/4 cup salad or 1 1/2 tsp per 1/2 cup.

Smart Balance: 1/2 tsp per 1/2 serving of toast, bagel, English muffin, brown bread, roll, and cornbread. 1/2 tsp per 1/4 cup mashed potatoes. No spread on biscuits calculated, but may be used.

Approved by: Denise E. Laursen RDN, LD Signature Date: 30 May 2019

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

Menus approved for use through: 30 May 2020

CYS Nutritionist, IMCOM G9

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 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.

Denise E Laursen RDN, LD

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

Approved by: *Denise E. Laursen RDN, LD*

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

Signature Date: 30 May 2019

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