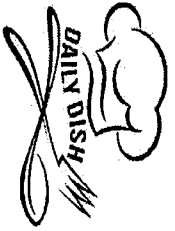


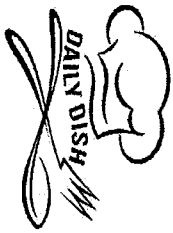
**WEEKLY MENU and GRAB & GO. (No Pork No Peanut)**

| 2019/2020 / Week One | Breakfast  | Lunch   | Snack                                  |
|----------------------|--|---|--|
| <b>MONDAY</b>        | Milk<br>100% Whole Grain Cereal<br><b>Mandarin Oranges</b>                               | Milk<br>Picadillo<br>Rice<br>Mixed Vegetables<br><b>Peaches</b>                                 | 100% Juice<br>Cheese Crackers          |
| <b>TUESDAY</b>       | Milk<br>100% Whole Grain English Muffin<br>w/ <u>Butter or Margarine</u><br><b>Pears</b> | Milk<br>Fricassee de Pollo<br>Rice<br>Green Beans<br><b>Applesauce</b>                          | Banana<br>Animal Crackers              |
| <b>WEDNESDAY</b>     | Milk<br>100% Whole Grain Cereal<br><b>Pineapple</b>                                      | Milk<br>Spaghettis with Meat Sauce<br>Corn<br>Garlic Bread<br><b>Pears</b>                      | Cheese Slice<br>100% Whole Grain Bread |
| <b>THURSDAY</b>      | Milk<br>100% Whole Grain Bread w/<br><u>Butter or Margarine</u><br><b>Peaches</b>        | Milk<br>Arroz con Pollo<br>Green peas<br>Plantains<br><b>Mandarin Oranges</b>                   | Cheese Stick<br>Saltine Crackers       |
| <b>FRIDAY</b>        | Milk<br>Blueberry Muffin<br><b>Applesauce</b>  | Milk<br>Chicken Nuggets w/ <u>Ketchup</u><br>Mashed Potato<br>Carrots<br>100% Whole Grain Bread | Yogurt<br>Graham Crackers              |



**WEEKLY MENU and GRAB & GO. (No Pork No Peanut)**

| 2019/2020 / Week Two | Breakfast   | Lunch   | Snack                                |
|----------------------|---|---|--------------------------------------|
| <b>MONDAY</b>        | Milk<br>100% Whole Grain Cereal<br><b>Pineapple</b>                     | Milk<br>Picadillo<br>Congri<br>Plantains<br><b>Applesauce</b>                           | Animal Crackers<br>Banana            |
| <b>TUESDAY</b>       | Milk<br>100% Whole Grain Bagel<br>w/ Cream Cheese<br><b>Diced Apple</b> | Milk<br>Beefaroni with ground beef<br>Carrot<br>100% Whole Grain Roll<br><b>Peaches</b> | Nilla<br>Yogurt                      |
| <b>WEDNESDAY</b>     | Milk<br>100% Whole Grain Cereal<br><b>Mandarin Oranges</b>              | Milk<br>Chicken Pattie<br>Corn<br>Macaroni & Cheese<br><b>Diced Apple</b>               | Turkey Ham<br>100% Whole Grain Bread |
| <b>THURSDAY</b>      | Milk<br>Waffle w/ Syrup<br><b>Peaches</b>                               | Milk<br>Baked Chicken<br>Brown Rice<br>Green beans<br><b>Mandarin Oranges</b>           | Ritz Crackers<br>100 % Juice         |
| <b>FRIDAY</b>        | Milk<br>100% Whole Grain Cereal<br><b>Applesauce</b>                    | Milk<br>Breaded Fish<br>Mashed Potato<br>Mixed Vegetables<br>Roll                       | Tortilla<br>Cheese Stick             |



