

Attachment 3 Cycle Menu B

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

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

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Apple Juice Cornflakes Milk	Seasonal Fresh Fruit Banana Muffin Milk	Fresh Orange Slices Cinnamon Raisin Bagel <i>Cream Cheese</i> Milk	Grape Juice Special K Sausage Biscuit Milk	Prunes French Toast <i>Syrup</i> Milk
Lunch/ Supper	Ham Roll Egg Noodles Green Beans Sweet Potatoes Milk	Lasagna (with ground turkey or beef) 1 serv.=1-1/2 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. Italian Bread Tossed Salad (Lettuce, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i> Pears Milk	Baked Chicken Rice Whole Wheat Roll <i>Margarine</i> Peas & Carrots Peaches Milk	*Breaded Fish <i>Ketchup</i> Biscuit Baked Beans Fruit Salad Milk	Tacos (with soft, flour tortilla, ground turkey or beef) 1 serv.=1 oz. mt/mt alt. and 1 brd. Shredded Cheese (1 oz.) Shredded lettuce and diced tomato <i>Mild Salsa</i> Spanish Rice Mexican Corn Milk
Snack	Saltine Crackers Fruit Cocktail	Yogurt <i>Flavored</i> 4 oz cup Animal Crackers	Oatmeal Cookie Milk	Banana Peanut Butter	Assorted Crackers Tuna Salad

*Requires a Child Nutrition Label. When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: Water is NOT a creditable food item)

Effective FFY 2009-2010

Serv. = serving; mt/mt alt. = meat/meat alternate; brd. = bread

Cycle Menu B (Continued)

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

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

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Blended 100% Juice Cornflakes Milk	Fresh Orange Wedges 1 Slice of Raisin Bread (plain, no icing) Margarine Milk	Peaches Biscuit Jelly Scrambled Egg with Cheese Milk	Grape Juice Pancakes Syrup Milk	Apple Juice Crispix Cereal Milk
Lunch/ Supper	*Chicken Nuggets Barbecue Sauce Whole Wheat Roll Mashed Potatoes Cooked Baby Carrots Milk	*Ravioli 1 slice of Garlic Bread Green Peas Pears Milk	Chicken & Noodles 1 serv.=1-1/2 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 Corn Bread Broccoli Seasonal Fresh Fruit Milk	Cheeseburger on Bun Mustard, Lowfat Mayo, & Ketchup Lettuce, Tomato, Pickle Green Beans Banana Milk	Sliced Ham & Cheese Sandwich 1 serv.=1-1/2 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 Mustard, Lowfat Mayo Lettuce, Tomato & Pickle Baked Beans Pineapple Tidbits Milk
Snack	Vanilla Wafers Applesauce	Graham Crackers Milk	Peanut Butter Crackers Orange Juice	Assorted Crackers Fruit Cocktail	Blueberry Muffin Milk

*Requires a Child Nutrition Label. When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: Water is NOT a creditable food item)

Effective FFY 2009-2010

Serv. = serving; mt/mt alt. = meat/meat alternate; brd. = bread

Cycle Menu B (Continued)

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

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

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Juice Cinnamon Toasters Milk	Seasonal Fresh Fruit Toasted English Muffin <i>Peanut butter and jelly</i> Milk	Blended 100% Juice Crispy Rice Cereal Blueberry Muffin Milk	Orange Wedges Cinnamon Roll Milk	Cantaloupe Cubes Ham & Cheese Biscuit Milk
Lunch/ Supper	Sloppy Joe Bun Mixed Vegetables Peaches Milk	Turkey and Cheese Sandwich on Whole Wheat bread (At a minimum, 1 sand.= 1-1/2 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> Carrot, Pineapple and Raisin Salad Tater Tots Milk	Barbecue Chicken Rice Italian Green Beans Biscuit Applesauce Milk	Spaghetti & Meat Sauce (with ground turkey or beef) 1 serv.=1-1/2 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 Italian Bread Tossed Salad (Lettuce, Tomato, Cucumber) <i>Lowfat French Dressing</i> Pears Milk	Arroz con Pollo 1 slice of Cuban Bread Peas & Carrots Plantains Milk
Snack	Granola Bar Milk	Fish Shaped Crackers (1 svg = 20 grams for all ages) Grape Juice	Cheese Slice Soft Tortilla	Yogurt <i>Flavored</i> 4 oz cup Fruit Cocktail	Fresh Broccoli and Cauliflower Florets <i>Cheese Sauce</i> Cheese Crackers

