

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 Five	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	Cheddar Cheese Slice (1 oz)				
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Fruit Cocktail	Pineapple	Pears	Banana (1 whole)	Mandarin Oranges
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Blueberry Muffin (whole grain-rich)	Bagel Cream Cheese	Cinnamon Chex Cereal (whole grain-rich)	Original Cheerios (100% whole grain)	100% Whole Grain Bread Butter or Marg.
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	Adobo Baked Chicken	Sliced Turkey Sandwich	*Ropa Vieja	*Cuban Stew (with beef)	*Chicken Nuggets Honey Mustard
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots	Cucumber Slices	Tostones (plantains)	Mixed Vegetables	Salad (Spinach, Romaine, Tomato, Cucumber) Italian Dressing
	Fruit or Vegetable Ages: 1-18: ¼ c	Peaches	Mixed Vegetables	Black Beans	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Fresh Mashed Potato (not instant)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	*Congri	Bun (whole grain-rich)	Rice	*Moros	Soft Roll
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz			Milk		
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages: 6-18: 1 oz				Mozzarella Stick	Yogurt 4 oz
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c	100% Orange Juice	Fresh Apple Slices		Applesauce	
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Saltine Crackers	Cheese Crackers	Animal 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).