

CDC/SAC Spring Cycle

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

Date: \_\_\_\_\_

Menu Dates: \_\_\_\_\_

Week 1*	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	Milk	Milk	Milk	Milk	Milk
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Strawberries	Cantaloupe	Peaches	Orange	Banana
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Crispy rice cereal	Apple oatmeal muffins	WGR toast	Grits	WGR waffle
Meat/ Other						Scrambled eggs		Pancake syrup (optional)
<b>Lunch</b>				Meat Loaf with parsley noodles	Tuna Salad with Vegetable soup	Sweet and Sour Chicken	BBQ Pulled Pork on a roll***	Cheesy Rice Casserole
Meat/ Alternate	1 oz	1 1/2 oz	2 oz	Ground beef	Tuna	Chicken	Pork	Egg, cheese
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Parsley Noodles	WGR crackers	Savory Barley	WGR roll	Brown rice
Fruit	1/8 c	1/4 c	1/4 c	Pineapple	Banana	Kiwi***	Coleslaw	Apples
Vegetable	1/8 c	1/4 c	1/2 c	Green beans	Vegetable soup	Steamed carrots	Potato wedges	Peas
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Other								
<b>PM Snack</b>								
Fruit	1/2 c	1/2 c	3/4 c	Pear			Blueberries	
Vegetable	1/2 c	1/2 c	3/4 c					Cauliflower and broccoli (steamed for CDC)
Meat/ Alternate	1/2 oz	1/2 oz	1 oz	Low fat mozzarella cheese			Low fat vanilla yogurt	
Bread/ Grain	1/2 serving	1/2 serving	1 serving		Trail Mix^	Animal Crackers		WGR crackers
Fluid Milk**	1/2 c	1/2 c	1 c		Milk	Milk		
Other							Granola^^	Creamy Vegetable dip

\*All hard foods must be cut to 1/4 inch for children under 2 and 1/2 inch for children 2-3 years of age, or replaced with foods in parenthesis. Hard 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 whole milk to children between the ages of 1 and 2. Serve only 1% milk to children ages 2 and older. \*\*\* See menu notes for additional information or substitution options. ^Classroom cooking activity. ^^For SAC only.

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Notes: Week 1:

Monday

- Meat Loaf:  
1-2 years: 1/2 piece  
3-5 years: 3/4 piece  
6-18 years: 1 piece
- Due to the vegetables and grain in the main dish (meat loaf) the serving size for peas is 3/8 c for 6-18 year olds and the serving size for parsley noodles is 1/2 serving (1/4 cup) .

Tuesday

- Tuna Salad:  
1-2 years: 1/4 cup  
3-5 years: 3/8 cup  
6-18 years: 1/2 cup
- Vegetable Soup:  
1-2 years: 1/4 cup  
3-5 years: 1/2 cup  
6-18 years: 7/8 cup
- Due to the vegetables in the main dish (tuna salad) the serving size for vegetable soup is 7/8 c for 6-18 year olds.
- Granola (SAC only): 2 Tbsp

Wednesday

- Sweet and Sour Chicken:  
1-2 years: 1/4 cup  
3-5 years: 3/8 cup  
6-18 years: 1/2 cup
- \*\*\*May substitute pear for kiwi.

Thursday

- \*\*\*For pork free option substitute Sloppy Lentil Joes for BBQ Pulled Pork on a roll

Friday

- Cheesy Rice Casserole  
1-2 year olds: 1/4 cup  
3-5 year olds: 1/4 cup  
6-12 year olds: 1/2 cup
- Due to the vegetables in the main dish the serving size for peas is 1/8 c for 1-5 year olds and 1/4 cup for 6-18 year olds.

