

**Attachment 2 Cycle Menu A 2023-2024**

**Week of:** \_\_\_\_\_

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 6 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>BREAKFAST</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Colby Cheese Slice (1 oz)				
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	100% Apple Juice	Pears	Pineapple	Cinnamon Apples	Banana (1 whole)
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread <i>Butter or Marg</i>	Multi Grain Cheerios (100% whole grain)	Bagel <i>Cream Cheese</i>	Life Original Cereal (whole grain-rich)	English Muffin (whole grain-rich) <i>Butter or Marg. &amp; Jelly</i>
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Fricassee de Pollo	Black Beans	*Picadillo	*Beefaroni	*Arroz Con Pollo
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Mashed Potatoes (Not instant)	Platano Maduro (Plantains)	Corn	Mixed Vegetables	Salad (Spinach, Romaine, Tomato, Cucumber) <i>Italian or Ranch Dressing</i>
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Fresh Broccoli Florets <i>Ranch Dip</i>	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Mandarin Oranges	Yuca (with mojo)
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread <i>Butter or Marg.</i>	Rice	Brown Rice (100% whole grain)	Macaroni (in entrée)	Rice (in entrée)
<b>SNACK</b>	<b>Milk</b> Ages 1-5: 4 oz; Ages 6-18: 8 oz		Milk			
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz; Ages: 6-18: 1 oz	Yogurt 4 oz			Sliced Turkey (1oz)	
	<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		Fresh Orange Wedges
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		Blueberry Muffin	Cheese Crackers	100% Whole Grain Bread <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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<b>Week Two</b>		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Cheddar Cheese Slice (1 oz)				
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Pineapple	Fruit Cocktail	Fresh Orange Wedges	Banana (1 whole)	Peaches
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Rice Chex Cereal (100% whole grain)	Plain Bagel <b>Cream Cheese</b>	100% Whole Grain Bread <b>Butter or Marg.</b>	English Muffin <b>Butter or Marg. &amp; Jelly</b>	Berry Berry Kix Cereal (whole grain-rich)
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Chicken	*Chicken Nuggets <b>Ketchup</b>	Hamburger (lettuce and tomato)	*Fricassee de Pollo	*Breaded Fish
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots	Steamed Broccoli	Green Beans	Roasted New Potatoes	Salad (Spinach, Romaine, Tomato, Cucumber) <b>Italian or Ranch Dressing</b>
	<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	Steamed Baby Carrots
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	*Moros	100% Whole Grain Bread <b>Butter or Marg.</b>	Bun <b>Ketchup</b>	Brown Rice (100% whole grain)	*Macaroni and Cheese
<b>SNACK</b>	<b>Milk</b> Ages 1-5: 4 oz; Ages 6-18: 8 oz	Milk				
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz; Ages: 6-18: 1 oz			Peanut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp	Yogurt 4 oz	
	<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		Applesauce
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Cuban Crackers <b>Cream Cheese &amp; Guava Paste</b>	Banana Muffin		Graham Crackers (plain or honey)	Corn Muffin

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<b>Week Three</b>		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Mozzarella Cheese Slice (1 oz)				Hard Boiled Egg (½ egg)
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Peaches	Mandarin Oranges	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Cinnamon Apples	Banana (1 whole)
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Original Cheerios (100% whole grain)	Whole Grain-Rich Raisin Bread (plain, no icing) <b>Butter or Marg.</b>	Blueberry Muffin	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	100% Whole Grain English Muffin <b>Butter or Marg. &amp; Jelly</b>
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 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 Patty	*Picadillo	*Spaghetti & Meat Sauce with Ground Turkey or Beef	*Arroz Amarillo con Pollo
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Black Beans	Green Peas	Red Beans	Salad (Spinach, Romaine, Tomato, Cucumber) <b>Italian or Ranch Dressing</b>	Mixed Vegetables
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Tostones (plantains)	Fresh Apple Slices	Fruit Cocktail	Steamed Baby Carrots	Pears
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Rice	Cuban Bread	Rice	Spaghetti (in entrée)	Rice (in entrée)
<b>SNACK</b>	<b>Milk</b> Ages 1-5: 4 oz; Ages 6-18: 8 oz		Milk		Milk	
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz; Ages 6-18: 1 oz	Yogurt 4 oz		Sliced Turkey (1 oz)	Provolone Cheese Slice	
	<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% Apple Juice		Fresh Orange Slices
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Graham Crackers (plain or honey)	Animal Crackers	Crackers (whole grain-rich)	100% Whole Wheat Tortilla	Soft Pita

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Week Four		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Yogurt 4 oz				
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Fruit Cocktail	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	100% Orange Juice	Banana (1 whole)
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Life Original Cereal (whole grain-rich)	Blueberry Muffin	100% Whole Grain English Muffin <b>Butter or Marg. &amp; Jelly</b>	100% Whole Grain Bread. <b>Butter or Marg.</b>	Multi Grain Cheerios (100% whole grain)
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Pork	*Breaded Fish <b>Ketchup</b>	Hamburger (Lettuce and Tomato)	Baked Chicken	*Picadillo
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Salad (Spinach, Romaine, Tomato, Cucumber) <b>Italian or Ranch Dressing</b>	Oven Fried Potatoes	Platano Maduro (plantains)	Yucca
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Black Beans	Steamed Baby Carrots	Pears	Peaches	Mixed Vegetables
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	White Rice	Soft Roll	Bun <b>Mustard, Mayo, Ketchup</b>	Cuban Bread	*Congri
<b>SNACK</b>	<b>Milk</b> Ages 1-5: 4 oz; Ages 6-18: 8 oz			Milk	Milk	
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz; Ages: 6-18: 1 oz	Sliced Turkey (1 oz)	Cheddar Cheese Slice			Yogurt Dip (2 oz vanilla yogurt with drained sliced peaches)
	<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 Wedges		
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Crackers	100% Whole Grain Bread		Cuban Crackers <b>Cream Cheese &amp; Guava Paste</b>	Graham Crackers (plain or honey)

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