

Attachment 2 Cycle Menu Lunch, Snack, Supper 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) milk. *Substitutions require state office approval*

	Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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)	*Beefaroni	*Picadillo	Turkey and Cheese Sandwich (Lettuce, Tomato, & Pickle)	*Arroz Con Pollo
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Roasted Sweet Potato	Cooked Carrots	Corn	Coleslaw	Salad (Spinach, Romaine, Tomato, Cucumber) Ranch Dressing
	Fruit or Vegetable Ages: 1-18: ¼ c	Fresh Broccoli Ranch Dip	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Banana	Green Beans
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Roll Butter or Marg.	Macaroni (in entrée) & Garlic Bread	*Congri & Cuban Bread	100% Whole Grain Bun Butter or Marg.	Brown Rice (in entrée; 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	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	Fruit Cocktail		Peaches	Pears	Fresh Orange Wedges
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		100% Whole Grain English Muffin Butter or Marg and Jelly	100% Whole Grain Crackers		Animal Crackers
SUPPER	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	Turkey and Cheese Sandwich (Lettuce, Tomato, & Pickle)	*Chicken Tetrazzini	*Ground Beef Stroganoff	*Bean and Cheese Burrito	*Oven Fried Chicken
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Salad (Spinach, Romaine, Tomato, Cucumber) Italian Dressing	Sautéed Spinach and Tomatoes	Green Peas	Steamed Baby Carrots	Fresh Mashed Potato (not instant)
	Fruit or Vegetable Ages: 1-18: ¼ c	Pears	Banana	Pineapple	Fruit Cocktail	Black Eye Peas
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread Butter or Marg.	Pasta (in entrée)	Egg Noodles	Tortilla (in entrée)	Cornbread

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
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 <i>Ketchup</i>	*Hamburger (Lettuce and Tomato)	*Fricassee de Pollo	Cuban Sandwich (Pork, Ham, Swiss Cheese, Pickles)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots	Fresh Broccoli <i>Ranch Dip</i>	Green Beans	Baby Carrots <i>Ranch Dip</i>	Salad (Spinach, Romaine, Tomato, Cucumber) <i>Italian Dressing</i>
	Fruit or Vegetable Ages: 1-18: ¼ c	Pears	Banana	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Red Beans	Roasted New Potatoes
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	*Moros	100% Whole Grain Bread	100% Whole Grain Bun <i>Butter or Marg.</i>	Brown Rice (100% whole grain)	Cuban Bread <i>Mayo & Mustard</i>
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 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		100% Grape Juice			Applesauce
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Cuban Crackers <i>Cream Cheese & Guava Paste</i>	Corn Muffin	Cheese Crackers	Graham Crackers (plain or honey)	100% Whole Grain Crackers
SUPPER	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 Beef Slices	*Chicken Alfredo	*Breaded Fish <i>Ketchup</i>	Tacos (Turkey, Chicken, or Beef) <i>Shredded Cheese, Shredded Lettuce, Diced Tomato, and Mild Salsa</i>	*Spaghetti & Meat Sauce with Ground Turkey or Beef
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Mashed Potato (not instant)	Green Peas	Steamed Baby Carrots	Corn	Broccoli and Cauliflower
	Fruit or Vegetable Ages: 1-18: ¼ c	Applesauce	Pineapple	Peaches	Fruit Cocktail	Fresh Orange Wedges
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Wheat Roll <i>Butter or Marg.</i>	Pasta (In entrée)	*Macaroni & Cheese	Tortilla	Spaghetti (in entrée) & Garlic Bread

