

Attachment 2 Cycle Menu C 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	100% Apple Juice	Pears	Pineapple	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	Cinnamon Raisin Bagel <i>Cream Cheese</i>	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread (1 slice) <i>Butter or Marg.</i>	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)	*Chicken Tetrazzini	*Ground Beef Stroganoff	*Breaded Fish <i>Ketchup</i>	*Oven Fried Chicken <i>Gravy</i>
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Baked Beans	Corn & Lima Beans (fresh/frozen, not canned)	Roasted Cauliflower	Mixed Vegetables	Green Beans (fresh/frozen, not canned)
	Fruit or Vegetable Ages: 1-18: ¼ c	Crisp Steamed Broccoli (fresh/frozen, not canned)	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Mandarin Oranges	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Lowfat Ranch Dressing</i>
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Grain Bread <i>Butter or Marg.</i>	Penne Pasta (in entrée)	Egg Noodles	Cornbread	Waffle <i>Syrup</i>
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	Mixed Fruit		Peaches		Fresh Orange Wedges
	Grains Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c		Blueberry Muffin	Cheese Crackers	100% Whole Grain Bread (1 slice) <i>Mayo & Mustard</i>	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	Banana (1 whole)	Peaches	Fresh Orange Wedges
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	Kix Cereal (Original, Honey, or Berry Berry; whole grain-rich)	Plain Bagel Cream Cheese	100% Whole Grain Bread (1 slice) Butter or Marg.	100% Whole Grain 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 Barbecue Sauce	Hamburger (Lettuce and Tomato)	*Chicken and Dumplings	Turkey and Swiss Sandwich (Lettuce, Tomato, & Pickle)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Succotash (fresh/frozen, not canned)	Crisp Steamed Broccoli (fresh/frozen, not canned)	Peas and Carrots (frozen, not canned)	Fresh Mashed Potatoes (not instant)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup French Dressing
	Fruit or Vegetable Ages: 1-18: ¼ c	Mandarin Oranges	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Green Beans	Fruit Cocktail
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Brown Rice (100% whole grain)	100% Whole Grain Bread Butter or Marg.	*Macaroni & Cheese	Dumplings (in entrée)	100% Whole Grain 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	Tuna Salad
	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, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Pretzels	Corn Muffin		Graham Crackers (plain)	Crackers (savory)

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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)	Biscuit Butter or Marg. & Jelly	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	*Sloppy Joes	*Turkey Meatloaf Ketchup	Pulled Chicken BBQ Sauce	*Spaghetti & Meat Sauce with Ground Turkey or Beef	*Veggie Burger (Lettuce, Tomato & Pickle)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Italian Green Beans (fresh/frozen, not canned)	Fresh Mashed Sweet Potato (not instant)	Cole Slaw	Steamed Baby Carrots (fresh/frozen, not canned)	Green Peas
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Fruit Cocktail	Baked Beans	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Lowfat Ranch Dressing	Fresh Apple Slices
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Bun	100% Whole Grain Bread	Corn Muffin	(Spaghetti), Garlic 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			Provolone Cheese Slice (1 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, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Graham Crackers (plain)	Soft Pita Bread	100% Whole Grain 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		Provolone 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 Bread Butter or Marg.	100% Whole Grain Bagel Cream Cheese	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	*Chicken Alfredo	*Beef Shepherd's Pie	*Pizza	*Chicken and Vegetable Stir-fry	Hamburger (Lettuce and Tomato)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots (fresh/frozen, not canned)	Mashed Potatoes	Corn (fresh/frozen, not canned)	Stir-fry Vegetables	Oven Fried Potatoes
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Tropical Mixed Fruit	Fresh Broccoli Florets Lowfat Ranch Dip	Mandarin Oranges	Pears
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Rotini Pasta (in entrée)	Soft Roll	Pizza Crust	Rice	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				Yogurt 4 oz cup	Chicken Salad
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c			Fresh Orange Wedges	Peaches	
	Grains Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	100% Whole Grain Crackers	WG Cinnamon Bagel Butter	Crackers (savory)		100% Whole Wheat Bread

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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			Colby 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	Original Cheerios (100% whole grain)	Total Whole Grain Cereal (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	Roast Turkey Gravy	*Tuna Salad Sandwich Pickles	*Lasagna (with Ground Turkey or Beef)	Black Eyed Peas (at least ¾ c ages 1-5 and ½ c ages 6-12)	*Fish Po'Boy (breaded fish with mild creole seasoning) (Lettuce & Tomato)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Three Bean Salad (Kidney beans, butter beans, green beans)	Mixed Vegetables	Crisp Steamed Broccoli (fresh/frozen, not canned)	Collard Greens	Cole Slaw
	Fruit or Vegetable Ages: 1-18: ¼ c	Peaches	Mixed Fruit	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 & Cheese	Sandwich Bread Mayo	Lasagna Noodles	White Rice	Soft French Roll Mayo & Ketchup
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				Hummus	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, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Saltine Crackers	Raisin Bread (1 slice; plain, no icing) Butter or Marg.	Cheese Crackers	Pita Chips	Graham Crackers (plain)

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