

Attachment 2 Cycle Menu A No Pork No Peanut 2024-2025

Week of: _____

The meal pattern (Attachment 1) must be followed unless there is a different amount listed by individual menu items. 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 6 years old and older must be served unflavored or flavored lowfat (1 percent) or fat-free (skim) milk. Substitutions require state office approval.

| Week One | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|--|--|--|---|---|---|
| BREAKFAST | Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz | Milk | Milk | Milk | Milk | Milk |
| | Meat/Meat Alternate | Colby Cheese Slice (1 oz) | | | | |
| | Vegetable/Fruit/Juice Ages 1-18: ½ c | 100% Apple Juice | Pears | Pineapple | Cinnamon Apples | Banana (1 whole) |
| | Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent | 100% Whole Grain Bread <i>Butter or Marg.</i> | Multi Grain Cheerios (100% whole grain) | Bagel <i>Cream Cheese</i> | Life Original Cereal (whole grain-rich) | English Muffin (whole grain-rich) <i>Butter or Marg. & Jelly</i> |
| LUNCH | Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz | Milk | Milk | Milk | Milk | Milk |
| | Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz | *Fricassee de Pollo | Black Beans | *Picadillo | *Beefaroni | *Arroz Con Pollo |
| | Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads) | Mashed Potatoes (Not instant) | Platano Maduro (Plantains) | Corn | Mixed Vegetables | Salad (Spinach, Romaine, Tomato, Cucumber) <i>Italian or Ranch Dressing</i> |
| | Fruit or Vegetable Ages: 1-18: ¼ c | Fresh Broccoli Florets <i>Ranch Dip</i> | Applesauce | Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples) | Mandarin Oranges | Yuca (with mojo) |
| | Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent | 100% Whole Grain Bread <i>Butter or Marg.</i> | Rice | Brown Rice (100% whole grain) | Macaroni (in entrée) | Rice (in entrée) |
| SNACK | Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz | | Milk | | | |
| | Meat/Meat Alternate Ages 1-5: ½ oz; Ages: 6-18: 1 oz | Yogurt 4 oz | | | Sliced Turkey (1oz) | |
| | 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 | | Peaches | | Fresh Orange Wedges |
| | Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent | | Blueberry Muffin | Cheese Crackers | 100% Whole Grain Bread <i>Mayo & Mustard</i> | 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).

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| Week Two | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|--|---|--|---|--|---|
| BREAKFAST | Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz | Milk | Milk | Milk | Milk | Milk |
| | Meat/Meat Alternate | Cheddar Cheese Slice (1 oz) | | | | |
| | Vegetable/Fruit/Juice Ages 1-18: ½ c | Pineapple | Fruit Cocktail | Fresh Orange Wedges | Banana (1 whole) | Peaches |
| | Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent | Rice Chex Cereal (100% whole grain) | Plain Bagel Cream Cheese | 100% Whole Grain Bread (1 slice) Butter or Marg. | English Muffin Butter or Marg. & Jelly | Berry Berry Kix Cereal (whole grain-rich) |
| LUNCH | Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz | Milk | Milk | Milk | Milk | Milk |
| | Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz | Roast Chicken | *Chicken Nuggets Ketchup | Hamburger (lettuce and tomato) | *Fricassee de Pollo | *Breaded Fish |
| | Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads) | Peas and Carrots | Steamed Broccoli | Green Beans | Roasted New Potatoes | Salad (Spinach, Romaine, Tomato, Cucumber) Italian or Ranch Dressing |
| | Fruit or Vegetable Ages: 1-18: ¼ c | Pears | Applesauce | Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples) | Red Beans | Steamed Baby Carrots |
| | Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent | *Moros | 100% Whole Grain Bread Butter or Marg | Bun Ketchup | Brown Rice (100% whole grain) | *Macaroni and Cheese |
| SNACK | Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz | Milk | | | | |
| | Meat/Meat Alternate Ages 1-5: ½ oz; Ages: 6-18: 1 oz | | | Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp | Yogurt 4 oz | |
| | 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 | | Applesauce |
| | Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent | Cuban Crackers Cream Cheese & Guava Paste | Banana Muffin | | Graham Crackers (plain or honey) | Corn Muffin |

