

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					
Week Five					
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		Hard Boiled Egg (1/2 egg)
Vegetable/Fruit/Juice Ages 1-18: 1/2 c	Raisins (1/4 cup)	Pears	Pineapple	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 Cream Cheese	Original Cheerios (100% whole grain)	Blueberry Muffin	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 1/2 oz Ages 6-18: 2 oz	Pulled Chicken Gravy or Sauce	Seasoned Black Beans (at least 3/4 c ages 1-5 and 1/2 c ages 6-12)	Scrambled Eggs (2 oz) (see recipe list) & Cheese	*Taco Soup (see recipe list)	*Baked Fish Scandia (see recipe list)
Vegetable Ages 1-5: 1/4 c; Ages 6-18: 1/2 c (Double portion for salads)	Corn and Edamame Blend (see recipe list)	Plantains	Roasted Red Potatoes	Mixed Vegetables	Steamed or Roasted Carrots (fresh/frozen, not canned)
Fruit or Vegetable Ages: 1-18: 1/4 c	Peaches	Fresh Tomato, Corn & Avocado Salad Light Ranch Dressing	Fresh Clementine Wedges	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Salad (Spinach, Romaine, Tomato, Cucumber) 1/2 cup Italian Dressing
Grains/Breads Ages 1-5: 1/2 slice/serving, 1/4 c Ages 6-18: 1 slice/serving, 1/2 c	Macaroni and Cheese	Yellow Rice	Pancakes Syrup	Brown Rice (100% whole grain)	Soft Roll
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		Yogurt 4 oz cup	Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp	Mozzarella Cheese Slice	
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	Waldorf Fruit Salad (no nuts) (see recipe list)	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			Plain Arepa	Cheese 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. 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.**