

Attachment 3 Cycle Menu C

Refer to Child Care Food Program Meal Pattern for Children when planning portion sizes for age groups specified in this bid.

Milk must be served with each breakfast, lunch and supper meal. Milk must be served with snack as indicated. Between a child's first and second birthday, whole milk must be served. After age 2, it is recommended that lowfat (1%) or fat free milk be served.

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Apple Juice Crispy Rice Cereal Milk	Fresh Orange Wedges Cinnamon Roll Milk	Grape Juice Cornflakes Milk	Seasonal Fresh Fruit English Muffin <i>Margarine</i> Milk	Cinnamon Apples French Toast <i>Syrup</i> Milk
Lunch/ Supper	Sliced Ham Whole Wheat Roll Rice Broccoli Pineapple Tidbits Milk	Sloppy Joe on Bun Steamed Zucchini Corn Milk	Oven Fried Chicken Cornbread Mashed Potatoes Greens Milk	*Breaded Fish <i>Ketchup</i> Roll Peas & Carrots Fruit Cocktail Milk	*Salisbury Steak <i>With Gravy</i> Rice Green Salad (Romaine Lettuce, Tomato, Cucumber) <i>Lowfat French Dressing</i> Green Beans Milk
Snack	Oatmeal Cookies Milk	Yogurt <i>Flavored 4 oz cup</i> Peaches	Assorted Crackers Cucumber/Carrot/ Celery Sticks <i>Lowfat Ranch Dressing</i>	Peanut Butter Banana Milk	Animal Crackers Blended 100% Juice

*Requires a Child Nutrition Label. When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: Water is NOT a creditable food item)

Effective FFY 2008-2009

Serv. = serving; mt/mt alt. = meat/meat alternate; brd. = bread

Cycle Menu C (Continued)

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Grape Juice Crispix Cereal Milk	Cantaloupe Cubes Pancakes <i>Syrup</i> Sausage Milk	Applesauce Toast <i>Margarine and Jelly</i> Scrambled Eggs Milk	Orange Juice Honey Nut Scooters Cereal Milk	Apple Wedges Bagel <i>Jelly</i> Milk
Lunch/ Supper	Beef Stew 1 serv.= 1-1/2 oz. mt./mt alt. and ¼ c veg. for 1-5 yr. olds; 2 oz. mt./mt. alt. and 3/8 c veg. for 6-12 yr. olds. Cornbread Fruit Cocktail Milk	*Chicken Nuggets <i>Barbecue Sauce</i> Whole Wheat Roll Mashed Potatoes Green Peas Milk	*Beef Ravioli Italian Bread Spinach Salad (Spinach Leaves, Lettuce, Tomatoes) <i>Lowfat Ranch Dressing</i> Pears Milk	Ham & Cheese Sandwich (At a minimum, 1 sand.= 1-1/2 oz. mt/mt alt. and 1 brd. for 1-5 yr. olds; 2 oz. mt/mt alt. and 1 brd for 6-12 yr. olds) <i>Mustard, Lowfat Mayo and Ketchup</i> Lettuce, Tomato, Pickle Tater Tots Seasonal Fresh Fruit Milk	Chicken & Rice 1 serv.= 1-1/2 oz. mt/mt alt. and 1 brd. for 1-5 yr. olds and 2 oz. mt/mt alt. and 1 brd. for 6-12 yr. olds. Roll Coleslaw Peaches Milk
Snack	Granola or Cereal Bar Milk	Three Bean Salad Assorted Crackers	Whole Wheat Crackers Cheese Slice	Blueberry Muffin Banana	Yogurt <i>Flavored 4 oz cup</i> Graham Crackers

