

### Attachment 2 Cycle Menu B No Pork No Peanut 2017-2018

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 low fat (1 percent), unflavored fatfree (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>			Colby Cheese Slice (1 oz)		Yogurt 4 oz cup
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	100% Apple Juice	Pears	Raisins (1/4 cup)	Cinnamon Apples	Banana (1 whole)
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Blueberry Bagel <b>Cream Cheese</b>	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread (1 slice) <b>Butter or Marg.</b>	Life Original Cereal	Corn Flakes 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	Sliced Baked Turkey (2 oz all ages)	*Chicken Tetrazzini <i>(see recipe list)</i>	*Ground Beef Stroganoff <i>(see recipe list)</i>	*Breaded Fish <b>Ketchup</b>	*Oven Fried Chicken <i>(see recipe list)</i>
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Roasted Sweet Potatoes	Sautéed Spinach and Tomatoes <i>(see recipe list)</i>	Roasted Cauliflower	Mixed Vegetables	Green Beans (fresh/frozen, not canned)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Cole Slaw <i>(see recipe list)</i>	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Mandarin Oranges	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <b>Lowfat Ranch Dressing</b>
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Grain Bread <b>Butter or Marg.</b>	Penne Pasta (in entrée)	Egg Noodles	Soft Roll	Cornbread
<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	Yogurt 4 oz cup			Cottage Cheese (2 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	Tropical Mixed Fruit	Waldorf Fruit Salad (no nuts) <i>(see recipe list)</i>	Peaches	Pineapple	Fresh Orange Wedges
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c		Blueberry Muffin	Cheese Crackers	100% Whole Grain Bread (1 slice) <b>Butter or Marg.</b>	Original Sun Chips (100% whole grain)

**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. See [Catering Information](#) webpage for available standardized recipes on combination foods noted: *(see recipe list)*. 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 nut free.**

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<b>Week Two</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>	Yogurt 4 oz cup			Hard Boiled Egg (1/2 egg)	
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Pineapple	Pears	Banana (1 whole)	Peaches	Fresh Orange Wedges
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Kix Cereal (Original, Honey, or Berry Berry)	Cinnamon Raisin Bagel <b>Cream Cheese</b>	100% Whole Grain Bread (1 slice) <b>Butter or Marg.</b>	English Muffin <b>Butter or Marg. &amp; Jelly</b>	Rice Chex 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	*Chili con Carne with Beans ( <i>see recipe list</i> )	*Chicken Nuggets <b>Barbecue Sauce</b>	*Salisbury Steak <b>Gravy</b> ( <i>see recipe list</i> )	*Sesame Noodles with Chicken and Vegetables ( <i>see recipe list</i> )	Turkey Sandwich (Swiss Cheese, Lettuce, Tomato, & Pickle)
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Corn (fresh/frozen, not canned)	Steamed or Roasted Broccoli (fresh/frozen, not canned)	Peas and Carrots (frozen, not canned)	Fresh Roasted Sweet Potatoes	Fresh Mashed Potatoes (not instant)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Tropical Mixed Fruit	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Waldorf Fruit Salad (no nuts) ( <i>see recipe list</i> )	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <b>French Dressing</b>
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Brown Rice (100% whole grain)	100% Whole Grain Bread	Macaroni & Cheese	100% Whole Grain Noodles (in entrée)	100% Whole Grain Bread <b>Mayo &amp; Mustard</b>
<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	Provolone Cheese Slice		Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp	Yogurt 4 oz cup	Tuna Salad
	<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 Apple Slices	100% Orange Juice	
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Pretzels	Corn Muffin			Crackers (savory)

