

Attachment 2

Cycle Menu Kosher: This menu is for Jewish Child Care Facilities per USDA FNS Instruction 783-13 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 six years old and older must be served unflavored or flavored lowfat (1 percent) or fat-free (skim). *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				Yogurt 4 oz	
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Pineapple Tidbits	Pears	Fresh Apple Slices	Tropical Mixed Fruit	Banana (1 whole)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Original Cheerios (100% whole grain)	Corn Chex Cereal	Cinnamon Raisin Bagel Cream Cheese	Wheaties Cereal (100% whole grain)	100% Whole Grain Bread
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	100% Apple Juice	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 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 Ketchup	*Bean & Cheese Taco Shredded Lettuce and Diced Tomato Mild Salsa
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Beans	Salad (Spinach, Romaine, Tomato, Cucumber) Ranch Dressing	Peas & Carrots	Spinach	Mexican Corn
	Fruit or Vegetable 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)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Soft Roll	Italian Bread	Brown Rice (100% whole grain)	Cornbread	Soft Tortilla (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	Tuna Salad	Cheddar Cheese Slice	Yogurt 4 oz
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c		Celery Sticks		Carrot Sticks	
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c					Fruit Cocktail
	Grains 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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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	Yogurt 4 oz		Colby Cheese Slice (1 oz)		
	Vegetable/Fruit/Juice 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)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Raisin Bread (1 slice; plain, no icing) Butter or Marg.	Cheerios Cereal (100% whole grain)	100% Whole Grain Bread	100% Whole Grain English Muffin Butter or Marg. & Jelly	Kix Cereal (Original, Honey, or Berry Berry; whole grain-rich)
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	100% Orange Juice	Milk	100% Apple Juice
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Fish Sticks Ketchup	*Cheese Ravioli	*Chicken & Noodles	*Veggie burger Lettuce, Tomato & Pickle	Sliced Turkey Sandwich Lettuce, Tomato, & Pickle
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Mixed Vegetables	Salad (Spinach, Romaine, Tomato, Cucumber) Italian Dressing	Baked Sweet Potatoes	Black Eyed Peas
	Fruit or Vegetable Ages: 1-18: ¼ c	Cooked Baby Carrots	Fresh Clementine Wedges	Peaches	Banana	Fruit Cocktail
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Brown Rice (100% whole grain)	100% Whole Grain Roll	Noodles (in entrée)	Bun Mustard, Mayo, Ketchup	100% Whole Grain Bread Mayo & Mustard
SNACK	Milk Ages 1-5: 4r oz; Ages 6-18: 8 oz	Milk		Milk		Milk
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz				Yogurt 4 oz	
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c			Carrot, Pineapple, and Raisin Salad		
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c		Pears		Pineapple Tidbits	
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Cheese Crackers	Blueberry Muffin			Peanut Butter Crackers

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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	Yogurt 4 oz				Cheddar Cheese Slice (1 oz)
	Vegetable/Fruit/Juice 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)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Cinnamon Chex Cereal (whole grain-rich)	100% Whole Grain English Muffin Peanut Butter & Jelly	Life Original Cereal (whole grain-rich)	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	100% Grape Juice	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Egg Salad Sandwich	Baked Chicken	*Tuna Salad Sandwich Mayo & Mustard	Seasoned Red Beans (at least 3/8 c ages 1-5 and ½ c ages 6-18)	*Bean Burrito
	Vegetable 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) Ranch Dressing	Plantains
	Fruit or Vegetable Ages: 1-18: ¼ c	Peaches	Fresh Tomato Slices	Pineapple	Applesauce	Tropical Mixed Fruit
	Grains 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)
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			Yogurt 4 oz	Mozzarella Cheese Slice	Peanut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					Celery Sticks
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c	Fruit Cocktail		Fresh Apple Slices		
	Grains 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
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Cheese Stick (1 oz)				
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Tropical Mixed Fruit	Pears	Fresh Apple Slices	Fresh Orange Wedges	Banana (1 whole)
	Grains 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 Peanut Butter & Jelly	Biscuit Jelly
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	100% Orange Juice	Milk	Milk	100% Apple Juice	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Pulled Chicken BBQ Sauce	½ Peanut Butter and Banana Sandwich; Yogurt 4 oz	*Vegetable Chili (with cheese)	*Chicken Tetrazzini	*Fish Sticks Ketchup
	Vegetable 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) Italian Dressing	Green Peas
	Fruit or Vegetable Ages: 1-18: ¼ c	Lima Beans	Pineapple	Peaches	Green Beans	Fresh Roasted Sweet Potatoes
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Biscuit	100% Whole Grain Bread	Cornbread	Pasta (in entrée)	Brown Rice (100% whole grain)
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	Sliced Turkey		Yogurt Dip (2 oz vanilla yogurt with drained sliced peaches)
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c				Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	
	Grains 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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	Week Five	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				Colby Cheese Slice (1 oz)
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Tropical Mixed Fruit	Applesauce	Peaches	Cantaloupe Cubes	Banana (1 whole)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	Multi Grain Cheerios (100% whole grain)	Biscuit	100% Whole Grain Bread Butter & Jelly	100% Whole Grain English Muffin Peanut Butter & Jelly
LUNCH	Milk Ages 1-5:6 oz; Ages 6-18: 8 oz	100% Grape Juice	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Fresh Turkey Roast	Black Eyed Peas (at least 3/8 c ages 1-5 and ½ c ages 6-18)	*Tuna Salad Wrap	*Veggie burger Lettuce, Tomato & Pickle	*Cheese Pizza
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Mashed Sweet Potato (not instant)	Fresh Broccoli Florets Ranch Dressing	Green Beans	Winter Squash (acorn or butternut)	Salad (Spinach, Romaine, Tomato, Cucumber) Ranch Dressing
	Fruit or Vegetable Ages: 1-18: ¼ c	Mixed Vegetables	Pineapple Tidbits	Fruit Cocktail	Green Peas	Corn (fresh/frozen, not canned)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Soft Roll	*Macaroni & Cheese; Roll	100% Whole Wheat Soft Tortilla (in entrée)	Bun Mustard, Mayo, Ketchup	Pizza Crust
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8t oz	Milk				Milk
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz		Mozzarella 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 Apple Slices		Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Fresh Orange Wedges	
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		Pita Bread		Crackers (savory)	Graham Crackers (plain or honey)

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