

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

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

*This menu is for Jewish Child Care Facilities per USDA FNS Instruction 783-13*

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). *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: 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	Pineapple Tidbits	Pears	Fresh Apple Slices	Tropical Mixed Fruit	Banana (1 whole)
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Original Cheerios (100% whole grain)	Corn Chex Cereal	Cinnamon Raisin Bagel <b>Cream Cheese</b>	Wheaties Cereal (100% whole grain)	100% Whole Grain Bread
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	100% Apple Juice	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Sliced Baked Turkey	*Broccoli Quiche	Seasoned Black Beans (at least 3/8 c ages 1-5 and ½ c ages 6-18)	*Breaded Fish <b>Ketchup</b>	*Bean & Cheese Taco Shredded Lettuce and Diced Tomato <b>Mild Salsa</b>
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Beans	Salad (Spinach, Romaine, Tomato, Cucumber) <b>Ranch Dressing</b>	Peas & Carrots	Spinach	Mexican Corn
	<b>Fruit or Vegetable</b> Ages 1-18: ¼ c	Fresh Roasted Sweet Potatoes	Applesauce	Fresh Orange Slices	Peaches	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas, apples)
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Soft Roll <b>Butter or Marg.</b>	Italian Bread <b>Butter or Marg.</b>	Brown Rice (100% whole grain)	Cornbread <b>Butter or Marg.</b>	Soft Tortilla (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		Peanut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp	Tuna Salad	Cheddar Cheese Slice	Yogurt 4 oz
	<b>Vegetable</b> Ages 1-5: ½ c; Ages 6-18: ¾ c		Celery Sticks		Carrot Sticks	
	<b>Fruit/Juice</b> Ages 1-5: ½ c; Ages 6-18: ¾ c					Fruit Cocktail
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Graham Crackers (plain or honey)		100% Whole Grain 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>	Yogurt 4 oz		Colby Cheese Slice (1 oz)		
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Cinnamon Apples	Mandarin Oranges	Cantaloupe	Fresh Orange Wedges	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Raisin Bread (plain, no icing) <b>Butter or Marg.</b>	Cheerios Cereal (100% whole grain)	100% Whole Grain Bread	100% Whole Grain English Muffin <b>Butter or Marg. &amp; Jelly</b>	Kix Cereal (Original, Honey, or Berry Berry; whole grain-rich)
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	100% Orange Juice	Milk	100% Apple Juice
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Fish Sticks <b>Ketchup</b>	*Cheese Ravioli	*Chicken & Noodles	*Veggie burger Lettuce, Tomato & Pickle	Sliced Turkey Sandwich Lettuce, Tomato, & Pickle
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Mixed Vegetables	Salad (Spinach, Romaine, Tomato, Cucumber) <b>Italian Dressing</b>	Baked Sweet Potatoes	Black Eyed Peas
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Cooked Baby Carrots	Fresh Clementine Wedges	Peaches	Banana	Fruit Cocktail
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Brown Rice (100% whole grain)	Roll <b>Butter or Marg.</b>	Noodles (in entrée)	Bun <b>Mustard, Mayo, Ketchup</b>	100% Whole Grain Bread <b>Mayo &amp; Mustard</b>
<b>SNACK</b>	<b>Milk</b> Ages 1-5: 4r oz; Ages 6-18: 8 oz	Milk		Milk		Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz; Ages 6-18: 1 oz				Yogurt 4 oz	
	<b>Vegetable</b> Ages 1-5: ½ c; Ages 6-18: ¾ c			Carrot, Pineapple, and Raisin Salad		
	<b>Fruit/Juice</b> Ages 1-5: ½ c; Ages 6-18: ¾ c		Pears		Pineapple Tidbits	
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Cheese Crackers	Blueberry Muffin			Peanut Butter Crackers

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

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

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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>	Yogurt 4 oz				Cheddar Cheese Slice (1 oz)
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Mandarin Oranges	Fruit Cocktail	Fresh Orange Slices	Banana (1 whole)	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Cinnamon Chex Cereal (whole grain-rich)	100% Whole Grain English Muffin <b>Peanut Butter &amp; Jelly</b>	Life Original Cereal (whole grain-rich)	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	100% Grape Juice	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Egg Salad Sandwich	Baked Chicken	*Tuna Salad Sandwich <b>Mayo &amp; Mustard</b>	Seasoned Red Beans (at least 3/8 c ages 1-5 and ½ c ages 6-18)	*Bean Burrito
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Mixed Vegetables	Italian Green Beans	Fresh Bell Pepper Strips	Salad (Spinach, Romaine, Tomato, Cucumber) <b>Ranch Dressing</b>	Plantains
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Peaches	Fresh Tomato Slices	Pineapple	Applesauce	Tropical Mixed Fruit
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread	*Macaroni & Cheese	100% Whole Grain Bread	Brown Rice (100% whole grain)	Soft Tortilla (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	Mozzarella Cheese Slice	Peanut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp
	<b>Vegetable</b> Ages 1-5: ½ c; Ages 6-18: ¾ c					Celery Sticks
	<b>Fruit/Juice</b> Ages 1-5: ½ c; Ages 6-18: ¾ c	Fruit Cocktail		Fresh Apple Slices		
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		Crackers (savory)		Soft Tortilla	

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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>	Cheese Stick (1 oz)				
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Tropical Mixed Fruit	Pears	Fresh Apple Slices	Fresh Orange Wedges	Banana (1 whole)
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Wheat Chex Cereal (100% whole grain)	Blueberry Muffin	Total Whole Grain Cereal (100% whole grain)	100% Whole Grain Bagel <b>Peanut Butter &amp; Jelly</b>	Biscuit <b>Jelly</b>
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	100% Orange Juice	Milk	Milk	100% Apple Juice	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Pulled Chicken <b>BBQ Sauce</b>	½ Peanut Butter and Banana Sandwich; Yogurt 4 oz	*Vegetable Chili (with cheese)	*Chicken Tetrazzini	*Fish Sticks <b>Ketchup</b>
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Steamed or Roasted Carrots	Fresh Bell Pepper Strips	Peas & Carrots	Salad (Spinach, Romaine, Tomato, Cucumber) <b>Italian Dressing</b>	Green Peas
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Lima Beans	Pineapple	Peaches	Green Beans	Fresh Roasted Sweet Potatoes
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Biscuit <b>Butter or Marg.</b>	100% Whole Grain Bread	Cornbread <b>Butter or Marg.</b>	Pasta (in entrée)	Brown Rice (100% whole grain)
<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		Cheddar Cheese Slice	Sliced Turkey		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				Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Cheese Crackers	Soft Tortilla	Crackers (savory)		Graham Crackers (plain or honey)

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