

Attachment 2 Cycle Menu B 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
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate			Colby Cheese Slice (1 oz)		
	Vegetable/Fruit/Juice Ages 1-18: ½ c	100% Apple Juice	Pears	Pineapple	Cinnamon Apples	Banana (1 whole)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Cinnamon Raisin Bagel <i>Cream Cheese</i>	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread <i>Butter or Marg.</i>	Life Original Cereal (whole grain-rich)	Whole Grain-Rich English Muffin
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Baked Sliced Ham (2 oz)	*Chicken Tetrazzini	*Breaded Fish <i>Ketchup</i>	*Ground Beef Stroganoff	*Oven Fried Chicken
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Sweet Potato (not instant)	Fresh Tomato Slices	Green Peas	Mixed Vegetables	Salad (Spinach, Romaine, Tomato, Cucumber) <i>Italian or Ranch Dressing</i>
	Fruit or Vegetable Ages: 1-18: ¼ c	Steamed Broccoli	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Mandarin Oranges	Green Beans
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread <i>Butter or Marg.</i>	Pasta (in entrée)	Soft Roll	Egg Noodles	Cornbread
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz		Milk			
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages: 6-18: 1 oz	Yogurt 4 oz			Sliced Turkey (1 oz)	
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c	Fruit Cocktail		Peaches		Fresh Orange Wedges
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		Blueberry Muffin	Cheese Crackers	100% Whole Grain Bread <i>Mayo & Mustard</i>	Whole Grain Graham 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
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Cheddar Cheese Slice (1 oz)				
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Pineapple	Pears	Banana (1 whole)	Peaches	Fresh Orange Wedges
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Kix Cereal (Original, Honey, or Berry Berry; (whole grain-rich)	Plain Bagel Cream Cheese	100% Whole Grain Bread Butter or Marg.	English Muffin Butter or Marg. & Jelly	Rice Chex Cereal (whole grain-rich)
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Turkey Slices	*Chicken Nuggets Ketchup	Cheeseburger	Tacos (Turkey, Chicken, or Beef) Shredded Cheese, Shredded Lettuce, Diced Tomato, and Mild Salsa	*Beefaroni
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots	Steamed Broccoli	Green Beans	Corn	Salad (Spinach, Romaine, Tomato, Cucumber) Italian or Ranch Dressing
	Fruit or Vegetable Ages: 1-18: ¼ c	Mandarin Oranges	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Black Beans	Fruit Cocktail
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Whole Grain-Rich Roll Butter or Marg.	100% Whole Grain Bread Butter or Marg.	Bun Mustard, Mayo, Ketchup	Tortilla & Brown Rice (100% whole grain)	Macaroni (in entrée)
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz	Milk				
	Meat/Meat Alternate 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	Chicken Salad
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c		100% Orange Juice	Fresh Apple Slices		
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Pretzels	Corn Muffin		Graham Crackers (plain or honey)	Crackers (savory)

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		Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz		Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate		Mozzarella Cheese Slice (1 oz)				Hard Boiled Egg (½ egg)
	Vegetable/Fruit/Juice 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)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		Original Cheerios (100% whole grain)	Raisin Bread (1 slice; plain, no icing) Butter or Marg.	Blueberry Muffin	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	Whole Grain-Rich English Muffin Butter or Marg. & Jelly
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz		Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2		Sweet and Sassy Chicken (chicken breast with honey mustard glaze)	*Meatloaf with Ground Turkey or Beef Ketchup	Chicken in Gravy or Sauce	*Spaghetti & Meat Sauce with Ground Turkey or Beef	*Pizza
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)		Italian Green Beans	Fresh Mashed Sweet Potato (not instant)	Green Peas	Salad (Spinach, Romaine, Tomato, Cucumber) Italian or Ranch Dressing	Mixed Vegetables
	Fruit or Vegetable Ages: 1-18: ¼ c		Pineapple	Fruit Cocktail	Fresh Apple Slices	Steamed Baby Carrots	Pears
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		Brown Rice (100% whole grain)	100% Whole Grain Bread Butter or Marg.	Soft Roll	Spaghetti (in entrée); Garlic Bread	Pizza Crust (in entrée)
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz					Milk	
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz		Yogurt 4 oz				Cheese Stick
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c				Carrot Sticks Ranch Dip		
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c			100% Grape Juice			Fresh Orange Slices
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		100% Whole Grain Crackers	Fish Shaped Crackers	100% Whole Grain Crackers	Whole Grain-Rich Muffin	

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	Week Four	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Yogurt 4 oz				
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Fruit Cocktail	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	100% Apple Juice	Banana (1 whole)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Life Original Cereal (whole grain-rich)	Blueberry Muffin	100% Whole Grain Bread Butter or Marg.	Biscuit Butter or Marg.	Multi Grain Cheerios (100% whole grain)
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Chicken Alfredo	*Breaded Fish Ketchup	Baked Ham	*Chicken and Rice	Hamburger (Lettuce and Tomato)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Cucumber Slices	Steamed Baby Carrots	Green Beans	Oven Fried Potatoes
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Tangerine/Clementine slices (Fresh)	Mashed Potato	Mandarin Oranges	Pears
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Pasta (in entrée)	Soft Roll	Corn Muffin	Brown Rice (100% whole grain)	Bun Mustard, Mayo, Ketchup
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz	Milk				Milk
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz		Cheddar Cheese Slice		Yogurt 4 oz	
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c			Fresh Orange Wedges	Peaches	
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Whole Grain-Rich Crackers	100% Whole Grain Bread	Crackers (savory)		Pretzels

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