

## Attachment 2 Cycle Menu C

Refer to the Child Care Food Program Meal Pattern for Children 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. Between a child's first and second birthday, whole milk is strongly recommended. After age 2, it is required that lowfat (1%) or fat free milk be served.**

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Pears Bran Flakes Cereal Cinnamon Toast (whole wheat bread) Milk	Grape Juice *Ham & Cheese Biscuit Milk	Fresh Orange Wedges Cheerios Cereal Milk	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon) Whole Wheat English Muffin <b>Butter &amp; Jelly</b> Milk	Cinnamon Apples French Toast Milk
<b>Lunch/Supper</b>	Ham Whole Wheat Roll <b>Butter</b> Mixed Vegetables Black Eyed Peas Applesauce Milk	*Sloppy Joe on Whole Grain Bun Baked Sweet Potato Fries Tropical Mixed Fruit Milk	Oven Fried Chicken Bread Slice Mashed Potatoes Steamed Zucchini Pears Milk	*Breaded Fish <b>Ketchup</b> Whole Wheat Roll Peas & Carrots Fruit Cocktail Milk	*Salisbury Steak <b>With Gravy</b> Brown Rice Spinach Salad (Spinach, Tomato, Cucumber) <b>Lowfat French Dressing</b> Green Beans Fruit Salad Milk
<b>Snack</b>	Animal Crackers Pineapple	Peaches Yogurt <b>Flavored 4 oz cup</b>	Assorted Whole Grain Crackers Cucumber/Carrot/Celery Sticks <b>Lowfat Ranch Dressing</b>	Whole Grain Peanut Butter Crackers Banana Milk	Oatmeal Cookie Milk

\*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 6-12 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)

**Effective FFY 2015-2016**

## Cycle Menu C (Continued)

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Pineapple Tidbits Kix Cereal Whole Grain English Muffin <i>Butter &amp; Jelly</i> Milk	Mandarin Oranges Pancakes <i>Syrup</i> Milk	Orange Juice Whole Wheat Toast <i>Butter &amp; Jelly</i> Scrambled Egg/*Egg Patty Milk	Banana Honey Nut Scooters Cereal Milk	Cantaloupe Cubes Whole Wheat Bagel <i>Peanut Butter &amp; Jelly</i> Milk
<b>Lunch/ Supper</b>	*Macaroni & Cheese Broccoli Black Eyed Peas Pears Milk	*Chicken Nuggets <i>Barbecue Sauce</i> Whole Grain Roll Mashed Sweet Potatoes Lima Beans Applesauce Milk	*Beef Ravioli Italian Bread Spinach Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon) Milk	*Chicken & Rice Whole Grain Roll <i>Butter</i> Carrots Peaches Milk	Ham & Cheese Sandwich (Whole Wheat Bread) <i>Mustard, Mayo, Ketchup</i> Lettuce, Tomato, Pickle Mixed Vegetables Tropical Mixed Fruit Milk
<b>Snack</b>	Granola Bar Milk	Celery Sticks Peanut Butter Plain Graham Crackers	Assorted Whole Grain Crackers Cheese Slice	Whole Grain Blueberry Muffin Milk	Cheese Crackers Apple Wedges

