

1 - Apple of My Eye Child Care and Learning Center

Attachment 2

Cycle Menu B 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 Five		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST	Milk Ages 1-5: six oz; Ages 6-18: eight oz			Milk		Milk		Milk		Milk		Milk	
	Meat/Meat Alternate												
	Vegetable/Fruit/Juice Ages 1-18: ½ c			Grape Juice		Applesauce		Peaches		Cantaloupe Cubes		Banana	
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¾ c			Life Original Cereal; Banana Bread		Cinnamon Toast (1 slice; whole wheat bread)		English Muffin Soynut Butter & Jelly		Whole Wheat Bread Butter or Marg. & Jelly		Whole Grain Waffles Syrup	
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			Turkey Roast Gravy		Black Eyed Peas (at least ¾ c ages 1-5 and ½ c ages 6-12)		*Chicken and Broccoli Alfredo		Tuna Salad Sandwich Mayo & Pickles		*Pizza	
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)			Mixed Vegetables		Broccoli		Green Beans		Winter Squash (Acorn or Butternut)		Corn	
	Fruit or Vegetable Ages: 1-18: ¼ c			Mashed Potatoes		Pineapple Tidbits		Fruit Cocktail		Green Peas		Spinach Salad (Spinach, Tomato, Cucumber) Lowfat French Dressing	
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c			Whole Wheat Roll Butter or Marg.		Macaroni & Cheese; Roll		Linguine or Spaghetti		Sandwich Bread		Whole Grain Pizza Crust	
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			Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp		Cheese Slice				Yogurt 4 oz cup			
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c							Carrot, Pineapple, and Raisin Salad					
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c							Peaches		Pears		Fresh Orange Slices	
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¾ c			Whole Wheat Bagel		Whole Grain Pita Bread		Whole Grain Square Crackers				Raisin Bread (1 slice; plain, no icing) Butter or Marg.	
	10/10/16 to 10/14/16	11/14/16 to 11/18/16	12/19/16 to 12/23/16	1/23/17 to 1/27/17	2/27/17 to 3/03/17	4/03/17 to 4/07/17	5/08/17 to 5/12/17	6/12/17 to 6/16/17	7/17/17 to 7/21/17	8/21/17 to 8/25/17			

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).