

Attachment 2 Cycle Menu B No Pork No Peanut 2021-2022

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Week One		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6oz; Ages 6-18: 8oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate			Colby Cheese Slice (1 oz)		Yogurt 4 oz
	Vegetable/Fruit/Juice Ages 1-18: ½ c	100% Apple Juice	Pears	Pineapple	Cinnamon Apples	Banana (1 whole)
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	Cinnamon Raisin Bagel <i>Cream Cheese</i>	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread <i>Butter or Marg.</i>	Life Original Cereal (whole grain-rich)	Wheat Chex Cereal (100% whole grain)
LUNCH	Milk Ages 1-5: 6oz; Ages 6-18: 8oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Baked Sliced Chicken (2 oz)	*Chicken Tetrazzini	*Ground Beef Stroganoff	*Breaded Fish <i>Ketchup</i>	*Oven Fried Chicken
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Sweet Potato (not instant)	Fresh Tomato Slices	Steamed Cauliflower	Mixed Vegetables	Green Beans (fresh/frozen, not canned)
	Fruit or Vegetable Ages: 1-18: ¼ c	Steamed Broccoli (fresh/frozen, not canned)	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Mandarin Oranges	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Ranch Dressing</i>
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Grain Bread <i>Butter or Marg.</i>	Pasta (in entrée)	Egg Noodles	Soft Roll	Cornbread
SNACK	Milk Ages 1-5: 4oz; Ages 6-18: 8oz		Milk			
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages: 6-18: 1 oz	Yogurt 4 oz			Sliced Turkey (1 ½ oz)	
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c	Fruit Cocktail		Peaches		Fresh Orange Wedges
	Grains Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c		Blueberry Muffin	Cheese Crackers	100% Whole Grain Bread (1 slice) <i>Mayo & Mustard.</i>	Animal Crackers

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Week Two		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6oz; Ages 6-18: 8oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Cheddar Cheese Slice (1 oz)			Hard Boiled Egg (½ egg)	
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Pineapple	Pears	Banana (1 whole)	Peaches	Fresh Orange Wedges
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	Kix Cereal (Original, Honey, or Berry Berry; (whole grain-rich)	Plain Bagel Cream Cheese	100% Whole Grain Bread (1 slice) Butter or Marg.	English Muffin Butter or Marg. & Jelly	Rice Chex Cereal (whole grain-rich)
LUNCH	Milk Ages 1-5: 6oz; Ages 6-18: 8oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Turkey Slices	*Chicken Nuggets Ketchup	*Beef Stir Fry	Tacos (Turkey, Chicken, or Beef) Shredded Cheese, Shredded Lettuce, Diced Tomato, and Mild Salsa	Turkey and Swiss Sandwich (Lettuce, Tomato, & Pickle)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots (frozen, not canned)	Steamed Broccoli (fresh/frozen, not canned)	Stir Fry Vegetables	Corn (fresh/frozen, not canned)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup French Dressing
	Fruit or Vegetable Ages: 1-18: ¼ c	Mandarin Oranges	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Black Beans	Fruit Cocktail
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Wheat Roll Butter or Marg.	100% Whole Grain Bread	White Rice	Tortilla; Brown Rice (100% whole grain)	100% Whole Grain Bread Mayo & Mustard
SNACK	Milk Ages 1-5: 4oz; Ages 6-18: 8oz	Milk				
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages: 6-18: 1 oz			Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp	Yogurt 4 oz	Chicken Salad
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c		100% Orange Juice	Fresh Apple Slices		
	Grains Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Pretzels	Corn Muffin		Graham Crackers (plain or honey)	Crackers (savory)

