

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 Two		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					Cheese Slice (½ oz)					
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Cinnamon Apples		Mandarin Oranges		Blended 100% Juice		Fresh Orange Wedges		Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)	
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¼ c	Whole Grain Raisin Bread (1 slice all ages; plain, no icing) <i>Butter or Marg.</i>		Cheerios Cereal (½ cup ages 1-5)		Biscuit		Whole Grain English Muffin <i>Butter or Marg. & Jelly</i>		Berry Berry Kix Cereal (½ cup ages 1-5)	
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	Black Eyed Peas (at least ¾ c ages 1-5 and ½ c ages 6-12)		*Chicken Nuggets <i>Barbecue Sauce</i>		*Ravioli		Cheeseburger <i>Mustard, Mayo, Ketchup</i>		Sliced Turkey & Cheese <i>Mayo, Mustard, Lettuce, Tomato, & Pickle</i>	
	Vegetable Ages 1-5: ½ c; Ages 6-18: ½ c (Double portion for salads)	Broccoli		Mashed Potatoes		Spinach		Baked Sweet Potato Fries		Mixed Vegetables	
	Fruit or Vegetable Ages: 1-18: ¼ c	Tropical Mixed Fruit		Peas & Carrots		Fruit Cocktail		Green Beans		Pears	
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¼ c	*Macaroni & Cheese		Whole Grain Roll		Garlic Bread (1 slice all ages)		Whole Wheat Bun		Whole Grain Sandwich Bread	
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz	Milk				Milk		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				Cottage Cheese	
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c										
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c			Applesauce				Banana		Pineapple	
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¼ c	Combread Square		Whole Grain Muffin		Whole Wheat Bread <i>Jelly</i>					
	10/24/16 to 10/28/16	11/28/16 to 12/02/16	01/02/17 to 01/06/17	2/06/17 to 2/10/17	3/13/17 to 3/17/17	4/17/17 to 4/21/17	5/22/17 to 5/26/17	6/26/17 to 6/30/17	7/31/17 to 8/04/17	9/04/17 to 9/08/17	10/24/16 to 10/28/16

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).