Ounce equivalents for meats/ alternates: meat and cheese, 1 oz = 1 oz; eggs, 1/2 egg = 1 oz (except for snack, when all ages should get 1/2 egg); cooked beans/ peas, 1/4 c = 1 oz; peanut/ nut/ seed butters, 2 Tbsp = 1 oz, nuts/ seeds, 1 oz = 1 oz (nuts/ seeds may provide no more than half of the requirement at lunch/ supper); yogurt, 4 oz (1/2 c) = 1 oz

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Week 2*	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	Milk	Milk	Milk	Milk	Milk
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Applesauce	Banana	Pineapple	Pears	Blueberries
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR English muffin	Corn puffs cereal	WGR French Toast Bake	Oatmeal	Bran flakes cereal
Meat/ Other				Scrambled eggs				
<b>Lunch</b>				Burrito Bowl	Strawberry Spinach Salad with Chicken	Beef-Vegetable Stew	Cajun Baked Fish	Porcupine Slider on WGR roll
Meat/ Alternate	1 oz	1 1/2 oz	2 oz	Pinto Beans	Chicken	Beef	Fish	Turkey
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Cilantro Brown Rice	WGR crackers	WGR cornbread	Mediterranean Quinoa Salad***	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Pears	Cantaloupe	Orange	Peaches	Apple
Vegetable	1/8 c	1/4 c	1/2 c	Pico de Gallo*** and lettuce	Spinach	Potato, carrots	Peas	Broccoli
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Other								
<b>PM Snack</b>								
Fruit	1/2 c	1/2 c	3/4 c			Grapes (cut in quarters)***		
Vegetable	1/2 c	1/2 c	3/4 c					Cherry Tomato & Corn Salad^
Meat/ Alternate	1/2 oz	1/2 oz	1 oz	Sun butter		Colby-Monterrey Jack cheese		
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Graham crackers without honey	Breadstick		Carrot Muffin***	WGR Pita bread
Fluid Milk**	1/2 c	1/2 c	1 c		Milk		Milk	
Other					Marinara sauce			

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## Week 2 Notes:

## \*\*\*Monday

- May substitute chopped tomatoes for Pico de Gallo.
- Burritos bowls should be assembled in classrooms. See below for each age group.  
1-2 years: 1/4 c rice, 1/3 cup bean mixture, 1/8 cup pico de gallo, 1/8 cup lettuce, 2 tsp shredded cheese  
3-5 years: 1/4 c rice, 1/2 cup bean mixture, 1/8 cup pico de gallo, 1/8 cup lettuce, 1 Tbsp shredded cheese  
6-18: : 1/2 c rice, 2/3 cup beans, 1/4 cup pico de gallo, 1/4 cup of lettuce, 1 Tbsp plus 1 tsp shredded cheese

## \*\*\*Tuesday

- Strawberry Spinach Salad  
1-2 years: 1/4 cup  
3-5 years: 3/8 cup  
6-18 years: 3/4 cup
- Marinara sauce  
1-2 years: 1/8 cup  
3-5 years: 1/8 cup  
6-18 years: 1/4 cup

## \*\*\*Wednesday

- Beef-vegetable stew  
1-2 years: 1/2 cup  
3-5 years: 3/4 cup  
6-18 Years: 1 cup
- May substitute honeydew melon for grapes

## \*\*\*Thursday

- May substitute barley for quinoa in Mediterranean quinoa salad. May advance prep extra quinoa for use in carrot muffin, but note muffin quinoa is prepared with water (not chicken stock).
- Mediterranean quinoa salad:  
1-2 years: 3/8 cup  
3-5 years: 3/8 cup  
6-18 years: 3/4 cup
- Note: due to the vegetables in Mediterranean quinoa salad the serving size for peas is 1/8 c for 1-5 years and 3/8 cup for 6-18 years.
- Recipe options for carrot muffin with and without quinoa.

## \*\*\*Friday

- Porcupine slider on WGR roll  
1-2 years: 1/2 slider  
3-5 years: 1  
6-18 years: 1

Ounce equivalents for meats/ alternates: meat and cheese, 1 oz = 1 oz; eggs, 1/2 egg = 1 oz (except for snack, when all ages should get 1/2 egg); cooked beans/ peas, 1/4 c = 1 oz; peanut/ nut/ seed butters, 2 Tbsp = 1 oz, nuts/ seeds, 1 oz = 1 oz (nuts/ seeds may provide no more than half of the requirement at lunch/ supper); yogurt, 4 oz (1/2 c) = 1 oz

