

Attachment 2 Cycle Menu A No Pork No Peanut 2018-2019

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.

	Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate			Colby Cheese Slice (1 oz)		Yogurt 4 oz cup
	Vegetable/Fruit/Juice Ages 1-18: ½ c	100% Apple Juice	Pears	Raisins (¼ cup)	Cinnamon Apples	Banana (1 whole)
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Cinnamon Raisin Bagel <i>Cream Cheese</i>	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread (1 slice) <i>Butter or Marg.</i>	Life Original Cereal	Wheat Chex Cereal (100% whole grain)
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight 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	*Breaded Fish <i>Ketchup</i>	*Arroz Con Pollo
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Roasted Sweet Potato	Corn	Sliced Tomatoes	Mixed Vegetables	Green Beans (fresh/frozen, not canned)
	Fruit or Vegetable Ages: 1-18: ¼ c	Crisp Steamed Broccoli (fresh/frozen, not canned)	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Mandarin Oranges	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Lowfat Ranch Dressing</i>
	Grains/Breads 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>	(Beefaroni) Macaroni Garlic Bread	*Congri; Cuban Bread	Soft Roll	Rice (in entrée)
	Milk Ages 1-5: four oz; Ages 6-18: eight oz		Milk			
SNACK	Meat/Meat Alternate Ages 1-5: ½ oz Ages 6-18: 1 oz	Yogurt 4 oz cup			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	Tropical Mixed Fruit		Peaches		Fresh Orange Wedges
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c		Blueberry Muffin	Cheese Crackers	100% Whole Grain Bread (1 slice) <i>Mayo & Mustard</i>	Animal Crackers

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	Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	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	Pineapple	Tropical Mixed Fruit	Fresh Orange Wedges	Peaches	Banana (1 whole)
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	Wheat Chex Cereal (100% whole grain)	Plain Bagel Cream Cheese	100% Whole Grain Bread (1 slice) Butter or Marg.	English Muffin Butter or Marg. & Jelly	Rice Chex Cereal
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	Roast Turkey Slices	*Chicken Nuggets Ketchup	*Salisbury Steak Gravy	*Fricassee de Pollo	Cuban Sandwich (Turkey ham, Swiss Cheese, Pickles)
	Vegetable Ages 1-5: 1/4 c; Ages 6-18: 1/2 c (Double portion for salads)	Peas and Carrots (frozen, not canned)	Crisp Steamed Broccoli (fresh/frozen, not canned)	Green Beans	Mangu	Roasted New Potatoes
	Fruit or Vegetable Ages: 1-18: 1/4 c	Pears	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon -- no bananas/apples)	Red Beans	Salad (Spinach, Romaine, Tomato, Cucumber) 1/2 cup French Dressing
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/4 c Ages 6-18: 1 slice/serving, 1/2 c	*Moros	100% Whole Grain Bread	Roll	Brown Rice (100% whole grain)	Cuban Bread Mayo & Mustard
	Milk Ages 1-5: four oz; Ages 6-18: eight oz	Milk				
SNACK	Meat/Meat Alternate Ages 1-5: 1/2 oz Ages 6-18: 1 oz			Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp	Yogurt 4 oz cup	
	Vegetable Ages 1-5: 1/2 c Ages 6-18: 3/4 c					Applesauce
	Fruit/Juice Ages 1-5: 1/2 c Ages 6-18: 3/4 c		100% Orange Juice	Fresh Apple Slices		
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	Cuban Crackers	Corn Muffin		Graham Crackers (plain)	100% Whole Grain Crackers

