

Attachment 2 Cycle Menu A No Pork No Peanut 2017-2018

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 lowfat (1 percent), unflavored fat free (skim), or may be served flavored fat free (skim) milk.

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	Yogurt 4 oz cup			Hard Boiled Egg (1/2 egg)	
	Vegetable/Fruit/Juice Ages 1-18: 1/2 c	Pineapple	Tropical Mixed Fruit	Banana (1 whole)	Peaches	Fresh Orange Wedges
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	Kix Cereal (Original, Honey, or Berry Berry)	Cinnamon Raisin Bagel <i>Cream Cheese</i>	100% Whole Grain Bread (1 slice) <i>Butter or Marg.</i>	English Muffin <i>Butter or Marg. & Jelly</i>	Rice Chex Cereal
	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	Refried Beans (at least 3/4 c ages 1-5 and 1/2 c ages 6-12)	*Chicken Nuggets <i>Ketchup</i>	*Salisbury Steak (see recipe list) <i>Gravy</i>	*Ground Turkey and Beef Spanish Rice (see recipe list)	Turkey Cuban (Turkey, Swiss Cheese, Pickles)
	Vegetable Ages 1-5: 1/4 c; Ages 6-18: 1/2 c (Double portion for salads)	Corn (fresh/frozen, not canned)	Steamed or Roasted Broccoli (fresh/frozen, not canned)	Peas and Carrots (frozen, not canned)	Plantains	Fresh Mashed Potatoes (not instant)
	Fruit or Vegetable Ages: 1-18: 1/4 c	Pears	Sweet Potato and Black Bean Salad (cold) (see recipe list)	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Waldorf Fruit Salad (no nuts) (see recipe list)	Salad (Spinach, Romaine, Tomato, Cucumber) 1/2 cup <i>French Dressing</i>
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 1/2 c	Brown Rice (100% whole grain)	100% Whole Grain Bread	Macaroni & Cheese	Brown Rice (in entrée) (100% whole grain)	Cuban Bread <i>Mayo & Mustard</i>
	Milk Ages 1-5: four oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
SNACK	Meat/Meat Alternate Ages 1-5: 1/2 oz Ages 6-18: 1 oz	Provolone Cheese Slice		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					Marinated Black Bean Salad (cold) (see recipe list)
	Fruit/Juice Ages 1-5: 1/2 c Ages 6-18: 3/4 c			Fresh Apple Slices	100% Orange Juice	
	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			Original Sun Chips (100% whole grain)
	Milk Ages 1-5: four oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk

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. See [Catering Information webpage](#) for available standardized recipes on combination foods noted: (see recipe list). 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.**