

**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   |
|------------------|---|--|---|---|---|--|
| <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>  | Yogurt<br>4 oz                             |   | Cheddar Cheese Slice<br>(1 oz)  |   |  |
|                  | <b>Vegetable/Fruit/Juice</b><br>Ages 1-18: ½ c  | Fruit Cocktail                             | Applesauce  | Seasonal Fresh Fruit<br>(cantaloupe, honeydew,<br>mango, pineapple,<br>strawberries, watermelon<br>– no bananas/apples) | 100% Apple Juice                                    | Banana (1 whole)   |
|                  | <b>Grains</b><br>Ages 1-5: ½ slice/serving<br>Ages 6-18: 1 slice/serving<br>see Meal Pattern for cereal svz sizes | Life Original Cereal<br>(whole grain-rich) | Blueberry Muffin  | 100% Whole Grain<br>English Muffin  | 100% Whole Grain<br>Bread<br><i>Butter or Marg.</i> | Multi Grain Cheerios<br>(100% whole grain)                         |
| <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   | Roast Beef                                 | *Breaded Fish<br><i>Ketchup</i>   | *Picadillo  | Baked Chicken                                       | Hamburger<br>(Lettuce and Tomato)                                  |
|                  | <b>Vegetable</b><br>Ages 1-5: ¼ c; Ages 6-18: ½ c<br>(Double portion for salads)                                  | Green Peas                                 | Steamed Baby Carrots  | Yucca   | Butternut Squash                                    | Oven Fried Potatoes  |
|                  | <b>Fruit or Vegetable</b><br>Ages: 1-18: ¼ c  | Pineapple                                  | Salad (Spinach,<br>Romaine, Tomato,<br>Cucumber) ½ cup<br><i>Italian Dressing</i> | Mixed Vegetables  | Fresh Broccoli Florets<br><i>Ranch Dip</i>          | Pears  |
|                  | <b>Grains</b><br>Ages 1-5: ½ slice/serving, ¼ c<br>Ages 6-18: 1 slice/serving, ½ c                                | White Rice                                 | Soft Roll   | *Congri   | Cuban Bread   | Bun<br><i>Mustard, Mayo, Ketchup</i>                               |
| <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<br>Ages: 6-18: 1 oz  | Sliced Turkey<br>(1 ½ oz)                  | Cheddar Cheese Slice  |   |   | Yogurt Dip<br>(2 oz vanilla yogurt with<br>drained sliced peaches) |
|                  | <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   |  |   | Fresh Orange Wedges   | Fresh Apple Slices                                  |  |
|                  | <b>Grains</b><br>Ages 1-5: ½ slice/serving<br>Ages 6-18: 1 slice/serving  | 100% Whole Grain<br>Crackers               | 100% Whole Grain<br>Bread   |   | Cheese Crackers                                     | Graham Crackers<br>(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.**