



Attachment 2 Cycle Menu A

328 - CHERRY BLOSSOM LEARNING CENTER

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	Orange Juice Cornflakes Milk	Pineapple Tidbits Cinnamon Raisin Bagel <i>Cream Cheese</i> Milk	Fresh Orange Wedges 1 slice of Whole Wheat Cheese Toast Milk	Pears French Toast (1 1/2 slices) <i>Syrup</i> Milk	Apple Juice Crispy Rice Cereal 1 slice of Whole Wheat Toast <i>Margarine and Jelly</i> Milk
Lunch/ Supper	Sliced Turkey 1 slice of Whole Wheat Bread <i>Margarine</i> Egg Noodles Green Beans Sweet Potatoes Milk	Beefaroni 1 serv.=1-1/2 oz. mt/mt alt. for 1-5 yr. olds and 2 oz. mt/mt alt. for 6-12 yr. olds. Garlic Bread Tossed Salad (Lettuce, Tomato, Cucumber) <i>Lowfat Italian Dressing</i> Fruit Salad Milk	Fricase de Pollo Brown Rice Plantains Spinach Milk	*Breaded Fish <i>Ketchup</i> Roll Mash ed Potato Mixed Vegetables Milk	Arroz Con Pollo 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. Cuban Bread or Roll Mixed Greens Salad (Spinach, Romaine, Tomato, Cucumber) <i>Lowfat French Dressing</i> Peaches Milk
Snack	Animal Crackers Applesauce	Turkey (Cubed or sliced) Whole Wheat Bread <i>Lowfat Mayo and/or Mustard</i>	Yogurt <i>Flavored 4 oz. cup</i> Banana	Carrots Assorted Whole Wheat Crackers	Oatmeal Cookies Milk

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Effective FFY 2011-2012

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

Week One		
10/24/11 - 10/28/11	03/12/12 - 03-16-12	07/30/12 - 08/03/12
11/28/11 - 12/02/11	04/16/12 - 04/20/12	09/03/12 - 09/07/12
01/02/12 - 01/06/12	05/21/12 - 05/25/12	
02/06/12 - 02/10/12	06/25/12 - 06/29/12	



Cycle Menu A (Continued)

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Juice Crispix Cereal Blueberry Muffin Milk	Seasonal Fresh Fruit Sausage Biscuit Milk	Blended 100% Juice Honey Nut Scooters Cereal 1 slice of Whole Wheat Toast <i>Margarine and Jelly</i> Milk	Peaches Whole Wheat English Muffin <i>Margarine and Jelly</i> Scrambled Egg Milk	Orange Wedges Waffles <i>Syrup</i> Milk
Lunch/ Supper	Sliced Turkey Whole Wheat Roll <i>Margarine</i> Broccoli Pears Black eye peas Milk	Midnight Sandwich (Pork, Ham, Swiss Cheese, Pickles) 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> Tossed Salad (Lettuce & Tomato) <i>Lowfat Ranch Dressing</i> Apple Slices Milk	*Salisbury Steak <i>Gravy</i> Whole Wheat Roll Mashed Potatoes Peas and Carrots Milk	Picadillo Rice 1 slice of Cuban Bread Sliced Tomatoes Yucca Milk	*Chicken Nuggets <i>Ketchup</i> Whole Wheat Bread Green Beans Corn Milk
Snack	Cuban Crackers Cheese Slice	Assorted Whole Wheat Crackers Mixed Fruit	Graham Crackers Applesauce	Banana Milk	Grape Juice Fish Shaped Crackers (1 svg = 20 grams for all ages)

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Week Two		
10/31/11 - 11/04/11	03/19/12 - 03/23/12	08/06/12 - 08/10/12
12/05/11 - 12/09/11	04/23/12 - 04/27/12	09/10/12 - 09/14/12
01/09/12 - 01/13/12	05/28/12 - 06/01/12	
02/13/12 - 02/17/12	07/02/12 - 07/06/12	