**WEEKLY MENU and GRAB & GO. (No Pork No Peanuts)**

| 2019/2020 / Week Three | Breakfast   | Lunch  | Snack                          |
|------------------------|---|--|--------------------------------|
| <b>MONDAY</b>          | Milk<br>100% Whole Grain English Muffin w/ <u>Butter or Margarine</u><br><b>Pineapple</b> | Milk<br>Chicken Nuggets w/ <u>Ketchup</u><br>Macaroni and Cheese<br>Peas & Carrots<br><b>Peaches</b> | Ritz Crackers<br>100% Juice    |
| <b>TUESDAY</b>         | Milk<br>100% Whole Grain Cereal<br><b>Diced Apple</b>                                     | Milk<br>Beef Stew w/ Potato<br>Rice<br>Corn<br><b>Applesauce</b>                                     | Animal Crackers<br>Banana      |
| <b>WEDNESDAY</b>       | Milk<br>Blueberry Muffin<br><b>Mandarin Oranges</b>                                       | Milk<br>Meatball<br><u>Yellow Rice</u><br>Carrots<br><b>Diced Apple</b>                              | Cheese Slice<br>Cuban Crackers |
| <b>THURSDAY</b>        | Milk<br>100% Whole Grain Cereal<br><b>Peaches</b>   | Milk<br>Teriyaki Chicken<br>Rice<br>Mixed Vegetables<br><b>Mandarin Oranges</b>                      | Graham Crackers<br>Yogurt      |
| <b>FRIDAY</b>          | Milk<br>Pancake w/ Syrup<br><b>Applesauce</b>   | Milk<br>Cheese Burger<br>Tater Tots<br><b>Pineapple</b><br>100% Whole Grain Bun                      | Cheese Crackers<br>100% Juice  |

**Attachment 2 Cycle Menu A No Pork No Peanut 2020-2021**

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|   |  | MONDAY  | TUESDAY                                    | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|--|---|
| <b>BREAKFAST</b>  |  |   |  |   |  |   |
| <b>Milk</b><br>Ages 1-5: six oz; Ages 6-18: eight oz  |  | Milk  | Milk                                       | Milk  | Milk   | Milk  |
| <b>Meat/Meat Alternate</b>  |  | Colby Cheese Slice<br>(1 oz)                                  |  |   |  | Yogurt<br>4 oz cup  |
| <b>Vegetable/Fruit/Juice</b><br>Ages 1-18: ½ c  |  | Pineapple   | Pears                                      | 100% Apple Juice  | Cinnamon Apples  | Banana (1 whole)  |
| <b>Grains</b><br>Ages 1-5: ½ slice/serving<br>Ages 6-18: 1 slice/serving<br>see Meal Pattern for cereal svg sizes |  | 100% Whole Grain<br>Bread (1 slice)<br><b>Butter or Marg.</b> | Multi Grain Cheerios<br>(100% whole grain) | W/G Bagel<br><b>Cream Cheese</b>  | Life Original Cereal<br>(whole grain-rich)                       | Wheat Chex Cereal<br>(100% whole grain)   |
| <b>LUNCH</b>  |  |   |  |   |  |   |
| <b>Milk</b><br>Ages 1-5: six oz; Ages 6-18: eight oz  |  | Milk  | Milk                                       | Milk  | Milk   | Milk  |
| <b>Meat/Meat Alternate</b><br>Ages 1-5: 1 ½ oz<br>Ages 6-18: 2 oz   |  | Baked Sliced Chicken<br>(2 oz)                                | *Beefaroni                                 | *Picadillo  | *Vegetable Lasagna   | *Arroz Con Pollo  |
| <b>Vegetable</b><br>Ages 1-5: ¼ c; Ages 6-18: ½ c<br>(Double portion for salads)                                  |  | Fresh Roasted Sweet<br>Potato                                 | Cooked Carrots                             | Corn  | Mixed Vegetables   | Green Beans<br>(fresh/frozen, not canned)   |
| <b>Fruit or Vegetable</b><br>Ages: 1-18: ¼ c  |  | Fresh Broccoli Florets<br><b>Lowfat Ranch Dressing</b>        | Applesauce                                 | Seasonal Fresh Fruit<br>(cantaloupe, honeydew,<br>mango, pineapple,<br>strawberries, watermelon<br>– no bananas/apples) | Mandarin Oranges   | Salad (Spinach, Romaine,<br>Tomato, Cucumber) ½ cup<br><b>Lowfat Honey Mustard<br/>Dressing</b> |
| <b>Grains</b><br>Ages 1-5: ½ slice/serving, ¼ c<br>Ages 6-18: 1 slice/serving, ½ c                                |  | 100% Whole Grain<br>Bread<br><b>Butter or Marg.</b>           | (Beefaroni) Macaroni<br>Garlic Bread       | *Congri; Cuban Bread  | Soft Roll  | Rice<br>(in entree)   |
| <b>SNACK</b>  |  |   |  |   |  |   |
| <b>Milk</b><br>Ages 1-5: four oz; Ages 6-18: eight oz   |  |   | Milk                                       |   |  |   |
| <b>Meat/Meat Alternate</b><br>Ages 1-5: ½ oz<br>Ages 6-18: 1 oz   |  | Yogurt<br>4 oz cup  |  |   | Sliced Turkey (1 ½ oz)   |   |
| <b>Vegetable</b><br>Ages 1-5: ½ c<br>Ages 6-18: ¾ c   |  |   |  |   |  |   |
| <b>Fruit/Juice</b><br>Ages 1-5: ½ c<br>Ages 6-18: ¾ c   |  | Fruit Cocktail  |  | Peaches   |  | Fresh Orange Wedges   |
| <b>Grains</b><br>Ages 1-5: ½ slice/serving<br>Ages 6-18: 1 slice/serving  |  |   | Blueberry Muffin                           | Cheese Crackers   | 100% Whole Grain<br>Bread (1 slice)<br><b>Mayo &amp; Mustard</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). **All food must be peanut and tree nut free.**