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Peaches Blueberry Muffin Milk	Pineapple Tidbits Biscuit <b>Butter &amp; Jelly</b> Milk	Applesauce French Toast (whole wheat bread) Milk	Apple Juice Whole Grain English Muffin <b>Peanut Butter &amp; Jelly</b> Milk	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon) Life Cereal Milk
<b>Lunch/ Supper</b>	*Breaded Pork Patty <b>Gravy</b> Whole Grain Roll <b>Butter</b> Mashed Sweet Potatoes Broccoli Mandarin Oranges Milk	*Veggie Burger Whole Wheat Bun <b>Mustard, Mayo, Ketchup</b> Lettuce, Tomato, Pickle Tater Tots Fruit Cocktail Milk	Turkey & Cheese Sandwich (Whole grain bread) <b>Mayo &amp; Mustard</b> Green Beans Banana Milk	*Spaghetti & Meat Sauce (with Ground Turkey or Beef and whole grain noodles) Garlic Bread Tossed Salad with Chickpeas (Lettuce, Tomato, Cucumber) <b>Lowfat French Dressing</b> Pears Milk	*Fish Sticks <b>Ketchup</b> Cornbread Peas and Carrots Apple slices Milk
<b>Snack</b>	Whole Grain Pita Bread Cheese Slice	Animal Crackers Yogurt <b>Flavored 4 oz cup</b>	Fresh Broccoli and Cauliflower Florets <b>Lowfat Ranch Dressing</b> Whole Grain Cheese Crackers	Orange Slices Raisin Bread (1 slice; plain, no icing) <b>Butter</b>	Assorted Whole Grain Crackers Milk

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Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Blended 100% Juice Multi Grain Cheerios Cereal Whole Grain Muffin Milk	Fruit Salad Cinnamon Raisin Bagel <b>Cream Cheese</b> Milk	Cinnamon Apples Whole Grain Waffle Milk	Banana Shredded Wheat Cereal Milk	Mandarin Oranges Whole Grain English Muffin <b>Butter &amp; Jelly</b> Boiled Egg Milk
<b>Lunch/ Supper</b>	Roast Pork (sliced or pulled) Whole Wheat Roll <b>Butter</b> Green Peas Sweet Potato Tropical Mixed Fruit Milk	*Chicken Strips Whole Wheat Bread Mashed Potatoes Green Beans Pineapple Tidbits Milk	*Beef and Bean Burrito Spinach Salad (Spinach, Tomato, Cucumber) <b>Lowfat Ranch Dressing</b> Orange Wedges Milk	*Tuna Salad Sandwich on Whole Wheat Bread Steamed Carrots Apple Wedges Milk	Hamburger Patty with Cheese Whole Wheat Bun Lettuce and Tomato <b>Mustard, Mayo, Ketchup</b> Baked Beans Fruit Salad Milk
<b>Snack</b>	Plain Graham Crackers Pears	Celery Sticks <b>Lowfat Ranch Dressing</b> Whole Grain Cheese Crackers	Peaches Yogurt <b>Flavored 4 oz cup</b>	Assorted Whole Grain Crackers Cheese Slice	Peanut Butter & Jelly Sandwich (whole wheat bread) Milk

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Week Five	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Mandarin Oranges English Muffin <i>Butter &amp; Jelly</i> Milk	Pears Cheese Toast (Whole Wheat Bread, 1 slice) Milk	Tropical Mixed Fruit Wheat Chex Cereal Banana Muffin Milk	Cinnamon Apples Whole Grain Pancakes Milk	Orange Juice Whole Wheat Bagel <i>Cream Cheese</i> Milk
<b>Lunch/ Supper</b>	Turkey Roast <i>Gravy</i> Whole Grain Roll <i>Butter</i> Mashed Potatoes Mixed Vegetables Applesauce Milk	Black Eyed Peas (at least 3/8 c ages 1-5 and 1/2 c ages 6-12) Brown Rice Collard Greens Cornbread Pineapple Tidbits Milk	*Beefaroni Peas & Carrots Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon) Milk	*Chicken and Dumplings Green Beans Winter Squash (acorn or butternut) Fruit Cocktail Milk	*Pizza (Whole grain crust) Corn Tossed Salad (Lettuce, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i> Cantaloupe Milk
<b>Snack</b>	Peaches Milk	Turkey Slices Whole Grain Bread (1 slice) <i>Mayo &amp; Mustard</i>	Cheese Slice Orange Wedges	Hard Boiled Egg (1/2 egg) Saltine Crackers	Bean Dip Soft Whole Grain Tortilla

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