

**Attachment 2**  
**Cycle Menu A No Pork No Peanut**

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
<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)	Cheese Slice (1 oz)		
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Blended 100% Juice	Pears	Fresh Orange Wedges	Cinnamon Apples	Cranberry Juice Blend
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Cinnamon Raisin Bagel <i>Cream Cheese</i>	Wheat Chex Cereal	Whole Wheat Bread (1 slice)	French Toast	Whole Grain Bread <i>Butter or Marg. &amp; Jelly</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	Baked Sliced Turkey (2 oz)	*Beefaroni	*Picadillo	*Breaded Fish <i>Ketchup</i>	*Arroz Con Pollo
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Sweet Potatoes	Spinach	Sliced Tomatoes	Mixed Vegetables	Mixed Greens Salad (Spinach, Romaine, Tomato, Cucumber) <i>Lowfat French Dressing</i>
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Green Beans	Fruit Salad	Tropical Mixed Fruit	Mandarin Oranges	Peaches
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Whole Wheat Bread (1 Slice) <i>Butter or Marg.</i>	(Beefaroni) Macaroni; Garlic Bread	Congri; Cuban Bread	Whole Grain Roll	Cuban Bread or Roll
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz; Ages 6-18: eight oz					
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages: 6-18: 1 oz	Cottage Cheese			Sliced Turkey (1 ½ oz)	
	<b>Vegetable</b> Ages 1-5: ½ c Ages 6-18: ¾ c			Carrot, Pineapple, and Raisin Salad		
	<b>Fruit/Juice</b> Ages 1-5: ½ c Ages 6-18: ¾ c	Pineapple	Applesauce			Banana
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c		Blueberry Muffin	Whole Grain Triangle Crackers	Whole Wheat Bread (1 slice) <i>Mayo &amp; Mustard</i>	Pretzels (soft or thin)

**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 (e.g.: 1 svg. Beefaroni = 1.5 oz meat/meat alternate for 1-5 year olds and 2 oz for 6-18 year olds). 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)	
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Orange Juice	Tropical Mixed Fruit	Banana	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; Blueberry Muffin	Bagel <i>Cream Cheese</i>	Whole Wheat Bread (1 slice) <i>Butter or Marg. &amp; Jelly</i>	Whole Grain English Muffin <i>Butter or Marg. &amp; Jelly</i>	Whole Grain Waffles <i>Syrup</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	Black Eyed Peas (at least ¾ c ages 1-5 and ½ c ages 6-12)	*Chicken Nuggets <i>Ketchup</i>	*Salisbury Steak <i>Gravy</i>	*Fricase de Pollo	Cuban Sandwich (Turkey, Swiss Cheese, Pickles) <i>Mayo &amp; Mustard</i>
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Broccoli	Corn	Peas and Carrots	Plantains	Tossed Salad (Lettuce & Tomato) <i>Lowfat Ranch Dressing</i>
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pears	Green Beans	Mashed Potatoes	Spinach	Fresh Apple Slices
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	*Macaroni & Cheese	Whole Wheat Bread (1 slice)	Whole Grain Roll	Rice	Cuban or Whole Wheat Bread
<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	Cheese Slice	Bean Dip		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			Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)	Pineapple	
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¼ c	Cuban Crackers	Whole Grain Rectangle Crackers			Corn Muffin