**Attachment 2 Cycle Menu A No Pork No Peanut 2020-2021**

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.

|   | <b>MONDAY</b>                            | <b>TUESDAY</b>                                       | <b>WEDNESDAY</b>  | <b>THURSDAY</b>                                      | <b>FRIDAY</b>   |
|---|--|--|---|--|---|
| <b>Week Two</b>   |  |  |   |  |   |
| <b>Milk</b><br>Ages 1-5: six oz; Ages 6-18: eight oz  | Milk                                     | Milk   | Milk  | Milk   | Milk  |
| <b>Meat/Meat Alternate</b>  | Cheddar Cheese Slice<br>(1 oz)           |  |   | Hard Boiled Egg<br>(1/2 egg)                         |   |
| <b>Vegetable/Fruit/Juice</b><br>Ages 1-18: ½ c  | Pineapple                                | Mixed Fruit  | Fresh Orange Wedges   | Peaches  | Banana (1 whole)  |
| <b>Grains</b><br>Ages 1-5: ½ slice/serving<br>Ages 6-18: 1 slice/serving<br>see Meal Pattern for cereal svg sizes | Wheat Chex Cereal<br>(100% whole grain)  | Plain Bagel<br><b>Cream Cheese</b>                   | 100% Whole Grain<br>Bread (1 slice)<br><b>Butter or Marg.</b>   | English Muffin<br><b>Butter or Marg. &amp; Jelly</b> | Rice Chex Cereal  |
| <b>Milk</b><br>Ages 1-5: six oz; Ages 6-18: eight oz  | Milk                                     | Milk   | Milk  | Milk   | Milk  |
| <b>Meat/Meat Alternate</b><br>Ages 1-5: 1 ½ oz<br>Ages 6-18: 2 oz   | Roast Turkey Slices                      | *Chicken Nuggets<br><b>Ketchup</b>                   | Hamburger<br>(Lettuce and Tomato)   | *Fricassee de Pollo                                  | Turkey Cuban<br>Sandwich (Turkey ham,<br>Swiss Cheese, Pickles)               |
| <b>Vegetable</b><br>Ages 1-5: ¼ c; Ages 6-18: ½ c<br>(Double portion for salads)                                  | Peas and Carrots<br>(frozen, not canned) | Crisp Steamed Broccoli<br>(fresh/frozen, not canned) | Green Beans   | Baby Carrots<br><b>Ranch Dressing</b>                | Roasted New Potatoes  |
| <b>Fruit or Vegetable</b><br>Ages: 1-18: ¼ c  | Pears                                    | Applesauce   | Seasonal Fresh Fruit<br>(cantaloupe, honeydew,<br>mango, pineapple,<br>strawberries, watermelon<br>– no bananas/apples) | Red Beans  | Salad (Spinach, Romaine,<br>Tomato, Cucumber) ½ cup<br><b>French Dressing</b> |
| <b>Grains</b><br>Ages 1-5: ½ slice/serving, ¼ c<br>Ages 6-18: 1 slice/serving, ½ c                                | *Moros                                   | 100% Whole Grain<br>Bread                            | Bun<br><b>Ketchup</b>   | Brown Rice<br>(100% whole grain)                     | Cuban Bread<br><b>Mayo &amp; Mustard</b>                                      |
| <b>Milk</b><br>Ages 1-5: four oz; Ages 6-18: eight oz   | Milk                                     |  |   |  |   |
| <b>Meat/Meat Alternate</b><br>Ages 1-5: ½ oz<br>Ages: 6-18: 1 oz  |  |  | Soynut Butter<br>Ages 1-5: 1 Tbsp<br>Ages 6 and up: 2 Tbsp  | Yogurt<br>4 oz cup                                   |   |
| <b>Vegetable</b><br>Ages 1-5: ½ c<br>Ages 6-18: ¾ c   |  |  |   |  | Applesauce  |
| <b>Fruit/Juice</b><br>Ages 1-5: ½ c<br>Ages 6-18: ¾ c   |  | 100% Orange Juice                                    | Fresh Apple Slices  |  |   |
| <b>Grains</b><br>Ages 1-5: ½ slice/serving<br>Ages 6-18: 1 slice/serving  | Cuban Crackers                           | Corn Muffin  |   | Graham Crackers<br>(plain)                           | 100% Whole Grain<br>Crackers  |

