

## Attachment 2 Cycle Menu A No Pork No Peanut 2021-2022

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. *Substitutions require state office approval*

Week One		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Colby Cheese Slice (1 oz)				Yogurt 4 oz
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	100% Apple Juice	Pears	Pineapple	Cinnamon Apples	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	100% Whole Grain Bread (1 slice) <b>Butter or Marg.</b>	Multi Grain Cheerios (100% whole grain)	Whole Grain-Rich Bagel <b>Cream Cheese</b>	Life Original Cereal (whole grain-rich)	Wheat Chex Cereal (100% whole grain)
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Baked Sliced Chicken (2 oz)	*Beefaroni	*Picadillo	*Lasagna (with Ground Turkey or Beef)	*Arroz Con Pollo
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Sweet Potato (not instant)	Cooked Carrots	Corn	Mixed Vegetables	Green Beans (fresh/frozen, not canned)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Fresh Broccoli Florets <b>Ranch Dip</b>	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Mandarin Oranges	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <b>Honey Mustard Dressing</b>
	<b>Grains</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Grain Bread <b>Butter or Marg.</b>	Macaroni (in entrée) Garlic Bread	*Congri; Cuban Bread	Soft Roll	Rice (in entrée)
<b>SNACK</b>	<b>Milk</b> Ages 1-5: 4 oz; Ages 6-18: 8 oz		Milk			
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz; Ages: 6-18: 1 oz	Yogurt 4 oz			Sliced Turkey (1 ½ oz)	
	<b>Vegetable</b> Ages 1-5: ½ c; Ages 6-18: ¾ c					
	<b>Fruit/Juice</b> Ages 1-5: ½ c; Ages 6-18: ¾ c	Fruit Cocktail		Peaches		Fresh Orange Wedges
	<b>Grains</b> Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving		Blueberry Muffin	Cheese Crackers	100% Whole Grain Bread (1 slice) <b>Mayo &amp; Mustard</b>	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.**