*Requires a Child Nutrition Label. When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: Water is NOT a creditable food item)

Effective FFY 2009-2010

Serv. = serving; mt/mt alt. = meat/meat alternate; brd. = bread

Cycle Menu B (Continued)

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

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

Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Juice Cornflakes 1 slice of Raisin Bread (plain, no icing) Margarine Milk	Pears Blueberry Muffin Milk	Orange Wedges French Toast Syrup Milk	Grape Juice Bagel Peanut butter and jelly Milk	Apple Juice Egg & Cheese Biscuit Hash Brown Potatoes Milk
Lunch/ Supper	*Breaded Pork Pattie Gravy Biscuit Cooked Carrots Mashed Potatoes Milk	Turkey Tetrazzini 1 serv.=1-1/2 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 Roll Margarine Broccoli Pineapple Tidbits Milk	Hamburger Patty with cheese Bun Lettuce, Tomato, Pickle Mustard & Ketchup Baked Beans Peaches Milk	Chicken and Vegetable Stir Fry 1 serv.= 1-1/2 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. Brown Rice Banana Milk	*Fish Sticks Ketchup Roll Green Beans Coleslaw Fresh Seasonal Fruit Milk
Snack	Graham Crackers Applesauce	Vanilla Wafers Milk	Yogurt Flavored 4 oz cup Animal Crackers	Fruit Salad Cinnamon Bread (no icing)	Turkey (Cubed or sliced) Assorted Crackers

*Requires a Child Nutrition Label. When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: Water is NOT a creditable food item)

Effective FFY 2009-2010

Serv. = serving; mt/mt alt. = meat/meat alternate; brd. = bread; veg. = vegetable

Cycle Menu B (Continued)

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

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

Week Five	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Grape Juice Crispix Cereal Banana Bread Milk	Applesauce Cinnamon Toast Milk	Orange Juice Apple Zings Cereal English Muffin <i>Peanut butter & Jelly</i> Milk	Banana Toast <i>Jelly & Margarine</i> Scrambled Eggs Milk	Cantaloupe Cubes Waffles <i>Syrup</i> Milk
Lunch/ Supper	Turkey Roast Whole Wheat Roll <i>Margarine</i> Mashed Potatoes Mixed Vegetables Pears Milk	Ham Macaroni & Cheese Roll Broccoli Black Eye Peas Pineapple Tidbits Milk	*Chicken Strips Biscuit Sliced Tomatoes Tater Tots <i>Ketchup</i> Fruit Cocktail Milk	*Salisbury Steak <i>Gravy</i> Cornbread <i>Margarine</i> Baby Green Lima Beans Peaches Milk	*Pizza Corn Spinach Salad (Spinach, tomato, cucumber) <i>Lowfat French Dressing</i> Fruit Cocktail Milk
Snack	Pita Bread Cheese Slice	Tortilla (Chips or soft flour pieces) Very Mild Salsa Orange Wedges	Oatmeal Cookie Milk	Assorted Crackers Fresh Broccoli Florets <i>Lowfat Ranch Dressing</i>	Granola Bar Milk

*Requires a Child Nutrition Label. When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: Water is NOT a creditable food item)

Effective FFY 2009-2010

Serv. = serving; mt/mt alt. = meat/meat alternate; brd. = bread