

**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.*

	<b>Week One</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<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)				
	<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 oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread (1 slice) <b>Butter or Marg.</b>	Multi Grain Cheerios (100% whole grain)	Bagel <b>Cream Cheese</b>	Life Original Cereal (whole grain-rich)	English Muffin (whole grain-rich) <b>Butter or Marg. &amp; Jelly</b>
<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 Turkey	Black Beans with Tomato and Onion	*Picadillo	Pulpeta (Cuban Turkey Meatloaf)	*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)	Platano Maduro (plantains)	Corn	Mixed Vegetables	Salad (Spinach, Romaine, Tomato, Cucumber) <b>Italian Dressing</b>
	<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	Yuca (with mojo)
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread <b>Butter or Marg.</b>	Cuban Bread	100% Whole Grain Brown Rice	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 (1oz)	
	<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 oz equivalent Ages 6-18: 1 oz equivalent		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).