

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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
Meat Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	Yogurt 4 oz cup		Mozzarella Cheese Slice (1 oz)		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>	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	Blueberry Muffin	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
Meat/Meat Alternate Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	*Chicken and Bean Enchilada Bake (see recipe list)	*Pollo Guisado (see recipe list)	*Turkey Meatloaf (see recipe list) <i>Ketchup</i>	*Spaghetti & Meat Sauce with Ground Turkey or Beef (see recipe list)	*Pizza
Vegetable Ages 1-5: 1/4 c; Ages 6-18: 1/2 c (Double portion for salads)	Zucchini, Corn, Tomatoes (in entrée)	Mixed Vegetables	Fresh Mashed Sweet Potato (not instant)	Steamed or Roasted Carrots (fresh/frozen, not canned)	Green Peas
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	Tortilla Chips (whole grain or enriched)	Yellow Rice	100% Whole Grain Bread	Spaghetti (in entrée)	Pizza Crust (see recipe list)
SNACK					
Milk Ages 1-5: four oz; Ages 6-18: eight oz				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>	Cheddar Cheese Slice			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 Grain Soft Tortilla	Soft Pita Bread	Original Sun Chips (100% whole grain)	

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.**