

**Attachment 2 Cycle Menu B 2022-2023**

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	Cinnamon Raisin Bagel <b><i>Cream Cheese</i></b>	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread <b><i>Butter or Marg.</i></b>	Life Original Cereal (whole grain-rich)	Whole Grain-Rich English Muffin
<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	Baked Sliced Ham (2 oz)	*Chicken Tetrazzini	*Breaded Fish <b><i>Ketchup</i></b>	*Ground Beef Stroganoff	*Oven Fried Chicken
	<b>Vegetable</b> 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) <b><i>Ranch 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	Green Beans
	<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	Egg Noodles	Cornbread
<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 (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>	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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<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	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>Cream Cheese</b>	100% Whole Grain Bread (1 slice) <b>Butter or Marg.</b>	English Muffin <b>Butter or Marg. &amp; Jelly</b>	Rice Chex 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 Turkey Slices	*Chicken Nuggets <b>Ketchup</b>	Cheeseburger	Tacos (Turkey, Chicken, or Beef) <b>Shredded Cheese, Shredded Lettuce, Diced Tomato, and Mild Salsa</b>	Turkey and Cheese Sandwich (Lettuce, Tomato, & Pickle)
	<b>Vegetable</b> 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) <b>Italian Dressing</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)	Black Beans	Fruit Cocktail
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Whole Grain-Rich Roll <b>Butter or Marg.</b>	100% Whole Grain Bread	Bun	Tortilla & Brown Rice (100% whole grain)	100% Whole Grain Bread <b>Mayo &amp; Mustard</b>
<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	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)

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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)	Raisin Bread (1 slice; plain, no icing) <b>Butter or Marg.</b>	Blueberry Muffin	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	Whole Grain-Rich 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	Sweet and Sassy Chicken (chicken breast with honey mustard glaze)	*Meatloaf with Ground Turkey or Beef <b>Ketchup</b>	Chicken in Gravy or Sauce	*Spaghetti & Meat Sauce with Ground Turkey or Beef	*Pizza
	<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)	Green Peas	Salad (Spinach, Romaine, Tomato, Cucumber) <b>Ranch Dressing</b>	Mixed Vegetables
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pineapple	Fruit Cocktail	Fresh Apple Slices	Steamed Baby Carrots	Pears
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Brown Rice (100% whole grain)	100% Whole Grain Bread	Soft Roll	Spaghetti (in entrée); Garlic Bread	Pizza Crust (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				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	100% Whole Grain Crackers	Fish Shaped Crackers	100% Whole Grain Crackers	Whole Grain-Rich Muffin	

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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: 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% Apple 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	Biscuit <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	*Chicken Alfredo	*Breaded Fish <b>Ketchup</b>	Baked Ham	*Chicken and Rice	Hamburger (Lettuce and Tomato)
	<b>Vegetable</b> 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
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pineapple	Tangerine/Clementine slices (Fresh)	Mashed Potato	Mandarin Oranges	Pears
	<b>Grains</b> 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 <b>Mustard, Mayo, Ketchup</b>
<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		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			Fresh Orange Wedges	Peaches	
	<b>Grains</b> 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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<b>Week Five</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>					
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Fruit Cocktail	Pineapple	Pears	Banana (1 whole)	Applesauce
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Blueberry Muffin (whole grain-rich)	100% Whole Grain Bagel <b>Cream Cheese</b>	Cinnamon Chex Cereal (whole grain-rich)	Original Cheerios (100% whole grain)	100% Whole Grain Bread <b>Butter or Marg.</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	Fresh Turkey Roast <b>Gravy</b>	Seasoned Black Beans (at least ¾ c ages 1-5 and ½ c ages 6-18)	*Spaghetti and Meatballs	*Chicken Salad Sandwich <b>Pickles</b>	*Chicken Nuggets <b>Honey Mustard</b>
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots	Green Beans	Steamed Broccoli	Mixed Vegetables	Salad (Spinach, Romaine, Tomato, Cucumber) <b>Italian Dressing</b>
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Peaches	Fresh Apple Slices	Tangerine/Clementine Slices (Fresh)	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Fresh Mashed Potato (not instant)
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	*Macaroni & Cheese	Yellow Rice	Pasta	Sandwich Bread <b>Mayo</b>	Soft Roll
<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 Dip (2 oz vanilla yogurt with drained sliced peaches)		Cheddar 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% Orange Juice				
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Saltine Crackers	Raisin Bread (1 slice; plain, no icing) <b>Butter or Marg.</b>	Graham Crackers (plain or honey)	Cheese Crackers	Pita Bread

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