**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 (e.g.: 1 svg. Beefaroni = 1.5 oz meat/meat alternate for 1-5 year olds and 2 oz for 6-18 year olds). 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 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>			Hard Boiled Egg (1)		Scrambled Egg & Cheese (Burrito)
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Blended 100% Juice	Mandarin Oranges	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)	Cinnamon Apples	Cantaloupe Cubes
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Cheerios Cereal; Banana Bread	Whole Grain Raisin Bread (1 slice; plain, no icing) <i>Butter or Marg.</i>	Honey Nut Shredded Wheat	Pancakes	*Breakfast Burrito (1 Whole Wheat Tortilla) <i>Very Mild Salsa</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	Shredded Chicken <i>In sauce</i>	*Ropa Vieja	*Meatloaf <i>Ketchup</i>	*(Spaghetti &) Meat Sauce with Ground Turkey or Beef	*Fish Sticks
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Steamed Carrots	Mixed Vegetables	Mashed Sweet Potato	Green Salad (Romaine Lettuce, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i>	Green Peas
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Fruit Cocktail	Pineapple	Broccoli	Tropical Mixed Fruit	Pears
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Roll	Congri	Whole Wheat Bread	Spaghetti (& Meat Sauce); Garlic Bread	Whole Grain Roll
<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		Cheese Slice	Cottage Cheese		
	<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			Peaches		Fresh Orange Slices
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Whole Wheat Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices <i>Butter or Marg. &amp; Jelly</i>	Soft Tortilla		Whole Grain Tortilla Chips <i>Very Mild Salsa (2 Tbsp)</i>	Whole Grain Pita 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>			Cheese Slice (1 oz)		
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Fruit Cocktail	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)	Grape Juice	Banana
	<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 (½ cup ages 1-5)	Whole Wheat Bread (1 slice)	Whole Grain English Muffin <i>Soynut Butter &amp; Jelly</i>	Multigrain Cheerios 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	Roasted Turkey (sliced or pulled)	*Chicken Strips	*Picadillo	Baked Chicken	Hamburger Patty with Cheese Lettuce and Tomato <i>Mustard, Mayo, Ketchup</i>
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Mashed Potatoes	Mixed Greens Salad (Spinach, Romaine, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i>	Green Peas	Winter Squash (Acorn or Butternut)	Green Beans
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Mixed Vegetables	Pineapple (⅓ cup)	Plantains	Fresh Broccoli Florets <i>Lowfat Ranch Dip</i>	Fruit Salad
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Whole Grain Roll	Whole Wheat Bread (1 slice) <i>Butter or Marg.</i>	Cuban Bread or Roll	Congri; Roll	Whole Wheat Bun
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz; Ages 6-18: eight oz	Milk	Milk			Milk
	<b>Meat/Meat Alternate</b> 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 <i>4 oz cup</i>	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 (2 Tbsp)
	<b>Fruit/Juice</b> Ages 1-5: ½ c Ages 6-18: ¾ c			Pears	Peaches	
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Whole Grain Square Crackers	Whole Wheat Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices	Saltines		Whole Grain English Muffin

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<b>Week Five</b>		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<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>					Scrambled Egg/*Egg Patty (1 oz)
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Blended 100% Juice	Peaches	Fresh Orange Wedges	Banana	Applesauce
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¾ c	Total Whole Grain Cereal; Biscuit <i>Butter or Marg. &amp; Jelly</i>	Whole Grain Bagel <i>Cream Cheese</i>	Frosted Mini Wheat Cereal (½ cup ages 1-5)	Waffles <i>Syrup</i>	Whole Wheat Toast <i>Butter or Marg. &amp; Jelly</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	*Breaded Chicken Patty <i>Gravy</i>	Seasoned Black Beans (at least ¾ c ages 1-5 and ½ c ages 6-12)	*Ravioli	*Cuban Stew (with beef)	*Pizza
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Mashed Potatoes	<i>Chickpeas</i> Green Beans	Broccoli	Mixed Vegetables	Steamed Carrots
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Peas and Carrots	Fresh Apple Slices	Fruit Cocktail	Fruit Salad	Tossed Salad (Lettuce & Tomato)
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Whole Wheat Roll <i>Butter or Marg.</i>	Rice; Whole Wheat Bread (1 slice)	Garlic Bread (1 slice)	Brown Rice	Whole Grain Pizza Crust
<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 <i>4 oz cup</i>	Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp	Cheese Slice	
	<b>Vegetable</b> Ages 1-5: ½ c Ages 6-18: ¾ c			Celery Sticks (½ cup ages 1-5, ¾ cup ages 6-18)		
	<b>Fruit/Juice</b> Ages 1-5: ½ c Ages 6-18: ¾ c	Pears	Pineapple Tidbits	Raisins (2 Tbsp all ages)		Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¾ c	Whole Grain Cracker Rounds			Plain Arepa	

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