

## Attachment 2 Cycle Menu Lunch, Snack, Supper 2020-2021

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.

	Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Baked Sliced Ham (2 oz)	*Beefaroni	*Picadillo	Turkey and Cheese Sandwich (Lettuce, Tomato, & Pickle)	*Arroz Con Pollo
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Roasted Sweet Potato	Cooked Carrots	Corn	Coleslaw	Green Beans (fresh/frozen, not canned)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Fresh Broccoli <b>Lowfat Ranch Dressing.</b>	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Pears	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <b>Lowfat Ranch Dressing</b>
	<b>Grains</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Grain roll <b>Butter or Marg.</b>	(Beefaroni) Macaroni Garlic Bread	*Congri; Cuban Bread	100% Whole Grain Bun <b>Butter or Marg.</b>	Brown Rice (in entrée; 100% whole grain)
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz; Ages 6-18: eight oz		Milk		Milk	
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages: 6-18: 1 oz	Yogurt 4 oz cup				
	<b>Vegetable</b> Ages 1-5: ½ c, Ages 6-18: ¾ c					
	<b>Fruit/Juice</b> Ages 1-5: ½ c, Ages 6-18: ¾ c	Fruit Cocktail		Peaches	Banana Ages 1-5: 1 whole Ages 6 and up: 1 ½ whole	Fresh Orange Wedges
	<b>Grains</b> Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving		100% Whole Grain English Muffin <b>Butter or Marg and Jelly</b>	100% Whole Grain Crackers		Animal Crackers
<b>SUPPER</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Turkey and Cheese Sandwich (Lettuce, Tomato, & Pickle)	*Chicken Tetrazzini	*Ground Beef Stroganoff	*Bean and Cheese Burrito	*Oven Fried Chicken
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <b>Lowfat Italian Dressing</b>	Sautéed Spinach and Tomatoes	Roasted Cauliflower	Steamed Baby Carrots (fresh/frozen, not canned)	Fresh Mashed Potato (not instant)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pears	Banana	Peas & Carrots	Fruit Cocktail	Black Eye Peas
	<b>Grains</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Grain Bread <b>Butter or Marg.</b>	Pasta (in entrée)	Egg Noodles	Tortilla (in entrée)	Cornbread

**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
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Turkey Slices	*Chicken Nuggets <i>Ketchup</i>	*Hamburger (Lettuce and Tomato)	*Fricassee de Pollo	Cuban Sandwich (Pork, Ham, Swiss Cheese, Pickles)
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots (frozen, not canned)	Fresh Broccoli <i>Lowfat Ranch Dressing</i>	Green Beans	Baby Carrots & Ranch	Roasted New Potatoes
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pears	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Red Beans	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>French Dressing</i>
	<b>Grains</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	*Moros	100% Whole Grain Bread	100% Whole Grain Bun <i>Butter or Marg.</i>	Brown Rice (100% whole grain)	Cuban Bread <i>Mayo &amp; Mustard</i>
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz; Ages 6-18: eight oz	Milk		Milk		
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages: 6-18: 1 oz				Yogurt 4 oz cup	
	<b>Vegetable</b> Ages 1-5: ½ c, Ages 6-18: ¾ c					
	<b>Fruit/Juice</b> Ages 1-5: ½ c, Ages 6-18: ¾ c		100% Grape Juice	Banana Ages 1-5: 1 whole Ages 6 and up: 1 ½ whole		Applesauce
	<b>Grains</b> Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving	Cuban Crackers	Corn Muffin		Graham Crackers (plain)	100% Whole Grain Crackers
<b>SUPPER</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Beef Slices	*Chicken Alfredo	*Breaded Fish <i>Ketchup</i>	Tacos (Turkey, Chicken, or Beef) <i>Shredded Cheese, Shredded Lettuce, Diced Tomato, and Mild Salsa</i>	*Spaghetti & Meat Sauce with Ground Turkey or Beef
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Mashed Potato (not instant)	Green Peas	Steamed Baby Carrots (fresh/frozen, not canned)	Corn (fresh/frozen, not canned)	Broccoli and Cauliflower
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Applesauce	Pineapple	Peaches	Fruit Cocktail	Fresh Orange Wedges
	<b>Grains</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Wheat Roll <i>Butter or Marg.</i>	Rotini Pasta (In entrée)	*Macaroni & Cheese	Tortilla	(Spaghetti), Garlic Bread

