

Attachment 3 Cycle Menu C

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 Crispy Rice Cereal Cinnamon Roll Milk	Fresh Orange Wedges Ham and Cheese Biscuit Milk	Grape Juice Cheerios Milk	Seasonal Fresh Fruit English Muffin <i>Margarine</i> Milk	Cinnamon Apples French Toast <i>Syrup</i> Milk
Lunch/ Supper	Sliced Ham Whole Wheat Roll <i>Margarine</i> Egg Noodles Broccoli Pineapple Tidbits Milk	Sloppy Joe on Bun Steamed Zucchini Corn Milk	Oven Fried Chicken Cornbread Mashed Potatoes Greens Milk	*Breaded Fish <i>Ketchup</i> Roll Potato Salad Peas & Carrots Fruit Cocktail Milk	*Salisbury Steak <i>With Gravy</i> Rice Green Salad (Romaine Lettuce, Tomato, Cucumber) <i>Lowfat French Dressing</i> Green Beans Milk
Snack	Oatmeal Cookies Milk	Yogurt <i>Flavored 4 oz cup</i> Peaches	Assorted Crackers Cucumber/Carrot/ Celery Sticks <i>Lowfat Ranch Dressing</i>	Peanut Butter Banana Milk	Animal Crackers Blended 100% Juice

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Effective FFY 2009-2010

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Cycle Menu C (Continued)

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Grape Juice Crispix Cereal Milk	Cantaloupe Cubes Pancakes <i>Syrup</i> Sausage Milk	Applesauce Toast <i>Margarine and Jelly</i> Hash Brown Potatoes Scrambled Eggs Milk	Orange Juice Honey Nut Scooters Cereal Milk	Apple Wedges Bagel <i>Peanut Butter & Jelly</i> Milk
Lunch/ Supper	Beef Stew 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. Cornbread Fruit Cocktail Milk	*Chicken Nuggets <i>Barbecue Sauce</i> Whole Wheat Roll Mashed Potatoes Green Peas Pineapple Tidbits Milk	*Beef Ravioli Italian Bread Spinach Salad (Spinach Leaves, Lettuce, Tomatoes) <i>Lowfat Ranch Dressing</i> Pears Milk	Ham & Cheese Sandwich (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>Mustard, Lowfat Mayo and Ketchup</i> Lettuce, Tomato, Pickle Tater Tots Seasonal Fresh Fruit Milk	Chicken & Rice 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 <i>Margarine</i> Coleslaw Peaches Milk
Snack	Granola Bar Milk	Applesauce Graham Crackers	Whole Wheat Crackers Cheese Slice	Blueberry Muffin Banana	Yogurt <i>Flavored 4 oz cup</i> Graham Crackers

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Juice Cinnamon Toasters Cereal Milk	Pineapple Tidbits Blueberry Muffin Milk	Peaches French Toast Syrup Milk	Grape Juice Cornflakes English Muffin with Peanut Butter & Jelly Milk	Applesauce Sausage Biscuit Milk
Lunch/ Supper	*Breaded Pork Patty Gravy Roll Margarine Mashed Potatoes Broccoli Peaches Milk	Hamburger Patty Bun Mustard, Ketchup, Lowfat Mayo Lettuce, Tomato, Pickle Tater Tots Fruit Cocktail Milk	Turkey & Cheese Sandwich 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 Lowfat Mayo and/or Mustard Green Beans Banana 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. Garlic Bread Tossed Salad (Lettuce, Tomato, Cucumber) Lowfat French Dressing Pears Milk	*Fish Sticks Ketchup Cornbread Coleslaw Peas and Carrots Milk
Snack	Vanilla Wafers Milk	Animal Crackers Blended 100% Juice	Fresh Broccoli and Cauliflower Florets Lowfat Ranch Dressing Cheese Crackers	Raisin Bread Fresh Orange Slices	Assorted Crackers Seasonal Fresh Fruit

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Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Grape Juice Crispy Rice Cereal Blueberry Muffin Milk	Fruit Salad Cinnamon Raisin Bagel <i>Cream cheese</i> Milk	Peaches Waffles <i>Syrup</i> Milk	Apple Juice Honey Nut Scooters Cereal Milk	Orange Juice English Muffin <i>Margarine and jelly</i> Scrambled Eggs Milk
Lunch/ Supper	Turkey Roast Whole Wheat Roll <i>Margarine</i> Green Peas Sweet Potato Milk	*Chicken Strips Roll Mashed Potatoes Green Beans Pineapple Tidbits Milk	Sliced Ham Macaroni & Cheese Biscuit Spinach Salad <i>Lowfat Ranch Dressing</i> Orange Wedges Milk	Tuna Salad Sandwich 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 Tater Tots <i>Ketchup</i> Apple Wedges Milk	*Pizza Corn Tossed Salad (Lettuce, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i> Fruit Cocktail Milk
Snack	Graham Crackers Pears	Granola Bar Milk	Yogurt <i>Flavored 4 oz cup</i> Banana	Soft Tortilla Cheese Slice	Peanut Butter & Jelly Sandwich (At a minimum, 1 sand.= 1 Tbsp. mt/mt alt. and 1 brd. for 1-5 yr. olds; 2 Tbsp. mt/mt alt. and 1 brd for 6-12 yr. olds) Milk

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Week Five	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Juice Apple Zings Cereal Milk	Pears Cheese Toast Milk	Fruit Cocktail English Muffin <i>Margarine and jelly</i> Milk	Pancakes <i>Syrup</i> Sausage Cantaloupe Milk	Grape Juice Bagel <i>Cream cheese</i> Milk
Lunch/ Supper	Meatloaf <i>Ketchup</i> Roll <i>Margarine</i> Mashed Potatoes Mixed Vegetables Applesauce Milk	*Breaded Chicken Pattie Brown Rice Black-eyed Peas Pineapple Tidbits Milk	Beefaroni 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. Peas & Carrots Mixed Greens Salad (Spinach, Romaine, Iceberg Lettuce, Tomato) <i>Lowfat French Dressing</i> Apple Wedges Milk	Chicken and Dumplings 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. Green Beans Corn Milk	Barbecue Pork Bun Cole Slaw Baked Beans Fruit Cocktail Milk
Snack	Plain Cookies Milk	Yogurt <i>Flavored 4 oz cup</i> Peaches	Assorted Crackers Orange Wedges	Blended 100% Juice Fish Shaped Crackers (1 svg = 20 grams for all ages)	Peanut Butter Banana Milk

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