

### Attachment 2 Cycle Menu C No Pork No Peanut 2021-2022

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 or flavored lowfat (1 percent) or fat-free (skim) milk. *Substitutions require state office approval.*

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

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

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| Week Three       |   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|------------------|---|---|---|---|--|--|
| <b>BREAKFAST</b> | <b>Milk</b><br>Ages 1-5: 6oz; Ages 6-18: 8oz  | Milk  | Milk  | Milk  | Milk   | Milk   |
|                  | <b>Meat/Meat Alternate</b>  | Mozzarella Cheese<br>Slice (1 oz)                 |   | Yogurt<br>4 oz  |  | Hard Boiled Egg<br>(½ egg)   |
|                  | <b>Vegetable/Fruit/Juice</b><br>Ages 1-18: ½ c  | Peaches   | Mandarin Oranges  | Seasonal Fresh Fruit<br>(cantaloupe, honeydew,<br>mango, pineapple,<br>strawberries, watermelon<br>– no bananas/apples) | Cinnamon Apples  | Banana (1 whole)   |
|                  | <b>Grains</b><br>Ages 1-5: ½ slice/serving<br>Ages 6-18: 1 slice/serving<br>see Meal Pattern for cereal svg sizes | Original Cheerios<br>(100% whole grain)           | Biscuit<br><b>Butter or Marg. &amp; Jelly</b>               | Blueberry Muffin  | Frosted Mini Wheats<br>Little Bites Original<br>Cereal<br>(100% whole grain) | 100% Whole Grain<br>English Muffin<br><b>Butter or Marg. &amp; Jelly</b> |
| <b>LUNCH</b>     | <b>Milk</b><br>Ages 1-5: 6oz; Ages 6-18: 8oz  | Milk  | Milk  | Milk  | Milk   | Milk   |
|                  | <b>Meat/Meat Alternate</b><br>Ages 1-5: 1 ½ oz<br>Ages 6-18: 2 oz   | *Sloppy Joes                                      | *Meatloaf (with ground<br>beef or turkey)<br><b>Ketchup</b> | Chicken<br><b>BBQ Sauce</b>   | *Chicken and Rice<br>Casserole   | *Veggie Burger<br>(Lettuce, Tomato & Pickle)                             |
|                  | <b>Vegetable</b><br>Ages 1-5: ¼ c; Ages 6-18: ½ c<br>(Double portion for salads)                                  | Italian Green Beans<br>(fresh/frozen, not canned) | Fresh Mashed Sweet<br>Potato (not instant)                  | Cole Slaw   | Steamed Baby Carrots<br>(fresh/frozen, not canned)                           | Green Peas   |
|                  | <b>Fruit or Vegetable</b><br>Ages: 1-18: ¼ c  | Pineapple   | Fruit Cocktail  | Baked Beans   | Salad (Spinach, Romaine,<br>Tomato, Cucumber) ½ cup<br><b>Ranch Dressing</b> | Fresh Apple Slices   |
|                  | <b>Grains</b><br>Ages 1-5: ½ slice/serving, ¼ c<br>Ages 6-18: 1 slice/serving, ½ c                                | Bun   | 100% Whole Grain<br>Bread                                   | Corn Muffin   | Rice (in entrée)   | Bun<br><b>Mustard, Mayo, Ketchup</b>                                     |
| <b>SNACK</b>     | <b>Milk</b><br>Ages 1-5: 4oz; Ages 6-18: 8oz  | Milk  |   |   | Milk   |  |
|                  | <b>Meat/Meat Alternate</b><br>Ages 1-5: ½ oz; Ages: 6-18: 1 oz  |   |   | Provolone Cheese Slice  |  | Cheese Stick   |
|                  | <b>Vegetable</b><br>Ages 1-5: ½ c; Ages 6-18: ¾ c   |   |   |   |  |  |
|                  | <b>Fruit/Juice</b><br>Ages 1-5: ½ c; Ages 6-18: ¾ c   |   | 100% Grape Juice  |   |  | Fresh Orange Slices  |
|                  | <b>Grains</b><br>Ages 1-5: ½ slice/serving, ⅓ c<br>Ages 6-18: 1 slice/serving, ¼ c                                | Graham Crackers<br>(plain or honey)               | Soft Pita Bread   | 100% Whole Grain<br>Crackers  | Animal Crackers  |  |

