

## Attachment 2 Cycle Menu C 2025-2026

Week of: \_\_\_\_\_

The meal pattern (Attachment 1) must be followed unless there is a different amount listed by individual menu items. 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                                                                                |
|-----------|----------------------------------------------------------------------------------|---------------------------------------------------------|--------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| BREAKFAST | <b>Milk</b><br>Ages 1-5: 6 oz; Ages 6-18: 8 oz                                   | Milk                                                    | Milk                                       | Milk                                                                                                           | Milk                                                                 | Milk                                                                                  |
|           | <b>Meat/Meat Alternate</b>                                                       | Colby Cheese Slice<br>(1 oz)                            |                                            |                                                                                                                |                                                                      |                                                                                       |
|           | <b>Vegetable/Fruit/Juice</b><br>Ages 1-18: ½ c                                   | 100% Apple Juice                                        | Pears                                      | Pineapple                                                                                                      | Cinnamon Apples                                                      | Banana (1 whole)                                                                      |
|           | <b>Grains</b><br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         | Cinnamon Raisin Bagel<br><b><i>Cream Cheese</i></b>     | Multi Grain Cheerios<br>(100% whole grain) | 100% Whole Grain Bread (1 slice)<br><b><i>Butter or Marg.</i></b>                                              | Life Original Cereal<br>(whole grain-rich)                           | Whole Grain English Muffin<br><b><i>Butter or Marg.</i></b>                           |
| LUNCH     | <b>Milk</b><br>Ages 1-5: 6 oz; Ages 6-18: 8 oz                                   | Milk                                                    | Milk                                       | Milk                                                                                                           | Milk                                                                 | Milk                                                                                  |
|           | <b>Meat/Meat Alternate</b><br>Ages 1-5: 1 ½ oz<br>Ages 6-18: 2 oz                | Baked Sliced Ham<br>(2 oz)                              | *Chicken Tetrazzini                        | *Breaded Fish<br><b><i>Ketchup</i></b>                                                                         | *Ground Beef Stroganoff<br><b><i>Ketchup</i></b>                     | *Chicken Tenders                                                                      |
|           | <b>Vegetable</b><br>Ages 1-5: ¼ c; Ages 6-18: ½ c<br>(Double portion for salads) | Baked Beans                                             | Corn & Lima Beans                          | Green Peas                                                                                                     | Mixed Vegetables                                                     | Salad (Spinach, Romaine, Tomato, Cucumber)<br><b><i>Ranch or Italian Dressing</i></b> |
|           | <b>Fruit or Vegetable</b><br>Ages 1-18: ¼ c                                      | Steamed Broccoli                                        | Applesauce                                 | Seasonal Fresh Fruit<br>(cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples) | Mandarin Oranges                                                     | Tropical Fruit Salad                                                                  |
|           | <b>Grains</b><br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         | 100% Whole Grain Bread<br><b><i>Butter or Marg.</i></b> | Pasta<br>(in entrée)                       | Soft Roll<br><b><i>Butter or Marg.</i></b>                                                                     | Egg Noodles                                                          | Cornbread<br><b><i>Butter or Marg.</i></b>                                            |
| SNACK     | <b>Milk</b><br>Ages 1-5: 4 oz; Ages 6-18: 8 oz                                   |                                                         | Milk                                       |                                                                                                                |                                                                      |                                                                                       |
|           | <b>Meat/Meat Alternate</b><br>Ages 1-5: ½ oz; Ages 6-18: 1 oz                    | Yogurt<br>4 oz                                          |                                            |                                                                                                                | Sliced Turkey (1 oz)                                                 |                                                                                       |
|           | <b>Vegetable</b><br>Ages 1-5: ½ c; Ages 6-18: ¾ c                                |                                                         |                                            |                                                                                                                |                                                                      |                                                                                       |
|           | <b>Fruit/Juice</b><br>Ages 1-5: ½ c; Ages 6-18: ¾ c                              | Fruit Cocktail                                          |                                            | Peaches                                                                                                        |                                                                      | Fresh Orange Wedges                                                                   |
|           | <b>Grains</b><br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         |                                                         | Blueberry Muffin                           | Cheese Crackers                                                                                                | 100% Whole Grain Bread (1 slice)<br><b><i>Mayo &amp; Mustard</i></b> | Animal 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 | <b>Milk</b><br>Ages 1-5: 6 oz; Ages 6-18: 8 oz                                   | Milk                                                                 | Milk                                                       | Milk                                                                                                                    | Milk                                                                            | Milk                                                                                     |
