

Attachment 2 Cycle Menu Lunch, Snack, Supper 2019-2020

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
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 <i>Ketchup</i>	*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 <i>Lowfat Ranch Dressing</i>
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Grain roll <i>Butter or Marg.</i>	(Beefaroni) Macaroni Garlic Bread	*Congri; Cuban Bread	Soft Roll	Brown Rice (in entrée; 100% whole grain)
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 Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving		100% Whole Grain English Muffin <i>Butter or Marg and Jelly</i>	100% Whole Grain Crackers	100% Whole Grain Bread (1 slice) <i>Mayo & Mustard</i>	Animal Crackers
SUPPER	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	Turkey and Cheese Sandwich (Lettuce, Tomato, & Pickle)	*Chicken Tetrazzini	*Ground Beef Stroganoff	*Bean and Cheese Burrito	*Oven Fried Chicken
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Lowfat Italian Dressing</i>	Sautéed Spinach and Tomatoes	Roasted Cauliflower	Steamed Baby Carrots (fresh/frozen, not canned)	Fresh Mashed Potato (not instant)
	Fruit or Vegetable Ages: 1-18: ¼ c	Pears	Applesauce	Peas & Carrots	Tropical Mixed Fruit	Black Eye Peas
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Grain Bread <i>Butter or Marg.</i>	Pasta (in entrée)	Egg Noodles	Tortilla (in entrée)	Cornbread

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).