

## Attachment 2 Supper & Snack Menu 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>SUPPER</b> | <b>Milk</b><br>Ages 1-5: 6 oz; Ages 6-18: 8 oz                                     | 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 Ham<br>(2 oz)                       | *Beefaroni                            | *Picadillo   | *Lasagna (with Ground Turkey or Beef)                         | *Arroz Con Pollo                            |
|               | <b>Vegetable</b><br>Ages 1-5: ¼ c; Ages 6-18: ½ c<br>(Double portion for salads)   | Fresh Roasted Sweet Potato                       | Cooked Carrots                        | Corn   | Mixed Vegetables  | Green Beans<br>(fresh/frozen, not canned)   |
|               | <b>Fruit or Vegetable</b><br>Ages: 1-18: ¼ c                                       | Fresh Broccoli<br><i>Ranch Dip</i>               | Applesauce                            | Seasonal Fresh Fruit<br>(cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples) | Mandarin Oranges  | Plantains                                   |
|               | <b>Grains</b><br>Ages 1-5: ½ slice/serving, ¼ c<br>Ages 6-18: 1 slice/serving, ½ c | 100% Whole Grain Bread<br><i>Butter or Marg.</i> | Macaroni (in entrée);<br>Garlic Bread | *Congri (in entrée);<br>Cuban Bread  | Soft Roll   | Brown Rice<br>(in entrée; 100% whole grain) |
| <b>SNACK</b>  | <b>Milk</b><br>Ages 1-5: 4 oz; Ages 6-18: 8 oz                                     |  | Milk                                  |  |   |   |
|               | <b>Meat/Meat Alternate</b><br>Ages 1-5: ½ oz<br>Ages: 6-18: 1 oz                   | Yogurt<br>4 oz                                   |                                       |  | Sliced Turkey (1 ½ oz)  |   |
|               | <b>Vegetable</b><br>Ages 1-5: ½ c<br>Ages 6-18: ¾ c                                |  |                                       |  |   |   |
|               | <b>Fruit/Juice</b><br>Ages 1-5: ½ c<br>Ages 6-18: ¾ c                              | Fruit Cocktail                                   |                                       | Peaches  |   | Fresh Orange Wedges                         |
|               | <b>Grains</b><br>Ages 1-5: ½ slice/serving<br>Ages 6-18: 1 slice/serving           |  | Whole Grain-Rich Muffin               | Whole Grain-Rich Crackers  | 100% Whole Grain Bread (1 slice)<br><i>Mayo &amp; Mustard</i> | 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).

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|               | Week Two   | MONDAY                                   | TUESDAY  | WEDNESDAY  | THURSDAY                            | FRIDAY   |
|---------------|--|--|--|--|-------------------------------------|--|
| <b>SUPPER</b> | <b>Milk</b><br>Ages 1-5: 6 oz; Ages 6-18: 8 oz                                     | 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)  | *Fricassee de Pollo                 | Cuban Sandwich (Pork, Ham, Swiss Cheese, Pickles)                          |
|               | <b>Vegetable</b><br>Ages 1-5: ¼ c; Ages 6-18: ½ c<br>(Double portion for salads)   | Peas and Carrots<br>(frozen, not canned) | Steamed Broccoli<br>(fresh/frozen, not canned) | Green Beans  | Baby Carrots<br><b>Ranch Dip</b>    | Roasted New Potatoes   |
|               | <b>Fruit or Vegetable</b><br>Ages: 1-18: ¼ c                                       | Pears                                    | Applesauce                                     | Seasonal Fresh Fruit<br>(cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples) | Red Beans                           | Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup<br><b>French Dressing</b> |
|               | <b>Grains</b><br>Ages 1-5: ½ slice/serving, ¼ c<br>Ages 6-18: 1 slice/serving, ½ c | *Moros                                   | 100% Whole Grain Bread                         | Whole Wheat Bun<br><b>Mustard, Mayo, Ketchup</b>   | Brown Rice<br>(100% whole grain)    | Cuban Bread<br><b>Mayo &amp; Mustard</b>                                   |
| <b>SNACK</b>  | <b>Milk</b><br>Ages 1-5: 4 oz; Ages 6-18: 8 oz                                     | Milk                                     |  |  |                                     |  |
|               | <b>Meat/Meat Alternate</b><br>Ages 1-5: ½ oz<br>Ages: 6-18: 1 oz                   |  |  | Peanut Butter<br>Ages 1-5: 1 Tbsp<br>Ages 6 and up: 2 Tbsp   | Yogurt<br>4 oz                      |  |
|               | <b>Vegetable</b><br>Ages 1-5: ½ c<br>Ages 6-18: ¾ c                                |  |  |  |                                     |  |
|               | <b>Fruit/Juice</b><br>Ages 1-5: ½ c<br>Ages 6-18: ¾ c                              |  | 100% Orange Juice                              | Fresh Apple Slices   |                                     | Applesauce   |
|               | <b>Grains</b><br>Ages 1-5: ½ slice/serving<br>Ages 6-18: 1 slice/serving           | 100% Whole Grain Crackers                | Corn Muffin                                    |  | Graham Crackers<br>(plain or honey) | 100% Whole Grain Crackers  |

