

**Attachment 2 Cycle Menu C No Pork No Peanut 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 six years old and older must be served unflavored or flavored lowfat (1 percent) or fat-free (skim) milk. *Substitutions require state office approval.*

<b>Week One</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: 6oz; Ages 6-18: 8oz	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	Cinnamon Raisin Bagel <b><i>Cream Cheese</i></b>	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread (1 slice) <b><i>Butter or Marg.</i></b>	Life Original Cereal (whole grain-rich)	Whole Grain-Rich English Muffin <b><i>Jelly</i></b>
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: 6oz; Ages 6-18: 8oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Baked Sliced Chicken (2 oz)	*Chicken Tetrazzini	*Breaded Fish <b><i>Ketchup</i></b>	*Ground Beef Stroganoff	*Chicken Tenders
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Baked Beans	Corn & Lima Beans	Green Peas	Mixed Vegetables	Salad (Spinach, Romaine, Tomato, Cucumber) <b><i>Ranch or Italian Dressing</i></b>
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Steamed Broccoli	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Mandarin Oranges	Tropical Fruit Salad
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread <b><i>Butter or Marg.</i></b>	Pasta (in entrée)	Soft Roll <b><i>Butter or Marg.</i></b>	Egg Noodles	Cornbread <b><i>Butter or Marg.</i></b>
<b>SNACK</b>	<b>Milk</b> Ages 1-5: 4oz; Ages 6-18: 8oz		Milk			
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz; Ages: 6-18: 1 oz	Yogurt 4 oz			Sliced Turkey (1 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	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 (1 slice) <b><i>Mayo &amp; Mustard</i></b>	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). **All food must be peanut and tree nut free.**

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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: 6oz; Ages 6-18: 8oz	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	Pears	Banana (1 whole)	Peaches	Fresh Orange Wedges
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Kix Cereal (Original, Honey, or Berry Berry; whole grain-rich)	Plain Bagel <b><i>Cream Cheese</i></b>	100% Whole Grain Bread (1 slice) <b><i>Butter or Marg.</i></b>	Whole Grain-Rich English Muffin <b><i>Butter or Marg. &amp; Jelly</i></b>	Rice Chex Cereal (whole grain-rich)
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: 6oz; Ages 6-18: 8oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Turkey Slices	*Chicken Nuggets <b><i>Ketchup</i></b>	Cheeseburger (Lettuce and Tomato)	*Chicken and Dumplings	Spaghetti and Meatballs
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Succotash	Steamed Broccoli	Peas and Carrots	Fresh Apple Slices	Salad (Spinach, Romaine, Tomato, Cucumber) <b><i>French Dressing</i></b>
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Mandarin Oranges	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Green Beans	Fruit Cocktail
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Brown Rice (100% whole grain)	100% Whole Grain Bread <b><i>Butter or Marg.</i></b>	Bun <b><i>Mustard, Mayo, Ketchup</i></b>	Dumplings (in entrée)	Pasta
<b>SNACK</b>	<b>Milk</b> Ages 1-5: 4oz; Ages 6-18: 8oz	Milk				
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz; Ages 6-18: 1 oz			Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp	Yogurt 4 oz	Chicken Salad
	<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		
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Pretzels	Corn Muffin		Graham Crackers (plain or honey)	Crackers (savory)

**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). **All food must be peanut and tree nut free.**

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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: 6oz; Ages 6-18: 8oz	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)	Biscuit <b>Butter or Marg. &amp; Jelly</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: 6oz; Ages 6-18: 8oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Sloppy Joes	*Meatloaf (with ground beef or turkey) <b>Ketchup</b>	Chicken in Gravy or Sauce	*Chicken and Rice Casserole	*Veggie Burger (Lettuce, Tomato & Pickle)
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Italian Green Beans	Fresh Mashed Sweet Potato (not instant)	Cole Slaw	Salad (Spinach, Romaine, Tomato, Cucumber) <b>Ranch or Italian Dressing</b>	Green Peas
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pineapple	Fruit Cocktail	Field Peas	Steamed Baby Carrots	Fresh Apple Slices
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Bun	100% Whole Grain Bread <b>Butter or Marg.</b>	Corn Muffin <b>Butter or Marg.</b>	Rice (in entrée)	Bun <b>Mustard, Mayo, Ketchup</b>
<b>SNACK</b>	<b>Milk</b> Ages 1-5: 4oz; Ages 6-18: 8oz	Milk			Milk	
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz; Ages: 6-18: 1 oz					Cheese Stick
	<b>Vegetable</b> Ages 1-5: ½ c; Ages 6-18: ¾ c			Carrot Sticks <b>Ranch Dip</b>		
	<b>Fruit/Juice</b> Ages 1-5: ½ c; Ages 6-18: ¾ c		100% Grape Juice			Fresh Orange Slices
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Graham Crackers (plain or honey)	Fish-Shaped Crackers	100% Whole Grain Crackers	Animal Crackers	

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<b>Week Four</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: 6oz; Ages 6-18: 8oz	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% Grape 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 Bread <b>Butter or Marg.</b>	100% Whole Grain Bagel <b>Cream Cheese</b>	Multi Grain Cheerios (100% whole grain)
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: 6oz; Ages 6-18: 8oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Chicken Alfredo	*Beef Shepherd's Pie	*Pizza	*Chicken Patty Sandwich	Hamburger (Lettuce and Tomato)
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots	Fresh Mashed Potato (not instant; in entrée)	Corn	Green Beans	Oven Fried French Fries
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pineapple	Peaches	Fresh Broccoli Florets <b>Ranch Dip</b>	Mandarin Oranges	Pears
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Pasta (in entrée)	Soft Roll <b>Butter or Marg.</b>	Pizza Crust (in entrée)	Bun <b>Mustard, Mayo, Ketchup</b>	Bun <b>Mustard, Mayo, Ketchup</b>
<b>SNACK</b>	<b>Milk</b> Ages 1-5: 4oz; Ages 6-18: 8oz	Milk	Milk			
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz; Ages: 6-18: 1 oz				Yogurt 4 oz	Chicken Salad
	<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	Fresh Apple Slices	
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Crackers	Whole Grain-Rich Cinnamon Raisin Bagel <b>Butter or Marg.</b>	Crackers (savory)		100% Whole Wheat Bread

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