

**Attachment 2 Cycle Menu A No Pork No Peanut 2019-2020**

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 Two		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Cheddar Cheese Slice (1 oz)			Hard Boiled Egg (1/2 egg)	
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Pineapple	Tropical Mixed Fruit	Fresh Orange Wedges	Peaches	Banana (1 whole)
	<b>Grains</b> Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	Wheat Chex Cereal (100% whole grain)	Plain Bagel <b>Cream Cheese</b>	100% Whole Grain Bread (1 slice) <b>Butter or Marg.</b>	English Muffin <b>Butter or Marg. &amp; Jelly</b>	Rice Chex Cereal
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Turkey Slices	*Chicken Nuggets <b>Ketchup</b>	*Salisbury Steak <b>Gravy</b>	*Fricassee de Pollo	Turkey Cuban Sandwich (Turkey ham, Swiss Cheese, Pickles)
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots (frozen, not canned)	Crisp Steamed Broccoli (fresh/frozen, not canned)	Green Beans	Mangu	Roasted New Potatoes
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pears	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Red Beans	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <b>French Dressing</b>
	<b>Grains</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	*Moros	100% Whole Grain Bread	Roll	Brown Rice (100% whole grain)	Cuban Bread <b>Mayo &amp; Mustard</b>
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz; Ages 6-18: eight oz	Milk				
	<b>Meat/Meat Alternate</b> 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	
	<b>Vegetable</b> Ages 1-5: ½ c Ages 6-18: ¾ c					Applesauce
	<b>Fruit/Juice</b> Ages 1-5: ½ c Ages 6-18: ¾ c		100% Orange Juice	Fresh Apple Slices		
	<b>Grains</b> Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving	Cuban Crackers	Corn Muffin		Graham Crackers (plain)	100% Whole Grain 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.**