

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<br>Ages 1-5: 6 oz; Ages 6-18: 8 oz                                   | Milk                                                | Milk                                       | Milk                                                                                                                    | Milk                                                   | Milk                                                                              |
|           | Meat/Meat Alternate                                                       | Colby Cheese Slice<br>(1 oz)                        |                                            |                                                                                                                         |                                                        |                                                                                   |
|           | Vegetable/Fruit/Juice<br>Ages 1-18: ½ c                                   | 100% Apple Juice                                    | Pears                                      | Pineapple                                                                                                               | Cinnamon Apples                                        | Banana (1 whole)                                                                  |
|           | Grains<br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         | 100% Whole Grain<br>Bread<br><i>Butter or Marg</i>  | Multi Grain Cheerios<br>(100% whole grain) | Bagel<br>Cream Cheese                                                                                                   | Life Original Cereal<br>(whole grain-rich)             | English Muffin<br>(whole grain-rich)<br><i>Butter or Marg. &amp; Jelly</i>        |
|           |                                                                           |                                                     |                                            |                                                                                                                         |                                                        |                                                                                   |
| LUNCH     | Milk<br>Ages 1-5: 6 oz; Ages 6-18: 8 oz                                   | Milk                                                | Milk                                       | Milk                                                                                                                    | Milk                                                   | Milk                                                                              |
|           | Meat/Meat Alternate<br>Ages 1-5: 1 ½ oz<br>Ages 6-18: 2 oz                | *Fricassee de Pollo                                 | Black Beans                                | *Picadillo                                                                                                              | *Beefaroni                                             | *Arroz Con Pollo                                                                  |
|           | Vegetable<br>Ages 1-5: ¼ c; Ages 6-18: ½ c<br>(Double portion for salads) | Mashed Potatoes<br>(Not Instant)                    | Platano Maduro<br>(Plantains)              | Corn                                                                                                                    | Mixed Vegetables                                       | Salad (Spinach, Romaine,<br>Tomato, Cucumber)<br><i>Italian or Ranch Dressing</i> |
|           | Fruit or Vegetable<br>Ages: 1-18: ¼ c                                     | Fresh Broccoli Florets<br><i>Ranch Dip</i>          | Applesauce                                 | Seasonal Fresh Fruit<br>(cantaloupe, honeydew,<br>mango, pineapple,<br>strawberries, watermelon<br>– no bananas/apples) | Mandarin Oranges                                       | Yuca<br>(with mojo)                                                               |
|           | Grains<br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         | 100% Whole Grain<br>Bread<br><i>Butter or Marg.</i> | Rice                                       | Brown Rice<br>(100% whole grain)                                                                                        | Macaroni<br>(in entrée)                                | Rice<br>(in entrée)                                                               |
| SNACK     | Milk<br>Ages 1-5: 4 oz; Ages 6-18: 8 oz                                   |                                                     | Milk                                       |                                                                                                                         |                                                        |                                                                                   |
|           | Meat/Meat Alternate<br>Ages 1-5: ½ oz; Ages 6-18: 1 oz                    | Yogurt<br>4 oz                                      |                                            |                                                                                                                         | Sliced Turkey (1oz)                                    |                                                                                   |
|           | Vegetable<br>Ages 1-5: ½ c; Ages 6-18: ¾ c                                |                                                     |                                            |                                                                                                                         |                                                        |                                                                                   |
|           | Fruit/Juice<br>Ages 1-5: ½ c; Ages 6-18: ¾ c                              | Fruit Cocktail                                      |                                            | Peaches                                                                                                                 |                                                        | Fresh Orange Wedges                                                               |
|           | Grains<br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         |                                                     | Blueberry Muffin                           | Cheese Crackers                                                                                                         | 100% Whole Grain<br>Bread<br><i>Mayo &amp; Mustard</i> | Animal Crackers                                                                   |

