

## Attachment 2 Cycle Menu C No Peanut

Refer to Child Care Food Program Meal Pattern for Children when planning portion sizes for age groups specified in this contract.

**Milk must be served with each breakfast, lunch and supper meal. Milk must be served with snack as 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.**

**Please Note:** Obvious peanut/peanut butter sources have been omitted such as peanut butter sandwich and peanut butter crackers. Other processed items such as granola bars, oatmeal cookies, muffins, or other products may be processed with peanuts or in a plant that processes peanuts. Food product labels or manufacturer information may be requested regarding food allergens.

<b>Week One</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Pears Bran Flakes Cereal Cinnamon Toast (whole wheat bread) Milk	Grape Juice *Ham & Cheese Biscuit Milk	Fresh Orange Wedges Cheerios Cereal Milk	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon) Whole Wheat English Muffin <b>Butter &amp; Jelly</b> Milk	Cinnamon Apples French Toast Milk
<b>Lunch/ Supper</b>	Ham Whole Wheat Roll <b>Butter</b> Mixed Vegetables Black Eye Peas Applesauce Milk	*Sloppy Joe on Whole Grain Bun Baked Sweet Potato Fries Tropical Mixed Fruit Milk	Oven Fried Chicken Bread Slice Mashed Potatoes Steamed Zucchini Pears Milk	*Breaded Fish <b>Ketchup</b> Whole Wheat Roll Peas & Carrots Fruit Cocktail Milk	*Salisbury Steak <b>With Gravy</b> Brown Rice Spinach Salad (Spinach, Tomato, Cucumber) <b>Lowfat French Dressing</b> Green Beans Fruit Salad Milk
<b>Snack</b>	Animal Crackers Pineapple	Peaches Yogurt <b>Flavored 4 oz cup</b>	Assorted Whole Grain Crackers Cucumber/Carrot/Celery Sticks <b>Lowfat Ranch Dressing</b>	Whole Grain Cheese Crackers Banana Milk	Oatmeal Cookie Milk

\*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 C No Peanut (Continued)

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Pineapple Tidbits Kix Cereal Whole Grain English Muffin <i>Butter &amp; Jelly</i> Milk	Mandarin Oranges Pancakes <i>Syrup</i> Milk	Orange Juice Whole Wheat Toast <i>Butter &amp; Jelly</i> Scrambled Egg/*Egg Patty Milk	Banana Multigrain Cheerios Cereal Milk	Cantaloupe Cubes Whole Wheat Bagel <i>Cream Cheese &amp; Jelly</i> Milk
<b>Lunch/ Supper</b>	*Macaroni & Cheese Broccoli Black Eyed Peas Pears Milk	*Chicken Nuggets <i>Barbecue Sauce</i> Whole Grain Roll Mashed Sweet Potatoes Lima Beans Applesauce Milk	*Beef Ravioli Italian Bread Spinach Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon) Milk	*Chicken & Rice Whole Grain Roll <i>Butter</i> Carrots Peaches Milk	Ham & Cheese Sandwich (Whole Wheat Bread) <i>Mustard, Mayo, Ketchup</i> Lettuce, Tomato, Pickle Mixed Vegetables Tropical Mixed Fruit Milk
<b>Snack</b>	Granola Bar (no peanuts) Milk	Celery Sticks Hummus Saltine Crackers	Assorted Whole Grain Crackers Cheese Slice	Whole Grain Blueberry Muffin Milk	Cheese Crackers Apple Wedges

