

**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 Four	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Yogurt 4 oz cup		Provolone Cheese Slice (1 oz)	Soynut Butter (1 oz) <i>Jelly</i>	
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Fruit Cocktail	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Peaches	Banana (1 whole)
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Blueberry Muffin	Life Original Cereal	100% Whole Grain Bread <i>Butter or Marg.</i>	100% Whole Grain English Muffin	Multi Grain Cheerios (100% whole grain)
<b>LUNCH</b>	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 Chicken (sliced or pulled)	*Chicken Nuggets <i>Honey Mustard</i>	*Bean Burrito <i>(see recipe list)</i>	Baked Chicken	Cheeseburger (Lettuce and Tomato)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Steamed or Roasted Winter Squash (Acorn or Butternut)	Plantains	Fresh Mashed Potatoes (not instant)	Steamed or Roasted Zucchini
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Fresh Sliced Tomato	Fresh Broccoli Florets <i>Lowfat Ranch Dip</i>	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Lowfat Ranch Dressing</i>	Pears
<b>SNACK</b>	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	White Rice	Soft Roll	Tortilla (in entrée)	Cuban Bread	Bun <i>Mustard, Mayo, Ketchup</i>
	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		Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp <i>Jelly</i>		Yogurt 4 oz cup	Shredded Mozzarella Cheese Ages 1-5: ½ oz Ages 6 and up: 1 oz
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					Tomato Sauce Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp
Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c			Fresh Orange Wedges	100% White Grape Juice	(children assemble own personal pizzas)	
Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	100% Whole Grain Crackers	100% Whole Grain Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices	Crackers (savory)			English Muffin Ages 1-5: ½ muffin Ages 6 and up: 1 whole

**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.**