

### Attachment 2 Cycle Menu C 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
<b>BREAKFAST</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>			Colby Cheese Slice (1 oz)		Yogurt 4 oz cup
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	100% Apple Juice	Pears	Raisins (1/4 cup)	Cinnamon Apples	Banana (1 whole)
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Cinnamon Raisin Bagel <b><i>Cream Cheese</i></b>	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread (1 slice) <b><i>Butter or Marg.</i></b>	Life Original Cereal	Wheat Chex Cereal (100% whole grain)
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Baked Sliced Ham (2 oz)	*Chicken Tetrazzini	*Ground Beef Stroganoff	*Breaded Fish <b><i>Ketchup</i></b>	*Oven Fried Chicken <b><i>Gravy</i></b>
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Baked Beans	Corn & Lima Beans (fresh/frozen, not canned)	Roasted Cauliflower	Mixed Vegetables	Green Beans (fresh/frozen, not canned)
	<b>Fruit or Vegetable</b> 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 <b><i>Lowfat Ranch Dressing</i></b>
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Grain Bread <b><i>Butter or Marg.</i></b>	Penne Pasta (in entrée)	Egg Noodles	Cornbread	Waffle <b><i>Syrup</i></b>
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz; Ages 6-18: eight oz		Milk			
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages 6-18: 1 oz	Yogurt 4 oz cup			Sliced Turkey (1 ½ oz)	
	<b>Vegetable</b> Ages 1-5: ½ c Ages 6-18: ¾ c					
	<b>Fruit/Juice</b> Ages 1-5: ½ c Ages 6-18: ¾ c	Tropical Mixed Fruit		Peaches		Fresh Orange Wedges
	<b>Grains/Breads</b> 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) <b><i>Mayo &amp; Mustard</i></b>	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
<b>BREAKFAST</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>				Hard Boiled Egg (1/2 egg)	
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Pineapple	Tropical Mixed Fruit	Banana (1 whole)	Peaches	Fresh Orange Wedges
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¼ c	Kix Cereal (Original, Honey, or Berry Berry)	Plain Bagel <i>Cream Cheese</i>	100% Whole Grain Bread (1 slice) <i>Butter or Marg.</i>	100% Whole Grain English Muffin <i>Butter or Marg. &amp; Jelly</i>	Rice Chex Cereal
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Turkey Slices	*Chicken Nuggets <i>Barbecue Sauce</i>	*Salisbury Steak <i>Gravy</i>	*Chicken and Dumplings	Ham Sandwich (Swiss Cheese, Lettuce, Tomato, & Pickle)
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Succotash (fresh/frozen, not canned)	Crisp Steamed Broccoli (fresh/frozen, not canned)	Peas and Carrots (frozen, not canned)	Fresh Mashed Potatoes (not instant)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>French Dressing</i>
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Mandarin Oranges	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Green Beans	Fruit Cocktail
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Brown Rice (100% whole grain)	100% Whole Grain Bread	*Macaroni & Cheese	Dumplings (in entrée)	100% Whole Grain Bread <i>Mayo &amp; Mustard</i>
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz; Ages 6-18: eight oz		Milk			
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages: 6-18: 1 oz	Provolone Cheese Slice		Peanut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp	Yogurt 4 oz cup	Tuna Salad
	<b>Vegetable</b> Ages 1-5: ½ c Ages 6-18: ¾ c					
	<b>Fruit/Juice</b> Ages 1-5: ½ c Ages 6-18: ¾ c			Fresh Apple Slices	100% Orange Juice	
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¼ c	Pretzels	Corn Muffin			Crackers (savory)