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Juice Cinnamon Toasters Cereal Milk	Pineapple Tidbits Blueberry Muffin Milk	Peaches French Toast Syrup Milk	Grape Juice Cornflakes Milk	Applesauce Sausage Biscuit Milk
Lunch/ Supper	*Breaded Pork Patty Gravy Roll Mashed Potatoes Broccoli Milk	Hamburger Patty Bun Mustard, Ketchup, Lowfat Mayo Lettuce, Tomato, Pickle Tater Tots Fruit Cocktail Milk	Turkey & Cheese Sandwich 1 sand.= 1-1/2 oz. mt/mt alt. and 1 brd. for 1-5 yr. olds; 2 oz. mt/mt alt. and 1 brd for 6-12 yr. olds Lowfat Mayo and/or Mustard Green Beans Banana Milk	Spaghetti & Meat Sauce(with ground turkey or beef) 1 serv.= 1-1/2 oz. mt/mt alt. and 1 brd. for 1-5 yr. olds and 2 oz. mt/mt alt. and 1 brd. for 6-12 yr. olds. Garlic Bread Tossed Salad (Lettuce, Tomato, Cucumber) Lowfat French Dressing Pears Milk	*Fish Sticks Ketchup Cornbread Coleslaw Peas and Carrots Milk
Snack	Vanilla Wafers Milk	Animal Crackers Blended 100% Juice	Fresh Broccoli and Cauliflower Florets Lowfat Ranch Dressing Cheese Crackers	Raisin Bread Fresh Orange Slices	Assorted Crackers Seasonal Fresh Fruit

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Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Grape Juice Crispy Rice Cereal Milk	Fruit Salad Cinnamon Raisin Bagel <i>Cream cheese</i> Milk	Peaches Waffles <i>Syrup</i> Milk	Apple Juice Honey Nut Scooters Cereal Milk	Orange Juice English Muffin <i>Margarine and jelly</i> Scrambled Eggs Milk
Lunch/ Supper	Turkey Roast Roll Green Peas Sweet Potato Milk	*Chicken Strips Roll Green Beans Pineapple Tidbits Milk	Sliced Ham Macaroni & Cheese Biscuit Spinach Salad <i>Lowfat Ranch Dressing</i> Orange Wedges Milk	Tuna Salad Sandwich 1 sand.= 1-1/2 oz. mt/mt alt. and 1 brd. for 1-5 yr. olds; 2 oz. mt/mt alt. and 1 brd for 6-12 yr. olds Tater Tots <i>Ketchup</i> Apple Wedges Milk	*Pizza Corn Tossed Salad (Lettuce, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i> Fruit Cocktail Milk
Snack	Graham Crackers Pears	Granola or Cereal Bar Milk	Yogurt <i>Flavored 4 oz cup</i> Banana	Soft Tortilla Cheese Slice	Peanut Butter & Jelly Sandwich (At a minimum, 1 sand.= 1 Tbsp. mt/mt alt. and 1 brd. for 1-5 yr. olds; 2 Tbsp. mt/mt alt. and 1 brd for 6-12 yr. olds) Milk

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Week Five	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Juice Apple Zings Cereal Milk	Pears Cheese Toast Milk	Fruit Cocktail English Muffin <i>Margarine and jelly</i> Milk	Cantaloupe Bagel <i>Cream cheese</i> Milk	Grape Juice Crispy Rice Cereal Milk
Lunch/ Supper	Meatloaf <i>Ketchup</i> Roll Mashed Potatoes Mixed Vegetables Applesauce Milk	*Breaded Chicken Pattie Rice Black-eyed Peas Pineapple Tidbits Milk	Beefaroni 1 serv.= 1-1/2 oz. mt/mt alt. and 1 brd. for 1-5 yr. olds and 2 oz. mt/mt alt. and 1 brd. for 6-12 yr. olds. Peas & Carrots Mixed Greens Salad (Spinach, Romaine, Iceberg Lettuce, Tomato) <i>Lowfat French Dressing</i> Apple Wedges Milk	Chicken and Dumplings 1 serv.= 1-1/2 oz. mt/mt alt. and 1 brd. for 1-5 yr. olds and 2 oz. mt/mt alt. and 1 brd. for 6-12 yr. olds. Green Beans Corn Milk	Barbecue Pork Bun Cole Slaw Baked Beans Milk
Snack	Plain Cookies Milk	Yogurt <i>Flavored 4 oz cup</i> Peaches	Assorted Crackers Orange Wedges	Blended 100% Juice Animal Crackers	Peanut Butter Banana Milk

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