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| Week Two  |                                                                           | MONDAY                                                      | TUESDAY                                             | WEDNESDAY                                                                                                               | THURSDAY                                             | FRIDAY                                                                            |
|-----------|---------------------------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------------------------------------|
| BREAKFAST | Milk<br>Ages 1-5: 6 oz; Ages 6-18: 8 oz                                   | Milk                                                        | Milk                                                | Milk                                                                                                                    | Milk                                                 | Milk                                                                              |
|           | Meat/Meat Alternate                                                       | Cheddar Cheese Slice<br>(1 oz)                              |                                                     |                                                                                                                         |                                                      |                                                                                   |
|           | Vegetable/Fruit/Juice<br>Ages 1-18: ½ c                                   | Pineapple                                                   | Fruit Cocktail                                      | Fresh Orange Wedges                                                                                                     | Banana (1 whole)                                     | Peaches                                                                           |
|           | Grains<br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         | Rice Chex Cereal<br>(100% whole grain)                      | Plain Bagel<br>Cream Cheese                         | 100% Whole Grain<br>Bread<br><i>Butter or Marg.</i>                                                                     | English Muffin<br><i>Butter or Marg. &amp; Jelly</i> | Berry Berry Kix Cereal<br>(whole grain-rich)                                      |
|           |                                                                           |                                                             |                                                     |                                                                                                                         |                                                      |                                                                                   |
| LUNCH     | Milk<br>Ages 1-5: 6 oz; Ages 6-18: 8 oz                                   | Milk                                                        | Milk                                                | Milk                                                                                                                    | Milk                                                 | Milk                                                                              |
|           | Meat/Meat Alternate<br>Ages 1-5: 1 ½ oz<br>Ages 6-18: 2 oz                | Roast Chicken                                               | *Chicken Nuggets<br><i>Ketchup</i>                  | Hamburger<br>(lettuce and tomato)                                                                                       | *Fricassee de Pollo                                  | *Breaded Fish                                                                     |
|           | Vegetable<br>Ages 1-5: ¼ c; Ages 6-18: ½ c<br>(Double portion for salads) | Peas and Carrots                                            | Steamed Broccoli                                    | Green Beans                                                                                                             | Roasted New Potatoes                                 | Salad (Spinach, Romaine,<br>Tomato, Cucumber)<br><i>Italian or Ranch Dressing</i> |
|           | Fruit or Vegetable<br>Ages: 1-18: ¼ c                                     | Pears                                                       | Applesauce                                          | Seasonal Fresh Fruit<br>(cantaloupe, honeydew,<br>mango, pineapple,<br>strawberries, watermelon<br>– no bananas/apples) | Red Beans                                            | Steamed Baby Carrots                                                              |
|           | Grains<br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         | *Moros                                                      | 100% Whole Grain<br>Bread<br><i>Butter or Marg.</i> | Bun<br><i>Ketchup</i>                                                                                                   | Brown Rice<br>(100% whole grain)                     | *Macaroni and Cheese                                                              |
| SNACK     | Milk<br>Ages 1-5: 4 oz; Ages 6-18: 8 oz                                   | Milk                                                        |                                                     |                                                                                                                         |                                                      |                                                                                   |
|           | Meat/Meat Alternate<br>Ages 1-5: ½ oz; Ages 6-18: 1 oz                    |                                                             |                                                     | Peanut Butter<br>Ages 1-5: 1 Tbsp<br>Ages 6 and up: 2 Tbsp                                                              | Yogurt<br>4 oz                                       |                                                                                   |
|           | Vegetable<br>Ages 1-5: ½ c; Ages 6-18: ¾ c                                |                                                             |                                                     |                                                                                                                         |                                                      |                                                                                   |
|           | Fruit/Juice<br>Ages 1-5: ½ c; Ages 6-18: ¾ c                              |                                                             | 100% Orange Juice                                   | Fresh Apple Slices                                                                                                      |                                                      | Applesauce                                                                        |
|           | Grains<br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         | Cuban Crackers<br><i>Cream Cheese &amp; Guava<br/>Paste</i> | Banana Muffin                                       |                                                                                                                         | Graham Crackers<br>(plain or honey)                  | Corn Muffin                                                                       |