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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>	Yogurt 4 oz cup		Mozzarella Cheese Slice (1 oz)		Hard Boiled Egg (1/2 egg)
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Peaches	Mandarin Oranges	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Cinnamon Apples	Banana (1 whole)
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Original Cheerios (100% whole grain)	Raisin Bread (1 slice; plain, no icing) <b>Butter or Marg.</b>	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	Blueberry Muffin	100% Whole Grain English Muffin <b>Butter or Marg. &amp; Jelly</b>
<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	*Sloppy Farmer Joes <i>(see recipe list)</i>	Pulled Chicken <b>BBQ Sauce</b>	*Turkey Meatloaf <b>Ketchup</b> <i>(see recipe list)</i>	*Spaghetti & Meat Sauce with Ground Turkey or Beef <i>(see recipe list)</i>	*Pizza
	<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	Fresh Mashed Sweet Potato (not instant)	Steamed or Roasted Carrots (fresh/frozen, not canned)	Green Peas
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pineapple	Fresh Apple Slices	Fruit Cocktail	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <b>Lowfat Ranch Dressing</b>	Pears
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Bun	Soft Roll	100% Whole Grain Bread	Spaghetti (in entrée)	Pizza Crust <i>(see recipe list)</i>
<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	Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp <b>Jelly</b>	Cheddar Cheese Slice			Cheese Stick
	<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% Red Grape Juice		Fresh Orange Slices
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	100% Whole Grain Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices	100% Whole Grain Crackers	Soft Pita Bread	Original Sun Chips (100% whole grain)	

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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>	Yogurt 4 oz cup		Provolone Cheese Slice (1 oz)	Soynut Butter (1 oz) <b>Jelly</b>	
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Fruit Cocktail	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Peaches	Banana (1 whole)
	<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	100% Whole Grain Bread <b>Butter or Marg.</b>	100% Whole Grain English Muffin	Multi Grain Cheerios (100% whole grain)
<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	*Chicken Alfredo with a Twist ( <i>see recipe list</i> )	*Chicken Nuggets <b>Honey Mustard</b>	*Bean Burrito ( <i>see recipe list</i> )	*Chicken or Turkey Chop Suey ( <i>see recipe list</i> )	Cheeseburger (Lettuce and Tomato)
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Steamed or Roasted Winter Squash (Acorn or Butternut)	Steamed or Roasted Carrots (fresh/frozen, not canned)	Fresh Mashed Potatoes (not instant)	Steamed or Roasted Zucchini
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pineapple	Fresh Sliced Tomato	Fresh Broccoli Florets <b>Lowfat Ranch Dip</b>	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <b>Lowfat Ranch Dressing</b>	Pears
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Rotini Pasta (in entrée)	Soft Roll	Tortilla (in entrée)	Chow Main Noodles	Bun <b>Mustard, Mayo, Ketchup</b>
<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		Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp <b>Jelly</b>		Yogurt 4 oz cup	Shredded 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 Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp
	<b>Fruit/Juice</b> Ages 1-5: ½ c Ages 6-18: ¾ c			Fresh Orange Wedges	100% White Grape Juice	(children assemble own personal pizzas)
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	100% Whole Grain Crackers	100% Whole Grain Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices	Crackers (savory)		English Muffin Ages 1-5: ½ muffin Ages 6 and up: 1 whole

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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>	Colby Cheese Slice (1 oz)		Yogurt 4 oz cup		Hard Boiled Egg (1/2 egg)
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Raisins (1/4 cup)	Pears	Pineapple	Banana (1 whole)	Applesauce
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Total Whole Grain Cereal (100% whole grain)	100% Whole Grain Bagel <b>Cream Cheese</b>	Original Cheerios (100% whole grain)	Blueberry Muffin	100% Whole Grain Bread <b>Butter or Marg.</b>
<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	Fresh Turkey Roast <b>Gravy</b>	Seasoned Black Beans (at least ¾ c ages 1-5 and ½ c ages 6-12)	*Scrambled Eggs & Mozzarella Cheese (see recipe list)	*Tuna Salad Sandwich <b>Pickles</b> (see recipe list)	*Baked Fish Scandia (see recipe list)
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Corn and Edamame Blend (see recipe list)	Fresh Bell Pepper Slices	Roasted Red Potatoes	Mixed Vegetables	Steamed or Roasted Carrots (fresh/frozen, not canned)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Peaches	Tropical Mixed Fruit	Fresh Clementine Wedges	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <b>Italian Dressing</b>
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Macaroni & Cheese	Yellow Rice	Pancakes <b>Syrup</b>	Sandwich Bread <b>Mayo</b>	Soft Roll
<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 4 oz cup		Bean Dip (bean salsa or hummus)	
	<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% Orange Juice	Waldorf Fruit Salad (no nuts) (see recipe list)	Fresh Apple Slices		
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Saltine Crackers		Cheese Crackers	Original Sun Chips (100% whole grain)	Raisin Bread (1 slice; plain, no icing) <b>Butter or Marg.</b>

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