

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 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)				Hard Boiled Egg (½ egg)
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Fruit Cocktail	Pineapple	Pears	Banana (1 whole)	Mandarin Oranges
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	Blueberry Muffin (whole grain-rich)	Whole Grain-Rich Bagel <i>Cream Cheese</i>	Cinnamon Chex Cereal (whole grain-rich)	Original Cheerios (100% whole grain)	100% Whole Grain Bread <i>Butter or Marg.</i>
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	Chicken in Gravy or Sauce	*Beef Empanada	*Ravioli	*Cuban Stew (with beef)	*Chicken Nuggets <i>Honey Mustard</i>
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots	Plantains	Broccoli, Cauliflower, Carrots	Mixed Vegetables	Fresh Mashed Potato (not instant)
	Fruit or Vegetable Ages: 1-18: ¼ c	Peaches	Fresh Tomato Slices	Tangerine/Clementine Slices (Fresh)	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Italian Dressing</i>
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	*Macaroni and Cheese	*Congri	100% Whole Grain Roll	*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	Sliced Turkey (1 ½ 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 slice/serving Ages 6-18: 1 slice/serving	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). **All food must be peanut and tree nut free.**