

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.*

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				
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Fruit Cocktail	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	100% Orange Juice	Banana (1 whole)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	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 Turkey	*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	Salad (Spinach, Romaine, Tomato, Cucumber) Ranch Dressing	Yucca	Platano Maduro (plantains)	Oven Fried Potatoes
	Fruit or Vegetable Ages: 1-18: ¼ c	Black Beans	Steamed Baby Carrots	Mixed Vegetables	Peaches	Pears
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	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 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		
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Crackers	100% Whole Grain Bread		Cuban Crackers Cream Cheese & Guava Paste	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).