

Attachment 2 Supper Only 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
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	Baked Sliced Ham (2 oz)	*Chicken Tetrazzini	*Breaded Fish Ketchup	*Ground Beef Stroganoff	*Oven Fried Chicken
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Roasted Sweet Potato	Tomato Slices	Green Peas	Mixed Vegetables	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Ranch Dressing
	Fruit or Vegetable Ages: 1-18: ¼ c	Steamed Broccoli	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Mandarin Oranges	Green Beans
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread Butter or Marg.	Whole Grain-Rich Pasta (in entrée)	Whole Grain-Rich Roll	Egg Noodles & Whole Grain-Rich Roll	Brown Rice (100% whole grain) & 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
SUPPER	Milk Ages 1-5: 6 oz; Ages 6-18: 8t oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Turkey Slices (Gravy or Sauce)	*Chicken Nuggets Ketchup	Cheeseburger	Tacos (Turkey, Chicken, or Beef) Shredded Cheese, Shredded Lettuce, Diced Tomato, and Mild Salsa	Turkey and Swiss Sandwich (Lettuce, Tomato, & Pickle)
	Vegetable 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) ½ cup Italian Dressing
	Fruit or Vegetable Ages: 1-18: ¼ c	Mandarin Oranges	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Black Beans	Fruit Cocktail
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Wheat Roll Butter or Marg.	100% Whole Grain Bread	Whole Grain-Rich Bun	Tortilla & Brown Rice (100% whole grain)	100% Whole Grain Bread Mayo & Mustard

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	Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	Sweet and Sassy Chicken (chicken breast with a honey mustard glaze)	*Meatloaf with Ground Turkey or Beef Ketchup	Chicken in Gravy or Sauce	*Spaghetti & Meat Sauce with Ground Turkey or Beef	*Cheese Pizza
	Vegetable 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) ½ cup Ranch Dressing	Mixed Vegetables
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Fruit Cocktail	Fresh Apple Slices	Steamed Baby Carrots	Pears
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Brown Rice (100% whole grain)	100% Whole Grain Bread	Whole Grain-Rich Roll	(Spaghetti in entrée) & Whole Grain-Rich Garlic Bread	Whole Grain-Rich Pizza Crust

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	Week Four	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	*Breaded Fish Ketchup	Baked Ham	*Chicken and Rice	Hamburger (Lettuce and Tomato)
	Vegetable 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
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Tangerine/Clementine slices (fresh)	Mashed Potato	Mandarin Oranges	Pears
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Whole Grain-Rich Pasta (in entrée)	Whole Grain-Rich Roll	Whole Grain-Rich Roll & Cornbread	Brown Rice (100% whole grain)	Whole Grain-Rich Bun Mustard, Mayo, Ketchup

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	Week Five	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUPPER	Milk Ages 1-5: 6 oz; Ages 6-18: 8t oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Fresh Turkey Roast Gravy	Seasoned Black Beans (at least ⅜ c ages 1-5 and ½ c ages 6-18)	*Spaghetti and Meatballs	*Chicken Salad Sandwich Pickles	*Chicken Nuggets Honey Mustard
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots	Green Beans	Steamed Broccoli	Mixed Vegetables	Fresh Mashed Potato (not instant)
	Fruit or Vegetable 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)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Italian Dressing
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	*Whole Grain-Rich Macaroni & Cheese	Brown Rice (100% whole grain)	Whole Grain Pasta	100% Whole Grain Bread Mayo	Whole Grain-Rich Soft Roll

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