

Noah

Attachment 2 Cycle Menu A - No Pork No Peanut 2017-2018 Updated 10-25-17

JOY

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 lowfat (1 percent), unflavored fat free (skim), or may be served flavored 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, ¼ c Ages 6-18: 1 slice/serving, ¾ c	Blueberry Bagel Cream Cheese	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread (1 slice) Butter or Marg.	Life Original Cereal	Corn Flakes 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	Baked Sliced Turkey (2 oz)	Beef Stroganoff	Picadillo	*Breaded Fish Ketchup	*Arroz Con Pollo (see recipe list)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ (Double portion for salads)	Fresh Roasted Sweet Potatoes	Corn	Sliced Tomatoes	Sautéed Spinach and Tomatoes (see recipe list)	Green Beans (fresh/frozen, not canned)
	Fruit or Vegetable Ages 1-18: ¼ c	Cole Slaw (see recipe list)	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.	Brown Macaroni Cheddar Sauce	Congee-Clean Bread	Soft Roll	White & Brown Rice (in entrée)
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	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	Waldorf Fruit Salad (no nuts) (see recipe list)	Peaches		Fresh Orange Wedges
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¾ c		Blueberry Muffin	Cheese Crackers	100% Whole Grain Bread (1 slice) Mayo & Mustard	Original Sun Chips (100% whole grain)

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.

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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	Colby Cheese Slice (1 oz)		Yogurt 4 oz cup		Hard Boiled Egg (1/2 egg)
	Vegetable/Fruit/Juice Ages 1-18: 1/2 c	Raisins (1/4 cup)	Pears	Pineapple	Banana (1 whole)	Applesauce
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	Total Whole Grain Cereal (100% whole grain)	100% Whole Grain Bagel <i>Cream Cheese</i>	Original Cheerios (100% whole grain)	Blueberry Muffin	100% Whole Grain Bread <i>Butter or Marg.</i>
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	Pulled Chicken <i>Gravy or Sauce</i>	Seasoned Black Beans (at least 3/4 c ages 1-5 and 1/2 c ages 6-12)	Scrambled Eggs (2 oz) <i>(see recipe list)</i> & Cheese	Cuban Stew (with beef)	*Baked Fish Scandia <i>(see recipe list)</i>
	Vegetable Ages 1-5: 1/4 c; Ages 6-18: 1/2 c (Double portion for salads)	Corn and Edamame Blend <i>(see recipe list)</i>	Plantains	Roasted Red Potatoes	Mixed Vegetables	Steamed or Roasted Carrots (fresh/frozen, not canned)
	Fruit or Vegetable Ages: 1-18: 1/4 c	Peaches	Fresh Tomato, Corn & Avocado Salad <i>Light Ranch Dressing</i>	Fresh Clementine Wedges	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Salad (Spinach, Romaine, Tomato, Cucumber) 1/2 cup <i>Italian Dressing</i>
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/4 c Ages 6-18: 1 slice/serving, 1/2 c	Macaroni and Cheese	Yellow Rice	Pancakes <i>Syrup</i>	Brown Rice (100% whole grain)	Soft Roll
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz					Milk
	Meat/Meat Alternate Ages 1-5: 1/2 oz Ages: 6-18: 1 oz		Yogurt 4 oz cup	Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp	Mozzarella Cheese Slice	
	Vegetable Ages 1-5: 1/2 c Ages 6-18: 3/4 c					
	Fruit/Juice Ages 1-5: 1/2 c Ages 6-18: 3/4 c	100% Orange Juice	Waldorf Fruit Salad (no nuts) <i>(see recipe list)</i>	Fresh Apple Slices		
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	Saltine Crackers			Plain Arepa	Cheese 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.

