

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

**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).