

# 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 One		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			Hard Boiled Egg (1)		Egg Patty (1 oz)							
	Vegetable/Fruit/Juice Ages 1-18: ½ c			Pineapple Tidbits		Applesauce		Fresh Orange Slices		Cranberry Juice Blend		Banana	
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¾ c			Whole Grain Sandwich Round <i>Butter or Marg. &amp; Jelly</i>		Biscuit; Kix Cereal		Cinnamon Raisin Bagel <i>Cream Cheese</i>		Bran Flakes Cereal; Banana Muffin		Whole Wheat French Toast <i>Syrup</i>	
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			Sliced Baked Turkey (2 oz all ages)		*Lasagna (with Ground Turkey or Beef)		Oven Fried Chicken		*Breaded Fish <i>Ketchup</i>		*Tacos (Turkey, Chicken, or Beef) <i>Shredded Cheese, Shredded Lettuce, Diced Tomato, and Mild Salsa</i>	
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)			Green Beans		Tossed Salad (Lettuce, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i>		Peas & Carrots		Broccoli		Mexican Corn	
	Fruit or Vegetable Ages: 1-18: ¼ c			Sweet Potatoes		Fruit Salad		Peaches		Fresh Apple Slices		Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)	
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c			Whole Wheat Roll <i>Butter or Marg.</i>		Italian Bread		Whole Wheat Roll <i>Butter or Marg.</i>		Combread		Soft Whole Grain Tortilla	
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz			Milk						Milk			
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz			String Cheese		Tuna Salad		Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp		Cottage Cheese		Yogurt 4 oz cup	
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c							Celery Sticks (½ cup ages 1-5, ¾ cup ages 6-18)					
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c							Raisins (2 Tbsp all ages)		Pears		Fruit Cocktail	
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¾ c			Cracker Rounds		Whole Grain Pita Bread							
	10/17/16 to 10/21/16	11/21/16 to 11/25/16	12/26/16 to 12/30/16	1/30/17 to 2/03/17	3/06/17 to 3/10/17	4/10/17 to 4/14/17	5/15/17 to 5/19/17	6/19/17 to 6/23/17	7/24/17 to 7/28/17	8/28/17 to 9/01/17	10/17/16 to 10/21/16		

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).