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Week Three		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST						
Milk Ages 1-5: six oz; Ages 6-18: eight oz		Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	Mozzarella Cheese Slice (1 oz)			Yogurt 4 oz cup		Hard Boiled Egg (1/2 egg)
Vegetable/Fruit/Juice Ages 1-18: 1/2 c	Peaches	Mandarin Oranges		Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Cinnamon Apples	Banana (1 whole)
Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	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: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	*Ropa Vieja	*Breaded Chicken Pattie		*Meatloaf (beef or turkey) <i>Ketchup</i>	*Spaghetti & Meat Sauce with Ground Turkey or Beef	*Pizza
Vegetable Ages 1-5: 1/4 c; Ages 6-18: 1/2 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: 1/4 c	Pineapple	Fresh Apple Slices		Fruit Cocktail	Salad (Spinach, Romaine, Tomato, Cucumber) 1/2 cup <i>Lowfat Ranch Dressing</i>	Pears
Grains/Breads Ages 1-5: 1/2 slice/serving, 1/4 c Ages 6-18: 1 slice/serving, 1/2 c	Rice	Roll		100% Whole Grain Bread	(Spaghetti), Garlic Bread	Pizza Crust
SNACK						
Milk Ages 1-5: four oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate Ages 1-5: 1/2 oz Ages 6-18: 1 oz	Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp <i>Jelly</i>	Provolone Cheese Slice		Sliced Turkey (1 1/2 oz)		Cheese Stick
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% Red Grape Juice		Fresh Orange Slices
Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	100% Whole Grain Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices	100% Whole Wheat Tortilla		Assorted Crackers	Animal Crackers	

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Week Four Milk Ages 1-5: six oz; Ages 6-18: eight oz Meat/Meat Alternate Yogurt 4 oz cup Fruit Cocktail Blueberry Muffin	Milk Applesauce Life Original Cereal	Milk Cheddar Cheese Slice (1 oz) Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples) 100% Whole Grain English Muffin	Milk 100% Apple Juice 100% Whole Grain Bread <i>Butter or Marg.</i>	Milk Banana (1 whole) Multi Grain Cheerios (100% whole grain)
LUNCH	Milk Roast Beef (sliced or pulled) Green Peas Pineapple White Rice	Milk *Breaded Fish <i>Ketchup</i> Steamed Baby Carrots Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Lowfat Italian Dressing</i> Soft Roll	Milk *Picadillo Yucca Mixed Vegetables *Congri	Milk Baked Chicken Butternut Squash Fresh Broccoli Florets <i>Lowfat Ranch Dip</i> Cuban Bread	Milk Hamburger (Lettuce and Tomato) Oven Fried Potatoes Pears Bun <i>Mustard, Mayo, Ketchup</i>
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz Meat/Meat Alternate Ages 1-5: ½ oz Ages 6-18: 1 oz Vegetable Ages 1-5: ¼ c Ages 6-18: ¾ c Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¾ c	Milk Sliced Turkey (1 ½ oz) 100% Whole Grain Crackers	Milk Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp <i>Jelly</i> Banana (1 whole) Crackers (savory)	Yogurt 4 oz cup Peaches	Shredded Mozzarella Cheese Ages 1-5: ½ oz Ages 6 and up: 1 oz Tomato Sauce Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp (children assemble own personal pizzas) English Muffin Ages 1-5: ½ muffin Ages 6 and up: 1 whole

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Week Five		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	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)	Applesauce
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	Total Whole Grain Cereal (100% whole grain)	100% Whole Grain Bagel <i>Cream Cheese</i>	Blueberry Muffin	Original Cheerios (100% whole grain)	100% Whole Grain Bread <i>Butter or Marg.</i>
	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
LUNCH	Meat/Meat Alternate Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	Pulled Chicken <i>Gravy or Sauce</i>	*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 Mashed Potato (not instant)
	Fruit or Vegetable Ages 1-18: 1/4 c	Peaches	Fresh Tomato, Corn & Avocado Salad <i>Light Ranch Dressing</i>	Fresh Clementine Wedges	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/Breads 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: four oz; Ages 6-18: eight oz					
SNACK	Meat/Meat Alternate Ages 1-5: 1/2 oz Ages 6-18: 1 oz	Sliced Turkey (1 1/2 oz)		Bean Dip (bean salsa or hummus)	Mozzarella Stick	Yogurt 4 oz cup
	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			
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	Saltine Crackers	Cheese Crackers	Soft Tortilla	Plain Arepa	Graham Crackers (plain)
	Milk Ages 1-5: six oz; Ages 6-18: eight oz					

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