

**Attachment 2
Cycle Menu B**

Refer to the Child Care Food Program Meal Pattern for Children (Attachment 1) when planning portion sizes for age groups specified in this contract. Milk must be served with every breakfast, lunch and supper meal. Milk must be served with snack when indicated. Children one year of age must be served unflavored whole milk. Children two through five years old must be served either unflavored lowfat (1 percent) or unflavored fat free (skim) milk. Children six years old and older must be served unflavored lowfat (1 percent), unflavored fat free (skim), or may be served flavored fat free (skim) milk.

Week One		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Hard Boiled Egg (1)	Sausage Patty (1 oz)			
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Pineapple Tidbits	Applesauce	Fresh Orange Slices	Cranberry Juice Blend	Banana
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Whole Grain Sandwich Round Butter or Marg. & Jelly	Biscuit; Kix Cereal	Cinnamon Raisin Bagel Cream Cheese	Bran Flakes Cereal; Banana Muffin	Whole Wheat French Toast Syrup
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Sliced Baked Ham (2 oz all ages)	*Lasagna (with Ground Turkey or Beef)	Oven Fried Chicken	*Breaded Fish Ketchup	*Tacos (Turkey, Chicken, or Beef) Shredded Cheese, Shredded Lettuce, Diced Tomato, and Mild Salsa
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Beans	Tossed Salad (Lettuce, Tomato, Cucumber) Lowfat Ranch Dressing	Peas & Carrots	Broccoli	Mexican Corn
	Fruit or Vegetable Ages: 1-18: ¼ c	Sweet Potatoes	Fruit Salad	Peaches	Fresh Apple Slices	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Whole Wheat Roll Butter or Marg.	Italian Bread	Whole Wheat Roll Butter or Marg.	Cornbread	Soft Whole Grain Tortilla
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz	Milk			Milk	
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz	String Cheese	Tuna Salad	Peanut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp	Cottage Cheese	Yogurt 4 oz cup
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c			Celery Sticks (½ cup ages 1-5, ¾ cup ages 6-18)		
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c			Raisins (2 Tbsp all ages)	Pears	Fruit Cocktail
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Cracker Rounds	Whole Grain Pita Bread			

IMPORTANT: Ages 1-5 based on meal pattern portion sizes for ages 3-5. *Requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe (e.g.: 1 svg. Beefaroni = 1.5 oz meat/meat alternate for 1-5 year olds and 2 oz for 6-18 year olds). Caterer must supply this documentation to institution/facility. When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: water is NOT a creditable food item).

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Week Two		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate			Cheese Slice (½ oz)		
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Cinnamon Apples	Mandarin Oranges	Blended 100% Juice	Fresh Orange Wedges	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Whole Grain Raisin Bread (1 slice all ages; plain, no icing) Butter or Marg.	Cheerios Cereal (½ cup ages 1-5)	Biscuit	Whole Grain English Muffin Butter or Marg. & Jelly	Berry Berry Kix Cereal (½ cup ages 1-5)
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Black Eyed Peas (at least ¾ c ages 1-5 and ½ c ages 6-12)	*Chicken Nuggets Barbecue Sauce	*Ravioli	Cheeseburger Mustard, Mayo, Ketchup	Sliced Ham & Cheese Mayo, Mustard, Lettuce, Tomato, & Pickle
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Broccoli	Mashed Potatoes	Spinach	Baked Sweet Potato Fries	Mixed Vegetables
	Fruit or Vegetable Ages: 1-18: ¼ c	Tropical Mixed Fruit	Peas & Carrots	Fruit Cocktail	Green Beans	Pears
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	*Macaroni & Cheese	Whole Grain Roll	Garlic Bread (1 slice all ages)	Whole Wheat Bun	Whole Grain Sandwich Bread
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz	Milk		Milk	Milk	
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz			Peanut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp		Cottage Cheese
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c		Applesauce		Banana	Pineapple
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Cornbread Square	Whole Grain Muffin	Whole Wheat Bread Jelly		

IMPORTANT: Ages 1-5 based on meal pattern portion sizes for ages 3-5. *Requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe (e.g.: 1 svg. Beefaroni = 1.5 oz meat/meat alternate for 1-5 year olds and 2 oz for 6-18 year olds). Caterer must supply this documentation to institution/facility. When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: water is NOT a creditable food item).

