

Attachment 2 **Cycle Menu A**

Refer to Child Care Food Program Meal Pattern for Children when planning portion sizes for age groups specified in this bid.

Milk must be served with each breakfast, lunch and supper meal. Milk must be served with snack as indicated. Between a child's first and second birthday, whole milk must be served. After age 2, it is required that lowfat (1%) or fat free milk be served.

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Juice Cornflakes Milk	Pineapple Tidbits Cinnamon Raisin Bagel <i>Cream Cheese</i> Milk	Fresh Orange Wedges 1 slice of Cheese Toast Milk	Pears French Toast (1 1/2 slices) <i>Syrup</i> Milk	Apple Juice Crispy Rice Cereal 1 slice of Whole wheat toast <i>Margarine and Jelly</i> Milk
Lunch/ Supper	Ham 1 slice of Whole Wheat Bread <i>Margarine</i> Egg Noodles Green Beans Sweet Potatoes Milk	Beefaroni 1 serv.=1-1/2 oz. mt/mt alt. for 1-5 yr. olds and 2 oz. mt/mt alt. for 6-12 yr. olds. Garlic Bread Tossed Salad (Lettuce, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i> Fruit Salad Milk	Fricase de Pollo Rice Fried Plantains Spinach Milk	*Breaded Fish <i>Ketchup</i> Roll Mashed potato Mixed Vegetables Milk	Arroz Con Pollo 1 serv.= 1-1/2 oz. mt/mt alt. and 1 brd. for 1-5 yr. olds and 2 oz. mt/mt alt. and 1 brd. for 6-12 yr. olds. Cuban Bread or Roll Mixed Greens Salad (Spinach leaves, Lettuce, Tomato, Cucumber) <i>Lowfat French Dressing</i> Peaches Milk
Snack	Animal Crackers Applesauce	Turkey (Cubed or sliced) Whole Wheat Bread <i>Lowfat mayo and/or mustard</i>	Carrots Assorted Crackers	Yogurt <i>Flavored 4oz. cup</i> Banana	Oatmeal Cookies Milk

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Effective FFY 2010-2011

Serv. = serving; mt/mt alt. = meat/meat alternate; brd. = bread

Cycle Menu A (Continued)

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Juice Crispix Cereal Blueberry Muffin Milk	Seasonal Fresh Fruit Sausage Biscuit Milk	Blended 100% Juice Honey Nut Scooters Cereal 1 slice of Whole Wheat Toast <i>Margarine and Jelly</i> Milk	Peaches English Muffin <i>Margarine and jelly</i> Scrambled Egg Milk	Orange Wedges Waffles <i>Syrup</i> Milk
Lunch/ Supper	Sliced Turkey Roll <i>Margarine</i> Broccoli Pears Black eye peas Milk	Midnight Sandwich (Pork, Ham, Swiss Cheese, Pickles) 1 sand.= 1-1/2 oz. mt/mt alt. and 1 brd. for 1-5 yr. olds; 2 oz. mt/mt alt. and 1 brd for 6-12 yr. olds <i>Lowfat Mayonnaise & Mustard</i> Mashed Potatoes Cooked Baby Carrots Milk	*Salisbury Steak <i>Gravy</i> Roll Tossed Salad (Lettuce & Tomato) <i>Lowfat Ranch Dressing</i> Peas and Carrots Milk	Picadillo Rice 1 slice of Cuban Bread Sliced Tomatoes Yucca Milk	*Chicken Nuggets <i>Ketchup</i> Whole Wheat Bread Green Beans Corn Milk
Snack	Cuban Crackers Cheese Slice	Yogurt <i>Flavored 4oz. cup</i> Mixed Fruit	Graham Crackers Applesauce	Peanut Butter Crackers Banana Milk	Grape Juice Fish Shaped Crackers (1 svg = 20 grams for all ages)

