

Attachment 2 Cycle Menu A

Refer to the Child Care Food Program Meal Pattern for Children 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. Between a child's first and second birthday, whole milk is strongly recommended. After age 2, it is required that lowfat (1%) or fat free milk be served.

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fruit Cocktail Cinnamon Raisin Bagel <i>Cream Cheese</i> Milk	Pears Honey Nut Scooters Cereal Milk	Fresh Orange Wedges Cheese Toast (Whole Wheat Bread, 1 slice) Milk	Cinnamon Apples French Toast (1 ½ slices) Milk	Apple Juice Crispy Rice Cereal Whole Grain Toast <i>Butter & Jelly</i> Milk
Lunch/ Supper	Ham Whole Wheat Bread (1 slice) <i>Butter</i> Green Beans Sweet Potatoes Pineapple Milk	*Beefaroni Garlic Bread Spinach Fruit Salad Milk	*Picadillo Congri Cuban Bread Sliced Tomatoes Tropical Mixed Fruit Milk	*Breaded Fish <i>Ketchup</i> Whole Grain Roll Mashed Potato Mixed Vegetables Mandarin Oranges Milk	*Arroz Con Pollo Cuban Bread or Roll Mixed Greens Salad (Spinach, Romaine, Tomato, Cucumber) <i>Lowfat French Dressing</i> Peaches Milk
Snack	Animal Crackers Applesauce	Ham (sliced) Whole Wheat Bread <i>Mayo & Mustard</i>	Plain Graham Crackers Milk	Carrot Sticks Assorted Whole Grain Crackers	Pretzels (soft or thin) Banana

*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 6-12 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)

Effective FFY 2015-2016

Cycle Menu A (Continued)

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Juice Kix Cereal Blueberry Muffin Milk	Tropical Mixed Fruit Bagel <i>Cream Cheese</i> Milk	Banana Whole Wheat Toast (1 slice) <i>Butter & Jelly</i> Milk	Peaches Whole Grain English Muffin <i>Butter & Jelly</i> Boiled Egg Milk	Orange Wedges Waffles <i>Syrup</i> Milk
Lunch/ Supper	*Macaroni & Cheese Broccoli Black Eyed Peas Pears Milk	*Chicken Nuggets <i>Ketchup</i> Whole Wheat Bread Green Beans Corn Applesauce Milk	*Salisbury Steak <i>Gravy</i> Whole Grain Roll Mashed Potatoes Mandarin Oranges Peas and Carrots Milk	*Fricase de Pollo Rice Spinach Plantains Milk	Cuban Sandwich (Pork, Ham, Swiss Cheese, Pickles, Cuban or Whole Wheat Bread) <i>Mayo & Mustard</i> Baked Sweet Potato Fries Tossed Salad (Lettuce & Tomato) <i>Lowfat Ranch Dressing</i> Apple Slices Milk
Snack	Cuban Crackers Cheese Slice	Assorted Whole Grain Crackers Bean Dip	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon) Milk	Pineapple Yogurt <i>Flavored 4 oz cup</i>	Oatmeal Cookie Milk

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Blended 100% Juice Cheerios Cereal Banana Bread Milk	Mandarin Oranges Whole Grain Raisin Bread (1 slice; plain, no icing) Butter Milk	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon) Bran Flakes Cereal Milk	Cinnamon Apples Pancakes Milk	Cantaloupe Cubes *Breakfast Burrito (1 whole wheat Tortilla, 1 Scrambled Egg, ½ oz Cheese, very mild Salsa) Milk
Lunch/ Supper	*Breaded Chicken Patty <i>In sauce</i> Roll Steamed Carrots Fruit Cocktail Milk	*Ropa Vieja Rice Black Beans Mixed Vegetables Pineapple Milk	*Meatloaf Ketchup Whole Wheat Bread Mashed Sweet Potato Broccoli Milk	*Spaghetti & Meat Sauce (with Ground Turkey or Beef and Whole Grain Noodles) Garlic Bread Green Salad (Romaine Lettuce, Tomato, Cucumber) Lowfat Ranch Dressing Tropical Mixed Fruit Milk	*Fish Sticks Whole Grain Roll Green Peas Pears Milk
Snack	Plain Graham Crackers Milk	Whole Grain Soft Tortilla Cheese Slice	Animal Crackers Peaches	Granola Bar Milk	Assorted Whole Grain Crackers Orange Slices

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Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fruit Cocktail Blueberry Muffin Milk	Applesauce Life Cereal Milk	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon) Cheese Toast (Whole Wheat Bread, 1 slice) Milk	Grape Juice Whole Grain English Muffin Peanut Butter & Jelly Milk	Banana Multigrain Cheerios Cereal Milk
Lunch/ Supper	Roast Pork (sliced or pulled) Whole Grain Roll Mashed Potatoes Mixed Vegetables Cinnamon Apples Milk	*Chicken Strips Whole Wheat Bread Butter Mixed Greens Salad (Spinach, Romaine, Tomato, Cucumber) Lowfat Ranch Dressing Pineapple Milk	*Picadillo Cuban Bread or Roll Congri Green Peas Plantains Milk	Baked Chicken Roll Winter Squash (acorn or butternut) Broccoli Florets Lowfat Ranch Dip Orange Sections Milk	Hamburger Patty with Cheese Whole Wheat Bun Lettuce and Tomato Mustard, Mayo, Ketchup Green Beans Fruit Salad Milk
Snack	Peaches Yogurt Flavored 4 oz cup	Animal Crackers Pears	Peanut Butter Sandwich (Whole Wheat Bread) Milk	Cheese Slice Whole Grain Sandwich Round	Assorted Whole Grain Crackers Milk

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Week Five	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Blended 100% Juice Biscuit <i>Butter & Jelly</i> Wheat Chex Cereal Milk	Peaches Whole Grain Bagel <i>Cream Cheese</i> Milk	Orange Wedges Shredded Wheat Cereal Milk	Banana Waffles (2 serv. = 62 gm) <i>Syrup</i> Milk	Apple Slices Whole Wheat Toast <i>Butter & Jelly</i> Scrambled Egg/*Egg Patty Milk
Lunch/ Supper	Turkey Roast <i>Gravy</i> Whole Wheat Roll <i>Butter</i> Mashed Potatoes Peas and Carrots Tropical Mixed Fruit Milk	Seasoned Black Beans (at least 3/8 c ages 1-5 and ½ c ages 6-12) Rice Whole Wheat Bread (1 slice) Green Beans Applesauce Milk	*Ravioli Garlic Bread (1 slice) Broccoli Fruit Cocktail Milk	*Cuban Stew (with beef) Rice Mixed Vegetables Fruit Salad Milk	*Pizza (whole grain crust) Steamed Carrots Tossed Salad (Lettuce & Tomato) <i>Lowfat Ranch Dressing</i> Mandarin Oranges Milk
Snack	Assorted Whole Grain Crackers Pears	Pineapple Tidbits Yogurt <i>Flavored 4 oz cup</i>	Plain Graham Crackers Milk	Cheese Slice Soft Whole Wheat Tortilla	Banana Bread Milk

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