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Week Three		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate					Cheese Slice (1 oz)
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Mandarin Oranges	Fruit Cocktail	Cantaloupe Cubes	Banana	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Whole Grain Muffin; Crispy Rice Cereal	Whole Grain English Muffin Peanut Butter & Jelly	Life Cereal (½ cup ages 1-5)	Whole Grain Waffle Syrup	Whole Wheat Bread (1 slice all ages)
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Sloppy Joe	Barbecue Chicken	Turkey (2 oz) and Cheese Sandwich Mayo & Mustard	*Spaghetti & Meat Sauce (with Ground Turkey or Beef)	*Fish Sticks
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Mixed Vegetables	Italian Green Beans	Bell Pepper Strips	Spinach Salad with Chickpeas Lowfat French Dressing	Coleslaw
	Fruit or Vegetable Ages: 1-18: ¼ c	Peaches	Pears	Pineapple	Applesauce	Tropical Mixed Fruit
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Whole Grain Bun	Rice	Whole Wheat Bread	Italian Bread; (Spaghetti Noodles)	Whole Grain Roll
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz		Milk			
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz			Yogurt 4 oz cup	Bean Dip	
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					Fresh Broccoli and Cauliflower Florets Cheese Sauce
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c	Orange Juice		Fresh Apple Slices		
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Whole Grain Triangle Crackers	Frosted Mini-Wheats Cereal		Soft Whole Wheat Tortilla	Cheese Crackers

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Week Four		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate					Ham (½ oz) & Cheese (½ oz)
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Grape Juice	Pears	Fresh Orange Wedges	Apple Slices	Mandarin Oranges
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Wheat Chex Cereal: Whole Grain Raisin Bread (plain, no icing) Butter or Marg.	Blueberry Muffin	Whole Wheat French Toast Syrup	Whole Grain Bagel Peanut Butter & Jelly	Biscuit
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Pork (sliced or pulled)	*Turkey Tetrazzini	*Beef and Bean (Burrito)	*Chicken and (Vegetable Stir Fry)	Hamburger Patty with Cheese, Lettuce, Tomato, Pickle Mustard & Ketchup
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Steamed Carrots	Broccoli	Spinach Salad (Spinach, Tomato, Cucumber) Lowfat Ranch Dressing	Vegetables (Stir Fry)	Baked Beans
	Fruit or Vegetable Ages: 1-18: ¼ c	Lima Beans	Pineapple Tidbits	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)	Banana	Fruit Salad
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Biscuit	Whole Wheat Roll Butter or Marg.	Burrito (Soft Tortilla)	Brown Rice	Whole Grain Bun
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz				Milk	Milk
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz		Cheese Slice	Hard Boiled Egg	Bean Dip	Turkey (sliced)
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c				Green/Red Pepper Strips	
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c	Applesauce		Apricots		Fruit Cocktail
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Whole Grain Fish Shaped Crackers	Soft Whole Wheat Tortilla			

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	Week Five	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Grape Juice	Applesauce	Peaches	Cantaloupe Cubes	Banana
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Life Original Cereal; Banana Bread	Cinnamon Toast (1 slice; whole wheat bread)	English Muffin Peanut Butter & Jelly	Whole Wheat Bread Butter or Marg. & Jelly	Whole Grain Waffles Syrup
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Turkey Roast Gravy	Black Eyed Peas (at least ⅔ c ages 1-5 and ½ c ages 6-12)	*Chicken and Broccoli Alfredo	Tuna Salad Sandwich Mayo & Pickles	*Pizza
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Mixed Vegetables	Broccoli	Green Beans	Winter Squash (Acorn or Butternut)	Corn
	Fruit or Vegetable Ages: 1-18: ¼ c	Mashed Potatoes	Pineapple Tidbits	Fruit Cocktail	Green Peas	Spinach Salad (Spinach, Tomato, Cucumber) Lowfat French Dressing
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Whole Wheat Roll Butter or Marg.	Macaroni & Cheese; Roll	Linguine or Spaghetti	Sandwich Bread	Whole Grain Pizza Crust
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz	Milk				
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz	Peanut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp	Cheese Slice		Yogurt 4 oz cup	
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c			Carrot, Pineapple, and Raisin Salad		
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c			Peaches	Pears	Fresh Orange Slices
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Whole Wheat Bagel	Whole Grain Pita Bread	Whole Grain Square Crackers		Raisin Bread (1 slice; plain, no icing) Butter or Marg.

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