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Week Three		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Mozzarella Cheese Slice (1 oz)		Yogurt 4 oz cup		Hard Boiled Egg (1/2 egg)
	<b>Vegetable/Fruit/Juice</b> 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)
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Original Cheerios (100% whole grain)	Biscuit <b>Butter or Marg. &amp; Jelly</b>	Blueberry Muffin	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	100% Whole Grain English Muffin <b>Butter or Marg. &amp; Jelly</b>
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Sloppy Joes	*Turkey Meatloaf <b>Ketchup</b>	Pulled Pork <b>BBQ Sauce</b>	*Spaghetti & Meat Sauce with Ground Turkey or Beef	*Veggie Burger (Lettuce, Tomato & Pickle)
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Italian Green Beans (fresh/frozen, not canned)	Fresh Mashed Sweet Potato (not instant)	Cole Slaw	Steamed Baby Carrots (fresh/frozen, not canned)	Green Peas
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pineapple	Fruit Cocktail	Baked Beans	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <b>Lowfat Ranch Dressing</b>	Fresh Apple Slices
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Bun	100% Whole Grain Bread	Corn Muffin	(Spaghetti), Garlic Bread	Bun <b>Mustard, Mayo, Ketchup</b>
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz; Ages 6-18: eight oz				Milk	
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages: 6-18: 1 oz	Peanut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp <b>Jelly</b>		Provolone Slice		Cheese Stick
	<b>Vegetable</b> Ages 1-5: ½ c Ages 6-18: ¾ c					
	<b>Fruit/Juice</b> Ages 1-5: ½ c Ages 6-18: ¾ c		100% Red Grape Juice			Fresh Orange Slices
	<b>Grains/Breads</b> 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	Soft Pita Bread	100% Whole Grain Crackers	Animal Crackers	

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Week Four		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Yogurt 4 oz cup		Provolone Cheese Slice (1 oz)		
	<b>Vegetable/Fruit/Juice</b> 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)
	<b>Grains/Breads</b> 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 <b>Butter or Marg.</b>	100% Whole Grain Bagel <b>Cream Cheese</b>	Multi Grain Cheerios (100% whole grain)
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Chicken Alfredo	*Chicken Pot Pie	*Pizza	*Chicken and (Vegetable Stir Fry)	Hamburger (Lettuce and Tomato)
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots (fresh/frozen, not canned)	Crisp Steamed Broccoli	Corn (fresh/frozen, not canned)	Vegetables (Stir Fry)	Oven Fried Potatoes
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pineapple	Tropical Mixed Fruit	Fresh Broccoli Florets <b>Lowfat Ranch Dip</b>	Mandarin Oranges	Pears
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Rotini Pasta (in entrée)	Soft Roll	Pizza Crust	Rice	Bun <b>Mustard, Mayo, Ketchup</b>
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz; Ages 6-18: eight oz	Milk	Milk			
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages: 6-18: 1 oz		Peanut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp <b>Jelly</b>		Yogurt 4 oz cup	Shredded Mozzarella Cheese Ages 1-5: ½ oz Ages 6 and up: 1 oz
	<b>Vegetable</b> Ages 1-5: ½ c Ages 6-18: ¾ c					Tomato Sauce Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp
	<b>Fruit/Juice</b> Ages 1-5: ½ c Ages 6-18: ¾ c			Fresh Orange Wedges	Peaches	(children assemble own personal pizzas)
	<b>Grains/Breads</b> 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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Week Five		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Colby Cheese Slice (1 oz)		Yogurt 4 oz cup		Hard Boiled Egg (1/2 egg)
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Raisins (1/4 cup)	Pears	Pineapple	Banana (1 whole)	Applesauce
	<b>Grains/Breads</b> 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 <i>Cream Cheese</i>	Original Cheerios (100% whole grain)	Blueberry Muffin	100% Whole Grain Bread <i>Butter or Marg.</i>
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Turkey <i>Gravy</i>	*Tuna Salad Sandwich <i>Pickles</i>	*Lasagna (with Ground Turkey or Beef)	Black Eyed Peas (at least ¾ c ages 1-5 and ½ c ages 6-12)	*Fish Po'Boy (breaded fish with mild creole seasoning) (Lettuce & Tomato)
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Three Bean Salad (Kidney beans, butter beans, green beans)	Mixed Vegetables	Crisp Steamed Broccoli (fresh/frozen, not canned)	Collard Greens	Cole Slaw
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Peaches	Pineapple Tidbits	Fresh Clementine Wedges	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Italian Dressing</i>
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Macaroni & Cheese	Sandwich Bread <i>Mayo</i>	Lasagna Noodles	White Rice	Soft French Roll <i>Mayo &amp; Ketchup</i>
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz; Ages 6-18: eight oz		Milk			
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages: 6-18: 1 oz				Bean Dip (bean salsa or hummus)	Yogurt 4 oz cup
	<b>Vegetable</b> Ages 1-5: ½ c Ages 6-18: ¾ c					
	<b>Fruit/Juice</b> Ages 1-5: ½ c Ages 6-18: ¾ c	100% Orange Juice		Fresh Apple Slices		
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Saltine Crackers	Raisin Bread (1 slice; plain, no icing) <i>Butter or Marg.</i>	Cheese Crackers	100% Whole Wheat Tortilla	Graham Crackers (plain)

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