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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	Yogurt 4 oz cup			Hard Boiled Egg (1/2 egg)	
	Vegetable/Fruit/Juice Ages 1-18: 1/2 c	Pineapple	Tropical Mixed Fruit	Banana (1 whole)	Peaches	Fresh Orange Wedges
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	Kix Cereal (Original, Honey, or Berry Berry)	Cinnamon Raisin Bagel <i>Cream Cheese</i>	100% Whole Grain Bread (1 slice) <i>Butter or Marg.</i>	English Muffin <i>Butter or Marg. & Jelly</i>	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 1/2 oz Ages 6-18: 2 oz	Black Eyed Peas (at least 1/2 c ages 1-5 and 1/2 c ages 6-18)	*Chicken Nuggets <i>Ketchup</i>	*Salisbury Steak (see recipe list) <i>Gravy</i>	*Ground Turkey and Beef Spanish Rice (see recipe list)	Turkey Cuban (Turkey, Swiss Cheese, Pickles)
	Vegetable Ages 1-5: 1/4 c; Ages 6-18: 1/2 c (Double portion for salads)	Green Beans	Steamed or Roasted Broccoli (fresh/frozen, not canned)	Peas and Carrots (frozen, not canned)	Plantains	Fresh Mashed Potatoes (not instant)
	Fruit or Vegetable Ages: 1-18: 1/4 c	Pears	Sweet Potato and Black Bean Salad (cold) (see recipe list)	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Waldorf Fruit Salad (no nuts) (see recipe list)	Salad (Spinach, Romaine, Tomato, Cucumber) 1/2 cup <i>French Dressing</i>
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/4 c Ages 6-18: 1 slice/serving, 1/2 c	Brown Rice (100% whole grain)	100% Whole Grain Bread	Macaroni & Cheese	Brown Rice (in entrée) (100% whole grain)	Cuban Bread <i>Mayo & Mustard</i>
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz		Milk			
	Meat/Meat Alternate Ages 1-5: 1/2 oz Ages 6-18: 1 oz	Provolone Cheese Slice		Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp	Yogurt 4 oz cup	
	Vegetable Ages 1-5: 1/2 c Ages 6-18: 3/4 c					Marinated Black Bean Salad (cold) (see recipe list)
	Fruit/Juice Ages 1-5: 1/2 c Ages 6-18: 3/4 c			Fresh Apple Slices	100% Orange Juice	
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	Cuban Crackers	Corn Muffin			Original Sun Chips (100% whole grain)

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. See Catering Information webpage for available standardized recipes or combination foods noted: (see recipe list)

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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	Yogurt 4 oz cup		Mozzarella Cheese Slice (1 oz)		Hard Boiled Egg (1/2 egg)
	Vegetable/Fruit/Juice Ages 1-18: 1/2 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: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	Original Cheerios (100% whole grain)	Raisin Bread (1 slice; plain, no icing) <i>Butter or Marg.</i>	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	Blueberry Muffin	100% Whole Grain English Muffin <i>Butter or Marg. & Jelly</i>
LUNCH	Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	Shredded Chicken <i>(in sauce)</i>	*Pollo Guisado <i>(see recipe list)</i>	*Turkey Meatloaf <i>(see recipe list)</i> <i>Ketchup</i>	*Spaghetti & Meat Sauce with Ground Turkey or Beef <i>(see recipe list)</i>	*Pizza
	Vegetable Ages 1-5: 1/4 c; Ages 6-18: 1/2 c (Double portion for salads)	Zucchini, Corn, Tomatoes (in entrée)	Mixed Vegetables	Fresh Mashed Sweet Potato (not instant)	Steamed or Roasted Carrots <i>(fresh/frozen, not canned)</i>	Green Peas
	Fruit or Vegetable Ages: 1-18: 1/4 c	Pineapple	Fresh Apple Slices	Fruit Cocktail	Salad (Spinach, Romaine, Tomato, Cucumber) 1/2 cup Lowfat Ranch Dressing	Pears
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/4 c Ages 6-18: 1 slice/serving, 1/2 c	Whole Grain Roll	Yellow Rice	100% Whole Grain Bread	Spaghetti <i>(in entrée)</i>	Pizza Crust <i>(see recipe list)</i>
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz				Milk	
	Meat/Meat Alternate Ages 1-5: 1/2 oz Ages 6-18: 1 oz	Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp <i>Jelly</i>	Cheddar Cheese Slice			Cheese Stick
	Vegetable Ages 1-5: 1/2 c Ages 6-18: 3/4 c					
	Fruit/Juice Ages 1-5: 1/2 c Ages 6-18: 3/4 c			100% Red Grape Juice		Fresh Orange Slices
	Grains/Breads Ages 1-5: 1/2 slice/serving, 1/3 c Ages 6-18: 1 slice/serving, 3/4 c	100% Whole Grain Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices	100% Whole Grain Soft Tortilla	Soft Pita Bread	Original Sun Chips (100% whole grain)	

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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		Provolone Cheese Slice (1 oz)	Soynut Butter (1 oz) <i>Jelly</i>	
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Fruit Cocktail	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Peaches	Banana (1 whole)
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Blueberry Muffin	Life Original Cereal	100% Whole Grain Bread <i>Butter or Marg.</i>	100% Whole Grain English Muffin	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 Chicken (sliced or pulled)	*Chicken Nuggets <i>Honey Mustard</i>	Picadillo	Baked Chicken	Cheeseburger (Lettuce and Tomato)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Steamed or Roasted Winter Squash (Acorn or Butternut)	Plantains	Fresh Mashed Potatoes (not instant)	Steamed or Roasted Zucchini
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Fresh Sliced Tomato	Fresh Broccoli Florets <i>Lowfat Ranch Dip</i>	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Lowfat Ranch Dressing</i>	Pears
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	White Rice	Soft Roll	Cuban Bread or Roll	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		Soynut 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			Fresh Orange Wedges	100% White Grape Juice	(children assemble own personal pizzas)
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ 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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