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**Attachment 2 Cycle Menu A No Pork No Peanut 2020-2021**

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|   | <b>MONDAY</b>                           | <b>TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>THURSDAY</b>   | <b>FRIDAY</b>  |
|---|---|--|---|---|--|
| <b>BREAKFAST</b>  |   |  |   |   |  |
| <b>Milk</b><br>Ages 1-5: six oz; Ages 6-18: eight oz  | Milk                                    | Milk   | Milk  | Milk  | Milk   |
| <b>Meat/Meat Alternate</b>  | Mozzarella Cheese<br>Slice (1 oz)       |  | Yogurt<br>4 oz cup  |   | Hard Boiled Egg<br>(1/2 egg)   |
| <b>Vegetable/Fruit/Juice</b><br>Ages 1-18: ½ c  | Peaches                                 | Mandarin Oranges   | Seasonal Fresh Fruit<br>(cantaloupe, honeydew,<br>mango, pineapple,<br>strawberries, watermelon<br>– no bananas/apples) | Cinnamon Apples   | Banana (1 whole)   |
| <b>Grains</b><br>Ages 1-5: ½ slice/serving<br>Ages 6-18: 1 slice/serving<br>see Meal Pattern for cereal svg sizes | Original Cheerios<br>(100% whole grain) | Raisin Bread<br>(1 slice; plain, no icing)<br><i>Butter or Marg.</i> | Blueberry Muffin  | Frosted Mini Wheats<br>Little Bites Original<br>Cereal<br>(100% whole grain)        | 100% Whole Grain<br>English Muffin<br><i>Butter or Marg. &amp; Jelly</i> |
| <b>LUNCH</b>  |   |  |   |   |  |
| <b>Milk</b><br>Ages 1-5: six oz; Ages 6-18: eight oz  | Milk                                    | Milk   | Milk  | Milk  | Milk   |
| <b>Meat/Meat Alternate</b><br>Ages 1-5: 1 ½ oz<br>Ages 6-18: 2 oz   | *Ropa Vieja                             | *Breaded Chicken<br>Pattie   | *Meatloaf<br>(beef or turkey)<br><i>Ketchup</i>   | *Spaghetti & Meat<br>Sauce with Ground Turkey<br>or Beef                            | *Pizza   |
| <b>Vegetable</b><br>Ages 1-5: ¼ c; Ages 6-18: ½ c<br>(Double portion for salads)                                  | Black Beans                             | Green Peas   | Fresh Mashed Potato<br>(not instant)  | Steamed Baby Carrots<br>(fresh/frozen, not canned)                                  | Mixed Vegetables   |
| <b>Fruit or Vegetable</b><br>Ages: 1-18: ¼ c  | Pineapple                               | Fresh Apple Slices   | Fruit Cocktail  | Salad (Spinach, Romaine,<br>Tomato, Cucumber) ½ cup<br><i>Lowfat Ranch Dressing</i> | Pears  |
| <b>Grains</b><br>Ages 1-5: ½ slice/serving, ¼ c<br>Ages 6-18: 1 slice/serving, ½ c                                | Rice                                    | Roll   | 100% Whole Grain<br>Bread   | (Spaghetti), Garlic<br>Bread  | Pizza Crust  |
| <b>SNACK</b>  |   |  |   |   |  |
| <b>Milk</b><br>Ages 1-5: four oz; Ages 6-18: eight oz   |   | Milk   |   | Milk  |  |
| <b>Meat/Meat Alternate</b><br>Ages 1-5: ½ oz<br>Ages 6-18: 1 oz   | Yogurt<br>4 oz cup                      | Provolone Cheese Slice   | Sliced Turkey<br>(1 ½ oz)   |   | Cheese Stick   |
| <b>Vegetable</b><br>Ages 1-5: ½ c<br>Ages 6-18: ¾ c   |   |  |   |   |  |
| <b>Fruit/Juice</b><br>Ages 1-5: ½ c<br>Ages 6-18: ¾ c   |   |  | 100% Red Grape Juice  |   | Fresh Orange Slices  |
| <b>Grains</b><br>Ages 1-5: ½ slice/serving<br>Ages 6-18: 1 slice/serving  | Graham Crackers                         | 100% Whole Wheat<br>Tortilla   | Assorted Crackers   | Animal Crackers   |  |