|           | <b>Meat/Meat Alternate</b>                                                       | Cheddar Cheese Slice<br>(1 oz)                                       |                                                            |                                                                                                                         |                                                                                 |                                                                                          |
|           | <b>Vegetable/Fruit/Juice</b><br>Ages 1-18: ½ c                                   | Pineapple                                                            | Pears                                                      | Banana (1 whole)                                                                                                        | Peaches                                                                         | Fresh Orange Wedges                                                                      |
|           | <b>Grains</b><br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         | Kix Cereal (Original,<br>Honey, or Berry Berry;<br>whole grain-rich) | Plain Bagel<br><b><i>Cream Cheese</i></b>                  | 100% Whole Grain<br>Bread (1 slice)<br><b><i>Butter or Marg.</i></b>                                                    | Whole Grain-Rich<br>English Muffin<br><b><i>Butter or Marg. &amp; Jelly</i></b> | Rice Chex Cereal<br>(whole grain-rich)                                                   |
| LUNCH     | <b>Milk</b><br>Ages 1-5: 6 oz; Ages 6-18: 8 oz                                   | Milk                                                                 | Milk                                                       | Milk                                                                                                                    | Milk                                                                            | Milk                                                                                     |
|           | <b>Meat/Meat Alternate</b><br>Ages 1-5: 1 ½ oz<br>Ages 6-18: 2 oz                | Roast Turkey Slices                                                  | *Chicken Nuggets<br><b><i>Ketchup</i></b>                  | Cheeseburger<br>(Lettuce and Tomato)                                                                                    | *Chicken and<br>Dumplings                                                       | Spaghetti and<br>Meatballs                                                               |
|           | <b>Vegetable</b><br>Ages 1-5: ¼ c; Ages 6-18: ½ c<br>(Double portion for salads) | Succotash                                                            | Steamed Broccoli                                           | Peas and Carrots                                                                                                        | Fresh Apple Slices                                                              | Salad (Spinach, Romaine,<br>Tomato, Cucumber)<br><b><i>Ranch or Italian Dressing</i></b> |
|           | <b>Fruit or Vegetable</b><br>Ages: 1-18: ¼ c                                     | Mandarin Oranges                                                     | Applesauce                                                 | Seasonal Fresh Fruit<br>(cantaloupe, honeydew,<br>mango, pineapple,<br>strawberries, watermelon<br>– no bananas/apples) | Green Beans                                                                     | Fruit Cocktail                                                                           |
|           | <b>Grains</b><br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         | Brown Rice<br>(100% whole grain)                                     | 100% Whole Grain<br>Bread<br><b><i>Butter or Marg.</i></b> | Bun<br><b><i>Mustard, Mayo, Ketchup</i></b>                                                                             | Dumplings (in entrée)                                                           | Pasta                                                                                    |
| SNACK     | <b>Milk</b><br>Ages 1-5: 4 oz; Ages 6-18: 8 oz                                   | Milk                                                                 |                                                            |                                                                                                                         |                                                                                 |                                                                                          |
|           | <b>Meat/Meat Alternate</b><br>Ages 1-5: ½ oz; Ages 6-18: 1 oz                    |                                                                      |                                                            | Peanut Butter<br>Ages 1-5: 1 Tbsp<br>Ages 6 and up: 2 Tbsp                                                              | Yogurt<br>4 oz                                                                  | Chicken Salad                                                                            |
|           | <b>Vegetable</b><br>Ages 1-5: ½ c; Ages 6-18: ¾ c                                |                                                                      |                                                            |                                                                                                                         |                                                                                 |                                                                                          |
|           | <b>Fruit/Juice</b><br>Ages 1-5: ½ c; Ages 6-18: ¾ c                              |                                                                      | 100% Orange Juice                                          | Fresh Apple Slices                                                                                                      |                                                                                 |                                                                                          |
|           | <b>Grains</b><br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         | Pretzels                                                             | Corn Muffin                                                |                                                                                                                         | Graham Crackers<br>(plain or honey)                                             | Crackers<br>(savory)                                                                     |

