



Week 1 Menu A 2021-2022 Date: _____, 2022

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 or flavored lowfat (1 percent) or fat-free (skim) milk.

Week One		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	Provolone Cheese Slice (1 oz)		Baby Swiss Cheese slices	Scrambled Eggs	Yogurt 4 oz cup
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Pineapple	Strawberry	100% Apple Juice	Cinnamon Apples	Banana (1 whole)
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	100% Whole Grain Bread (1 slice) Butter or Marg	Nutri-Grain Waffles Butter and Jelly	Bagel (100% Whole Wheat) Butter	Corn Muffin	Blueberry Muffin
LUNCH	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	Baked Sliced Ham (2 oz)	*Beefaroni	*Picadillo	*Vegetable Lasagna	*Arroz Con Pollo
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Roasted Sweet Potato	Cooked Carrots	Corn	Mixed Vegetables	Plantains
	Fruit or Vegetable Ages: 1-18: ¼ c	Fresh Broccoli Florets Lowfat Ranch dressing	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Mandarin Oranges	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Lowfat Honey Mustard Dressing
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Brown Rice	(Beefaroni) Macaroni Garlic Bread	*Congri; Cuban Bread	Soft Roll	Rice (in entrée)
SNACK	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	Babybel mini light Cheese	Yogurt 4 on Cup	Sliced Turkey (1 ½ oz)	Yogurt 4 on Cup
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c	Fruit Cocktail	100% Orange Juice	Peaches	100% Grape Juice	Fresh Orange Wedges
Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving	Pretzels	Pita Bread	Blueberry Muffin	100% Whole Grain Bread (1 slice) Mayo & Mustard	Animal Crackers	

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).



Week 2 Menu A 2021-2022 Date: _____ 2022

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Week Two		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	Cheddar Cheese Slice (1 oz)			Scrambled Eggs	
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Pineapple	Mixed Fruit	Fresh Orange Wedges	Banana (1 whole)	Peaches
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	Whole Grain Waffle Butter/Jelly	Plain Bagel <i>Cream Cheese</i>	100% Whole Grain Bread (1 slice) <i>Butter or Marg.</i>	English Muffin <i>Butter or Marg. & Jelly</i>	Honey Roasted Cereal Honey Bunches
LUNCH	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	Chicken Breast and Gravy	*Chicken Nuggets <i>Ketchup</i>	Hamburger (lettuce and tomato)	*Fricassee de Pollo	Spaghetti and Meat Sauce Ground Beef
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots (frozen, not canned)	Crisp Steamed Broccoli (fresh/frozen, not canned)	Green Beans American Cheese	Baby Carrots <i>Ranch Dressing</i>	Baby Carrots
	Fruit or Vegetable Ages: 1-18: ¼ c	Pears	Applesauce Black Beans	Seasonal Fresh Fruit (cantaloupe, honeydew, mango , pineapple, strawberries, watermelon – no bananas/apples)	Red Beans	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Italian <i>Dressing</i>
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	*Moros	100% Whole Grain Bread Brown Rice	Bun <i>Ketchup</i>	Brown Rice (100% whole grain)	Garlic Bread
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz					
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz	Ham-Cheese		Cream Cheese	Yogurt 4 oz cup	Yogurt 4 oz Cup
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					Applesauce
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c	100% Grape Juice	100% Orange Juice	Fresh Apple Slices		
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving	Cuban Crackers	Corn Muffin	Soft Pita Bread	Graham Crackers (plain)	100% Whole Grain Crackers

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).



Week 3 Menu A : 2021-2022 Date: _____ 2022

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Week Three		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	Mozzarella Cheese Slice (1 oz)		Yogurt 4 oz cup		Scrambled Eggs ketchup
	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 Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	Original Cheerios (100% whole grain)	Raisin Bread (1 slice; plain, no icing) Butter or Marg.	Blueberry Muffin	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	100% Whole Grain English Muffin Butter or Marg. & Jelly
LUNCH	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	*Ropa Vieja	*Breaded Chicken Pattie	Chicken Alfredo	*Spaghetti & Meat Sauce with Ground Turkey or Beef	Chicken Nuggets BBQ Sauce
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Black Beans	Corn	Fresh Mashed Potato (not instant)	Steamed Baby Carrots (fresh/frozen, not canned)	Mixed Vegetables
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Fresh Apple Slices	Fruit Cocktail	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Lowfat Ranch Dressing	Pears
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Rice	Brown Rice Roll	100% Whole Grain Bread	(Spaghetti), Garlic Bread	Brown Rice
SNACK	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	Provolone Cheese Slice	Sliced Turkey (1 ½ oz)	Yogurt 4 oz Cup	Cheese Stick
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c		100% Orange Juice	100% Red Grape Juice		Fresh Orange Slices
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving	Graham Crackers Cream Cheese	100% Whole Wheat Tortilla	Assorted Crackers	Animal Crackers	Crackers Savory

