

Refer to the Child Care Program Meal Pattern for Children (Attachment 1) when planning 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 as indicated. Children one year of age must be served unflavored whole milk. Children two through five years old must be served either unflavored low fat (1 percent) or unflavored fat free (skim) milk. Children six years old and older must be served unflavored or flavored lowfat (1 percent) or fat-free (skim) milk. *Substitutions require state office approval.*

Meal	Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Milk Ages 1-5: 6oz; Ages 6-18: 8oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 1/2oz Ages 6-18: 2oz	Bakes Sliced Chicken (2oz)	*Chicken Tetrazzini	*Breaded Fish Ketchup	*Ground Beef Stroganoff	Oven Fried Chicken
	Vegetable Ages 1-5: 1/4 c; Ages 6-18 1/2 c (Double portion for salads)	Fresh Sweet Potato (not instant)	Fresh Tomato Slices	Green Peas	Mixed Vegetables	Salad (Spinach, Romaine, Tomato, Cucumber) Ranch Dressing
	Fruit or Vegetable Ages: 1-18 1/4 c	Steamed Broccoli	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pinapples, strawberries, watermelon-no banana/apples)	Mandarin Oranges	Green Beans
	Grains Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Bread Butter or Marg.	Pasta (in entrée)	Soft Roll	Egg Noodles	Corbread

Meal	Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Milk Ages 1-5: 6oz; Ages 6-18: 8oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 1/2oz Ages 6-18: 2oz	Roast Turkey Slices	*Chicken Nuggets Ketchup	Cheeseburger	Tacos(Turkey, Chicken or Beef) Shredded Cheese, Shredded Lettuce, Diced Tomato, and Mild Salsa	Turkey & Cheese Sandwich (Lettuce, Tomato, Pickle)
	Vegetable Ages 1-5: 1/4 c; Ages 6-18 1/2 c (Double portion for salads)	Peas & Carrots	Steamed Broccoli	Green Beans	Corn	Salad (Spinach, Romaine, Tomato, Cucumber) French Dressing
	Fruit or Vegetable Ages: 1-18 1/4 c	Mandarin Oranges	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pinapples, strawberries, watermelon -no banana/apples)	Black Beans	Fruit Cocktail
	Grains Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	100% Whole Grain Roll Butter or Marg.	100% Whole Grain Bread	Bun	Tortilla & Brown Rice (100% whole grain)	100% Whole Grain Bread Mayo & Mustard

Meal	Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Milk Ages 1-5: 6oz; Ages 6-18: 8oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 1/2oz Ages 6-18: 2oz	Sweet and Sassy Chicken (ChickenBreast with Honey Mustard Glaze)	*Meatloaf with Ground Turkey or Beef Ketchup	Chicken in Gravy or Sauce	*Spaghetti & Meat Suace with Ground Turkey or Beef	*Pizza
	Vegetable Ages 1-5: 1/4 c; Ages 6-18 1/2 c (Double portion for salads)	Italian Green Beans	Fresh Mashed Sweet Potato (not instant)	Green Peas	Salad (Spinach, Romaine, Tomato, Cucumber) Ranch Dressing	Mixed Vegetables
	Fruit or Vegetable Ages: 1-18 1/4 c	Pineapple	Fruit Cocktail	Fresh Apple Slices	Steamed Baby Carrots	Pears
	Grains Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Brown Rice (100% Whole Grain)	100% Whole Grain Bread	Soft Roll	Spaghetti (in entrée); Garlic Bread	Pizza Crust (in entrée)

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. 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 tree nut free.

*Lunch is provided by Caterer and follows the Cycle Menu B No Pork No Peanut 2022-2023

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 low fat (1 percent) or unflavored fat free (skim) milk. Children six years old and older must be served unflavored or flavored lowfat (1 percent) or fat-free (skim) milk. *Substitutions require state office approval.*

Meal	Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Milk Ages 1-5: 6oz; Ages 6-18: 8oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 1/2oz Ages 6-18: 2oz	*Chicken Alfredo	*Breaded Fish Ketchup	Sliced Turkey	*Chicken and Rice	Hamburger (Lettuce and Tomato)
	Vegetable Ages 1-5: 1/4 c; Ages 6-18 1/2 c (Double portion for salads)	Green Peas	Cucumber Slices	Steamed Baby Carrots	Green Beans	Oven Fried Potato
	Fruit or Vegetable Ages: 1-18 1/4 c	Pineapple	Tangerine/Clementine Slices (Fresh)	Mashed Potato (Fresh, not instant)	Mandarin Oranges	Pears
	Grains Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Pasta (in Entrée)	Soft Roll	Corn Muffin	Brown Rice (100% Whole Grain)	Bun Mustard, Mayo, Ketchup

Meal	Week 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Milk Ages 1-5: 6oz; Ages 6-18: 8oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 1/2oz Ages 6-18: 2oz	Fresh Turkey Roast Gravy	Seasoned Black Beans (at least 3/8 c ages 1-5 and 1/2 c ages 6-18)	*Spaghetti and Meatballs	*Chicken Salad Sandwich Pickles	*Chicken Nuggets Ketchup
	Vegetable Ages 1-5: 1/4 c; Ages 6-18 1/2 c (Double portion for salads)	Peas & Carrots	Green Beans	Steamed Broccoli	Mixed Vegetables	Salad (Spinach, Romaine, Tomato, Cucumber) Italian Dressing
	Fruit or Vegetable Ages: 1-18 1/4 c	Peaches	Fresh Apple Slices	Tangerine/Clementine Sliced (Fresh)	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pinapples, strawberries, watermelon -no banana/apples)	Fresh Mashed Potato (not instant)
	Grains Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	*Macaroni & Cheese	Yellow Rice	Pasta	Sandwich Bread Mayo	Soft Rolls

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. 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 tree nut free.

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