

Attachment 2 Cycle Menu A 2026-2027

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 unflavored whole, reduced-fat (2%), low fat (1%), fat-free (skim) milk. Children 6 years old and older must be served unflavored or flavored whole, reduced-fat (2%), low-fat (1 %) or fat-free (skim) milk. Substitutions require Nutrition team 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	Colby Cheese Slice (1 oz)				
	Vegetable/Fruit/Juice Ages 1-18: ½ c	100% Apple Juice	Pears	Pineapple	Cinnamon Apples	Banana (1 whole)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread <i>Butter or Marg</i>	Multi Grain Cheerios (100% whole grain)	Bagel <i>Cream Cheese</i>	Life Original Cereal (whole grain-rich)	English Muffin (whole grain-rich) <i>Butter or Marg. & Jelly</i>
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	*Fricassee de Pollo	Black Beans	*Picadillo	*Beefaroni	*Arroz Con Pollo
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Mashed Potatoes (Not instant)	Platano Maduro (Plantains)	Corn	Mixed Vegetables	Salad (Spinach, Romaine, Tomato, Cucumber) <i>Italian or Ranch Dressing</i>
	Fruit or Vegetable Ages: 1-18: ¼ c	Fresh Broccoli Florets <i>Ranch Dip</i>	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Mandarin Oranges	Yuca (with mojo)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread <i>Butter or Marg.</i>	Rice	Brown Rice (100% whole grain)	Macaroni (in entrée)	Rice (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	Yogurt 4 oz			Sliced Turkey (1oz)	
	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		Fresh Orange Wedges
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		Blueberry Muffin	Cheese Crackers	100% Whole Grain Bread <i>Mayo & Mustard</i>	Animal Crackers

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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	Cheddar Cheese Slice (1 oz)				
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Pineapple	Fruit Cocktail	Fresh Orange Wedges	Banana (1 whole)	Peaches
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Rice Chex Cereal (100% whole grain)	Plain Bagel Cream Cheese	100% Whole Grain Bread Butter or Marg.	English Muffin Butter or Marg. & Jelly	Raisin Bran Cereal (whole grain-rich)
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 Chicken	*Chicken Nuggets Ketchup	Hamburger (lettuce and tomato)	*Fricassee de Pollo	*Breaded Fish
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots	Steamed Broccoli	Green Beans	Roasted New Potatoes	Salad (Spinach, Romaine, Tomato, Cucumber) Italian or Ranch Dressing
	Fruit or Vegetable Ages: 1-18: ¼ c	Pears	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Red Beans	Steamed Baby Carrots
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	*Moros	100% Whole Grain Bread Butter or Marg.	Bun Ketchup	Brown Rice (100% whole grain)	*Macaroni and Cheese
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	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		Applesauce
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Cuban Crackers Cream Cheese & Guava Paste	Banana Muffin		Graham Crackers (plain or honey)	Corn Muffin

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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	Mozzarella Cheese Slice (1 oz)				Hard Boiled Egg (½ egg)
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Peaches	Mandarin Oranges	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Cinnamon Apples	Banana (1 whole)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Original Cheerios (100% whole grain)	Whole Grain-Rich Raisin Bread (plain, no icing) Butter or Marg.	Blueberry Muffin	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	100% Whole Grain English Muffin Butter or Marg. & Jelly
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 Patty	*Picadillo	*Spaghetti & Meat Sauce with Ground Turkey or Beef	*Arroz Amarillo con Pollo
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Black Beans	Green Peas	Red Beans	Salad (Spinach, Romaine, Tomato, Cucumber) Italian or Ranch Dressing	Mixed Vegetables
	Fruit or Vegetable Ages: 1-18: ¼ c	Tostones (plantains)	Fresh Apple Slices	Fruit Cocktail	Steamed Baby Carrots	Pears
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Rice	Cuban Bread	Rice	Spaghetti (in entrée)	Rice (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		Sliced Turkey (1 oz)	Provolone Cheese Slice	
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c			100% Apple Juice		Fresh Orange Slices
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Graham Crackers (plain or honey)	Animal Crackers	Crackers (whole grain-rich)	100% Whole Wheat Tortilla	Soft Pita

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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	Yogurt 4 oz				
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Fruit Cocktail	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	100% Orange Juice	Banana (1 whole)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Life Original Cereal (whole grain-rich)	Blueberry Muffin	100% Whole Grain English Muffin Butter or Marg. & Jelly	100% Whole Grain Bread. Butter or Marg.	Multi Grain Cheerios (100% whole grain)
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	*Breaded Fish Ketchup	Hamburger (Lettuce and Tomato)	Baked Chicken	*Picadillo
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Salad (Spinach, Romaine, Tomato, Cucumber) Italian or Ranch Dressing	Oven Fried Potatoes	Platano Maduro (plantains)	Yucca
	Fruit or Vegetable Ages: 1-18: ¼ c	Black Beans	Steamed Baby Carrots	Pears	Peaches	Mixed Vegetables
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	White Rice	Soft Roll	Bun Mustard, Mayo, Ketchup	Cuban Bread	*Congri
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 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 Wedges		
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Crackers	100% Whole Grain Bread		Cuban Crackers Cream Cheese & Guava Paste	Graham Crackers (plain or honey)

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