

**Attachment 2
Cycle Menu C**

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					
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Pears	Grape Juice	Fresh Orange Wedges	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)	Cinnamon Apples
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Wheat Chex Cereal; Whole Grain Muffin	*Ham & Cheese Biscuit	Cheerios Cereal; Whole Grain Bread Butter or Marg. & Jelly	Whole Wheat English Muffin Butter or Marg. & Jelly	French Toast
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)	*Sloppy Joe	Oven Fried Chicken	*Breaded Fish Ketchup	*Salisbury Steak With Gravy
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Mixed Vegetables	Baked Sweet Potato Fries	Mashed Potatoes	Peas & Carrots	Spinach Salad (Spinach, Tomato, Cucumber) Lowfat French Dressing
	Fruit or Vegetable Ages: 1-18: ¼ c	Black Eyed Peas	Tropical Mixed Fruit	Steamed Zucchini	Fruit Cocktail	Fruit Salad
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Whole Wheat Roll Butter or Marg.	Whole Grain Bun	Bread Slice	Whole Wheat Roll	Brown Rice
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	Cottage Cheese	Yogurt 4 oz cup	Bean Dip		
	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	Pineapple	Peaches		Banana	
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c			Whole Grain Cracker Rounds	Whole Grain Peanut Butter Crackers	

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			Scrambled Egg/*Egg Patty (1 oz)		
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Pineapple Tidbits	Mandarin Oranges	Orange Juice	Banana	Cantaloupe Cubes
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Honey Kix Cereal; Whole Grain English Muffin Butter or Marg. & Jelly	Pancakes Syrup	Whole Wheat Bread Butter or Marg. & Jelly	Wheaties (½ cup ages 1-5)	Whole Wheat Bagel Peanut Butter & Jelly
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 ⅔ c ages 1-5 and ½ c ages 6-12)	*Chicken Nuggets Barbecue Sauce	*Beef Ravioli	*Chicken (& Rice)	Ham & Cheese Sandwich with Lettuce, Tomato, Pickle Mustard, Mayo, Ketchup
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Broccoli	Mashed Sweet Potatoes	Spinach	Steamed Carrots	Mixed Vegetables
	Fruit or Vegetable Ages: 1-18: ¼ c	Pears	Lima Beans	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)	Green Beans	Tropical Mixed Fruit
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	*Macaroni & Cheese	Whole Grain Roll	Italian Bread	(Chicken &) Rice; Whole Grain Roll Butter or Marg.	Whole Wheat Sandwich Bread
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		
	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	Applesauce	Raisins (2 Tbsp all ages)	Fresh Apple Wedges		Fresh Orange Wedges
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Whole Grain Triangle Crackers			Whole Grain Blueberry Muffin	Cheese Crackers

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	Hard Boiled Egg (1)				
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Peaches	Pineapple Tidbits	Applesauce	Apple Juice	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	Blueberry Muffin	Wheat Chex Cereal; Biscuit Butter or Marg. & Jelly	Whole Wheat French	Whole Grain English Muffin Peanut Butter & Jelly	Life Original 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	*Breaded Pork Patty Gravy	*Veggie Burger with Lettuce, Tomato, Pickle Mustard, Mayo, Ketchup	Turkey & Cheese Sandwich Mayo & Mustard	*Spaghetti & Meat Sauce (with Ground Turkey or Beef)	*Fish Sticks Ketchup
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Mashed Sweet Potatoes	Tater Tots	Green Beans	Tossed Salad with Chickpeas (Lettuce, Tomato, Cucumber) Lowfat French Dressing	Peas and Carrots
	Fruit or Vegetable Ages: 1-18: ¼ c	Broccoli	Fruit Cocktail	Banana	Pears	Fresh Apple Slices
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Whole Grain Roll Butter or Marg.	Whole Wheat Bun	Whole Grain Bread	Whole Grain Noodles; Garlic Bread	Cornbread
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	Cheese Slice	Yogurt 4 oz cup			
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c			Fresh Broccoli and Cauliflower Florets Lowfat Ranch Dressing		
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c		Mandarin Oranges		Fresh Orange Slices	
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Whole Grain Pita Bread		Whole Grain Cheese Crackers	Raisin Bread (1 slice; plain, no icing) Butter	Whole Grain Square 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					Hard Boiled Egg (1)
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Blended 100% Juice	Fruit Salad	Cinnamon Apples	Banana	Mandarin Oranges
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Multi Grain Cheerios Cereal; Whole Grain Muffin	Cinnamon Raisin Bagel <i>Cream Cheese</i>	Whole Grain Waffle	Frosted Mini-Wheats Cereal (½ cup ages 1-5)	Whole Grain English Muffin <i>Butter or Marg. & Jelly</i>
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)	*Chicken Strips	*Beef and Bean Burrito	*Tuna Salad Sandwich	Hamburger Patty with Cheese (Lettuce and Tomato) <i>Mustard, Mayo, Ketchup</i>
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Sweet Potato	Green Beans	Spinach Salad (Spinach, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i>	Steamed Carrots	Baked Beans
	Fruit or Vegetable Ages: 1-18: ¼ c	Green Peas	Mashed Potatoes	Fresh Orange Wedges	Fresh Apple Wedges	Fruit Salad
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Whole Wheat Roll <i>Butter or Marg.</i>	Whole Wheat Bread	(Burrito) Soft Tortilla	Whole Wheat Bread	Whole Wheat Bun
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	Cottage Cheese		Yogurt <i>4 oz cup</i>	Cheese Slice	Peanut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp <i>Jelly</i>
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c		Celery Sticks <i>Lowfat Ranch Dressing</i>			
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c	Pears		Peaches		
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c		Whole Grain Cheese Crackers		Whole Grain Rectangle Crackers	Whole Wheat Bread

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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		Cheese Slice (1 oz)			
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Applesauce	Pears	Tropical Mixed Fruit	Cinnamon Apples	Fresh Orange Wedges
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Wheaties Cereal; English Muffin <i>Butter or Marg. & Jelly</i>	Whole Wheat Bread (1 slice)	Honey Nut Shredded Wheat Cereal; Multigrain Muffin	Whole Grain Pancakes	Whole Wheat Bagel <i>Cream Cheese</i>
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 <i>Gravy</i>	Black Eyed Peas (at least ⅔ c ages 1-5 and ½ c ages 6-12)	*Beefaroni	*Chicken and Dumplings	*Pizza
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Mashed Potatoes	Collard Greens	Peas & Carrots	Green Beans	Tossed Salad (Lettuce, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i>
	Fruit or Vegetable Ages: 1-18: ¼ c	Mixed Vegetables	Pineapple Tidbits	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)	Winter Squash (acorn or butternut)	Corn
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Whole Grain Roll <i>Butter or Marg.</i>	Brown Rice; Cornbread	(Beefaroni) Macaroni	Dumplings	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	Cheese Slice	Turkey Slices (1 oz)		Hard Boiled Egg	Bean Dip
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c	Grape Juice		Peaches		
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Cracker Rounds	Whole Grain Bread (1 slice) <i>Mayo & Mustard Tomato slice</i>		Saltine Crackers	Soft Whole Grain Tortilla

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