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Week Three		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6oz; Ages 6-18: 8oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Mozzarella Cheese Slice (1 oz)		Yogurt 4 oz		Hard Boiled Egg (½ egg)
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Peaches	Mandarin Oranges	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Cinnamon Apples	Banana (1 whole)
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	Original Cheerios (100% whole grain)	Raisin Bread (1 slice; plain, no icing) Butter or Marg.	Blueberry Muffin	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	100% Whole Grain English Muffin Butter or Marg. & Jelly
LUNCH	Milk Ages 1-5: 6oz; Ages 6-18: 8oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Sweet and Sassy Chicken (Chicken Breast with Honey Mustard Glaze)	*Meatloaf with Ground Turkey or Beef Ketchup	Chicken in Gravy or Sauce	*Spaghetti & Meat Sauce with Ground Turkey or Beef	*Pizza
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Italian Green Beans (fresh/frozen, not canned)	Fresh Mashed Sweet Potato (not instant)	Green Peas	Steamed Baby Carrots (fresh/frozen, not canned)	Mixed Vegetables
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Fruit Cocktail	Fresh Apple Slices	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Ranch Dressing	Pears
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Brown Rice (100% whole grain)	100% Whole Grain Bread	Soft Roll	Spaghetti (in entrée); Garlic Bread	Pizza Crust (in entrée)
SNACK	Milk Ages 1-5: 4oz; Ages 6-18: 8oz				Milk	
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages: 6-18: 1 oz	Yogurt 4 oz		Carrot Sticks Ranch Dip		Cheese Stick
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c		100% Grape Juice			Fresh Orange Slices
	Grains Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Graham Crackers (plain or honey)	Pita Bread	100% Whole Grain Crackers	Animal Crackers	

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	Week Four	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6oz; Ages 6-18: 8oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Yogurt 4 oz		Provolone Cheese Slice (1 oz)		
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Fruit Cocktail	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	100% Apple Juice	Banana (1 whole)
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	Life Original Cereal (whole grain-rich)	Blueberry Muffin	100% Whole Grain Bread	Biscuit Butter or Marg.	Multi Grain Cheerios (100% whole grain)
LUNCH	Milk Ages 1-5: 6oz; Ages 6-18: 8oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Chicken Alfredo	*Breaded Fish Ketchup	*Beef and Cheese Burrito	*Chicken Stir Fry	Hamburger (Lettuce and Tomato)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Cucumber Slices	Steamed Baby Carrots (fresh/frozen, not canned)	Stir-Fry Vegetables	Oven Fried Potatoes
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Tangerine/Clementine Slices (Fresh)	Refried Beans	Mandarin Oranges	Pears
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Pasta (in entrée)	Soft Roll	Tortilla (in entrée)	Brown Rice (100% whole grain)	Bun Mustard, Mayo, Ketchup
SNACK	Milk Ages 1-5: 4oz; Ages 6-18: 8oz	Milk				
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz		Cheddar Cheese Slice		Yogurt 4 oz	Mozzarella Cheese Stick
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c			Fresh Orange Wedges	Peaches	
	Grains Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	100% Whole Grain Crackers	100% Whole Grain Bread	Crackers (savory)		Pretzels

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	Week Five	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6oz; Ages 6-18: 8oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate			Cheddar Cheese Slice (1 oz)		Hard Boiled Egg (½ egg)
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Fruit Cocktail	Pineapple	Pears	Banana (1 whole)	Applesauce
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	Blueberry Muffin (whole grain-rich)	100% Whole Grain Bagel Cream Cheese	Cinnamon Chex Cereal (whole grain-rich)	Original Cheerios (100% whole grain)	100% Whole Grain Bread Butter or Marg.
LUNCH	Milk Ages 1-5: 6oz; Ages 6-18: 8oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Fresh Turkey Roast Gravy	Seasoned Black Beans (at least ¾ c ages 1-5 and ½ c ages 6-18)	*Lasagna (with Ground Turkey or Beef)	*Chicken Salad Sandwich Pickles	*Chicken Nuggets Honey Mustard
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots	Green Beans (fresh/frozen, not canned)	Steamed Broccoli (fresh/frozen, not canned)	Mixed Vegetables	Fresh Mashed Potato (not instant)
	Fruit or Vegetable Ages: 1-18: ¼ c	Peaches	Fresh Apple Slices	Tangerine/Clementine Slices (Fresh)	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Italian Dressing
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	*Macaroni & Cheese	Yellow Rice	Lasagna Noodles (in entrée)	Sandwich Bread Mayo	Soft Roll
SNACK	Milk Ages 1-5: 4oz; Ages 6-18: 8oz		Milk		Milk	
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz			Yogurt Dip (2 oz vanilla yogurt with drained sliced peaches)		Cheddar Cheese Slice
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c	100% Orange Juice				
	Grains Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Saltine Crackers	Raisin Bread (1 slice; plain, no icing) Butter or Marg.	Graham Crackers (plain or honey)	Cheese Crackers	Pita Bread

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