

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 recommended 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 Milk	Prunes French Toast <i>Syrup</i> Milk
Lunch/ Supper	Ham Roll 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 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 2008-2009

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 recommended 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 Raisin Bread <i>Margarine</i> Milk	Peaches Biscuit <i>Jelly</i> Milk	Grape Juice Pancakes <i>Syrup</i> Sausage Milk	Apple Juice Crispix Cereal Milk
Lunch/ Supper	*Chicken Nuggets <i>Barbecue Sauce</i> Whole Wheat Roll Mashed Potatoes Cooked Baby Carrots Milk	*Ravioli 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	Hamburger On Bun <i>Mustard, Lowfat Mayo, & Ketchup</i> 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 <i>Mustard, Lowfat Mayo</i> 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 2008-2009

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 recommended 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>Margarine and jelly</i> Milk	Blended 100% Juice Crispy Rice Cereal 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 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 Cuban Bread Peas & Carrots Plantanos Milk
Snack	Granola or Cereal Bar Milk	Banana Muffin 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 2008-2009

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 recommended that lowfat (1%) or fat free milk be served.

Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Juice Cornflakes Milk	Pears Blueberry Muffin Milk	Orange Wedges French Toast <i>Syrup</i> Milk	Fruit Salad Bagel <i>Cream cheese</i> Milk	Apple Juice Honey Nut Scooters Cereal Milk
Lunch/ Supper	*Breaded Pork Pattie <i>Gravy</i> 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 Broccoli Pineapple Tidbits Milk	Hamburger Patty Bun Lettuce, Tomato, Pickle <i>Mustard & Ketchup</i> Baked Beans Fruit Cocktail 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. Rice Peaches Milk	*Fish Sticks <i>Ketchup</i> Roll Green Beans Coleslaw Milk
Snack	Graham Crackers Applesauce	Vanilla Wafers Milk	Yogurt <i>Flavored</i> 4 oz cup Animal Crackers	Banana Milk	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 2008-2009

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 recommended that lowfat (1%) or fat free milk be served.

Week Five	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Grape Juice Crispix Cereal Milk	Applesauce Cinnamon Toast Milk	Orange Juice Apple Zings Cereal Milk	Banana Toast <i>Jelly & Margarine</i> Scrambled Eggs Milk	Cantaloupe Cubes Waffles <i>Syrup</i> Milk
Lunch/ Supper	Turkey Roast Whole Wheat Roll Mashed Potatoes Mixed Vegetables Pears Milk	Ham Macaroni & Cheese Roll Broccoli Pineapple Tidbits Milk	*Chicken Strips Biscuit Sliced Tomatoes Tater Tots <i>Ketchup</i> Fruit Cocktail Milk	*Salisbury Steak <i>Gravy</i> Cornbread Baby Green Lima Beans Peaches Milk	*Pizza Corn Green Salad (Romaine lettuce, Tomato, Cucumber) <i>Lowfat French Dressing</i> Milk
Snack	Pita Bread Cheese Slice	Tortilla (Chips or soft flour pieces) Very Mild Salsa Orange Wedges	Oatmeal Cookie Milk	Assorted Crackers Three Bean Salad	Granola or Cereal 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 2008-2009