

Attachment 2 Cycle Menu A 2018-2019

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.

Week One		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate			Colby Cheese Slice (1 oz)		Yogurt 4 oz cup
	Vegetable/Fruit/Juice Ages 1-18: ½ c	100% Apple Juice	Pears	Raisins (1/4 cup)	Cinnamon Apples	Banana (1 whole)
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Cinnamon Raisin Bagel Cream Cheese	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread (1 slice) Butter or Marg.	Life Original Cereal	Wheat Chex Cereal (100% whole grain)
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Baked Sliced Ham (2 oz)	*Beefaroni	*Picadillo	*Breaded Fish Ketchup	*Arroz Con Pollo
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Roasted Sweet Potato	Corn	Sliced Tomatoes	Mixed Vegetables	Green Beans (fresh/frozen, not canned)
	Fruit or Vegetable Ages: 1-18: ¼ c	Crisp Steamed Broccoli (fresh/frozen, not canned)	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Mandarin Oranges	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Lowfat Ranch Dressing
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Grain Bread Butter or Marg.	(Beefaroni) Macaroni Garlic Bread	*Congri; Cuban Bread	Soft Roll	Rice (in entrée)
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz		Milk			
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz	Yogurt 4 oz cup			Sliced Turkey (1 ½ oz)	
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c	Tropical Mixed Fruit		Peaches		Fresh Orange Wedges
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c		Blueberry Muffin	Cheese Crackers	100% Whole Grain Bread (1 slice) Mayo & Mustard	Animal Crackers

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).

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Week Two		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate			Cheddar Cheese Slice (1 oz)	Hard Boiled Egg (1/2 egg)	
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Pineapple	Tropical Mixed Fruit	Fresh Orange Wedges	Peaches	Banana (1 whole)
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Wheat Chex Cereal (100% whole grain)	Plain Bagel Cream Cheese	100% Whole Grain Bread (1 slice) Butter or Marg.	English Muffin Butter or Marg. & Jelly	Rice Chex Cereal
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Turkey Slices	*Chicken Nuggets Ketchup	*Salisbury Steak Gravy	*Fricassee de Pollo	Cuban Sandwich (Pork, Ham, Swiss Cheese, Pickles)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots (frozen, not canned)	Crisp Steamed Broccoli (fresh/frozen, not canned)	Green Beans	Mangu	Roasted New Potatoes
	Fruit or Vegetable Ages: 1-18: ¼ c	Pears	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Red Beans	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup French Dressing
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	*Moros	100% Whole Grain Bread	Roll	Brown Rice (100% whole grain)	Cuban Bread Mayo & Mustard
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz	Milk				
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz			Peanut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp	Yogurt 4 oz cup	
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					Applesauce
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c		100% Orange Juice	Fresh Apple Slices		
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Cuban Crackers	Corn Muffin		Graham Crackers (plain)	100% Whole Grain Crackers

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Week Three		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Mozzarella Cheese Slice (1 oz)		Yogurt 4 oz cup		Hard Boiled Egg (1/2 egg)
	Vegetable/Fruit/Juice 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)
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Original Cheerios (100% whole grain)	Raisin Bread (1 slice; plain, no icing) Butter or Marg.	Blueberry Muffin	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	100% Whole Grain English Muffin Butter or Marg. & Jelly
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Ropa Vieja	*Breaded Chicken Pattie	*Meatloaf (beef or turkey) Ketchup	*Spaghetti & Meat Sauce with Ground Turkey or Beef	*Pizza
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Black Beans	Green Peas	Fresh Mashed Potato (not instant)	Steamed Baby Carrots (fresh/frozen, not canned)	Mixed Vegetables
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Fresh Apple Slices	Fruit Cocktail	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Lowfat Ranch Dressing	Pears
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Rice	Roll	100% Whole Grain Bread	(Spaghetti), Garlic Bread	Pizza Crust
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz		Milk		Milk	
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz	Peanut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp Jelly	Provolone Cheese Slice	Sliced Turkey (1 ½ oz)		Cheese Stick
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c			100% Red Grape Juice		Fresh Orange Slices
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	100% Whole Grain Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices	100% Whole Wheat Tortilla	Assorted Crackers	Animal Crackers	

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Week Four		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Yogurt 4 oz cup		Cheddar Cheese Slice (1 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% Apple Juice	Banana (1 whole)
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¼ c	Blueberry Muffin	Life Original Cereal	100% Whole Grain English Muffin	100% Whole Grain Bread <i>Butter or Marg.</i>	Multi Grain Cheerios (100% whole grain)
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Pork (sliced or pulled)	*Breaded Fish <i>Ketchup</i>	*Picadillo	Baked Chicken	Hamburger (Lettuce and Tomato)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Steamed Baby Carrots	Yucca	Butternut Squash	Oven Fried Potatoes
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Lowfat Italian Dressing</i>	Mixed Vegetables	Fresh Broccoli Florets <i>Lowfat Ranch Dip</i>	Pears
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	White Rice	Soft Roll	*Congri	Cuban Bread	Bun <i>Mustard, Mayo, Ketchup</i>
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz	Milk	Milk			
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz	Sliced Turkey (1 ½ oz)	Peanut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp <i>Jelly</i>		Yogurt 4 oz cup	Shredded Mozzarella Cheese Ages 1-5: ½ oz Ages 6 and up: 1 oz
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					Tomato Sauce Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c			Banana (1 whole)	Peaches	(children assemble own personal pizzas)
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¼ c	100% Whole Grain Crackers	100% Whole Grain Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices	Crackers (savory)		English Muffin Ages 1-5: ½ muffin Ages 6 and up: 1 whole

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Week Five		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate			Cheddar Cheese Slice (1 oz)		Hard Boiled Egg (1/2 egg)
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Fruit Cocktail	Pineapple	Pears	Banana (1 whole)	Applesauce
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Total Whole Grain Cereal (100% whole grain)	100% Whole Grain Bagel Cream Cheese	Blueberry Muffin	Original Cheerios (100% whole grain)	100% Whole Grain Bread Butter or Marg.
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Pulled Chicken Gravy or Sauce	*Beef Empanada	*Ravioli	*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	Plantains	Broccoli, Cauliflower, Carrots	Mixed Vegetables	Fresh Mashed Potato (not instant)
	Fruit or Vegetable Ages: 1-18: ¼ c	Peaches	Fresh Tomato, Corn & Avocado Salad Light Ranch Dressing	Fresh Clementine Wedges	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Italian Dressing
	Grains/Breads 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: four oz; Ages 6-18: eight oz					
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz	Sliced Turkey (1 ½ oz)		Bean Dip (bean salsa or hummus)	Mozzarella Stick	Yogurt 4 oz cup
	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			
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Saltine Crackers	Cheese Crackers	Soft Tortilla	Plain Arepa	Graham Crackers (plain)

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