

Attachment 2 Cycle Menu A No Pork No Peanut 2022-2023

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 6 years old and older must be served unflavored or flavored lowfat (1 percent) or fat-free (skim) milk. *Substitutions require state office approval.*

		Week Five	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz		Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate		Cheddar Cheese Slice (1 oz)				
	Vegetable/Fruit/Juice Ages 1-18: ½ c		Fruit Cocktail	Pineapple	Pears	Banana (1 whole)	Mandarin Oranges
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		Blueberry Muffin (whole grain-rich)	Bagel <i>Cream Cheese</i>	Cinnamon Chex Cereal (whole grain-rich)	Original Cheerios (100% whole grain)	100% Whole Grain Bread <i>Butter or Marg.</i>
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz		Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz		Adobo Baked Chicken	Sliced Turkey Sandwich	*Ropa Vieja	*Cuban Stew (with beef)	*Chicken Nuggets <i>Honey Mustard</i>
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)		Peas and Carrots	Cucumber Slices	Tostones (plantains)	Mixed Vegetables	Salad (Spinach, Romaine, Tomato, Cucumber) <i>Italian Dressing</i>
	Fruit or Vegetable Ages 1-18: ¼ c		Peaches	Mixed Vegetables	Black Beans	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Fresh Mashed Potato (not instant)
Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		*Congri	Bun (whole grain-rich)	Rice	*Moros	Soft Roll	
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz				Milk		
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz					Mozzarella Stick	Yogurt 4 oz
	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		Applesauce	
Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		Saltine Crackers	Cheese Crackers	Animal Crackers		Graham Crackers (plain or honey)	

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).

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		Week Four	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz		Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate		Yogurt 4 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% Orange Juice	Banana (1 whole)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		Life Original Cereal (whole grain-rich)	Blueberry Muffin	100% Whole Grain English Muffin	100% Whole Grain Bread <i>Butter or Marg.</i>	Multi Grain Cheerios (100% whole grain)
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz		Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz		Roast Turkey	*Breaded Fish <i>Ketchup</i>	*Picadillo	Baked Chicken	Hamburger (Lettuce and Tomato)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)		Green Peas	Salad (Spinach, Romaine, Tomato, Cucumber) <i>Ranch Dressing</i>	Yucca	Platano Maduro (plantains)	Oven Fried Potatoes
	Fruit or Vegetable Ages 1-18: ¼ c		Black Beans	Steamed Baby Carrots	Mixed Vegetables	Peaches	Pears
Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		White Rice	Soft Roll	*Congri	Cuban Bread	Bun <i>Mustard, Mayo, Ketchup</i>	
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz				Milk	Milk	
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz		Sliced Turkey (1 oz)	Cheddar Cheese Slice			Yogurt Dip (2 oz vanilla yogurt with drained sliced peaches)
	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		
Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		100% Whole Grain Crackers	100% Whole Grain Bread		Cuban Crackers <i>Cream Cheese & Guava Paste</i>	Graham Crackers (plain or honey)	

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		Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz		Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate		Mozzarella Cheese Slice (1 oz)				Hard Boiled Egg (½ 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 oz equivalent Ages 6-18: 1 oz equivalent		Original Cheerios (100% whole grain)	Whole Grain-Rich Raisin Bread (1 slice; plain, no icing) <i>Butter or Marg.</i>	Blueberry Muffin	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	100% Whole Grain English Muffin <i>Butter or Marg. & Jelly</i>
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz		Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz		*Ropa Vieja	*Breaded Chicken Patty	Medianoche Sandwich (Turkey, Swiss Cheese, Pickles)	*Spaghetti & Meat Sauce with Ground Turkey or Beef	Arroz Amarillo con Pollo
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)		Black Beans	Green Peas	Garbanzo Beans	Salad (Spinach, Romaine, Tomato, Cucumber) <i>Italian Dressing</i>	Mixed Vegetables
	Fruit or Vegetable Ages 1-18: ¼ c		Tostones (plantains)	Fresh Apple Slices	Fruit Cocktail	Steamed Baby Carrots	Pears
Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		Rice	Cuban Bread	Sweet Bread <i>Mayo & Mustard</i>	Spaghetti (in entrée)	Rice (in entrée)	
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz			Milk		Milk	
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz		Yogurt 4 oz		Sliced Turkey (1 oz)	Provolone Cheese Slice	
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c						
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c				100% Apple Juice		Fresh Orange Slices
Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		Graham Crackers (plain or honey)	Animal Crackers	Crackers (whole grain-rich)	100% Whole Wheat Tortilla	Soft Pita	