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|               | Week Three   | MONDAY                    | TUESDAY                 | WEDNESDAY   | THURSDAY  | FRIDAY               |
|---------------|--|---------------------------|-------------------------|---|---|----------------------|
| <b>SUPPER</b> | <b>Milk</b><br>Ages 1-5: 6 oz; Ages 6-18: 8 oz                                     | Milk                      | Milk                    | Milk  | Milk  | Milk                 |
|               | <b>Meat/Meat Alternate</b><br>Ages 1-5: 1 ½ oz<br>Ages 6-18: 2 oz                  | *Ropa Vieja               | *Breaded Chicken Pattie | *Meatloaf ( <i>beef or turkey</i> )<br><b>Ketchup</b> | *Spaghetti & Meat Sauce with Ground Turkey or Beef                        | *Pizza               |
|               | <b>Vegetable</b><br>Ages 1-5: ¼ c; Ages 6-18: ½ c<br>(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><br>Ages: 1-18: ¼ c                                       | Pineapple                 | Fresh Apple Slices      | Fruit Cocktail  | Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup<br><b>Ranch Dressing</b> | Pears                |
|               | <b>Grains</b><br>Ages 1-5: ½ slice/serving, ¼ c<br>Ages 6-18: 1 slice/serving, ½ c | Rice                      | Bun                     | 100% Whole Grain Bread                                | Spaghetti (in entrée);<br>Garlic Bread                                    | Pizza Crust          |
| <b>SNACK</b>  | <b>Milk</b><br>Ages 1-5: 4 oz; Ages 6-18: 8 oz                                     |                           | Milk                    |   | Milk  |                      |
|               | <b>Meat/Meat Alternate</b><br>Ages 1-5: ½ oz<br>Ages: 6-18: 1 oz                   | Yogurt<br>4 oz            | Provolone Cheese Slice  | Sliced Turkey<br>(1 ½ oz)                             |   | Cheese Stick         |
|               | <b>Vegetable</b><br>Ages 1-5: ½ c<br>Ages 6-18: ¾ c                                |                           |                         |   |   |                      |
|               | <b>Fruit/Juice</b><br>Ages 1-5: ½ c<br>Ages 6-18: ¾ c                              |                           |                         | 100% Grape Juice                                      |   | Fresh Orange Slices  |
|               | <b>Grains</b><br>Ages 1-5: ½ slice/serving<br>Ages 6-18: 1 slice/serving           | 100% Whole Grain Crackers | Whole Wheat Tortilla    | Crackers (savory)                                     | Whole Grain-Rich Muffin   | Whole Wheat Crackers |

