

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 six years old and older must be served unflavored low fat (1 percent), unflavored fatfree (skim), or may be served flavored fat free (skim) milk.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate			Colby Cheese Slice (1 oz)		Yogurt 4 oz cup
Vegetable/Fruit/Juice Ages 1-18: ½ c	100% Apple Juice	Pears	Raisins (1/4 cup)	Cinnamon Apples	Banana (1 whole)
Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ⅓ c	Blueberry Bagel Cream Cheese	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread (1 slice) Butter or Marg.	Life Original Cereal	Corn Flakes Cereal
Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate Ages 1-5: 1 ¼ oz Ages 6-18: 2 oz	Sliced Baked Turkey (2 oz all ages)	*Chicken Tetrazzini (see recipe list)	*Ground Beef Stroganoff (see recipe list)	*Breaded Fish Ketchup	*Oven Fried Chicken (see recipe list)
Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Roasted Sweet Potatoes	Sautéed Spinach and Tomatoes (see recipe list)	Roasted Cauliflower	Mixed Vegetables	Green Beans (fresh/frozen, not canned)
Fruit or Vegetable Ages: 1-18: ¼ c	Cole Slaw (see recipe list)	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon — no bananas/slapples)	Mandarin Oranges	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Lowfat Ranch Dressing
Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ⅓ c	100% Whole Grain Bread Butter or Marg.	Penne Pasta (in entrée)	Egg Noodles	Soft Roll	Cornbread
Milk Ages 1-5: four oz; Ages 6-18: eight oz					
Meat/Meat Alternate Ages 1-5: ½ oz Ages 6-18: 1 oz	Yogurt 4 oz cup			Cottage Cheese (2 oz)	
Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					
Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c	Tropical Mixed Fruit	Waldorf Fruit Salad (no nuts) (see recipe list)	Peaches	Pineapple	Fresh Orange Wedges
Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ⅓ c		Blueberry Muffin	Cheese Crackers	100% Whole Grain Bread (1 slice) Butter or Marg.	Original Sun Chips (100% whole grain)
SNACK					

IMPORTANT: Ages 1-5 based on meal pattern portion sizes for ages 3-5. *Requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe. Caterer must supply this documentation to institution/facility. See Catering Information webpage for available standardized recipes on combination foods noted: (see recipe list). When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: water is NOT a creditable food item). All food must be peanut and nut free.

Family Central U-1976 Cycle Menu B No Pork No Peanut

Attachment 2

Effective FFY 2017-2018

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BREAKFAST		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate		Yogurt 4 oz cup			Hard Boiled Egg (1/2 egg)	
Vegetable/Fruit/Juice	Ages 1-18: ½ c	Pineapple	Pears	Banana (1 whole)	Peaches	Fresh Orange Wedges
Grains/Breads	Ages 1-5: ½ slice/serving, ½ c Ages 6-18: 1 slice/serving, ¾ c	Kix Cereal (Original, Honey, or Berry Berry)	Cinnamon Raisin Bagel Cream Cheese	100% Whole Grain Bread (1 slice) Butter or Marg.	English Muffin Butter or Marg. & Jelly	Rice Chex Cereal
Milk	Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Chili con Carne with Beans (see recipe list)	*Chicken Nuggets Barbecue Sauce	*Salsbury Steak Gravy (see recipe list)	*Sesame Noodles with Chicken and Vegetables (see recipe list)	Turkey Sandwich (Swiss Cheese, Lettuce, Tomato, & Pickle)
Vegetable	Ages 1-5: ½ c; Ages 6-18: ½ c (Double portion for salads)	Corn (fresh/frozen, not canned)	Steamed or Roasted Broccoli (fresh/frozen, not canned)	Peas and Carrots (frozen, not canned)	Fresh Roasted Sweet Potatoes	Fresh Washed Potatoes (not instant)
Fruit or Vegetable	Ages: 1-18: ¼ c	Tropical Mixed Fruit	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Waldorf Fruit Salad (no nuts) (see recipe list)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup French Dressing
Grains/Breads	Ages 1-5: ½ slice/serving, ½ c Ages 6-18: 1 slice/serving, ¾ c	Brown Rice (100% whole grain)	100% Whole Grain Bread	Macaroni & Cheese	100% Whole Grain Noodles (in entrée)	100% Whole Grain Bread Mayo & Mustard
Milk	Ages 1-5: four oz; Ages 6-18: eight oz		Milk			
Meat/Meat Alternate	Ages 1-5: ½ oz Ages 6-18: 1 oz	Provolone Cheese Slice		Hard Boiled Egg	Yogurt 4 oz cup	Tuna Salad
Vegetable	Ages 1-5: ½ c Ages 6-18: ¾ c					
Fruit/Juice	Ages 1-5: ½ c Ages 6-18: ¾ c			Fresh Apple Slices	100% Orange Juice	
Grains/Breads	Ages 1-5: ½ slice/serving, ½ c Ages 6-18: 1 slice/serving, ¾ c	Pretzels	Corn Muffin			Crackers (savory)