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| Week Three |                                                                           | MONDAY                                  | TUESDAY                                                                         | WEDNESDAY                                                                                                               | THURSDAY                                                                          | FRIDAY                                                                   |
|------------|---------------------------------------------------------------------------|-----------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| BREAKFAST  | Milk<br>Ages 1-5: 6 oz; Ages 6-18: 8 oz                                   | Milk                                    | Milk                                                                            | Milk                                                                                                                    | Milk                                                                              | Milk                                                                     |
|            | Meat/Meat Alternate                                                       | Mozzarella Cheese<br>Slice (1 oz)       |                                                                                 |                                                                                                                         |                                                                                   | Hard Boiled Egg<br>(½ egg)                                               |
|            | Vegetable/Fruit/Juice<br>Ages 1-18: ½ c                                   | Peaches                                 | Mandarin Oranges                                                                | Seasonal Fresh Fruit<br>(cantaloupe, honeydew,<br>mango, pineapple,<br>strawberries, watermelon<br>– no bananas/apples) | Cinnamon Apples                                                                   | Banana (1 whole)                                                         |
|            | Grains<br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         | Original Cheerios<br>(100% whole grain) | Whole Grain-Rich<br>Raisin Bread<br>(plain, no icing)<br><i>Butter or Marg.</i> | Blueberry Muffin                                                                                                        | Frosted Mini Wheats<br>Little Bites Original<br>Cereal<br>(100% whole grain)      | 100% Whole Grain<br>English Muffin<br><i>Butter or Marg. &amp; Jelly</i> |
|            |                                                                           |                                         |                                                                                 |                                                                                                                         |                                                                                   |                                                                          |
| LUNCH      | Milk<br>Ages 1-5: 6 oz; Ages 6-18: 8 oz                                   | Milk                                    | Milk                                                                            | Milk                                                                                                                    | Milk                                                                              | Milk                                                                     |
|            | Meat/Meat Alternate<br>Ages 1-5: 1 ½ oz<br>Ages 6-18: 2 oz                | *Ropa Vieja                             | *Breaded Chicken<br>Patty                                                       | *Picadillo                                                                                                              | *Spaghetti & Meat<br>Sauce with Ground Turkey<br>or Beef                          | *Arroz Amarillo con<br>Pollo                                             |
|            | Vegetable<br>Ages 1-5: ¼ c; Ages 6-18: ½ c<br>(Double portion for salads) | Black Beans                             | Green Peas                                                                      | Red Beans                                                                                                               | Salad (Spinach, Romaine,<br>Tomato, Cucumber)<br><i>Italian or Ranch Dressing</i> | Mixed Vegetables                                                         |
|            | Fruit or Vegetable<br>Ages: 1-18: ¼ c                                     | Tostones<br>(plantains)                 | Fresh Apple Slices                                                              | Fruit Cocktail                                                                                                          | Steamed Baby Carrots                                                              | Pears                                                                    |
|            | Grains<br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         | Rice                                    | Cuban Bread                                                                     | Rice                                                                                                                    | Spaghetti (in entrée)                                                             | Rice (in entrée)                                                         |
| SNACK      | Milk<br>Ages 1-5: 4 oz; Ages 6-18: 8 oz                                   |                                         | Milk                                                                            |                                                                                                                         | Milk                                                                              |                                                                          |
|            | Meat/Meat Alternate<br>Ages 1-5: ½ oz; Ages 6-18: 1 oz                    | Yogurt<br>4 oz                          |                                                                                 | Sliced Turkey<br>(1 oz)                                                                                                 | Provolone Cheese Slice                                                            |                                                                          |
|            | Vegetable<br>Ages 1-5: ½ c; Ages 6-18: ¾ c                                |                                         |                                                                                 |                                                                                                                         |                                                                                   |                                                                          |
|            | Fruit/Juice<br>Ages 1-5: ½ c; Ages 6-18: ¾ c                              |                                         |                                                                                 | 100% Apple Juice                                                                                                        |                                                                                   | Fresh Orange Slices                                                      |
|            | Grains<br>Ages 1-5: ½ oz equivalent<br>Ages 6-18: 1 oz equivalent         | Graham Crackers<br>(plain or honey)     | Animal Crackers                                                                 | Crackers<br>(whole grain-rich)                                                                                          | 100% Whole Wheat<br>Tortilla                                                      | Soft Pita                                                                |

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

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