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Week 3*	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	Milk	Milk	Milk	Milk	Milk
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Peaches	Strawberries	Honeydew melon	Orange	Pears
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Oven-baked whole wheat pancake	WGR biscuit	Toasted oat cereal	Cream of wheat	Crispy rice cereal
Meat/ Other				Pancake syrup (optional)	Scrambled eggs			
<b>Lunch</b>				Crunchy Hawaiian Chicken Wrap***	Cheesy Noodles with Beef	Southwestern White Bean Soup	Turkey Chop Suey	Roasted Pork***
Meat/ Alternate	1 oz	1 1/2 oz	2 oz	Chicken	Ground beef	White beans	Turkey	Pork
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR wrap	WGR pasta	WGR Cornbread	Brown rice	WGR roll
Fruit	1/8 c	1/4 c	1/4 c	Pear	Pineapple	Banana	Apple	Turnip greens
Vegetable	1/8 c	1/4 c	1/2 c	Broccoli, carrots, spinach	Peas	Bell pepper, corn, carrot, onion, tomato	Celery, onion, carrots	Mashed potatoes
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Other								
<b>PM Snack</b>							Pasta Salad ^	
Fruit	1/2 c	1/2 c	3/4 c					Peaches
Vegetable	1/2 c	1/2 c	3/4 c		Carrots and broccoli (steamed for CDC)			
Meat/ Alternate	1/2 oz	1/2 oz	1 oz				Beans/cheese	Low fat vanilla yogurt
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Trail Mix	WGR crackers	Sweet potato plum muffin squares	WGR pasta	
Fluid Milk**	1/2 c	1/2 c	1 c	Milk		Milk		
Other					Creamy vegetable dip			Granola^^

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## Week 3 Notes:

## \*\*\*Monday

- Crunchy Hawaiian Chicken Wrap; see recipe for directions for cutting wrap per age group  
1-2 years: 1/2 wrap  
3-5 years: 2/3 wrap (two 1/3 pieces)  
6-18 years: 1 wrap (two halves)
- May substitute baked chicken, dressing, and peas & carrots for Crunchy Hawaiian Wrap.

## \*\*\*Tuesday

- Cheesy Noodles with Beef  
1-2 years: ½ c + 1/2 Tbsp  
3-5 years: ¾ c + 1/2 Tbsp  
6-18 years: 1 c + 1 Tbsp

## \*\*\*Wednesday

- Southwestern White Bean Soup  
1-2 years: 1/2 cup  
3-5 years: 3/4 cup  
6-18 years: 1 cup

## \*\*\*Thursday

- Lemon Pesto Pasta Salad  
1-2 years: 1/2 cup  
3-5 years: 1/2 cup  
6-18 years: 1 cup

## \*\*\*Thursday

- Turkey chop Suey  
1-2 years: 3/8 cup  
3-5 years: 3/4 cup  
6-18 years: 3/4 cup

## \*\*\*Friday

- For pork free option substitute pinto beans for pork

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Week 4*	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	Milk	Milk	Milk	Milk	Milk
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Banana	Peaches	Pears	Strawberries	Pineapple
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Crispy puffed corn cereal	WGR Biscuit	Oatmeal	WGR waffle	WGR bagel
Meat/ Other							Pancake syrup (optional)	Yogurt
<b>Lunch</b>				Greek Turkey Pita	Lemon Baked Salmon Cake***	Frittata	Crispy Baked Chicken	Beef and Spaghetti Casserole
Meat/ Alternate	1 oz	1 1/2 oz	2 oz	Turkey	Salmon	Egg	Chicken	Ground beef
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR pita	Cilantro brown rice	WGR toast	Barley pilaf	WGR pasta
Fruit	1/8 c	1/4 c	1/4 c	Pineapple	Cantaloupe	Orange	Kiwi***	Tomato Sauce
Vegetable	1/8 c	1/4 c	1/2 c	Spinach	Broccoli	Hash brown potatoes	Butternut squash	Tossed salad
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Other								Italian dressing
<b>PM Snack</b>								Rice and Veggie Roll-up^
Fruit	1/2 c	1/2 c	3/4 c				Apple	
Vegetable	1/2 c	1/2 c	3/4 c		Cherry Tomato and Corn Salad			
Meat/ Alternate	1/2 oz	1/2 oz	1 oz	Sun butter			Cheddar cheese	
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Graham cracker without honey	WGR pita bread	Banana muffin square		Rice, tortilla
Fluid Milk**	1/2 c	1/2 c	1 c			Milk		Milk
Other								Spinach, carrot, cucumber

