

**Attachment 2 Cycle Menu Lunch, Snack, Supper 2023-2024**

**Week of:** \_\_\_\_\_

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. *Substitutions require state office approval*

	<b>Week One</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Fricassee de Pollo	*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)	Fresh Mashed Potato (not instant)	Cooked Carrots	Corn	Green Peas	Salad (Spinach, Romaine, Tomato, Cucumber) <i>Italian or Ranch Dressing</i>
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Fresh Broccoli <i>Ranch Dip</i>	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Fresh Apple Slices	Green Beans
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Roll <i>Butter or Marg.</i>	Macaroni (in entrée) & Garlic Bread	*Congri & Cuban Bread	*Macaroni and Cheese	Brown Rice (in entrée; 100% whole grain)
<b>SNACK</b>	<b>Milk</b> Ages 1-5: 4 oz; Ages 6-18: 8 oz		Milk		Milk	
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages: 6-18: 1 oz	Yogurt 4 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	Fruit Cocktail		Peaches	Pears	Fresh Orange Wedges
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		100% Whole Grain English Muffin <i>Butter or Marg &amp; Jelly</i>	100% Whole Grain Crackers		Animal Crackers
<b>SUPPER</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Cheeseburger	*Chicken Tetrazzini	*Ground Beef Stroganoff	*Bean and Cheese Burrito	*Oven Fried Chicken
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Salad (Spinach, Romaine, Tomato, Cucumber) <i>Italian or Ranch Dressing</i>	Sautéed Spinach and Tomatoes	Green Peas	Steamed Baby Carrots	Fresh Mashed Potato (not instant)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pears	Banana	Pineapple	Fruit Cocktail	Black Eye Peas
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	WG Bun <i>Mustard, Mayo, Ketchup</i>	Pasta (in entrée)	Egg Noodles	WG 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).

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	<b>Week Two</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 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 <b>Ketchup</b>	*Hamburger (Lettuce and Tomato)	*Fricassee de Pollo	Tacos (Turkey, Chicken, or Beef) <b>Shredded Cheese, Shredded Lettuce, Diced Tomato, and Mild Salsa</b>
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots	Fresh Broccoli <b>Ranch Dip</b>	Green Beans	Baby Carrots <b>Ranch Dip</b>	Corn
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pears	Banana	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Red Beans	Black Beans
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	*Moros	100% Whole Grain Bread <b>Butter or Marg.</b>	100% Whole Grain Bun <b>Mustard, Mayo, Ketchup</b>	Pasta	Tortilla & Brown Rice (100% whole grain)
<b>SNACK</b>	<b>Milk</b> Ages 1-5: 4 oz; Ages 6-18: 8 oz	Milk		Milk		
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages: 6-18: 1 oz				Yogurt Dip (2 oz vanilla yogurt with drained sliced peaches)	
	<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% Grape Juice			Applesauce
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Cuban Crackers <b>Cream Cheese &amp; Guava Paste</b>	Corn Muffin	Cheese Crackers	Graham Crackers (plain or honey)	100% Whole Grain Crackers
<b>SUPPER</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Beef Slices	*Chicken Alfredo	*Breaded Fish <b>Ketchup</b>	Black Beans	*Spaghetti & Meat Sauce with Ground Turkey or Beef
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Mashed Potato (not instant)	Green Peas	Steamed Baby Carrots	Platano Maduro (Plantains)	Broccoli and Cauliflower
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Applesauce	Pineapple	Peaches	Fruit Cocktail	Fresh Orange Wedges
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Wheat Roll <b>Butter or Marg.</b>	Pasta (In entrée)	*Macaroni & Cheese	Brown Rice (100% whole grain)	Spaghetti (in entrée) & Garlic Bread

**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).

**Attachment 2 Cycle Menu Lunch, Snack, Supper 2023-2024**

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	<b>Week Three</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Ropa Vieja	*Breaded Chicken Pattie	*Meatloaf (beef or turkey) <b>Ketchup</b>	Baked Ham	*Pizza
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Black Beans	Green Peas	Fresh Mashed Potato (not instant)	Salad (Spinach, Romaine, Tomato, Cucumber) <b>Italian or Ranch Dressing</b>	Mixed Vegetables
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pineapple	Fresh Apple Slices	Fruit Cocktail	Steamed Baby Carrots	Pears
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Rice	Roll	100% Whole Grain Bread <b>Butter or Marg.</b>	Corn Muffin	Pizza Crust
<b>SNACK</b>	<b>Milk</b> Ages 1-5: 4r oz; Ages 6-18: 8 oz	Milk			Milk	
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages: 6-18: 1 oz		Provolone Cheese Slice	Yogurt 4 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					Fresh Orange Slices
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Graham crackers (plain or honey)	100% Whole Wheat Tortilla	Assorted Crackers	Animal Crackers	Soft Pita
<b>SUPPER</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Sloppy Joe	Cheeseburger (Lettuce and Tomato)	Pulled Chicken <b>BBQ Sauce</b>	Roast Turkey Slices	*Picadillo
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Italian Green Beans (fresh/frozen, not canned)	Mixed Vegetables	Peas & Carrots	Steamed Broccoli	Sliced Tomatoes
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Fruit Cocktail	Pears	Mandarin Oranges	Cinnamon Apples	Banana
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bun	Bun <b>Mustard, Mayo, Ketchup</b>	Soft Roll	100% Whole Grain Bread <b>Mustard &amp; Mayo</b>	*Congri -Brown Rice (100% whole grain) & Cuban Bread

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	<b>Week Four</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Pork (sliced or pulled)	*Breaded Fish <b>Ketchup</b>	*Black Bean Chili	Baked Chicken	Hamburger (Lettuce and Tomato)
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Green Beans	Mixed Vegetables	Peas and Carrots	Oven Fried Potatoes
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pineapple	Banana	Peaches	Sliced Cucumbers	Pears
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	White Rice	Soft Roll	Brown Rice (100% whole grain)	Cornbread <b>Butter or Marg.</b>	100% Whole Grain Bun <b>Mustard, Mayo, Ketchup</b>
<b>SNACK</b>	<b>Milk</b> Ages 1-5: 4 oz; Ages 6-18: 8 oz	Milk	Milk			
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages: 6-18: 1 oz	Sliced Turkey (1 ½ oz)	Cheddar Cheese slice			Yogurt Dip (2 oz vanilla yogurt with drained sliced peaches)
	<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 Orange Slices	100% Apple Juice	
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Crackers	100% Whole Grain Bread	Crackers (savory)	Whole Grain-Rich Muffin	Graham Crackers (plain or honey)
<b>SUPPER</b>	<b>Milk</b> Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Chicken Alfredo	Tacos (Turkey, Chicken, or Beef) <b>Shredded Cheese, Shredded Lettuce, Diced Tomato, and Mild Salsa</b>	Fresh Turkey Roast <b>Gravy</b>	Spaghetti and Meatballs	*Fricassee de Pollo
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Broccoli <b>Ranch Dip</b>	Plantains	Fresh Mashed Sweet Potato (not instant)	Salad (Spinach, Romaine, Tomato, Cucumber) <b>Italian Dressing</b>	Baby Carrots <b>Ranch Dip</b>
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Peaches	Black Beans	Sliced Tomatoes	Mandarin Oranges	Red Beans
	<b>Grains</b> Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Pasta (in entrée)	100% Whole Grain Tortilla (in entrée)	Dinner Roll <b>Butter or Marg.</b>	Pasta (in entrée)	Rice

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