

Attachment 2
Cycle Menu A No Pork No Peanut

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 lowfat (1 percent), unflavored fat free (skim), or may be served flavored fat free (skim) milk.

	Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate		Hard Boiled Egg (1)	Cheese Slice (1 oz)		
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Blended 100% Juice	Pears	Fresh Orange Wedges	Cinnamon Apples	Cranberry Juice Blend
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¼ c	Cinnamon Raisin Bagel Cream Cheese	Wheat Chex Cereal	Whole Wheat Bread (1 slice)	French Toast	Whole Grain Bread Butter or Marg. & Jelly
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Baked Sliced Turkey (2 oz)	*Beefaroni	*Picadillo	*Breaded Fish Ketchup	*Arroz Con Pollo
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Sweet Potatoes	Spinach	Sliced Tomatoes	Mixed Vegetables	Mixed Greens Salad (Spinach, Romaine, Tomato, Cucumber) Lowfat French Dressing
	Fruit or Vegetable Ages: 1-18: ¼ c	Green Beans	Fruit Salad	Tropical Mixed Fruit	Mandarin Oranges	Peaches
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Whole Wheat Bread (1 Slice) Butter or Marg.	(Beefaroni) Macaroni; Garlic Bread	Congri; Cuban Bread	Whole Grain Roll	Cuban Bread or Roll
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz					
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz	Cottage Cheese			Sliced Turkey (1 ½ 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	Pineapple	Applesauce			Banana
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¼ c		Blueberry Muffin	Whole Grain Triangle Crackers	Whole Wheat Bread (1 slice) Mayo & Mustard	Pretzels (soft or thin)

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 (e.g.: 1 svg. Beefaroni = 1.5 oz meat/meat alternate for 1-5 year olds and 2 oz for 6-18 year olds). 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: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate				Hard Boiled Egg (1)	
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Orange Juice	Tropical Mixed Fruit	Banana	Peaches	Fresh Orange Wedges
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¼ c	Kix Cereal; Blueberry Muffin	Bagel <i>Cream Cheese</i>	Whole Wheat Bread (1 slice) <i>Butter or Marg. & Jelly</i>	Whole Grain English Muffin <i>Butter or Marg. & Jelly</i>	Whole Grain Waffles <i>Syrup</i>
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Black Eyed Peas (at least ¾ c ages 1-5 and ½ c ages 6-12)	*Chicken Nuggets <i>Ketchup</i>	*Salisbury Steak <i>Gravy</i>	*Fricase de Pollo	Cuban Sandwich (Turkey, Swiss Cheese, Pickles) <i>Mayo & Mustard</i>
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Broccoli	Corn	Peas and Carrots	Plantains	Tossed Salad (Lettuce & Tomato) <i>Lowfat Ranch Dressing</i>
	Fruit or Vegetable Ages: 1-18: ¼ c	Pears	Green Beans	Mashed Potatoes	Spinach	Fresh Apple Slices
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	*Macaroni & Cheese	Whole Wheat Bread (1 slice)	Whole Grain Roll	Rice	Cuban or Whole Wheat Bread
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz			Milk		Milk
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz	Cheese Slice	Bean Dip		Yogurt <i>4 oz cup</i>	
	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, strawberries, or watermelon)	Pineapple	
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¼ c	Cuban Crackers	Whole Grain Rectangle Crackers			Corn Muffin

