

Installation/Facility

Week of/Dates:

Week 1* Fall/Winter 19	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	Pork***
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR biscuit	WGR bread	Brown rice	WGR roll	WGR pasta
Fruit/Veg	1/8 c	1/4 c	1/4 c	Winter squash***	Apple***	Strawberries	Peaches	Pea pods [peas for CDC]
Vegetable	1/8 c	1/4 c	1/2 c	Green beans	Potato, carrots, peas*** in stew	Broccoli	Pinto beans	Carrots
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.*

Approved by: Denise E. Laursen RDN, LD Signature Date: 27 AUG 2019  
 Denise E. Laursen, RDN, LD, CYS Nutritionist IMCOM G9  
 Denise E. Laursen, RDN, LD  
 CYS Nutritionist, IMCOM G9  
 Menus approved for use through: 1 SEPT 2020

Installation/Facility

Week of/Dates:

Week 2* Fall/Winter 19	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>								
Fruit	1/2 c	1/2 c	3/4 c	Peaches		Banana		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.			Graham crackers	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		Fluid Milk 1% or Whole
Other				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.

*This institution is an equal opportunity provider.*

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

Signature Date: 27 AUG 2019  
 Menus approved for use through: 1 SEPT 2020

Installation/Facility

Week of/Dates:

Week 3* Fall/Winter 19	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>				Sunshine egg bake	Spaghetti & meat sauce	Chicken Katsu	Toasted cheese sandwich	BBQ pork slider
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Egg, ground turkey	Ground beef	Chicken	Cheese	Pork***
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR roll	WGR pasta	Brown rice	WGR bread	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Carrots	Green beans	Apple	Banana	Coleslaw*** (broccoli)
Vegetable	1/8 c	1/4 c	1/2 c	Potato wedges	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 dup	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.

*This institution is an equal opportunity provider.*

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

Signature Date: 27 AUG 2019  
 Menus approved for use through: 1 SEPT 2020

Installation/Facility

Week of/Dates:

Week 4* Fall/Winter 19	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>				Lemon baked salmon cakes***	Sesame beef	Roasted pork	Bean enchilada bake	Baked chicken
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	Honeydew melon		Banana	Apple	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.	Graham crackers			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		Fluid Milk 1% or Whole	
Other				Sunbutter^^		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.

*This institution is an equal opportunity provider.*

Approved by: Denise E Laursen RDN, LD

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

Signature Date: 27 AUG 2019

Menus approved for use through: SEPT 2020

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

Installation/Facility

Week of/Dates:

Week 5* Fall/Winter 19	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	Lemon baked fish
Meat/ Alt	1 oz	1 1/2 oz	2 oz	Pinto beans, cheese	Chicken	Beef	Turkey	Fish
Bread/ Grain	1/2 oz. equiv.	1/2 oz. equiv.	1 oz. equiv.	WGR tortilla***	WGR bread	WGR pasta	Quinoa pilaf***	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Pears***	Broccoli	Beets	Collard greens***	Coleslaw*** (carrots)
Vegetable	1/8 c	1/4 c	1/2 c	Carrots [steamed for CDC]	Potato wedges	Green beans	Winter squash***	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				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.

This institution is an equal opportunity provider.

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

Signature Date: 27 AUG 2019  
Menus approved for use through: 1 SEPT 2020