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|   | <b>Week Four</b>                           | <b>MONDAY</b>  | <b>TUESDAY</b>  | <b>WEDNESDAY</b>                                  | <b>THURSDAY</b>                                     | <b>FRIDAY</b>                              |
|---|--|--|---|---|---|--|
| <b>BREAKFAST</b>  |  |  |   |   |   |  |
| <b>Milk</b><br>Ages 1-5: six oz; Ages 6-18: eight oz  | Milk                                       | Milk   | Milk  | Milk  | Milk  | Milk                                       |
| <b>Meat/Meat Alternate</b>  | Yogurt<br>4 oz cup                         | Cheddar Cheese Slice<br>(1 oz)   | Seasonal Fresh Fruit<br>(cantaloupe, honeydew,<br>mango, pineapple,<br>strawberries, watermelon<br>– no bananas/apples) | 100% Apple Juice                                  | 100% Whole Grain<br>Bread<br><i>Butter or Marg.</i> | Banana (1 whole)                           |
| <b>Vegetable/Fruit/Juice</b><br>Ages 1-18: ½ c  | Fruit Cocktail                             | Applesauce   |   |   |   |  |
| <b>Grains</b><br>Ages 1-5: ½ slice/serving<br>Ages 6-18: 1 slice/serving<br>see Meal Pattern for cereal svg sizes | Life Original Cereal<br>(whole grain-rich) | Blueberry Muffin   | 100% Whole Grain<br>English Muffin  |   | 100% Whole Grain<br>Bread<br><i>Butter or Marg.</i> | Multi Grain Cheerios<br>(100% whole grain) |
| <b>LUNCH</b>  |  |  |   |   |   |  |
| <b>Milk</b><br>Ages 1-5: six oz; Ages 6-18: eight oz  | Milk                                       | Milk   | Milk  | Milk  | Milk  | Milk                                       |
| <b>Meat/Meat Alternate</b><br>Ages 1-5: 1 ½ oz<br>Ages 6-18: 2 oz   | Roast Beef<br>(sliced or pulled)           | *Breaded Fish<br><i>Ketchup</i>  | *Picadillo  | Baked Chicken                                     | Hamburger<br>(lettuce and Tomato)                   |  |
| <b>Vegetable</b><br>Ages 1-5: ¼ c; Ages 6-18: ½ c<br>(Double portion for salads)                                  | Green Peas                                 | Steamed Baby Carrots   | Yucca   | Butternut Squash                                  | Oven Fried Potatoes                                 |  |
| <b>Fruit or Vegetable</b><br>Ages: 1-18: ¼ c  | Pineapple                                  | Salad (Spinach,<br>Romaine, Tomato,<br>Cucumber) ½ cup<br><i>Lowfat Italian Dressing</i> | Mixed Vegetables  | Fresh Broccoli Florets<br><i>Lowfat Ranch Dip</i> | Pears   |  |
| <b>Grains</b><br>Ages 1-5: ½ slice/serving; ¼ c<br>Ages 6-18: 1 slice/serving; ½ c                                | White Rice                                 | Soft Roll  | *Congri   | Cuban Bread                                       | Bun<br><i>Mustard, Mayo, Ketchup</i>                |  |
| <b>SNACK</b>  |  |  |   |   |   |  |
| <b>Milk</b><br>Ages 1-5: four oz; Ages 6-18: eight oz   | Milk                                       | Milk   |   |   |   |  |
| <b>Meat/Meat Alternate</b><br>Ages 1-5: ½ oz<br>Ages 6-18: 1 oz   | Sliced Turkey<br>(1 ½ oz)                  | Cheddar Cheese Slice   |   | Yogurt<br>4 oz cup                                | Hummus  |  |
| <b>Vegetable</b><br>Ages 1-5: ½ c<br>Ages 6-18: ¾ c   |  |  |   |   |   |  |
| <b>Fruit/Juice</b><br>Ages 1-5: ½ c<br>Ages 6-18: ¾ c   |  |  | Banana<br>Ages 1-5: 1 whole<br>Ages 6 and up: 1 ½ whole   | Peaches   |   |  |
| <b>Grains</b><br>Ages 1-5: ½ slice/serving<br>Ages 6-18: 1 slice/serving  | 100% Whole Grain<br>Crackers               | 100% Whole Grain<br>Bread<br>Ages 1-5: 1 slice<br>Ages 6 and up: 2 slices                | Crackers<br>(savory)  |   | Pita Chips  |  |

