

Attachment 2 Cycle Menu A No Pork No Peanut 2020-2021

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	Pineapple	Pears	100% Apple Juice	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) Butter or Marg.	Multi Grain Cheerios (100% whole grain)	WG Bagel Cream Cheese	Life Original Cereal (whole grain-rich)	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	*Vegetable Lasagna	*Arroz Con Pollo
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Roasted Sweet Potato	Cooked Carrots	Corn	Mixed Vegetables	Green Beans (fresh/frozen, not canned)
	Fruit or Vegetable Ages: 1-18: ¼ c	Fresh Broccoli Florets Lowfat Ranch Dressing	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Mandarin Oranges	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Lowfat Honey Mustard Dressing
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Grain Bread Butter or Marg.	(Beefaroni) Macaroni Garlic Bread	*Congri; Cuban Bread	Soft Roll	Rice (in entrée)
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz		Milk			
	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	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) Mayo & Mustard	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). **All food must be peanut and tree nut free.**

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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: ½ c	Pineapple	Mixed Fruit	Fresh Orange Wedges	Peaches	Banana (1 whole)
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	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 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)	Crisp 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: four oz; Ages 6-18: eight 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 cup	
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					Applesauce
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c		100% Orange Juice	Fresh Apple Slices		
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving	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: 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 svg sizes	Original Cheerios (100% whole grain)	Raisin Bread (1 slice; 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: 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	*Ropa Vieja	*Breaded Chicken Pattie	*Meatloaf (beef or turkey) Ketchup	*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 Lowfat Ranch Dressing	Pears
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ 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	
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz	Yogurt 4 oz cup	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% Red Grape Juice		Fresh Orange Slices
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving	Graham Crackers	100% Whole Wheat Tortilla	Assorted Crackers	Animal Crackers	

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	Week Four	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	Yogurt 4 oz cup		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 svg sizes	Life Original Cereal (whole grain-rich)	Blueberry Muffin	100% Whole Grain English Muffin	100% Whole Grain Bread Butter or Marg.	Multi Grain Cheerios (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	Roast Beef (sliced or pulled)	*Breaded Fish Ketchup	*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	Yucca	Butternut Squash	Oven Fried Potatoes
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Lowfat Italian Dressing	Mixed Vegetables	Fresh Broccoli Florets Lowfat Ranch Dip	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 Mustard, Mayo, Ketchup
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz	Milk	Milk			
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz	Sliced Turkey (1 ½ oz)	Cheddar Cheese Slice		Yogurt 4 oz cup	Hummus
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c			Banana Ages 1-5: 1 whole Ages 6 and up: 1 ½ whole	Peaches	
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving	100% Whole Grain Crackers	100% Whole Grain Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices	Crackers (savory)		Pita Chips

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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: ½ c	Fruit Cocktail	Pineapple	Pears	Banana (1 whole)	Applesauce
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	Blueberry Muffin (whole grain-rich)	100% Whole Grain Bagel Cream Cheese	Total Whole Grain Cereal (100% whole grain)	Original Cheerios (100% whole grain)	100% Whole Grain Bread Butter or Marg.
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	Pulled Chicken Gravy or Sauce	*Beef Empanada	*Ravioli	*Cuban Stew (with beef)	*Chicken Nuggets Honey Mustard
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ 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: ¼ 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) ½ cup Italian Dressing
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	*Macaroni and Cheese	*Congri	100% Whole Grain Roll	*Moros	Soft Roll
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz			Milk		
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz	Sliced Turkey (1 ½ oz)			Mozzarella Stick	Yogurt 4 oz cup
	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			
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving	Saltine Crackers	Cheese Crackers	Animal Crackers	Plain Arepa	Graham Crackers (plain)

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