

Attachment 2

Cycle Menu Kosher: This menu is for Jewish Child Care Facilities per USDA FNS Instruction 783-13 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). *Substitutions require state office approval*

Week One		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate				Yogurt 4 oz	
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Pineapple Tidbits	Pears	Fresh Apple Slices	Tropical Mixed Fruit	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)	Corn Chex Cereal	Cinnamon Raisin Bagel Cream Cheese	Wheaties Cereal (100% whole grain)	100% Whole Grain Bread
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	100% Apple Juice	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Sliced Baked Turkey	*Broccoli Quiche	Seasoned Black Beans (at least 3/8 c ages 1-5 and ½ c ages 6-18)	*Breaded Fish Ketchup	*Bean & Cheese Taco Shredded Lettuce and Diced Tomato Mild Salsa
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Beans (fresh/frozen, not canned)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Ranch Dressing	Peas & Carrots	Spinach	Mexican Corn
	Fruit or Vegetable Ages: 1-18: ¼ c	Fresh Roasted Sweet Potatoes	Applesauce	Fresh Orange Slices	Peaches	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas, apples)
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Soft Roll	Italian Bread	Brown Rice (100% whole grain)	Cornbread	Soft Tortilla (in entrée)
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8 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	Tuna Salad	Cheddar Cheese Slice	Yogurt 4 oz
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c		Celery Sticks		Carrot Sticks	
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c					Fruit Cocktail
	Grains Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Graham Crackers (plain or honey)		100% Whole Grain 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).

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Week Two		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Yogurt 4 oz		Colby Cheese Slice (1 oz)		
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Cinnamon Apples	Mandarin Oranges	Cantaloupe	Fresh Orange Wedges	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	Raisin Bread (1 slice; plain, no icing) Butter or Marg.	Cheerios Cereal (100% whole grain)	100% Whole Grain Bread	100% Whole Grain English Muffin Butter or Marg. & Jelly	Kix Cereal (Original, Honey, or Berry Berry; whole grain-rich)
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	100% Orange Juice	Milk	100% Apple Juice
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Fish Sticks Ketchup	*Cheese Ravioli	*Chicken & Noodles	*Veggie burger Lettuce, Tomato & Pickle	Sliced Turkey Sandwich Lettuce, Tomato, & Pickle
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Mixed Vegetables	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Ranch Dressing	Baked Sweet Potatoes	Black Eyed Peas
	Fruit or Vegetable Ages: 1-18: ¼ c	Cooked Baby Carrots	Fresh Clementine Wedges	Peaches	Banana (½ banana)	Fruit Cocktail
	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 Roll	Noodles (in entrée)	Bun Mustard, Mayo, Ketchup	100% Whole Grain Bread Mayo & Mustard
SNACK	Milk Ages 1-5: 4r oz; Ages 6-18: 8 oz	Milk		Milk		Milk
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz				Yogurt 4 oz	
	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		Pears		Pineapple Tidbits	
	Grains Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Cheese Crackers	Blueberry Muffin			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. 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: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Yogurt 4 oz		Hard Boiled Egg (1/2 egg)		Cheddar Cheese Slice (1 oz)
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Mandarin Oranges	Fruit Cocktail	Fresh Orange Slices	Banana (1 whole)	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	Cinnamon Chex Cereal (whole grain-rich)	100% Whole Grain English Muffin Peanut Butter & Jelly	Life Original Cereal (whole grain-rich)	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	100% Grape Juice	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Egg Salad Sandwich	Baked Chicken	*Tuna Salad Sandwich Mayo & Mustard	Seasoned Red Beans (at least 3/8 c ages 1-5 and ½ c ages 6-18)	*Bean Burrito
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Mixed Vegetables	Italian Green Beans (fresh/frozen, not canned)	Fresh Bell Pepper Strips	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup French Dressing	Plantains
	Fruit or Vegetable Ages: 1-18: ¼ c	Peaches	Fresh Tomato Slices	Pineapple	Applesauce	Tropical Mixed Fruit
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Grain Bread	*Macaroni & Cheese	100% Whole Grain Bread	Brown Rice (100% whole grain)	Soft Tortilla (in entrée)
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz	Milk	Milk			
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages: 6-18: 1 oz			Yogurt 4 oz	Mozzarella Cheese Slice	Peanut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp
	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	Fruit Cocktail		Fresh Apple Slices		
	Grains Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c		Crackers (savory)		Soft Tortilla	

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Week Four		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Cheese Stick (1 oz)		Hard Boiled Egg (1/2 egg)		
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Tropical Mixed Fruit	Pears	Fresh Apple Slices	Fresh Orange Wedges	Banana (1 whole)
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	Wheat Chex Cereal (100% whole grain)	Blueberry Muffin	Total Whole Grain Cereal (100% whole grain)	100% Whole Grain Bagel Peanut Butter & Jelly	Biscuit Jelly
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	100% Orange Juice	Milk	Milk	100% Apple Juice	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Pulled Chicken BBQ Sauce	½ Peanut Butter and Banana Sandwich; Yogurt 4 oz	*Vegetable Chili (with cheese)	*Chicken Tetrazzini	*Fish Sticks Ketchup
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Steamed or Roasted Carrots (fresh/frozen, not canned)	Fresh Bell Pepper Strips	Peas & Carrots	Green Beans (fresh/frozen, not canned)	Green Peas
	Fruit or Vegetable Ages: 1-18: ¼ c	Lima Beans	Pineapple	Peaches	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Ranch Dressing	Fresh Roasted Sweet Potatoes
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Biscuit	100% Whole Grain Bread	Cornbread	Pasta (in entrée)	Brown Rice (100% whole grain)
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz	Milk			Milk	
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages: 6-18: 1 oz		Cheddar Cheese Slice	Sliced Turkey		Yogurt Dip (2 oz vanilla yogurt with drained sliced peaches)
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c				Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	
	Grains Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Cheese Crackers	Soft Tortilla	Crackers (savory)		Graham Crackers (plain or honey)

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).

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	Week Five	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Yogurt 4 oz				Colby Cheese Slice (1 oz)
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Tropical Mixed Fruit	Applesauce	Peaches	Cantaloupe Cubes	Banana (1 whole)
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	Multi Grain Cheerios (100% whole grain)	Biscuit	100% Whole Grain Bread Butter & Jelly	100% Whole Grain English Muffin Peanut Butter & Jelly
LUNCH	Milk Ages 1-5:6 oz; Ages 6-18: 8 oz	100% Grape Juice	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Fresh Turkey Roast	Black Eyed Peas (at least 3/8 c ages 1-5 and ½ c ages 6-18)	*Tuna Salad Wrap	*Veggie burger Lettuce, Tomato & Pickle	*Cheese Pizza
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Mashed Sweet Potato (not instant)	Fresh Broccoli Florets Ranch Dressing	Green Beans (fresh/frozen, not canned)	Winter Squash (acorn or butternut)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup French Dressing
	Fruit or Vegetable Ages: 1-18: ¼ c	Mixed Vegetables	Pineapple Tidbits	Fruit Cocktail	Green Peas	Corn (fresh/frozen, not canned)
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Soft Roll	*Macaroni & Cheese; Roll	100% Whole Wheat Soft Tortilla (in entrée)	Bun Mustard, Mayo, Ketchup	Pizza Crust
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8t oz	Milk				Milk
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz		Mozzarella Cheese Slice	Yogurt 4 oz		
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c	Fresh Apple Slices		Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Fresh Orange Wedges	
	Grains Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c		Pita Bread		Crackers (savory)	Graham Crackers (plain or honey)

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