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| Week Three |                                                                                  | MONDAY                                  | TUESDAY                                                     | WEDNESDAY                                                                                                               | THURSDAY                                                                          | FRIDAY                                                                   |
|------------|----------------------------------------------------------------------------------|-----------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| BREAKFAST  | <b>Milk</b><br>Ages 1-5: 6 oz; Ages 6-18: 8 oz                                   | Milk                                    | Milk                                                        | Milk                                                                                                                    | Milk                                                                              | Milk                                                                     |
|            | <b>Meat/Meat Alternate</b>                                                       | Mozzarella Cheese<br>Slice (1 oz)       |                                                             |                                                                                                                         |                                                                                   | Hard Boiled Egg<br>(½ egg)                                               |
|            | <b>Vegetable/Fruit/Juice</b><br>Ages 1-18: ½ c                                   | Peaches                                 | Mandarin Oranges                                            | Seasonal Fresh Fruit<br>(cantaloupe, honeydew,<br>mango, pineapple,<br>strawberries, watermelon<br>– no bananas/apples) | Cinnamon Apples                                                                   | Banana (1 whole)                                                         |
|            | <b>Grains</b><br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         | Original Cheerios<br>(100% whole grain) | Biscuit<br><b>Butter or Marg. &amp; Jelly</b>               | Blueberry Muffin                                                                                                        | Frosted Mini Wheats<br>Little Bites Original<br>Cereal<br>(100% whole grain)      | 100% Whole Grain<br>English Muffin<br><b>Butter or Marg. &amp; Jelly</b> |
| LUNCH      | <b>Milk</b><br>Ages 1-5: 6 oz; Ages 6-18: 8 oz                                   | Milk                                    | Milk                                                        | Milk                                                                                                                    | Milk                                                                              | Milk                                                                     |
|            | <b>Meat/Meat Alternate</b><br>Ages 1-5: 1 ½ oz<br>Ages 6-18: 2 oz                | *Sloppy Joes                            | *Meatloaf (with ground<br>beef or turkey)<br><b>Ketchup</b> | Pork in Gravy or Sauce                                                                                                  | *Chicken and Rice<br>Casserole                                                    | *Veggie Burger<br>(Lettuce, Tomato & Pickle)                             |
|            | <b>Vegetable</b><br>Ages 1-5: ¼ c; Ages 6-18: ½ c<br>(Double portion for salads) | Italian Green Beans                     | Fresh Mashed Sweet<br>Potato (not instant)                  | Coleslaw                                                                                                                | Salad (Spinach, Romaine,<br>Tomato, Cucumber)<br><b>Ranch or Italian Dressing</b> | Green Peas                                                               |
|            | <b>Fruit or Vegetable</b><br>Ages: 1-18: ¼ c                                     | Pineapple                               | Fruit Cocktail                                              | Field Peas                                                                                                              | Steamed Baby Carrots                                                              | Fresh Apple Slices                                                       |
|            | <b>Grains</b><br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         | Bun                                     | 100% Whole Grain<br>Bread<br><b>Butter or Marg.</b>         | Corn Muffin<br><b>Butter or Marg.</b>                                                                                   | Rice (in entrée)                                                                  | Bun<br><b>Mustard, Mayo, Ketchup</b>                                     |
| SNACK      | <b>Milk</b><br>Ages 1-5: 4 oz; Ages 6-18: 8 oz                                   | Milk                                    |                                                             |                                                                                                                         | Milk                                                                              |                                                                          |
|            | <b>Meat/Meat Alternate</b><br>Ages 1-5: ½ oz; Ages 6-18: 1 oz                    |                                         |                                                             |                                                                                                                         |                                                                                   | Cheese Stick                                                             |
|            | <b>Vegetable</b><br>Ages 1-5: ½ c; Ages 6-18: ¾ c                                |                                         |                                                             | Carrot Sticks<br><b>Ranch Dip</b>                                                                                       |                                                                                   |                                                                          |
|            | <b>Fruit/Juice</b><br>Ages 1-5: ½; Ages 6-18: ¾ c                                |                                         | 100% Grape Juice                                            |                                                                                                                         |                                                                                   | Fresh Orange Slices                                                      |