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		Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz		Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate		Cheddar Cheese Slice (1 oz)				
	Vegetable/Fruit/Juice Ages 1-18: ½ c		Pineapple	Fruit Cocktail	Fresh Orange Wedges	Banana (1 whole)	Peaches
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		Rice Chex Cereal (100% whole grain)	Plain Bagel <i>Cream Cheese</i>	100% Whole Grain Bread (1 slice) <i>Butter or Marg.</i>	English Muffin <i>Butter or Marg. & Jelly</i>	Berry Berry Kix Cereal (whole grain-rich)
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 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 <i>Ketchup</i>	Hamburger (lettuce and tomato)	*Fricassee de Pollo	Turkey Cuban Sandwich (Turkey, Swiss Cheese, Pickles)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)		Peas and Carrots	Steamed Broccoli	Green Beans	Roasted New Potatoes	Salad (Spinach, Romaine, Tomato, Cucumber) <i>Ranch Dressing</i>
	Fruit or Vegetable Ages 1-18: ¼ c		Pears	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Red Beans	Steamed Baby Carrots
Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		*Moros	100% Whole Grain Bread	Bun <i>Ketchup</i>	Brown Rice (100% whole grain)	Cuban Bread <i>Mayo & Mustard</i>	
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz		Milk				
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz				Soynut Butter Ages 1-5: 1 Tsp Ages 6 and up: 2 Tsp	Yogurt 4 oz	
	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		Applesauce
Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		Cuban Crackers <i>Cream Cheese & Guava Paste</i>	Banana Muffin		Graham Crackers (plain or honey)	Corn Muffin	

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		Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz		Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate		Colby Cheese Slice (1 oz)				
	Vegetable/Fruit/Juice Ages 1-18: ½ c		100% Apple Juice	Pears	Pineapple	Cinnamon Apples	Banana (1 whole)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		100% Whole Grain Bread (1 slice) <i>Butter or Marg.</i>	Multi Grain Cheerios (100% whole grain)	Bagel <i>Cream Cheese</i>	Life Original Cereal (whole grain-rich)	English Muffin (whole grain-rich) <i>Butter or Marg. & Jelly</i>
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz		Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz		Baked Sliced Turkey	Black Beans with Tomato and Onion	*Picadillo	Pulpeta (Cuban Turkey Meatloaf)	*Arroz Con Pollo
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)		Fresh Sweet Potato (not instant)	Platano Maduro (plantains)	Corn	Mixed Vegetables	Salad (Spinach, Romaine, Tomato, Cucumber) <i>Italian Dressing</i>
	Fruit or Vegetable Ages 1-18: ¼ c		Fresh Broccoli Florets <i>Ranch Dip</i>	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Mandarin Oranges	Yuca (with mojo)
Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		100% Whole Grain Bread <i>Butter or Marg.</i>	Cuban Bread	100% Whole Grain Brown Rice	Soft Roll	Rice (in entrée)	
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz			Milk			
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz		Yogurt 4 oz			Sliced Turkey (1oz)	
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c						
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c		Fruit Cocktail		Peaches		Fresh Orange Wedges
Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent			Blueberry Muffin	Cheese Crackers	100% Whole Grain Bread (1 slice) <i>Mayo & Mustard</i>	Animal Crackers	

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