

Attachment 2 Cycle Menu A No Pork No Peanut 2021-2022

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*

	BREAKFAST				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week One					
Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	Colby Cheese Slice (1 oz)				Yogurt 4 oz
Vegetable/Fruit/Juice Ages 1-18: ½ c	100% Apple Juice	Pears	Pineapple	Cinnamon Apples	Banana (1 whole)
Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	100% Whole Grain Bread (1 slice) <i>Butter or Marg.</i>	Multi Grain Cheerios (100% whole grain)	Whole Grain-Rich Bagel <i>Cream Cheese</i>	Life Original Cereal (whole grain-rich)	Wheat Chex Cereal (100% whole grain)
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 Chicken (2 oz)	*Beefaroni	*Picadillo	*Lasagna (with Ground Turkey or Beef)	*Arroz Con Pollo
Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Sweet Potato (not instant)	Cooked Carrots	Corn	Mixed Vegetables	Green Beans (fresh/frozen, not canned)
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	Saled (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Honey Mustard Dressing</i>
Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Grain Bread <i>Butter or Marg.</i>	Macaroni (in entrée) Garlic Bread	*Congri; Cuban Bread	Soft Roll	Rice (in entrée)
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 (1 ½ 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		Fresh Orange Wedges
Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving		Blueberry Muffin	Cheese Crackers	100% Whole Grain Bread (1 slice) <i>Mayo & Illustrad</i>	Animal Crackers
SNACK					

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). **All food must be peanut and tree nut free.**

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	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)			Hard Boiled Egg (½ egg)	
Vegetable/Fruit/Juice Ages 1-18: ½ c	Pineapple	Fruit Cocktail	Fresh Orange Wedges	Banana (1 whole)	Peaches
Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svy sizes	Rice Chex Cereal (whole grain-rich)	Plain Bagel Cream Cheese	100% Whole Grain Bread (1 slice) Butter or Marg.	English Muffin Butter or Marg. & Jelly	Berry Berry Kix 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 Turkey Slices	*Chicken Nuggets Ketchup	Hamburger (Lettuce and Tomato)	*Fricassee de Pollo	Turkey Cuban Sandwich (Turkey Ham, Swiss Cheese, Pickles)
Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots (frozen, not canned)	Steamed Broccoli (fresh/frozen, not canned)	Green Beans	Baby Carrots Ranch Dressing	Roasted New Potatoes
Fruit or Vegetable Ages: 1-18: ¼ c	Pears	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Red Beans	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup French Dressing
Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	*Moros	100% Whole Grain Bread	Bun Ketchup	Brown Rice (100% whole grain)	Cuban Bread Mayo & Mustard
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			Soynut 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			Fresh Apple Slices		Applesauce
Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c		100% Orange Juice			
Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving	Cuban Crackers	Corn Muffin		Graham Crackers (plain or honey)	100% Whole Grain Crackers

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
Week Three					
Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	Mozzarella Cheese Slice (1 oz)		Yogurt 4 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 slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svy sizes	Original Cheerios (100% whole grain)	Raisin Bread (1 slice; plain, no icing) <i>Butter or Marg.</i>	Blueberry Muffin	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	100% Whole Grain English Muffin <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	*Ropa Vieja	*Breaded Chicken Patty	*Meatloaf (beef or turkey) <i>Ketchup</i>	*Spaghetti & Meat Sauce with Ground Turkey or Beef	*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)	Steamed Baby Carrots (fresh/frozen, not canned)	Mixed Vegetables
Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Fresh Apple Slices	Fruit Cocktail	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Ranch Dressing</i>	Pears
Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Rice	Soft Roll	100% Whole Grain Bread	Spaghetti (in entrée); Garlic Bread	Pizza Crust (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	Provolone Cheese Slice	Sliced Turkey (1 ½ oz)		Cheese Stick
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		Fresh Orange Slices
Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving	Graham Crackers (plain or honey)	100% Whole Wheat Tortilla	Assorted Crackers	Animal Crackers	

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	
	Meat/Meat Alternate	Yogurt 4 oz	Cheddar Cheese Slice (1 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% Apple Juice	Banana (1 whole)
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svq sizes	Life Original Cereal (whole grain-rich)	Blueberry Muffin	100% Whole Grain English Muffin	100% Whole Grain Bread <i>Butter or Marg.</i>	Multi Grain Cheerios (100% whole grain)
	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	
LUNCH	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Beef	*Breaded Fish <i>Ketchup</i>	*Picadillo	Baked Chicken	Hamburger (Lettuce and Tomato)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Steamed Baby Carrots	Yuuca	Butternut Squash	Oven Fried Potatoes
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Italian Dressing</i>	Mixed Vegetables	Fresh Broccoli Florets <i>Ranch Dip</i>	Pears
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	White Rice	Soft Roll	*Congri	Cuban Bread	Bun <i>Mustard, Mayo, Ketchup</i>
	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz	Milk	Milk	Milk		
SNACK	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 Wedges	Fresh Apple Slices	
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving	100% Whole Grain Crackers	100% Whole Grain Bread		Cheese Crackers	Graham Crackers (plain or honey)

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	Week Five	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST						
Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	Cheddar Cheese Slice (1 oz)					Hard Boiled Egg (1/2 egg)
Vegetable/Fruit/Juice Ages 1-18: 1/2 c	Fruit Cocktail	Pineapple	Pears	Banana (1 whole)	Mandarin Oranges	
Grains Ages 1-5: 1/2 slice/serving. Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	Blueberry Muffin (whole grain-rich)	Whole Grain-Rich Bagel <i>Cream Cheese</i>	Cinnamon Chex Cereal (whole grain-rich)	Original Cheerios (100% whole grain)	100% Whole Grain Bread <i>Butter or Marg.</i>	
Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	Chicken in Gravy or Sauce	*Beef Empanada	*Ravioli	*Cuban Stew (with beef)	*Chicken Nuggets <i>Honey Mustard</i>	
Vegetable Ages 1-5: 1/4 c; Ages 6-18: 1/2 c (Double portion for salads)	Peas and Carrots	Plantains	Broccoli, Cauliflower, Carrots	Mixed Vegetables	Fresh Washed Potato (not instant)	
Fruit or Vegetable Ages: 1-18: 1/4 c	Peaches	Fresh Tomato Slices	Tangerine/Clementine Slices (Fresh)	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Salad (Spinach, Romaine, Tomato, Cucumber) 1/2 cup <i>Italian Dressing</i>	
Grains Ages 1-5: 1/2 slice/serving, 1/4 c Ages 6-18: 1 slice/serving, 1/2 c	*Macaroni and Cheese	*Congri	100% Whole Grain Roll	*Moros	Soft Roll	
Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz			Milk			
Meat/Meat Alternate Ages 1-5: 1/2 oz; Ages 6-18: 1 oz	Sliced Turkey (1 1/2 oz)			Mozzarella Stick	Yogurt 4 oz	
Vegetable Ages 1-5: 1/2 c; Ages 6-18: 3/4 c						
Fruit/Juice Ages 1-5: 1/2 c; Ages 6-18: 3/4 c	100% Orange Juice	Fresh Apple Slices		Applesauce		
Grains Ages 1-5: 1/2 slice/serving Ages 6-18: 1 slice/serving	Saltine Crackers	Cheese Crackers	Animal Crackers		Graham Crackers (plain or honey)	
SNACK						

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