|            | <b>Grains</b><br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         | Graham Crackers<br>(plain or honey)     | Fish-Shaped Crackers                                        | 100% Whole Grain<br>Crackers                                                                                            | Animal Crackers                                                                   |                                                                          |

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| Week Four |                                                                                  | MONDAY                                     | TUESDAY                                                             | WEDNESDAY                                                                                                               | THURSDAY                                         | FRIDAY                                     |
|-----------|----------------------------------------------------------------------------------|--------------------------------------------|---------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|--------------------------------------------|
| BREAKFAST | <b>Milk</b><br>Ages 1-5: 6 oz; Ages 6-18: 8 oz                                   | Milk                                       | Milk                                                                | Milk                                                                                                                    | Milk                                             | Milk                                       |
|           | <b>Meat/Meat Alternate</b>                                                       | Yogurt<br>4 oz                             |                                                                     |                                                                                                                         |                                                  |                                            |
|           | <b>Vegetable/Fruit/Juice</b><br>Ages 1-18: ½ c                                   | Fruit Cocktail                             | Applesauce                                                          | Seasonal Fresh Fruit<br>(cantaloupe, honeydew,<br>mango, pineapple,<br>strawberries, watermelon<br>– no bananas/apples) | 100% Grape Juice                                 | Banana (1 whole)                           |
|           | <b>Grains</b><br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         | Life Original Cereal<br>(whole grain-rich) | Blueberry Muffin                                                    | 100% Whole Grain<br>Bread<br><b>Butter or Marg.</b>                                                                     | 100% Whole Grain<br>Bagel<br><b>Cream Cheese</b> | Multi Grain Cheerios<br>(100% whole grain) |
| LUNCH     | <b>Milk</b><br>Ages 1-5: 6 oz; Ages 6-18: 8 oz                                   | Milk                                       | Milk                                                                | Milk                                                                                                                    | Milk                                             | Milk                                       |
|           | <b>Meat/Meat Alternate</b><br>Ages 1-5: 1 ½ oz<br>Ages 6-18: 2 oz                | *Chicken Alfredo                           | *Beef Shepherd's Pie                                                | *Pizza                                                                                                                  | *Chicken Patty<br>Sandwich                       | Hamburger<br>(Lettuce and Tomato)          |
|           | <b>Vegetable</b><br>Ages 1-5: ¼ c; Ages 6-18: ½ c<br>(Double portion for salads) | Peas and Carrots                           | Fresh Mashed Potato<br>(not instant; in entrée)                     | Corn                                                                                                                    | Green Beans                                      | Oven Fried<br>French Fries                 |
|           | <b>Fruit or Vegetable</b><br>Ages: 1-18: ¼ c                                     | Pineapple                                  | Peaches                                                             | Fresh Broccoli Florets<br><b>Ranch Dip</b>                                                                              | Mandarin Oranges                                 | Pears                                      |
|           | <b>Grains</b><br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         | Pasta<br>(in entrée)                       | Soft Roll<br><b>Butter or Marg.</b>                                 | Pizza Crust (in entrée)                                                                                                 | Bun                                              | Bun<br><b>Mustard, Mayo, Ketchup</b>       |
| SNACK     | <b>Milk</b><br>Ages 1-5: 4 oz; Ages 6-18: 8 oz                                   | Milk                                       | Milk                                                                |                                                                                                                         |                                                  |                                            |
|           | <b>Meat/Meat Alternate</b><br>Ages 1-5: ½ oz; Ages 6-18: 1 oz                    |                                            |                                                                     |                                                                                                                         | Yogurt<br>4 oz                                   | Chicken Salad                              |
|           | <b>Vegetable</b><br>Ages 1-5: ½ c; Ages 6-18: ¾ c                                |                                            |                                                                     |                                                                                                                         |                                                  |                                            |
|           | <b>Fruit/Juice</b><br>Ages 1-5: ½ c; Ages 6-18: ¾ c                              |                                            |                                                                     | Fresh Orange Wedges                                                                                                     | Fresh Apple Slices                               |                                            |
|           | <b>Grains</b><br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         | 100% Whole Grain<br>Crackers               | Whole Grain-Rich<br>Cinnamon Raisin Bagel<br><b>Butter or Marg.</b> | Crackers<br>(savory)                                                                                                    |                                                  | 100% Whole Wheat<br>Bread                  |

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