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Week Three		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate			Hard Boiled Egg (1)		Scrambled Egg & Cheese (Burrito)
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Blended 100% Juice	Mandarin Oranges	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)	Cinnamon Apples	Cantaloupe Cubes
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¼ c	Cheerios Cereal; Banana Bread	Whole Grain Raisin Bread (1 slice; plain, no icing) Butter or Marg.	Honey Nut Shredded Wheat	Pancakes	*Breakfast Burrito (1 Whole Wheat Tortilla) Very Mild Salsa
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Shredded Chicken In sauce	*Ropa Vieja	*Meatloaf Ketchup	*(Spaghetti &) Meat Sauce with Ground Turkey or Beef	*Fish Sticks
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Steamed Carrots	Mixed Vegetables	Mashed Sweet Potato	Green Salad (Romaine Lettuce, Tomato, Cucumber) Lowfat Ranch Dressing	Green Peas
	Fruit or Vegetable Ages: 1-18: ¼ c	Fruit Cocktail	Pineapple	Broccoli	Tropical Mixed Fruit	Pears
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Roll	Congri	Whole Wheat Bread	Spaghetti (& Meat Sauce); Garlic Bread	Whole Grain Roll
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz	Milk			Milk	
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz		Cheese Slice	Cottage Cheese		
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c			Peaches		Fresh Orange Slices
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¼ c	Whole Wheat Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices Butter or Marg. & Jelly	Soft Tortilla		Whole Grain Tortilla Chips Very Mild Salsa (2 Tbsp)	Whole Grain Pita Crackers

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Week Four		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate			Cheese Slice (1 oz)		
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Fruit Cocktail	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)	Grape Juice	Banana
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¼ c	Blueberry Muffin	Life Original Cereal (½ cup ages 1-5)	Whole Wheat Bread (1 slice)	Whole Grain English Muffin Soynut Butter & Jelly	Multigrain Cheerios Cereal
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roasted Turkey (sliced or pulled)	*Chicken Strips	*Picadillo	Baked Chicken	Hamburger Patty with Cheese Lettuce and Tomato Mustard, Mayo, Ketchup
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Mashed Potatoes	Mixed Greens Salad (Spinach, Romaine, Tomato, Cucumber) Lowfat Ranch Dressing	Green Peas	Winter Squash (Acorn or Butternut)	Green Beans
	Fruit or Vegetable Ages: 1-18: ¼ c	Mixed Vegetables	Pineapple (⅓ cup)	Plantains	Fresh Broccoli Florets Lowfat Ranch Dip	Fruit Salad
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Whole Grain Roll	Whole Wheat Bread (1 slice) Butter or Marg.	Cuban Bread or Roll	Congri; Roll	Whole Wheat Bun
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz	Milk	Milk			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 Jelly		Yogurt 4 oz cup	Mozzarella Cheese Ages 1-5: ½ oz Ages 6 and up: 1 oz
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					Tomato Sauce (2 Tbsp)
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c			Pears	Peaches	
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¼ c	Whole Grain Square Crackers	Whole Wheat Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices	Saltines		Whole Grain English Muffin

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	Week Five	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate					Scrambled Egg/*Egg Patty (1 oz)
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Blended 100% Juice	Peaches	Fresh Orange Wedges	Banana	Applesauce
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¼ c	Total Whole Grain Cereal; Biscuit Butter or Marg. & Jelly	Whole Grain Bagel Cream Cheese	Frosted Mini Wheat Cereal (½ cup ages 1-5)	Waffles Syrup	Whole Wheat Toast Butter or Marg. & Jelly
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Breaded Chicken Patty Gravy	Seasoned Black Beans (at least ¾ c ages 1-5 and ½ c ages 6-12)	*Ravioli	*Cuban Stew (with beef)	*Pizza
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Mashed Potatoes	Green Beans	Broccoli	Mixed Vegetables	Steamed Carrots
	Fruit or Vegetable Ages: 1-18: ¼ c	Peas and Carrots	Fresh Apple Slices	Fruit Cocktail	Fruit Salad	Tossed Salad (Lettuce & Tomato)
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Whole Wheat Roll Butter or Marg.	Rice; Whole Wheat Bread (1 slice)	Garlic Bread (1 slice)	Brown Rice	Whole Grain Pizza Crust
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz					Milk
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz		Yogurt 4 oz cup	Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp	Cheese Slice	
	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	Pears	Pineapple Tidbits	Raisins (2 Tbsp all ages)		Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Whole Grain Cracker Rounds			Plain Arepa	

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