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	BREAKFAST				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	Yogurt 4 oz cup		Mozzarella Cheese Slice (1 oz)		Hard Boiled Egg (1/2 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/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ½ c	Original Cheerios (100% whole grain)	Raisin Bread (1 slice; plain, no icing) <i>Butter or Marg.</i>	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	Blueberry Muffin	100% Whole Grain English Muffin <i>Butter or Marg. & Jelly</i>
Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Sloppy Farmer Joes <i>(see recipe list)</i>	Pulled Chicken BBQ Sauce	*Turkey Meatloaf <i>Ketchup</i> <i>(see recipe list)</i>	*Spagheti & Meat Sauce with Ground Turkey or Beef <i>(see recipe list)</i>	*Pizza
Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Italian Green Beans (fresh/frozen, not canned)	Mixed Vegetables	Fresh Mashed Sweet Potato (not instant)	Steamed or Roasted Carrots (fresh/frozen, not canned)	Green Peas
Fruit or Vegetable Ages 1-18: ¼ c	Pineapple	Fresh Apple Slices	Fruit Cocktail	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Lowfat Ranch Dressing</i>	Pears
Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ½ c	Bun	Soft Roll	100% Whole Grain Bread	Spagheti (in entrée)	Pizza Crust <i>(see recipe list)</i>
Milk Ages 1-5: four oz; Ages 6-18: eight oz				Milk	
Meat/Meat Alternate Ages 1-5: ½ oz Ages 6-18: 1 oz	Hummus	Cheddar Cheese Slice			Cheese Stick
Vegetable Ages 1-5: ¼ c Ages 6-18: ½ c					
Fruit/Juice Ages 1-5: ¼ c Ages 6-18: ¾ c			100% Red Grape Juice		Fresh Orange Slices
Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Grain Pita Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices	100% Whole Grain Crackers	Soft Pita Bread	Original Sun Chips (100% whole grain)	

