

Attachment 2 Cycle Menu C

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	Apple Juice Crispy Rice Cereal Cinnamon Roll Milk	Fresh Orange Wedges Ham and Cheese Biscuit Milk	Grape Juice Cheerios Milk	Seasonal Fresh Fruit Whole Wheat English Muffin <i>Margarine</i> Milk	Cinnamon Apples French Toast <i>Syrup</i> Milk
Lunch/ Supper	Sliced Ham Whole Wheat Roll <i>Margarine</i> Egg Noodles Mixed Vegetables Pineapple Tidbits Milk	Sloppy Joe on Bun Tater Tots Corn Milk	Oven Fried Chicken Bread Slice Mashed Potatoes Steamed Zucchini Milk	*Breaded Fish <i>Ketchup</i> Whole Wheat Roll Potato Salad Peas & Carrots Fruit Cocktail Milk	*Salisbury Steak <i>With Gravy</i> Brown Rice Green Salad (Romaine Lettuce, Tomato, Cucumber) <i>Lowfat French Dressing</i> Green Beans Milk
Snack	Oatmeal Cookies Milk	Yogurt <i>Flavored 4 oz cup</i> Peaches	Assorted Whole Wheat Crackers Cucumber/Carrot/ Celery Sticks <i>Lowfat Ranch Dressing</i>	Whole Grain Peanut Butter Crackers Banana Milk	Animal Crackers Blended 100% Juice

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Effective FFY 2011-2012

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Cycle Menu C (Continued)

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Grape Juice Crispix Cereal Milk	Cantaloupe Cubes Pancakes Syrup Sausage Milk	Applesauce Whole Wheat Toast Margarine and Jelly Hash Brown Potatoes Scrambled Eggs Milk	Orange Juice Honey Nut Scooters Cereal Milk	Apple Wedges Whole Wheat Bagel Peanut Butter & Jelly Milk
Lunch/ Supper	Beef Stew 1 serv.= 1-1/2 oz. mt./mt alt. and ¼ c veg. for 1-5 yr. olds; 2 oz. mt./mt. alt. and 1/2 c veg. for 6-12 yr. olds. Brown Rice Cornbread Fruit Cocktail Milk	*Chicken Nuggets Barbecue Sauce Whole Wheat Roll Mashed Potatoes Green Peas Pineapple Tidbits Milk	*Beef Ravioli Italian Bread Spinach Salad (Spinach, Tomatoes, Cucumber) Lowfat Ranch Dressing Pears Milk	Ham & Cheese Sandwich (Whole wheat bread) (At a minimum, 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) Mustard, Lowfat Mayo and Ketchup Lettuce, Tomato, Pickle Tater Tots Banana Milk	Chicken & Rice 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. Whole Wheat Roll Margarine Carrots Peaches Milk
Snack	Granola Bar Milk	Applesauce Graham Crackers	Whole Wheat Crackers Cheese Slice	Blueberry Muffin Milk	Cottage Cheese Mandarin Oranges

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Juice Cinnamon Toasters Cereal Milk	Pineapple Tidbits Blueberry Muffin Milk	Applesauce French Toast <i>Syrup</i> Milk	Grape Juice Cornflakes Whole Wheat English Muffin <i>Peanut Butter & Jelly</i> Milk	Peaches Sausage Biscuit Milk
Lunch/ Supper	*Breaded Pork Patty <i>Gravy</i> Whole Wheat Roll <i>Margarine</i> Mashed Potatoes Broccoli Peaches Milk	*Veggie Burger Whole Wheat Bun <i>Mustard, Ketchup, Lowfat Mayo</i> Lettuce, Tomato, Pickle Tater Tots Fruit Cocktail Milk	Turkey & Cheese Sandwich (Whole grain bread) 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 Mayo and/or Mustard</i> Green Beans Banana Milk	Spaghetti & Meat Sauce(with Ground Turkey or Beef and whole grain noodles) 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 Tossed Salad (Lettuce, Tomato, Cucumber) <i>Lowfat French Dressing</i> Pears Milk	*Fish Sticks <i>Ketchup</i> Cornbread Apple slices Peas and Carrots Milk
Snack	Vanilla Wafers Milk	Animal Crackers Blended 100% Juice	Fresh Broccoli and Cauliflower Florets <i>Lowfat Ranch Dressing</i> Whole Grain Cheese Crackers	Raisin Bread Fresh Orange Slices	Assorted Whole Wheat Crackers Seasonal Fresh Fruit

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Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Apple Juice Crispy Rice Cereal Blueberry Muffin Milk	Fruit Salad Cinnamon Raisin Bagel Cream Cheese Milk	Peaches Waffles (Whole grain) Syrup Milk	Grape Juice Honey Nut Scooters Cereal Milk	Orange Juice Whole Wheat English Muffin Margarine and Jelly Scrambled Eggs Milk
Lunch/Supper	Turkey Roast Whole Wheat Roll Margarine Green Peas Sweet Potato Milk	*Chicken Strips Whole Wheat Bread Mashed Potatoes Green Beans Pineapple Tidbits Milk	Kidney Beans (3/8 cup for ages 1-5; 1/2 cup for ages 6-12) Macaroni & Cheese Biscuit Spinach Salad (Spinach, Tomato, Cucumber) Lowfat Ranch Dressing Orange Wedges Milk	Tuna Salad Sandwich 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 Steamed Baby Carrots Apple Wedges Milk	*Pizza (Whole grain crust) Corn Tossed Salad (Lettuce, Tomato, Cucumber) Lowfat Ranch Dressing Fruit Cocktail Milk
Snack	Graham Crackers Pears	Granola Bar Milk	Yogurt Flavored 4 oz cup Banana	Whole Wheat Crackers Cheese Slice	Peanut Butter & Jelly Sandwich (Whole wheat bread) (At a minimum, 1 sand.= 1 Tbsp. mt/mt alt. and 1 brd. for 1-5 yr. olds; 2 Tbsp. mt/mt alt. and 1 brd for 6-12 yr. olds) Milk

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Week Five	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Juice Apple Zings Cereal Milk	Pears Cheese Toast Milk	Fruit Cocktail English Muffin <i>Margarine and Jelly</i> Milk	Pancakes <i>Syrup</i> Sausage Cantaloupe Milk	Grape Juice Whole Wheat Bagel <i>Cream Cheese</i> Milk
Lunch/ Supper	Meatloaf <i>Ketchup</i> Whole Grain Roll <i>Margarine</i> Mashed Potatoes Mixed Vegetables Applesauce Milk	Black-eyed Peas 3/8 cup for ages 1-5; ½ cup for ages 6-12 Brown Rice Collard Greens Cornbread Pineapple Tidbits Milk	Beefaroni 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. Peas & Carrots Mixed Greens Salad (Spinach, Romaine, Iceberg Lettuce, Tomato) <i>Lowfat French Dressing</i> Apple Wedges Milk	Chicken and Dumplings 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. Green Beans Corn Milk	Barbecue Pork Whole Grain Bun Cole Slaw Baked Beans Fruit Cocktail Milk
Snack	Peaches Milk	Blended 100% Juice Fish Shaped Crackers (1 svg = 20 grams for all ages)	Assorted Whole Wheat Crackers Orange Wedges	Hard Boiled Egg (1/2 egg) Saltine Crackers	Graham Crackers Milk

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