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	Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	*Ropa Vieja	*Breaded Chicken Pattie	*Meatloaf (beef or turkey) Ketchup	Baked Ham	*Pizza
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Black Beans	Green Peas	Fresh Mashed Potato (not instant)	Salad (Spinach, Romaine, Tomato, Cucumber) Ranch Dressing	Mixed Vegetables
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Fresh Apple Slices	Fruit Cocktail	Steamed Baby Carrots	Pears
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Rice	Roll	100% Whole Grain Bread	Corn Muffin	Pizza Crust
SNACK	Milk Ages 1-5: 4r oz; Ages 6-18: 8 oz	Milk			Milk	
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz		Provolone 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 Slices
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Graham crackers (plain or honey)	100% Whole Wheat Tortilla	Assorted Crackers	Animal Crackers	Soft Pita
SUPPER	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	*Sloppy Joe	Cheeseburger (Lettuce and Tomato)	Pulled Chicken BBQ Sauce	Turkey and Cheese Sandwich (Lettuce, Tomato, & Pickle)	*Picadillo
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Italian Green Beans (fresh/frozen, not canned)	Mixed Vegetables	Peas & Carrots	Coleslaw	Sliced Tomatoes
	Fruit or Vegetable Ages: 1-18: ¼ c	Fruit Cocktail	Pears	Mandarin Oranges	Cinnamon Apples	Banana
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bun	Bun Mustard, Mayo, Ketchup	Soft Roll	100% Whole Grain Bread Mustard & Mayo	*Congri (Brown Rice) & Cuban Bread

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	Week Four	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 Pork (sliced or pulled)	*Breaded Fish Ketchup	*Black Bean Chili	Baked Chicken	Hamburger (Lettuce and Tomato)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Green Beans	Mixed Vegetables	Peas and Carrots	Oven Fried Potatoes
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Banana	Peaches	Sliced Cucumbers	Pears
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	White Rice	Soft Roll	Brown Rice	Cornbread Butter or Marg.	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	Sliced Turkey (1 ½ oz)	Cheddar Cheese slice			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			Fresh Orange Slices	100% Apple Juice	
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Crackers	100% Whole Grain Bread	Crackers (savory)	Whole Grain-Rich Muffin	Graham Crackers (plain or honey)
SUPPER	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	Cuban Sandwich (Pork, Ham, Swiss Cheese, Pickles)	Taco (beef or turkey)	Spaghetti and Meatballs	*Fricassee de Pollo
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Broccoli Ranch Dip	Roasted New Potatoes	Plantains	Salad (Spinach, Romaine, Tomato, Cucumber) Italian Dressing	Baby Carrots Ranch Dip
	Fruit or Vegetable Ages: 1-18: ¼ c	Peaches	Fruit Cocktail	Black Beans	Mandarin Oranges	Red Beans
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Pasta (in entrée)	Cuban Bread Mayo & Mustard	100% Whole Grain Tortilla (in entrée)	Pasta	Rice

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	Week Five	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	Pulled Chicken <i>Gravy or Sauce</i>	cu	*Ravioli	*Cuban Stew (with beef)	*Chicken Nuggets <i>Honey Mustard</i>
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots	Plantains	Broccoli, Cauliflower, Carrots	Mixed Vegetables	Fresh Mashed Potato (not instant)
	Fruit or Vegetable Ages: 1-18: ¼ c	Peaches	Sliced Tomatoes	Tangerine/Clementine Slices (Fresh)	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Salad (Spinach, Romaine, Tomato, Cucumber) <i>Italian Dressing</i>
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	*Macaroni and Cheese	Cuban Bread	100% Whole Grain Roll	*Moros	Soft Roll
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	Sliced Turkey (1 oz)			Cheddar Cheese	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	100% Orange Juice	Fresh Apple Slices			
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Whole Wheat Crackers	Whole Grain-Rich Cheese Crackers	Animal Crackers	Pita Bread	Graham Crackers (plain or honey)
SUPPER	Milk Ages 1-5: 5 oz; Ages 6-18: 8oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Spaghetti and Meatballs	Seasoned Black Beans (at least ¾ c ages 1-5 and ½ c ages 6-18)	Fresh Turkey Roast <i>Gravy</i>	*Tuna Salad Sandwich <i>Pickles</i>	*Hamburger with Lettuce and Tomato
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Beans	Fresh Bell Pepper Slices	Fresh Mashed Sweet Potato (not instant)	Cucumbers	Green Beans
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Fruit Cocktail	Sliced Tomatoes	Pears	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	Pasta	Yellow Rice	Dinner Roll <i>Butter or Marg.</i>	100% Whole Grain Bread <i>Mayo</i>	100% Whole Grain Bun

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