

### Attachment 3 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
	Orange Juice Cornflakes Milk	Pineapple Tidbits Cinnamon Raisin Bagel <b>Cream Cheese</b> Milk	Fresh Orange Wedges 1 slice of Cheese Toast Milk	Pears French Toast (1 1/2 slices) <b>Syrup</b> Milk	Apple Juice Crispy Rice Cereal 1 slice of Whole wheat toast <b>Margarine and Jelly</b> Milk
<b>Lunch/ Supper</b>	Ham 1 slice of Whole Wheat Bread <b>Margarine</b> 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) <b>Lowfat Ranch Dressing</b> Fruit Salad Milk	Fricase de Pollo Rice Fried Plantains Spinach Milk	*Breaded Fish <b>Ketchup</b> Roll Coleslaw 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) <b>Lowfat French Dressing</b> Peaches Milk
<b>Snack</b>	Animal Crackers Applesauce	Turkey (Cubed or sliced) Whole Wheat Bread <i>Lowfat mayo and/or mustard</i>	Egg Salad Assorted Crackers	Yogurt <b>Flavored 4oz. cup</b> Banana	Oatmeal Cookies Milk

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**Effective FFY 2009-2010**

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
<b>Breakfast</b>	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
<b>Lunch/ Supper</b>	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 &amp; 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 Coleslaw Milk
<b>Snack</b>	Cuban Crackers Cheese Slice	Yogurt <i>Flavored 4oz. cup</i> Mixed Fruit	Graham Crackers Applesauce	Peanut Butter 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
<b>Breakfast</b>	Orange Juice Cinnamon Toasters Banana Bread Milk	Applesauce 1 slice of Raisin Bread Milk	Grape Juice Special K Milk	Cantaloupe Cubes Pancakes <b>Syrup &amp; Margarine</b> Milk	Applesauce Breakfast Burrito (1 tortilla, 1 scrambled egg, ½ oz cheese, <b>very mild</b> salsa) Hash Brown Potatoes Milk
<b>Lunch/ Supper</b>	Ropa Vieja Brown Rice Roll Mixed Vegetables Pineapple Milk	*Breaded Chicken Pattie <b>In sauce</b> Roll Sliced Tomatoes and Lettuce <b>Lowfat French Dressing</b> Carrots Milk	Meatloaf <b>Ketchup</b> 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) <b>Lowfat Ranch Dressing</b> Pears Milk	Roast Pork Moros Whole Wheat Roll Green Peas Orange Slices Milk
<b>Snack</b>	Vanilla Wafers Milk	Ham (Cubed or sliced) Midnight Bread Blended 100% Juice	Yogurt <b>Flavored 4oz. cup</b> Peaches	Granola Bar Milk	Assorted Crackers Fruit Cocktail

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<b>Week Four</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	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
<b>Lunch/ Supper</b>	*Fish Sticks <i>Ketchup</i> Roll Green Beans Corn Milk	*Salisbury Steak <i>With Gravy</i> 1 slice of Whole Wheat Bread Mashed Potatoes Spinach 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	Ham and Cheese 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 <i>Lowfat mayo and/or mustard, Ketchup</i> Tater Tots Broccoli Florets <i>Lowfat Ranch Dip</i> Milk
<b>Snack</b>	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
<b>Breakfast</b>	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
<b>Lunch/ Supper</b>	Roasted Turkey <i>Gravy</i> Whole Wheat Roll Whipped Potatoes Peas and Carrots Milk	*Ravioli 1 slice of Garlic Bread Broccoli and Cauliflower 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
<b>Snack</b>	Cuban Crackers Mandarin Orange Sections	Cheese Crackers Pineapple Tidbits	Graham Crackers Orange Juice	Rice Crispy Bar Milk	Banana Bread Milk

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