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	Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Ropa Vieja	*Breaded Chicken Pattie	*Meatloaf (beef or turkey) <b>Ketchup</b>	*Spaghetti & Meat Sauce with Ground Turkey or Beef	*Pizza
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Black Beans	Green Peas	Fresh Mashed Potato (not instant)	Steamed Baby Carrots (fresh/frozen, not canned)	Mixed Vegetables
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pineapple	Fresh Apple Slices	Fruit Cocktail	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <b>Lowfat Ranch Dressing</b>	Pears
	<b>Grains</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Rice	Roll	100% Whole Grain Bread	(Spaghetti), Garlic Bread	Pizza Crust
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz; Ages 6-18: eight oz		Milk		Milk	
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages 6-18: 1 oz	Yogurt 4 oz	Provolone Cheese Slice	Yogurt 4 oz		Cheese Stick
	<b>Vegetable</b> Ages 1-5: ½ c, Ages 6-18: ¾ c					
	<b>Fruit/Juice</b> Ages 1-5: ½ c, Ages 6-18: ¾ c					Fresh Orange Slices
	<b>Grains</b> Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving	Graham crackers	100% Whole Wheat Tortilla	Assorted Crackers	Animal Crackers	
<b>SUPPER</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Sloppy Joe	Cheeseburger (Lettuce and Tomato)	Pulled Chicken <b>BBQ Sauce</b>	Turkey and Cheese Sandwich (Lettuce, Tomato, & Pickle)	*Picadillo
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Italian Green Beans (fresh/frozen, not canned)	Mixed Vegetables	Peas & Carrots	Coleslaw	Sliced Tomatoes
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Fruit Cocktail	Pears	Mandarin Oranges	Cinnamon Apples	Banana
	<b>Grains</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Grain Bun	Bun <b>Mustard, Mayo, Ketchup</b>	Soft Roll	100% Whole Grain Bread <b>Mustard &amp; Mayo</b>	*Congri (Brown Rice) Cuban Bread

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	Week Four	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Pork (sliced or pulled)	*Breaded Fish <b>Ketchup</b>	*Picadillo	Baked Chicken	Hamburger (Lettuce and Tomato)
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Green Beans	Yucca	Butternut Squash	Oven Fried Potatoes
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pineapple	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Lowfat Italian Dressing	Mixed Vegetables	Black Eye Peas	Pears
	<b>Grains</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	White Rice	Soft Roll	*Congri	Cuban Bread <b>Butter or Marg.</b>	100% Whole Grain Bun <b>Mustard, Mayo, Ketchup</b>
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz; Ages 6-18: eight oz	Milk	Milk			
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages: 6-18: 1 oz	Sliced Turkey (1 ½ oz)	Cheddar Cheese slice		Yogurt 4 oz cup	Hummus
	<b>Vegetable</b> Ages 1-5: ½ c, Ages 6-18: ¾ c					
	<b>Fruit/Juice</b> Ages 1-5: ½ c, Ages 6-18: ¾ c			Banana Ages 1-5: 1 whole Ages 6 and up: 1 ½ whole	Peaches	
	<b>Grains</b> Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving	100% Whole Grain Crackers	100% Whole Grain Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices	Crackers (savory)		Pita Chips
<b>SUPPER</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Chicken Alfredo	Cuban Sandwich (Pork, Ham, Swiss Cheese, Pickles)	*Bean Burrito	*Chicken and Vegetable Stir Fry	*Fricassee de Pollo
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Broccoli <b>Lowfat Ranch Dressing</b>	Roasted New Potatoes	Steamed Baby Carrots (fresh/frozen, not canned)	Stir Fry Vegetables	Baby Carrots & Ranch
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Peaches	Fruit Cocktail	Fresh Broccoli Florets <b>Lowfat Ranch Dip</b>	Mandarin Oranges	Red Beans
	<b>Grains</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Pasta (in entrée)	Cuban Bread <b>Mayo &amp; Mustard</b>	100% Whole Grain Tortilla (in entrée)	Brown Rice (100% whole grain)	Rice

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	Week Five	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Pulled Chicken <i>Gravy or Sauce</i>	*Beef Empanada	*Ravioli	*Cuban Stew (with beef)	*Chicken Nuggets <i>Honey Mustard</i>
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots	Plantains	Broccoli, Cauliflower, Carrots	Mixed Vegetables	Fresh Mashed Potato (not instant)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Peaches	Sliced Tomatoes	Tangerine/Clementine Slices (Fresh)	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Italian Dressing</i>
	<b>Grains</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	*Macaroni and Cheese	*Congri (Brown Rice)	100% Whole Grain Roll	*Moros	Soft Roll
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz; Ages 6-18: eight oz			Milk		
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages: 6-18: 1 oz	Sliced Turkey (1 ½ oz)			Cheddar Stick	Yogurt 4 oz cup
	<b>Vegetable</b> Ages 1-5: ½ c, Ages 6-18: ¾ c					
	<b>Fruit/Juice</b> Ages 1-5: ½ c, Ages 6-18: ¾ c	100% Orange Juice	Fresh Apple Slices			
	<b>Grains</b> Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving	Whole Wheat Crackers	Cheese Crackers	Animal Crackers	Plain Arepa	Graham Crackers (plain)
<b>SUPPER</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Lasagna (with Ground Turkey or Beef)	Seasoned Black Beans (at least ¾ c ages 1-5 and ½ c ages 6-12)	Fresh Turkey Roast <i>Gravy</i>	*Tuna Salad Sandwich <i>Pickles</i>	*Hamburger Lettuce and Tomato
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Beans	Fresh Bell Pepper Slices	Fresh Mashed Sweet Potato (not instant)	Cucumbers	Green Beans
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pineapple	Fruit Cocktail	Sliced Tomatoes	Pears	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)
	<b>Grains</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Lasagna Noodles	Yellow Rice	Dinner Roll <i>Butter or Marg.</i>	100% Whole Grain Bread <i>Mayo</i>	100% Whole Grain Bun

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