

Attachment 2 Cycle Menu B No Peanut

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.

Please Note: Obvious peanut/peanut butter sources have been omitted such as peanut butter sandwich and peanut butter crackers. Other processed items such as granola bars, oatmeal cookies, muffins, or other products may be processed with peanuts or in a plant that processes peanuts. Food product labels or manufacturer information may be requested regarding food allergens.

| Week One | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|---|---|--|---|--|
| Breakfast | Pineapple Tidbits Whole Wheat Toast <i>Butter</i> Scrambled Egg/*Egg Patty Milk | Pears Multigrain Cheerios Cereal Milk | Apple Slices Cinnamon Raisin Bagel <i>Cream Cheese</i> Milk | Orange Juice Bran Flakes Cereal Banana Muffin Milk | Banana Whole Wheat French Toast <i>Syrup</i> Milk |
| Lunch/ Supper | Ham Whole Wheat Roll <i>Butter</i> Green Beans Sweet Potatoes Applesauce Milk | *Lasagna (with Ground Turkey or Beef) Italian Bread Tossed Salad (Lettuce, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i> Fruit Salad Milk | Oven Fried Chicken Whole Wheat Roll <i>Butter</i> Peas & Carrots Peaches Milk | *Breaded Fish <i>Ketchup</i> Cornbread Broccoli Fresh Orange Slices Milk | Tacos (with Soft Whole Grain Tortilla, Turkey, Chicken, or Beef) Shredded Cheese Shredded Lettuce and Diced Tomato <i>Mild Salsa</i> Mexican Corn Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon) Milk |
| Snack | Oatmeal Cookie Milk | Assorted Whole Grain Crackers Tuna Salad | Celery Sticks Hummus Saltine Crackers | Pretzels (soft or thin) Milk | Fruit Cocktail Yogurt <i>Flavored 4 oz cup</i> |

*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 B No Peanut (Continued)

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| Week Two | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|---|--|---|---|---|
| Breakfast | Cinnamon Apples Whole Grain Raisin Bread (1 slice; plain, no icing) Butter Milk | Mandarin Oranges Cheerios Cereal Milk | Blended 100% Juice Biscuit Butter & Jelly Milk | Fresh Orange Wedges Whole Grain English Muffin Butter & Jelly Milk | Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon) Kix Cereal Milk |
| Lunch/ Supper | *Macaroni & Cheese Broccoli Black Eyed Peas Tropical Mixed Fruit Milk | *Chicken Nuggets Barbecue Sauce Whole Grain Roll Mashed Potatoes Peas & Carrots Milk | *Ravioli Garlic Bread (1 slice) Spinach Fruit Cocktail Milk | Cheeseburger on Whole Wheat Bun Mustard, Mayo, Ketchup Lettuce, Tomato, Pickle Baked Sweet Potato Fries Banana Milk | Sliced Ham & Cheese Sandwich (whole grain bread) Mayo & Mustard Lettuce, Tomato & Pickle Mixed Vegetables Pears Milk |
| Snack | Plain Graham Crackers Milk | Whole Grain Muffin Applesauce | Pineapple Tidbits Whole Grain Bagel Cream Cheese Milk | Animal Crackers Milk | Cheese Slice Carrots |

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| Week Three | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|---|---|---|--|---|
| Breakfast | Mandarin Oranges Crispy Rice Cereal Whole Grain Muffin Milk | Fruit Cocktail Whole Grain English Muffin <i>Cream Cheese & Jelly</i> Milk | Cantaloupe Cubes Life Cereal Milk | Banana Whole Grain Waffle <i>Syrup</i> Milk | Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon) Cheese Toast (Whole Wheat Bread, 1 slice) Milk |
| Lunch/ Supper | *Sloppy Joe Whole Grain Bun Mixed Vegetables Peaches Milk | Barbecue Chicken Rice Italian Green Beans Tomato Slices Pears Milk | Turkey and Cheese Sandwich on Whole Wheat Bread <i>Mayo & Mustard</i> Bell Pepper Strips Pineapple Milk | *Spaghetti & Meat Sauce (with Ground Turkey or Beef) Italian Bread Spinach Salad with Chickpeas <i>Lowfat French Dressing</i> Applesauce Milk | *Fish Sticks Whole Grain Roll Coleslaw Tropical Mixed Fruit Milk |
| Snack | Granola Bar (no peanuts) Milk | Assorted Whole Grain Crackers Orange Juice | Apple Slices Yogurt <i>Flavored 4 oz cup</i> | Cheese Slice Soft Whole Wheat Tortilla | Fresh Broccoli and Cauliflower Florets <i>Cheese Sauce</i> Cheese Crackers |

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| Week Four | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|---|--|---|--|---|
| Breakfast | Orange Juice Wheat Chex Cereal Whole Grain Raisin Bread (plain, no icing) Butter Milk | Pears Blueberry Muffin Milk | Orange Wedges Whole Wheat French Toast Syrup Milk | Apple Slices Whole Grain Bagel Cream Cheese Milk | Hash Brown Potatoes *Ham & Cheese Biscuit Milk |
| Lunch/ Supper | Roast Pork (sliced or pulled) Biscuit Steamed Carrots Lima Beans Tropical Mixed Fruit Milk | *Turkey Tetrizzini Whole Wheat Roll Butter Broccoli Pineapple Tidbits Milk | *Beef and Bean Burrito Spinach Salad (Spinach, Tomato, Cucumber) Lowfat Ranch Dressing Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon) Milk | *Chicken and Vegetable Stir Fry Brown Rice Banana Milk | Hamburger Patty with Cheese Bun Lettuce, Tomato, Pickle Mustard & Ketchup Baked Beans Fruit Salad Milk |
| Snack | Whole Grain Fish Shaped Crackers (1 serv. = 20 grams for all ages) Applesauce | Soft Whole Wheat Tortilla Cheese Slice | Hard Boiled Egg (1/2 egg) Saltine Crackers | Green/Red Pepper Strips Bean Dip | Turkey (sliced) Assorted Whole Grain Crackers Milk |

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| Week Five | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|---|---|---|---|--|
| Breakfast | Grape Juice Shredded Wheat Cereal Banana Bread Milk | Applesauce Cinnamon Toast (1 slice; whole wheat bread) Milk | Peaches English Muffin Butter & Jelly Milk | Cantaloupe Cubes Whole Wheat Toast Butter & Jelly Boiled Egg Milk | Banana Whole Grain Waffles Syrup Milk |
| Lunch/ Supper | Turkey Roast Gravy Whole Wheat Roll Butter Mashed Potatoes Mixed Vegetables Pears Milk | Black Eyed Peas (at least 3/8 c ages 1-5 and ½ c ages 6-12) Macaroni & Cheese Roll Broccoli Pineapple Tidbits Milk | *Chicken and Broccoli Alfredo Green Beans Fruit Cocktail Milk | *Salisbury Steak Gravy Cornbread Butter Winter Squash (acorn or butternut) Green Peas Apple Slices Milk | *Pizza (whole grain crust) Corn Spinach Salad (Spinach, Tomato, Cucumber) Lowfat French Dressing Peaches Milk |
| Snack | Vanilla Wafers Milk | Whole Grain Pita Bread Cheese Slice | Assorted Whole Grain Crackers Carrot Sticks Lowfat Ranch Dressing | Plain Graham Crackers Yogurt Flavored 4 oz. cup | Orange Slices Raisin Bread (1 slice; plain, no icing) Butter |

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