

## Attachment 2 Cycle Menu B

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

\*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.*

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### Cycle Menu B (Continued)

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

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Mandarin Oranges Crispy Rice Cereal Whole Grain Muffin Milk	Fruit Cocktail Whole Grain English Muffin <i>Peanut Butter &amp; 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
<b>Lunch/ Supper</b>	*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 &amp; 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
<b>Snack</b>	Granola Bar 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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**Effective FFY 2015-2016**

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Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Orange Juice Wheat Chex Cereal Whole Grain Raisin Bread (plain, no icing) <b>Butter</b> Milk	Pears Blueberry Muffin Milk	Orange Wedges Whole Wheat French Toast <b>Syrup</b> Milk	Apple Slices Whole Grain Bagel <b>Peanut Butter &amp; Jelly</b> Milk	Hash Brown Potatoes *Ham & Cheese Biscuit Milk
<b>Lunch/ Supper</b>	Roast Pork (sliced or pulled) Biscuit Steamed Carrots Lima Beans Tropical Mixed Fruit Milk	*Turkey Tetrazzini Whole Wheat Roll <b>Butter</b> Broccoli Pineapple Tidbits Milk	*Beef and Bean Burrito Spinach Salad (Spinach, Tomato, Cucumber) <b>Lowfat Ranch Dressing</b> 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 <b>Mustard &amp; Ketchup</b> Baked Beans Fruit Salad Milk
<b>Snack</b>	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
<b>Breakfast</b>	Grape Juice Shredded Wheat Cereal Banana Bread Milk	Applesauce Cinnamon Toast (1 slice; whole wheat bread) Milk	Peaches English Muffin <b><i>Peanut Butter &amp; Jelly</i></b> Milk	Cantaloupe Cubes Whole Wheat Toast <b><i>Butter &amp; Jelly</i></b> Boiled Egg Milk	Banana Whole Grain Waffles <b><i>Syrup</i></b> Milk
<b>Lunch/ Supper</b>	Turkey Roast <b><i>Gravy</i></b> Whole Wheat Roll <b><i>Butter</i></b> 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 <b><i>Gravy</i></b> Cornbread <b><i>Butter</i></b> Winter Squash (acorn or butternut) Green Peas Apple Slices Milk	*Pizza (whole grain crust) Corn Spinach Salad (Spinach, Tomato, Cucumber) <b><i>Lowfat French Dressing</i></b> Peaches Milk
<b>Snack</b>	Vanilla Wafers Milk	Whole Grain Pita Bread Cheese Slice	Assorted Whole Grain Crackers Carrot Sticks <b><i>Lowfat Ranch Dressing</i></b>	Plain Graham Crackers Yogurt <b><i>Flavored 4 oz cup</i></b>	Orange Slices Raisin Bread (1 slice; plain, no icing) <b><i>Butter</i></b>

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