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Week 4 Notes:

\*\*\*Tuesday

- May substitute tuna for salmon

\*\*\*Wednesday

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

\*\*\*Thursday

- May substitute honeydew melon for kiwi

\*\*\*Friday

- Beef and Spaghetti Casserole  
1-2 years: 1/4 cup  
3-5 years: 3/8 cup  
6-18 years: 1/2 cup

Ounce equivalents for meats/ alternates: meat and cheese, 1 oz = 1 oz; eggs, 1/2 egg = 1 oz (except for snack, when all ages should get 1/2 egg); cooked beans/ peas, 1/4 c = 1 oz; peanut/ nut/ seed butters, 2 Tbsp = 1 oz, nuts/ seeds, 1 oz = 1 oz (nuts/ seeds may provide no more than half of the requirement at lunch/ supper); yogurt, 4 oz (1/2 c) = 1 oz



Week 5*	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	Milk	Milk	Milk	Milk	Milk
Fruit/ Veg	1/4 c	1/2 c	1/2 c	Banana	Applesauce	Orange	Pineapple	Peaches
Bread/ Grain	1/2 serving	1/2 serving	1 serving	WGR English muffin	Oven-baked whole wheat pancake	Crispy rice cereal	Fruit and bran muffin square	Cream of wheat
Meat/ Other				Scrambled eggs	Pancake syrup (optional)			
<b>Lunch</b>				Spanish Chick Pea Stew	Ginger Pork*** with Asian vegetables	Chicken Alfredo with a Twist	Taco Salad	Roasted turkey
Meat/ Alternate	1 oz	1 1/2 oz	2 oz	Garbanzo beans	Pork	Chicken	Beef	Turkey
Bread/ Grain	1/2 serving	1/2 serving	1 serving	Brown bread***	Brown rice	WGR pasta	WGR corn bread	Dressing
Fruit	1/8 c	1/4 c	1/4 c	Honeydew melon	Pineapple	Pear	Grapes (cut in quarters)***	Squash
Vegetable	1/8 c	1/4 c	1/2 c	Onion, spinach	Asian vegetable mix	Broccoli	Mixed salad	Green beans
Fluid Milk**	1/2 c	3/4 c	1 c	Milk	Milk	Milk	Milk	Milk
Other								
<b>PM Snack</b>					Cheese Toast***	Cinnamon nachos^		
Fruit	1/2 c	1/2 c	3/4 c			Mango and bananas		Strawberries
Vegetable	1/2 c	1/2 c	3/4 c	Marinara sauce and potato wedges				
Meat/ Alternate	1/2 oz	1/2 oz	1 oz		Cheese***			Yogurt
Bread/ Grain	1/2 serving	1/2 serving	1 serving		WGR toast	WGR tortilla	Graham crackers without honey	
Fluid Milk**	1/2 c	1/2 c	1 c	Milk			Milk	
Other								Granola^^

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Week 5 Notes:

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\*\*\*Monday

- May substitute pumpernickel for brown bread
- Spanish chick pea stew  
1-2 years: 1/2 cup  
3-5 years: 3/4 cup  
6-12 years: 1 cup

\*\*\*Tuesday

- For pork free option substitute chicken for pork
- May substitute hummus and pita for cheese toast (see recipe for hummus)

\*\*\*Wednesday

- Chicken Alfredo with a Twist  
1-2 years: 1/2 cup  
3-5 years: 3/4 cup  
6-18 years: 1 cup

\*\*\*Thursday

- May substitute apples for grapes

Ounce equivalents for meats/ alternates: meat and cheese, 1 oz = 1 oz; eggs, 1/2 egg = 1 oz (except for snack, when all ages should get 1/2 egg); cooked beans/ peas, 1/4 c = 1 oz; peanut/ nut/ seed butters, 2 Tbsp = 1 oz, nuts/ seeds, 1 oz = 1 oz (nuts/ seeds may provide no more than half of the requirement at lunch/ supper); yogurt, 4 oz (1/2 c) = 1 oz