

Attachment 2 Cycle Menu A No Pork

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

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

Please Note: Obvious pork sources have been omitted such as ham, sausage, and pork patties. Food product labels or manufacturer information may be requested regarding pork content of foods.

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fruit Cocktail Cinnamon Raisin Bagel <i>Cream Cheese</i> Milk	Pineapple Tidbits Honey Nut Scooters Cereal Milk	Fresh Orange Wedges Whole Wheat Cheese Toast (1 slice) Milk	Cinnamon Apples French Toast (1 ½ slices) Milk	Apple Juice Crispy Rice Cereal Whole Grain Toast <i>Margarine and Jelly</i> Milk
Lunch/ Supper	Sliced Turkey Whole Wheat Bread (1 slice) <i>Margarine</i> Green Beans Sweet Potatoes Pears Milk	Beefaroni 1 serv. = 1 ½ oz. mt/mt alt. for 1-5 yr. olds and 2 oz. mt/mt alt. for 6-12 yr. olds Garlic Bread Spinach Fruit Salad Milk	Picadillo Congri Cuban Bread Sliced Tomatoes Tropical Mixed Fruit Milk	*Breaded Fish <i>Ketchup</i> Whole Grain Roll Mashed Potato Mixed Vegetables Mandarin Oranges Milk	Arroz Con Pollo 1 serv. = 1 ½ 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, Romaine, Tomato, Cucumber) <i>Lowfat French Dressing</i> Peaches Milk
Snack	Animal Crackers Applesauce	Turkey (sliced) Whole Wheat Bread <i>Lowfat Mayo and/or Mustard</i>	Yogurt <i>Flavored 4 oz. cup</i> Banana	Carrots Assorted Whole Grain Crackers	Pretzels (soft or thin) Milk

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Effective FFY 2013-2014

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Cycle Menu A No Pork(Continued)

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Juice Kix Cereal Blueberry Muffin Milk	Seasonal Fresh Fruit Egg and Cheese Biscuit Milk	Banana Nutty Nuggets Cereal Whole Wheat Toast <i>Margarine and Jelly</i> Milk	Peaches Whole Grain English Muffin <i>Margarine and Jelly</i> Scrambled Egg Milk	Orange Wedges Waffles <i>Syrup</i> Milk
Lunch/ Supper	Sliced Turkey Whole Wheat Roll <i>Margarine</i> Broccoli Black Eyed Peas Pears Milk	Midnight Sandwich (Turkey Ham, Swiss Cheese, Pickles) 1 serv = 1 ½ 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> Baked Sweet Potato Fries Tossed Salad (Lettuce & Tomato) <i>Lowfat Ranch Dressing</i> Apple Slices Milk	*Salisbury Steak <i>Gravy</i> Whole Grain Roll Mashed Potatoes Peas and Carrots Pineapple Milk	Fricase de Pollo Brown Rice Red Beans Spinach Plantains Milk	*Chicken Nuggets <i>Ketchup</i> Whole Wheat Bread Green Beans Corn Applesauce Milk
Snack	Cuban Crackers Cheese Slice	Assorted Whole Grain Crackers Bean Dip	Yogurt <i>Flavored 4 oz cup</i> Mandarin Oranges	Tropical Mixed Fruit Milk	String Cheese Whole Grain Fish Shaped Crackers (1 serv = 20 grams for all ages)

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Blended 100% Juice Cheerios Cereal Banana Bread Milk	Mandarin Oranges Whole Grain Raisin Bread (1 slice; plain, no icing) Milk	Seasonal Fresh Fruit Bran Flakes Cereal Milk	Cinnamon Apples Pancakes Milk	Cantaloupe Cubes Breakfast Burrito (1 whole wheat Tortilla, 1 Scrambled Egg, ½ oz Cheese, very mild Salsa) Milk
Lunch/ Supper	Ropa Vieja Brown Rice Black Beans Mixed Vegetables Pineapple Milk	*Breaded Chicken Patty <i>In sauce</i> Roll Sliced Tomatoes and Lettuce <i>Lowfat French Dressing</i> Carrots Fruit Cocktail Milk	Meatloaf <i>Ketchup</i> Whole Wheat Bread Mashed Sweet Potato Broccoli Apple slices Milk	Spaghetti & Meat Sauce (with Ground Turkey or Beef and Whole Grain Noodles) 1 serv. = 1 ½ 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	Roasted Chicken Whole Grain Roll Moros Green Peas Tropical Mixed Fruit Milk
Snack	Plain Graham Crackers Milk	Whole Grain Soft Tortilla Cheese Slice	Animal Crackers Peaches	Granola Bar Milk	Assorted Whole Grain Crackers Orange Slices

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Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fruit Cocktail Blueberry Muffin Milk	Orange Sections Life Cereal Milk	Seasonal Fresh Fruit Cheese Toast (Whole Wheat Bread) Boiled Egg (1 egg) Milk	Orange Juice Whole Grain English Muffin <i>Peanut Butter and Jelly</i> Milk	Banana Multigrain Cheerios Cereal Milk
Lunch/ Supper	*Fish Sticks <i>Ketchup</i> Whole Grain Roll Mashed Potatoes Mixed Vegetables Cinnamon Apples Milk	Seasoned Black Beans (3/8 c ages 1-5 and 1/2 c ages 6-12) Brown Rice Biscuit <i>Margarine</i> Mixed Greens Salad (Spinach, Romaine, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i> Pineapple Milk	Baked Chicken Roll Winter Squash (acorn or butternut) Broccoli Florets <i>Lowfat Ranch Dip</i> Applesauce Milk	Picadillo Cuban Bread or Roll Congri 1 serv. =1 brd. and 1 veg. Green Peas Plantains Milk	Hamburger Whole Wheat Bun Lettuce and Tomato <i>Mustard, Mayo, Ketchup</i> Carrots Green Beans Fruit Salad Milk
Snack	Yogurt <i>Flavored 4 oz cup</i> Peaches	Cheese Slice Whole Grain Sandwich Round	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	Animal Crackers Pears	Assorted Whole Grain Crackers Milk

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Week Five	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Grape Juice Biscuit <i>Margarine</i> Wheat Chex Cereal Milk	Orange Wedges Whole Grain Bagel <i>Cream Cheese</i> Milk	Peaches Shredded Wheat Cereal Milk	Banana Waffles (2 serv. = 62 grams) <i>Syrup</i> Milk	Apple Slices Egg and Cheese on Whole Grain Sandwich Round (1 round) Milk
Lunch/ Supper	Roasted Turkey <i>Gravy</i> Whole Wheat Roll Whipped Potatoes Peas and Carrots Tropical Mixed Fruit Milk	Cuban Stew (with beef) 1 serv. = 1 ½ 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. Moros 1 serv. =1 brd. and 1 veg. Fruit Salad Milk	*Ravioli Garlic Bread (1 slice) Broccoli Fruit Cocktail Milk	Seasoned Black Beans (3/8 c ages 1-5 and ½ c ages 6-12) Brown Rice Whole Wheat Bread (1 slice) Green Beans Applesauce Milk	*Cheese Pizza (whole grain crust) Carrots Tossed Salad (Lettuce & Tomato) <i>Lowfat Ranch Dressing</i> Mandarin Oranges Milk
Snack	Assorted Whole Grain Crackers Pears	Yogurt <i>Flavored 4 oz cup</i> Pineapple Tidbits	Plain Graham Crackers Milk	String Cheese Soft Whole Wheat Tortilla	Banana Bread Milk

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