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|   | <b>MONDAY</b>                           | <b>TUESDAY</b>                                   | <b>WEDNESDAY</b>                                  | <b>THURSDAY</b>   | <b>FRIDAY</b>  |
|---|---|--|---|---|--|
| <b>BREAKFAST</b>  |   |  |   |   |  |
| <b>Milk</b><br>Ages 1-5: six oz; Ages 6-18: eight oz  | Milk                                    | Milk   | Milk  | Milk  | Milk   |
| <b>Meat/Meat Alternate</b>  | Cheddar Cheese Slice<br>(1 oz)          |  |   |   | Hard Boiled Egg<br>(1/2 egg)   |
| <b>Vegetable/Fruit/Juice</b><br>Ages 1-18: ½ c  | Fruit Cocktail                          | Pineapple  | Pears   | Banana (1 whole)  | Applesauce   |
| <b>Grains</b><br>Ages 1-5: ½ slice/serving<br>Ages 6-18: 1 slice/serving<br>see Meal Pattern for cereal svg sizes | Blueberry Muffin<br>(whole grain-rich)  | 100% Whole Grain<br>Bagel<br><i>Cream Cheese</i> | Total Whole Grain<br>Cereal<br>(100% whole grain) | Original Cheerios<br>(100% whole grain)   | 100% Whole Grain<br>Bread<br><i>Butter or Marg.</i>                            |
| <b>Milk</b><br>Ages 1-5: six oz; Ages 6-18: eight oz  | Milk                                    | Milk   | Milk  | Milk  | Milk   |
| <b>Meat/Meat Alternate</b><br>Ages 1-5: 1 ½ oz<br>Ages 6-18: 2 oz   | Pulled Chicken<br><i>Gravy or Sauce</i> | *Beef Empanada                                   | *Ravioli  | *Cuban Stew<br>(with beef)  | *Chicken Nuggets<br><i>Honey Mustard</i>                                       |
| <b>Vegetable</b><br>Ages 1-5: ¼ c; Ages 6-18: ½ c<br>(Double portion for salads)                                  | Peas and Carrots                        | Plantains  | Broccoli, Cauliflower,<br>Carrots                 | Mixed Vegetables  | Fresh Mashed Potato<br>(not instant)   |
| <b>Fruit or Vegetable</b><br>Ages: 1-18: ¼ c  | Peaches                                 | Fresh Tomato Slices                              | Tangerine/Clementine<br>Slices (Fresh)            | Seasonal Fresh Fruit<br>(cantaloupe, honeydew,<br>mango, pineapple,<br>strawberries, watermelon<br>– no bananas/apples) | Salad (Spinach, Romaine,<br>Tomato, Cucumber) ½ cup<br><i>Italian Dressing</i> |
| <b>Grains</b><br>Ages 1-5: ½ slice/serving, ¼ c<br>Ages 6-18: 1 slice/serving, ½ c                                | *Macaroni and Cheese                    | *Congri  | 100% Whole Grain Roll                             | *Moros  | Soft Roll  |
| <b>Milk</b><br>Ages 1-5: four oz; Ages 6-18: eight oz   |   |  | Milk  |   |  |
| <b>Meat/Meat Alternate</b><br>Ages 1-5: ½ oz<br>Ages 6-18: 1 oz   | Sliced Turkey<br>(1 ½ oz)               |  |   | Mozzarella Stick  | Yogurt<br>4 oz cup   |
| <b>Vegetable</b><br>Ages 1-5: ½ c<br>Ages 6-18: ¾ c   |   |  |   |   |  |
| <b>Fruit/Juice</b><br>Ages 1-5: ½ c<br>Ages 6-18: ¾ c   | 100% Orange Juice                       | Fresh Apple Slices                               |   |   |  |
| <b>Grains</b><br>Ages 1-5: ½ slice/serving<br>Ages 6-18: 1 slice/serving  | Saltine Crackers                        | Cheese Crackers                                  | Animal Crackers                                   | Plain Arepa   | Graham Crackers<br>(plain)   |
| <b>SNACK</b>  |   |  |   |   |  |

**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). **All food must be peanut and tree nut free.**