

Attachment 2 Family Central 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	Orange juice Banana Muffin Milk	Fresh Orange Slices Cinnamon Raisin Bagel <i>Cream Cheese</i> Milk	Grape Juice Special K Biscuit Milk	Seasonal fresh fruit French Toast <i>Syrup</i> Milk
Lunch/ Supper	Turkey 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	Oatmeal Cookie Milk	Yogurt <i>Flavored</i> 4 oz cup Animal Crackers	String Cheese Fruit Cocktail	Banana Plain graham crackers	Assorted Crackers Tuna Salad

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Effective FFY 2010-2011

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

Family Central Cycle Menu B (Continued)

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Blended 100% Juice Cornflakes Milk	Fresh Orange Wedges 1 Slice of Raisin Bread (plain, no icing) <i>Margarine</i> Milk	Peaches Biscuit <i>Jelly</i> Scrambled Egg with Cheese Milk	Grape Juice Pancakes <i>Syrup</i> Milk	Apple Juice Crispix Cereal Milk
Lunch/ Supper	*Chicken Nuggets <i>Barbecue Sauce</i> 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 Peaches Milk	Cheeseburger on Bun <i>Mustard, Lowfat Mayo, & Ketchup</i> Lettuce, Tomato, Pickle Green Beans Banana Milk	Sliced Turkey & 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 <i>Mustard, Lowfat Mayo</i> Lettuce, Tomato & Pickle Baked Beans Pineapple Tidbits Milk
Snack	Vanilla Wafers Applesauce	Graham Crackers Milk	Cheese Crackers Orange Juice	Yogurt Fruit Cocktail	Blueberry Muffin Milk

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Juice Cinnamon Toasters Milk	Banana Toasted English Muffin <i>Jelly</i> Milk	Blended 100% Juice Crispy Rice Cereal Blueberry Muffin Milk	Orange Wedges Cinnamon Roll Milk	Cantaloupe Cubes 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> Bell pepper strips 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	Assorted Crackers Fruit Cocktail	Fresh Broccoli and Cauliflower Florets <i>Cheese Sauce</i> Cheese Crackers

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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 Jelly Milk	Apple Juice Egg & Cheese Biscuit Hash Brown Potatoes Milk
Lunch/ Supper	*Breaded Chicken Pattie Gravy Biscuit Cooked Carrots Mashed Potatoes Milk	Turkey Tetrizzini 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 Oven fries 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

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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>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	Hamburger Patty 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	Graham crackers Orange Wedges	Oatmeal Cookie Milk	Assorted Crackers Fresh Broccoli Florets <i>Lowfat Ranch Dressing</i>	Granola Bar Milk

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