

## Attachment 2 Supper & Snack Menu 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
<b>SUPPER</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 <i>Ketchup</i>	*Ground Beef Stroganoff	Oven Fried Chicken
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Roasted Sweet Potato	Fresh Tomato Slices	Green Peas	Mixed Vegetables	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Ranch Dressing</i>
	<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 <i>Butter or Marg.</i>	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		Whole Grain-Rich Muffin	Whole Grain-Rich Crackers	100% Whole Grain Bread (1 slice) <i>Mayo &amp; Mustard</i>	Whole Grain-Rich 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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	Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SUPPER</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 (Lettuce and Tomato)	Tacos (Turkey, Chicken, or Beef) <b>Shredded Cheese, Shredded Lettuce, Diced Tomato, and Mild Salsa</b>	Turkey and Swiss 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) ½ cup <b>Italian Dressing</b>
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pears	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	100% Whole Grain Bread	Whole Wheat Bun <b>Mustard, Mayo, Ketchup</b>	Tortilla & Brown Rice (100% whole grain)	Sandwich Bread
<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)	100% Whole Grain Crackers

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	Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SUPPER</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	* Sweet and Sassy Chicken (chicken breast with honey mustard glaze)	*Meatloaf (with ground beef or turkey) <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) ½ cup <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
<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	Fresh Orange Slices	100% Grape Juice			
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		Fish Shaped Crackers	Whole Grain-Rich Crackers (savory)	Whole Grain-Rich Muffin	Whole Wheat Crackers

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	Week Four	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SUPPER</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8oz	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 with Cheese (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)	Whole Grain-Rich 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	
	<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 Slices	Peaches	
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Crackers	100% Whole Grain Bread	Whole Grain-Rich Crackers (savory)		Pretzels

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	Week Five	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SUPPER</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) ½ cup <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 and Cheese (Whole Grain-Rich)	Yellow Rice	Whole Grain-Rich Pasta	Whole Grain-Rich Sandwich Bread <b>Mayo</b>	Whole Grain-Rich 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	Whole Grain-Rich 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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