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Peaches Blueberry Muffin Milk	Pineapple Tidbits Biscuit <b>Butter &amp; Jelly</b> Milk	Applesauce French Toast (whole wheat bread) Milk	Apple Juice Whole Wheat English Muffin <b>Butter &amp; Jelly</b> Milk	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon) Life Cereal Milk
<b>Lunch/Supper</b>	*Breaded Pork Patty <b>Gravy</b> Whole Grain Roll <b>Butter</b> Mashed Sweet Potatoes Broccoli Mandarin Oranges Milk	*Veggie Burger Whole Wheat Bun <b>Mustard, Mayo, Ketchup</b> Lettuce, Tomato, Pickle Tater Tots Fruit Cocktail Milk	Turkey & Cheese Sandwich (Whole grain bread) <b>Mayo &amp; Mustard</b> Green Beans Banana Milk	*Spaghetti & Meat Sauce (with Ground Turkey or Beef and whole grain noodles) Garlic Bread Tossed Salad with Chickpeas (Lettuce, Tomato, Cucumber) <b>Lowfat French Dressing</b> Pears Milk	*Fish Sticks <b>Ketchup</b> Cornbread Peas and Carrots Apple slices Milk
<b>Snack</b>	Whole Grain Pita Bread Cheese Slice	Animal Crackers Yogurt <b>Flavored 4 oz cup</b>	Fresh Broccoli and Cauliflower Florets <b>Lowfat Ranch Dressing</b> Whole Grain Cheese Crackers	Orange Slices Raisin Bread (1 slice; plain; no icing) <b>Butter</b>	Assorted Whole Grain Crackers Milk

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Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Blended 100% Juice Multigrain Cheerios Cereal Whole Grain Muffin Milk	Fruit Salad Cinnamon Raisin Bagel <b>Cream Cheese</b> Milk	Cinnamon Apples Whole Grain Waffle Milk	Banana Shredded Wheat Cereal Milk	Mandarin Oranges Whole Grain English Muffin <b>Butter &amp; Jelly</b> Boiled Egg Milk
<b>Lunch/ Supper</b>	Roast Pork (sliced or pulled) Whole Wheat Roll <b>Butter</b> Green Peas Sweet Potato Tropical Mixed Fruit Milk	*Chicken Strips Whole Wheat Bread Mashed Potatoes Green Beans Pineapple Tidbits Milk	*Beef and Bean Burrito Spinach Salad (Spinach, Tomato, Cucumber) <b>Lowfat Ranch Dressing</b> Orange Wedges Milk	*Tuna Salad Sandwich on Whole Wheat Bread Steamed Carrots Apple Wedges Milk	Hamburger Patty with Cheese Whole Wheat Bun Lettuce and Tomato <b>Mustard, Mayo, Ketchup</b> Baked Beans Fruit Salad Milk
<b>Snack</b>	Plain Graham Crackers Pears	Celery Sticks <b>Lowfat Ranch Dressing</b> Whole Grain Cheese Crackers	Peaches Yogurt <b>Flavored 4 oz cup</b>	Assorted Whole Grain Crackers Cheese Slice	Granola Bar (no peanuts) Milk

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Week Five	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Mandarin Oranges English Muffin <i>Butter &amp; Jelly</i> Milk	Pears Cheese Toast (Whole Wheat Bread, 1 slice) Milk	Tropical Mixed Fruit Wheat Chex Cereal Banana Muffin Milk	Cinnamon Apples Whole Grain Pancakes Milk	Orange Juice Whole Wheat Bagel <i>Cream Cheese</i> Milk
<b>Lunch/ Supper</b>	Turkey Roast <i>Gravy</i> Whole Grain Roll <i>Butter</i> Mashed Potatoes Mixed Vegetables Applesauce Milk	Black-Eyed Peas (at least 3/8 c ages 1-5 and 1/2 c ages 6-12) Brown Rice Collard Greens Cornbread Pineapple Tidbits Milk	*Beefaroni Peas & Carrots Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon) Milk	*Chicken and Dumplings Green Beans Winter Squash (acorn or butternut) Fruit Cocktail Milk	*Pizza (Whole grain crust) Corn Tossed Salad (Lettuce, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i> Cantaloupe Milk
<b>Snack</b>	Peaches Milk	Turkey Slices Whole Grain Bread (1 slice) <i>Mayo &amp; Mustard</i>	Cheese Slice Orange Wedges	Hard Boiled Egg (1/2 egg) Saltine Crackers	Bean Dip Soft Whole Grain Tortilla

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