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| Week Four        |   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY                                     |
|------------------|---|--|---|---|--|--|
| <b>BREAKFAST</b> | <b>Milk</b><br>Ages 1-5: 6oz; Ages 6-18: 8oz  | Milk   | Milk  | Milk  | Milk   | Milk                                       |
|                  | <b>Meat/Meat Alternate</b>  | Yogurt<br>4 oz                                 |   | Provolone Cheese Slice<br>(1 oz)  |  |  |
|                  | <b>Vegetable/Fruit/Juice</b><br>Ages 1-18: ½ c  | Fruit Cocktail                                 | Applesauce  | Seasonal Fresh Fruit<br>(cantaloupe, honeydew,<br>mango, pineapple,<br>strawberries, watermelon<br>– no bananas/apples) | 100% Grape Juice                                 | Banana (1 whole)                           |
|                  | <b>Grains</b><br>Ages 1-5: ½ slice/serving<br>Ages 6-18: 1 slice/serving<br>see Meal Pattern for cereal svg sizes | Life Original Cereal<br>(whole grain-rich)     | Blueberry Muffin  | 100% Whole Grain<br>Bread<br><b>Butter or Marg.</b>   | 100% Whole Grain<br>Bagel<br><b>Cream Cheese</b> | Multi Grain Cheerios<br>(100% whole grain) |
| <b>LUNCH</b>     | <b>Milk</b><br>Ages 1-5: 6oz; Ages 6-18: 8oz  | Milk   | Milk  | Milk  | Milk   | Milk                                       |
|                  | <b>Meat/Meat Alternate</b><br>Ages 1-5: 1 ½ oz<br>Ages 6-18: 2 oz   | *Chicken Alfredo                               | *Beef Shepherd's Pie  | *Pizza  | *Chicken and Vegetable<br>Stir-fry               | Hamburger<br>(Lettuce and Tomato)          |
|                  | <b>Vegetable</b><br>Ages 1-5: ¼ c; Ages 6-18: ½ c<br>(Double portion for salads)                                  | Peas and Carrots<br>(fresh/frozen, not canned) | Fresh Mashed Potato<br>(not instant)                                  | Corn<br>(fresh/frozen, not canned)  | Stir-fry Vegetables                              | Oven Fried Potatoes                        |
|                  | <b>Fruit or Vegetable</b><br>Ages: 1-18: ¼ c  | Pineapple                                      | Peaches   | Fresh Broccoli Florets<br><b>Ranch Dip</b>  | Mandarin Oranges                                 | Pears                                      |
|                  | <b>Grains</b><br>Ages 1-5: ½ slice/serving, ¼ c<br>Ages 6-18: 1 slice/serving, ½ c                                | Pasta<br>(in entrée)                           | Soft Roll   | Pizza Crust (in entrée)   | Rice   | Bun<br><b>Mustard, Mayo, Ketchup</b>       |
| <b>SNACK</b>     | <b>Milk</b><br>Ages 1-5: 4oz; Ages 6-18: 8oz  | Milk   | Milk  |   |  |  |
|                  | <b>Meat/Meat Alternate</b><br>Ages 1-5: ½ oz; Ages 6-18: 1 oz   |  |   |   | Yogurt<br>4 oz                                   | Chicken Salad                              |
|                  | <b>Vegetable</b><br>Ages 1-5: ½ c; Ages 6-18: ¾ c   |  |   |   |  |  |
|                  | <b>Fruit/Juice</b><br>Ages 1-5: ½ c; Ages 6-18: ¾ c   |  |   | Fresh Orange Wedges   | Fresh Apple Slices                               |  |
|                  | <b>Grains</b><br>Ages 1-5: ½ slice/serving, ⅓ c<br>Ages 6-18: 1 slice/serving, ¾ c                                | 100% Whole Grain<br>Crackers                   | Cinnamon Raisin Bagel<br>(whole grain-rich)<br><b>Butter or Marg.</b> | Crackers<br>(savory)  |  | 100% Whole Wheat<br>Bread                  |

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

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