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|               | Week Four  | MONDAY                       | TUESDAY   | WEDNESDAY                                    | THURSDAY                                   | FRIDAY   |
|---------------|--|------------------------------|---|--|--|--|
| <b>SUPPER</b> | <b>Milk</b><br>Ages 1-5: 6 oz; 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 Pork                   | *Breaded Fish<br><b>Ketchup</b>   | *Picadillo                                   | Baked Chicken                              | Hamburger<br>(Lettuce and Tomato)                                  |
|               | <b>Vegetable</b><br>Ages 1-5: ¼ c; Ages 6-18: ½ c<br>(Double portion for salads)   | Green Peas                   | Steamed Baby Carrots  | Yucca  | Butternut Squash                           | Oven Fried Potatoes  |
|               | <b>Fruit or Vegetable</b><br>Ages: 1-18: ¼ c                                       | Pineapple                    | Salad (Spinach,<br>Romaine, Tomato,<br>Cucumber) ½ cup<br><b>Italian Dressing</b> | Mixed Vegetables                             | Fresh Broccoli Florets<br><b>Ranch Dip</b> | Pears  |
|               | <b>Grains</b><br>Ages 1-5: ½ slice/serving, ¼ c<br>Ages 6-18: 1 slice/serving, ½ c | White Rice                   | Roll  | *Congri<br>(brown rice; 100% whole<br>grain) | Whole Wheat Bread                          | Whole Grain-Rich Bun<br><b>Mustard, Mayo, Ketchup</b>              |
| <b>SNACK</b>  | <b>Milk</b><br>Ages 1-5: 4 oz; Ages 6-18: 8 oz                                     | Milk                         |   | Milk   |  |  |
|               | <b>Meat/Meat Alternate</b><br>Ages 1-5: ½ oz<br>Ages: 6-18: 1 oz                   | Sliced Turkey<br>(1 ½ oz)    | Cheddar Cheese Slice  |  |  | Yogurt Dip<br>(2 oz vanilla yogurt with<br>drained sliced peaches) |
|               | <b>Vegetable</b><br>Ages 1-5: ½ c<br>Ages 6-18: ¾ c                                |                              |   |  |  |  |
|               | <b>Fruit/Juice</b><br>Ages 1-5: ½ c<br>Ages 6-18: ¾ c                              |                              |   | Fresh Orange Slices                          | Fresh Apple Slices                         |  |
|               | <b>Grains</b><br>Ages 1-5: ½ slice/serving<br>Ages 6-18: 1 slice/serving           | 100% Whole Grain<br>Crackers | 100% Whole Grain<br>Bread   |  | Cheese Crackers                            | Graham Crackers<br>(plain or honey)                                |

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|               | Week Five  | MONDAY                    | TUESDAY                   | WEDNESDAY                           | THURSDAY  | FRIDAY  |
|---------------|--|---------------------------|---------------------------|-------------------------------------|---|---|
| <b>SUPPER</b> | <b>Milk</b><br>Ages 1-5: 6 oz; Ages 6-18: 8 oz                                     | Milk                      | Milk                      | Milk                                | Milk  | Milk  |
|               | <b>Meat/Meat Alternate</b><br>Ages 1-5: 1 ½ oz<br>Ages 6-18: 2 oz                  | Chicken in Gravy or Sauce | *Beef Empanada            | *Ravioli                            | *Cuban Stew (with beef)   | *Chicken Nuggets<br><b>Honey Mustard</b>                                    |
|               | <b>Vegetable</b><br>Ages 1-5: ¼ c; Ages 6-18: ½ c<br>(Double portion for salads)   | Peas and Carrots          | Plantains                 | Broccoli, Cauliflower, Carrots      | Mixed Vegetables  | Fresh Mashed Potato (not instant)   |
|               | <b>Fruit or Vegetable</b><br>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<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 and Cheese      | *Congri                   | Whole Grain-Rich Roll               | *Moros  | Whole Grain-Rich Roll   |
| <b>SNACK</b>  | <b>Milk</b><br>Ages 1-5: 4 oz; Ages 6-18: 8 oz                                     |                           |                           |                                     |   |   |
|               | <b>Meat/Meat Alternate</b><br>Ages 1-5: ½ oz<br>Ages: 6-18: 1 oz                   | Sliced Turkey (1 ½ oz)    |                           |                                     | Cheddar Cheese Stick  | Yogurt<br>4 oz  |
|               | <b>Vegetable</b><br>Ages 1-5: ½ c<br>Ages 6-18: ¾ c                                |                           |                           |                                     |   |   |
|               | <b>Fruit/Juice</b><br>Ages 1-5: ½ c<br>Ages 6-18: ¾ c                              |                           | Fresh Apple Slices        | 100% Orange Juice                   |   |   |
|               | <b>Grains</b><br>Ages 1-5: ½ slice/serving<br>Ages 6-18: 1 slice/serving           | Whole Wheat Bread         | Whole Grain-Rich Crackers | Animal Crackers                     | Whole Grain-Rich Muffin   | Graham Crackers (plain or honey)  |

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