

Attachment 2 Cycle Menu A 2022-2023

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 6 years old and older must be served unflavored or flavored lowfat (1 percent) or fat-free (skim) milk. *Substitutions require state office approval.*

	Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Colby Cheese Slice (1 oz)				
	Vegetable/Fruit/Juice Ages 1-18: ½ c	100% Apple Juice	Pears	Pineapple	Cinnamon Apples	Banana (1 whole)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread (1 slice) Butter or Marg	Multi Grain Cheerios (100% whole grain)	Bagel Cream Cheese	Life Original Cereal (whole grain-rich)	English Muffin (whole grain-rich) Butter or Marg. & Jelly
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Baked Sliced Ham	Black Beans with Tomato and Onion	*Picadillo	Pulpeta (Cuban Meatloaf)	*Arroz Con Pollo
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Sweet Potato (not instant)	Platano Maduro (plantains)	Corn	Mixed Vegetables	Salad (Spinach, Romaine, Tomato, Cucumber) Ranch Dressing
	Fruit or Vegetable Ages: 1-18: ¼ c	Fresh Broccoli Florets Ranch Dip	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Mandarin Oranges	Yuca (with mojo)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread Butter or Marg.	Cuban Bread	100% Whole Grain Brown Rice	Soft Roll	Rice (in entrée)
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz		Milk			
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages: 6-18: 1 oz	Yogurt 4 oz			Sliced Turkey (1oz)	
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c	Fruit Cocktail		Peaches		Fresh Orange Wedges
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent		Blueberry Muffin	Cheese Crackers	100% Whole Grain Bread (1 slice) Mayo & Mustard	Animal Crackers

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	Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Cheddar Cheese Slice (1 oz)				
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Pineapple	Fruit Cocktail	Fresh Orange Wedges	Banana (1 whole)	Peaches
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Rice Chex Cereal (100% whole grain)	Plain Bagel Cream Cheese	100% Whole Grain Bread (1 slice) Butter or Marg.	English Muffin Butter or Marg. & Jelly	Berry Berry Kix Cereal (whole grain-rich)
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Turkey Slices	*Chicken Nuggets Ketchup	Hamburger (lettuce and tomato)	*Fricassee de Pollo	Cuban Sandwich (Pork, Ham, Swiss Cheese, Pickles)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots	Steamed Broccoli	Green Beans	Roasted New Potatoes	Salad (Spinach, Romaine, Tomato, Cucumber) Italian Dressing
	Fruit or Vegetable Ages 1-18: ¼ c	Pears	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Red Beans	Steamed Baby Carrots
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	*Moros	100% Whole Grain Bread	Bun Ketchup	Brown Rice (100% whole grain)	Cuban Bread Mayo & Mustard
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz	Milk				
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz			Peanut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp	Yogurt 4 oz	
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c		100% Orange Juice	Fresh Apple Slices		Applesauce
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Cuban Crackers Cream Cheese & Guava Paste	Banana Muffin		Graham Crackers (plain or honey)	Corn Muffin

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Week Three		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Mozzarella Cheese Slice (1 oz)				Hard Boiled Egg (½ egg)
	Vegetable/Fruit/Juice 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)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Original Cheerios (100% whole grain)	Whole Grain-Rich Raisin Bread (1 slice; plain, no icing) Butter or Marg.	Blueberry Muffin	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	100% Whole Grain English Muffin Butter or Marg. & Jelly
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Ropa Vieja	*Breaded Chicken Patty	Medianoche Sandwich (Pork, Ham, Swiss Cheese, Pickles)	*Spaghetti & Meat Sauce with Ground Turkey or Beef	Arroz Amarillo con Pollo
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Black Beans	Green Peas	Garbanzo Beans	Salad (Spinach, Romaine, Tomato, Cucumber) Ranch Dressing	Mixed Vegetables
	Fruit or Vegetable Ages: 1-18: ¼ c	Tostones (plantains)	Fresh Apple Slices	Fruit Cocktail	Steamed Baby Carrots	Pears
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Rice	Cuban Bread	Sweet Bread Mayo & Mustard	Spaghetti (in entrée)	Rice (in entrée)
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz		Milk		Milk	
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz	Yogurt 4 oz		Sliced Turkey (1 oz)	Provolone Cheese Slice	
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c			100% Apple Juice		Fresh Orange Slices
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Graham Crackers (plain or honey)	Animal Crackers	Crackers (whole grain-rich)	100% Whole Wheat Tortilla	Soft Pita

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Week Four		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Yogurt 4 oz				
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Fruit Cocktail	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	100% Orange Juice	Banana (1 whole)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Life Original Cereal (whole grain-rich)	Blueberry Muffin	100% Whole Grain English Muffin	100% Whole Grain Bread <i>Butter or Marg.</i>	Multi Grain Cheerios (100% whole grain)
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Pork	*Breaded Fish <i>Ketchup</i>	*Picadillo	Baked Chicken	Hamburger (Lettuce and Tomato)
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Salad (Spinach, Romaine, Tomato, Cucumber) <i>Italian Dressing</i>	Yucca	Platano Maduro (plantains)	Oven Fried Potatoes
	Fruit or Vegetable Ages: 1-18: ¼ c	Black Beans	Steamed Baby Carrots	Mixed Vegetables	Peaches	Pears
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	White Rice	Soft Roll	*Congri	Cuban Bread	Bun <i>Mustard, Mayo, Ketchup</i>
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz			Milk	Milk	
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages: 6-18: 1 oz	Sliced Turkey (1 oz)	Cheddar Cheese Slice			Yogurt Dip (2 oz vanilla yogurt with drained sliced peaches)
	Vegetable Ages 1-5: ½;c Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c			Fresh Orange Wedges		
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Crackers	100% Whole Grain Bread		Cuban Crackers <i>Cream Cheese & Guava Paste</i>	Graham Crackers (plain or honey)

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	Week Five	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Cheddar Cheese Slice (1 oz)				
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Fruit Cocktail	Pineapple	Pears	Banana (1 whole)	Mandarin Oranges
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Blueberry Muffin (whole grain-rich)	Bagel Cream Cheese	Cinnamon Chex Cereal (whole grain-rich)	Original Cheerios (100% whole grain)	100% Whole Grain Bread Butter or Marg.
LUNCH	Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Adobo Baked Chicken	Pulled Pork Sandwich	*Ropa Vieja	*Cuban Stew (with beef)	*Chicken Nuggets Honey Mustard
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots	Cucumber Slices	Tostones (plantains)	Mixed Vegetables	Salad (Spinach, Romaine, Tomato, Cucumber) Ranch Dressing
	Fruit or Vegetable Ages: 1-18: ¼ c	Peaches	Mixed Vegetables	Black Beans	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Fresh Mashed Potato (not instant)
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	*Congri	Bun (whole grain-rich)	Rice	*Moros	Soft Roll
SNACK	Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz			Milk		
	Meat/Meat Alternate Ages 1-5: ½ oz; Ages: 6-18: 1 oz				Mozzarella Stick	Yogurt 4 oz
	Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c	100% Orange Juice	Fresh Apple Slices		Applesauce	
	Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Saltine Crackers	Cheese Crackers	Animal Crackers		Graham Crackers (plain or honey)

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