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Juice Cinnamon Toasters Banana Bread Milk	Applesauce 1 slice of Raisin Bread Milk	Grape Juice Special K Milk	Cantaloupe Cubes Pancakes <i>Syrup & Margarine</i> Milk	Mandarin oranges Breakfast Burrito (1 tortilla, 1 scrambled egg, ½ oz cheese, very mild salsa) Hash Brown Potatoes Milk
Lunch/ Supper	Ropa Vieja Brown Rice Roll Mixed Vegetables Pineapple Milk	*Breaded Chicken Pattie <i>In sauce</i> Roll Sliced Tomatoes and Lettuce <i>Lowfat French Dressing</i> Carrots Milk	Meatloaf <i>Ketchup</i> Biscuit Oven Baked Potatoes Broccoli Apple slices Milk	Spaghetti & Meat Sauce 1 serv.= 1-1/2 oz. mt/mt alt. and 1 brd. for 1-5 yr. olds and 2 oz. mt/mt alt. and 1 brd. for 6-12 yr. olds. Garlic Bread Green Salad (Romaine Lettuce, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i> Pears Milk	Roast Pork Moros Whole Wheat Roll Green Peas Orange Slices Milk
Snack	Vanilla Wafers Milk	Ham (Cubed or sliced) Saltine crackers Blended 100% Juice	Yogurt <i>Flavored 4oz. cup</i> Peaches	Granola Bar Milk	Assorted Crackers Fruit Cocktail

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Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Apple Juice Special K Milk	Orange Sections Blueberry Muffin Milk	Seasonal Fresh Fruit 1 slice of Cheese toast 1 Boiled Egg Milk	Banana English Muffin <i>Peanut Butter and Jelly</i> Milk	Orange Juice Crispy Rice Cinnamon Roll Milk
Lunch/ Supper	*Fish Sticks <i>Ketchup</i> Roll Green Beans Corn Cinnamon apples Milk	*Salisbury Steak <i>With Gravy</i> 1 slice of Whole Wheat Bread Mashed Potatoes Mixed veggies Milk	Baked Chicken Roll Green Peas Yellow Squash Milk	Picadillo Cuban Bread or Roll Congri 1 serv.=1 brd. and 1 veg. Fried Plantains Milk	Hamburger with bun Lettuce and tomato Tater Tots Broccoli Florets <i>Lowfat Ranch Dip</i> Milk
Snack	Yogurt <i>Flavored 4 oz cup</i> Peaches	Cheese (Cubed, string, or sliced) Pita Bread	Cuban Maria Cookies Milk	Blended 100% Juice Graham Crackers	Animal Crackers Pears

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Week Five	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Grape Juice Biscuit <i>Margarine</i> Apple Zings Milk	Orange Wedges Cinnamon Raisin Bagel <i>Cream Cheese</i> Milk	Peaches Crispix Milk	Banana Waffles (2 svg = 62 grams) <i>Syrup</i> Milk	Apple Juice Egg and Cheese on English Muffin (1 muffin) Milk
Lunch/ Supper	Roasted Turkey <i>Gravy</i> Whole Wheat Roll Whipped Potatoes Peas and Carrots Milk	*Ravioli 1 slice of Garlic Bread Broccoli Pears Milk	Ham Macaroni & Cheese 1 serv.=1brd. Biscuit Green Beans Applesauce Milk	Cuban Stew (with beef) 1 serv.= 1-1/2 oz. mt./mt alt. and ¼ c veg. for 1-5 yr. olds; 2 oz. mt./mt. alt. and 3/8 c veg. for 6-12 yr. olds. Congri 1 serv.=1 brd. and 1 veg. Fruit Salad Milk	*Pizza Corn Tossed Salad (Lettuce & Tomato) <i>Lowfat Ranch Dressing</i> Milk
Snack	Cuban Crackers Mandarin Orange Sections	Cheese Crackers Pineapple Tidbits	Graham Crackers Orange Juice	String cheese Tortilla	Banana Bread Milk

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