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BREAKFAST		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk Ages: 1-5: six oz; Ages 6-18: eight oz		Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	Yogurt 4 oz cup		Provolone Cheese Slice (1 oz)	Soynut Butter (1 oz) Jelly		
Vegetable/Fruit/Juice Ages: 1-18: ½ c	Fruit Cocktail	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Peaches	Banana (1 whole)	
Grains/Breads Ages: 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ⅓ c	Blueberry Muffin	Life Original Cereal	100% Whole Grain Bread Butter or Marg.	100% Whole Grain English Muffin	Multi Grain Cheerios (100% whole grain)	
Milk Ages: 1-5: six oz; Ages 6-18: eight oz		Milk	Milk	Milk	Milk	
Meat/Meat Alternate Ages: 1-5: 1 ½ oz Ages 6-18: 2 oz	*Chicken Alfredo with a Twist (see recipe list)	*Chicken Nuggets Honey Mustard	*Bean Burrito (see recipe list)	*Chicken or Turkey Chop Suey (see recipe list)	Cheeseburger (Lettuce and Tomato)	
Vegetable Ages: 1-5: ½ c; Ages 6-18: ¼ c (Double portion for salads)	Green Peas	Steamed or Roasted Winter Squash (Acorn or Butternut)	Steamed or Roasted Carrots (fresh/frozen, not canned)	Fresh Washed Potatoes (not instant)	Steamed or Roasted Zucchini	
Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Fresh Sliced Tomato	Fresh Broccoli Florets Lowfat Ranch Dip	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Lowfat Ranch Dressing	Pears	
Grains/Breads Ages: 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ⅓ c	Rollini Pasta (in entrée)	Soft Roll	Tortilla (in entrée)	Chow Main Noodles	Bun Mustard, Mayo, Ketchup	
Milk Ages: 1-5: four oz; Ages 6-18: eight oz	Milk	Milk				
Meat/Meat Alternate Ages: 1-5: ½ oz Ages: 6-18: 1 oz		Cheese Slice		Yogurt 4 oz cup	Shredded Mozzarella Cheese Ages 1-5: ½ oz Ages 6 and up: 1 oz	
Vegetable Ages: 1-5: ½ c Ages: 6-18: ¼ c					Tomato Sauce Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp	(children assemble own personal pizzas)
Fruit/Juice Ages: 1-5: ½ c Ages: 6-18: ¼ c			Fresh Orange Wedges	100% White Grape Juice	English Muffin Ages 1-5: ½ muffin Ages 6 and up: 1 whole	
Grains/Breads Ages: 1-5: ½ slice/serving, ⅓ c Ages: 6-18: 1 slice/serving, ⅓ c	100% Whole Grain Crackers	100% Whole Grain Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices	Crackers (savory)			

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	Colby Cheese Slice (1 oz)		Yogurt 4 oz cup		Hard Boiled Egg (1/2 egg)
Vegetable/Fruit/Juice Ages 1-18: ½ c	Raisins (1/4 cup)	Pears	Pineapple	Banana (1 whole)	Applesauce
Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¼ c	Total Whole Grain Cereal (100% whole grain)	100% Whole Grain Bagel Cream Cheese	Original Cheerios (100% whole grain)	Blueberry Muffin	100% Whole Grain Bread Butter or Marg.
Milk Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Fresh Turkey Roast Gravy	Seasoned Black Beans (at least ¾ c ages 1-5 and ½ c ages 6-12)	*Scrambled Eggs & Mozzarella Cheese (see recipe list)	*Tuna Salad Sandwich Pickles (see recipe list)	*Baked Fish Scandia (see recipe list)
Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Corn and Edamame Blend (see recipe list)	Fresh Bell Pepper Slices	Roasted Red Potatoes	Mixed Vegetables	Steamed or Roasted Carrots (fresh/frozen, not canned)
Fruit or Vegetable Ages: 1-18: ¼ c	Peaches	Tropical Mixed Fruit	Fresh Clementine Wedges	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Italian Dressing
Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¼ c	Macaroni & Cheese	Yellow Rice	Pancakes Syrup	Sandwich Bread Mayo	Soft Roll
Milk Ages 1-5: four oz; Ages 6-18: eight oz					Milk
Meat/Meat Alternate Ages 1-5: ½ oz Ages 6-18: 1 oz		Yogurt 4 oz cup		Bean Dip (bean salsa or hummus)	
Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					
Fruit/Juice Ages 1-5: ¼ c Ages 6-18: ¾ c	100% Orange Juice	Waldorf Fruit Salad (no nuts) (see recipe list)	Fresh Apple Slices	Original Sun Chips (100% whole grain)	Raisin Bread (1 slice; plain, no icing) Butter or Marg.
Grains/Breads Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ¼ c	Saltine Crackers		Cheese Crackers		
SNACK					

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