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Week 4 Menu A 2021-2022 Date: _____, 2022

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Week Four		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	Yogurt 4 oz cup		Cheddar Cheese Slice (1 oz)		Scrambled Eggs ketchup
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Fruit Cocktail	Fresh Grapes	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Fresh Strawberry	Banana (1 whole)
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svz sizes	Life Original Cereal (whole grain-rich)	Blueberry Muffin	100% Whole Grain English Muffin	100% Whole Grain Bread Butter or Marg.	Multi Grain Cheerios (100% whole grain)
LUNCH	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	Roast Pork (sliced or pulled)	*Breaded Fish Ketchup	*Picadillo	Baked Chicken	Hamburger (Lettuce and Tomato) American Cheese
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas Black Beans	Steamed Baby Carrots	Plantains	Sliced Tomatos	Oven Fried Potatoes
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup Lowfat Italian Dressing	Mixed Vegetables	Fresh Broccoli Florets Lowfat Ranch Dip	Pears
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	White Rice	Soft Roll	*Congri	Cuban Bread Macaroni & Cheese	Bun Mustard, Mayo, Ketchup
SNACK	Milk Ages 1-5: four oz; Ages 6-18: eight oz					
	Meat/Meat Alternate Ages 1-5: ½ oz Ages: 6-18: 1 oz	Sliced Turkey (1 ½ oz)	Cheddar Cheese Slice	Yogurt 4 oz Cup	Yogurt 4 oz cup	Provolone cheese sliced
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c		100% Apple Juice			
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c	100% Orange Juice		Banana Ages 1-5: 1 whole Ages 6 and up: 1 ½ whole	Peaches	100% Grape Juice
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving	100% Whole Grain Crackers	100% Whole Grain Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices	Crackers (savory)	Animal Crackers	Pita Chips

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Week 5 Menu A: 2021-2022 Date: _____, 2022

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Week Five		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	Babybel mini light Cheese		Scrambled Eggs ketchup		Hard Boiled Egg (1/2 egg)
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Fruit Cocktail	Pineapple	Pears	Banana (1 whole)	Applesauce
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	Blueberry Muffin (whole grain-rich)	100% Whole Grain Bagel <i>Cream Cheese</i>	English Muffing Butter, Marg or Jelly	Whole Grain Waffle Butter/Jelly	100% Whole Grain Bread <i>Butter or Marg.</i>
LUNCH	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	Pulled Chicken <i>Gravy or Sauce</i>	Ground Beef	*Ravioli	Breaded Fish	*Chicken Nuggets <i>Honey Mustard</i>
	Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Peas and Carrots	Plantains	Broccoli, Cauliflower, Carrots	Mixed Vegetables	Fresh Mashed Potato (not instant)
	Fruit or Vegetable Ages: 1-18: ¼ c	Peaches	Fresh Tomato Slices	Tangerine/Clementine Slices (Fresh)	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Italian Dressing</i>
	Grains Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	*Macaroni and Cheese	*Congri	100% Whole Grain Roll	*Moros	Soft Roll
SNACK	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	Sliced Turkey (1 ½ oz)	Yogurt 4 oz Cup	Yogurt 4 oz Cup	Mozzarella Stick	Yogurt 4 oz cup
	Vegetable Ages 1-5: ½ c Ages 6-18: ¾ c					
	Fruit/Juice Ages 1-5: ½ c Ages 6-18: ¾ c	100% Orange Juice	Fresh Apple Slices		100% Apple Juice	
	Grains Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving	Saltine Crackers	Cheese Crackers	Animal Crackers	Soft Pita Bread	Graham Crackers (plain)

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