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| Week Three | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|--|--------------------------------------|---|---|--|---|
| BREAKFAST | Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz | Milk | Milk | Milk | Milk | Milk |
| | Meat/Meat Alternate | Mozzarella Cheese Slice (1 oz) | | | | Hard Boiled Egg (½ 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 Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent | Original Cheerios (100% whole grain) | Whole Grain-Rich Raisin Bread (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: 6 oz; Ages 6-18: 8 oz | Milk | Milk | Milk | Milk | Milk |
| | Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz | *Ropa Vieja | *Breaded Chicken Patty | *Picadillo | *Spaghetti & Meat Sauce with Ground Turkey or Beef | *Arroz Amarillo con Pollo |
| | Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads) | Black Beans | Green Peas | Red Beans | Salad (Spinach, Romaine, Tomato, Cucumber) Italian or Ranch Dressing | Mixed Vegetables |
| | Fruit or Vegetable Ages: 1-18: ¼ c | Tostones (plantains) | Fresh Apple Slices | Fruit Cocktail | Steamed Baby Carrots | Pears |
| | Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent | Rice | Cuban Bread | Rice | Spaghetti (in entrée) | Rice (in entrée) |
| SNACK | Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz | | Milk | | Milk | |
| | Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz | Yogurt 4 oz | | Sliced Turkey (1 oz) | Provolone Cheese Slice | |
| | Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c | | | | | |
| | Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c | | | 100% Apple Juice | | Fresh Orange Slices |
| | Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent | Graham Crackers (plain or honey) | Animal Crackers | Crackers (whole grain-rich) | 100% Whole Wheat Tortilla | Soft Pita |

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| Week Four | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|--|--|---|---|---|--|
| BREAKFAST | Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz | Milk | Milk | Milk | Milk | Milk |
| | Meat/Meat Alternate | Yogurt 4 oz | | | | |
| | Vegetable/Fruit/Juice Ages 1-18: ½ c | Fruit Cocktail | Applesauce | Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples) | 100% Orange Juice | Banana (1 whole) |
| | Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent | Life Original Cereal (whole grain-rich) | Blueberry Muffin | 100% Whole Grain English Muffin Butter or Marg. & Jelly | 100% Whole Grain Bread Butter or Marg. | Multi Grain Cheerios (100% whole grain) |
| LUNCH | Milk Ages 1-5: 6 oz; Ages 6-18: 8 oz | Milk | Milk | Milk | Milk | Milk |
| | Meat/Meat Alternate Ages 1-5: 1 ½ oz Ages 6-18: 2 oz | Roast Turkey | *Breaded Fish Ketchup | Hamburger (Lettuce and Tomato) | Baked Chicken | *Picadillo |
| | Vegetable Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads) | Green Peas | Salad (Spinach, Romaine, Tomato, Cucumber) Italian or Ranch Dressing | Oven Fried Potatoes | Platano Maduro (plantains) | Yucca |
| | Fruit or Vegetable Ages: 1-18: ¼ c | Black Beans | Steamed Baby Carrots | Pears | Peaches | Mixed Vegetables |
| | Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent | White Rice | Soft Roll | Bun Mustard, Mayo, Ketchup | Cuban Bread | *Congri |
| SNACK | Milk Ages 1-5: 4 oz; Ages 6-18: 8 oz | | | Milk | Milk | |
| | Meat/Meat Alternate Ages 1-5: ½ oz; Ages 6-18: 1 oz | Sliced Turkey (1 oz) | Cheddar Cheese Slice | | | Yogurt Dip (2 oz vanilla yogurt with drained sliced peaches) |
| | Vegetable Ages 1-5: ½;c Ages 6-18: ¾ c | | | | | |
| | Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c | | | Fresh Orange Wedges | | |
| | Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent | 100% Whole Grain Crackers | 100% Whole Grain Bread | | Cuban Crackers Cream Cheese & Guava Paste | Graham Crackers (plain or honey) |

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