

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 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		Cheddar 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 English Muffin	100% Whole Grain Bread Butter or Marg.	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 Beef	*Breaded Fish Ketchup	*Picadillo	Baked Chicken	Hamburger (Lettuce and Tomato)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Steamed Baby Carrots	Yucca	Butternut Squash	Oven Fried Potatoes
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Italian Dressing	Mixed Vegetables	Fresh Broccoli Florets Ranch Dip	Pears
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	White Rice	Soft Roll	*Congri	Cuban Bread	Bun Mustard, Mayo, Ketchup
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 ½ 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	Fresh Apple Slices	
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving	100% Whole Grain Crackers	100% Whole Grain Bread		Cheese 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). **All food must be peanut and tree nut free.**