Cycle Menu A (Continued)

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Juice Cinnamon Toasters Banana Bread Milk	Mandarin Oranges 1 slice of Raisin Bread Milk	Grape Juice Special K Milk	Cantaloupe Cubes Pancakes <i>Syrup & Margarine</i> Milk	Applesauce Breakfast Burrito (1 Tortilla, 1 Scrambled Egg, ½ oz Cheese, very mild Salsa) Hash Brown Potatoes Milk
Lunch/ Supper	Ropa Vieja Brown Rice Roll Mixed Vegetables Pineapple Milk	*Breaded Chicken Pattie <i>In sauce</i> Roll Sliced Tomatoes and Lettuce <i>Lowfat French Dressing</i> Carrots Milk	Meatloaf <i>Ketchup</i> Whole Wheat Bread Tater Tots Broccoli Apple slices Milk	Spaghetti (<i>Whole Wheat Noodles</i>) & Meat Sauce 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 Green Salad (Romaine Lettuce, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i> Pears Milk	Roast Pork Moros Whole Wheat Roll Green Peas Orange Slices Milk
Snack	Vanilla Wafers Milk	Hard Boiled Egg (1/2 egg) Saltine Crackers Blended 100% Juice	Cottage Cheese Peaches	Granola Bar Milk	Assorted Whole Wheat Crackers Fruit Cocktail

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Week Three		
10/03/11 - 10/07/11	02/20/12 - 02/24/12	07/09/12 - 07/13/12
11/07/11 - 11/11/11	03/26/12 - 03/30/12	08/13/12 - 08/17/12
12/12/11 - 12/16/11	04/30/12 - 05/04/12	09/17/12 - 09/21/12
01/16/12 - 01/20/12	06/04/12 - 06/08/12	



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Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Blended 100% Juice Special K Milk	Orange Sections Blueberry Muffin Milk	Seasonal Fresh Fruit 1 slice of Cheese Toast <i>Whole Wheat Bread</i> 1 Boiled Egg Milk	Banana Whole Wheat English Muffin <i>Peanut Butter and Jelly</i> Milk	Orange Juice Crispy Rice Cinnamon Roll Milk
Lunch/ Supper	*Fish Sticks <i>Ketchup</i> Whole Wheat Roll Mashed Potatoes Mixed Vegetables Cinnamon Apples Milk	Seasoned Red Beans (3/8 c ages 1-5 and 1/2 c ages 6-12) Brown Rice Green Beans Mixed Greens Salad (Spinach, Romaine, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i> Milk	Baked Chicken Roll Yellow Squash Broccoli Florets <i>Lowfat Ranch Dip</i> Milk	Picadillo Cuban Bread or Roll Congri 1 serv.=1 brd. and 1 veg. Plantains Milk	Hamburger Whole Wheat Bun Lettuce and Tomato <i>Mustard, Mayo, Ketchup</i> Tater Tots Green Peas Milk
Snack	Yogurt <i>Flavored 4 oz cup</i> Peaches	Cheese (Cubed, string, or sliced) Whole Grain Sandwich Round	Cuban Maria Cookies Milk	Apple Juice Graham Crackers	Animal Crackers Pears

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Week Four		
10/10/11 - 10/14/11	02/27/12 - 03/02/12	07/16/12 - 07/20/12
11/14/11 - 11/18/11	04/02/12 - 04/06/12	08/20/12 - 08/24/12
12/19/11 - 12/23/11	05/07/12 - 05/11/12	09/24/12 - 09/28/12
01/23/12 - 01/27/12	06/11/12 - 06/15/12	



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Week Five	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Grape Juice Biscuit <i>Margarine</i> Apple Zings Milk	Orange Wedges Cinnamon Raisin Bagel <i>Cream Cheese</i> Milk	Peaches Crispix Milk	Banana Waffles (2 svg = 62 grams) <i>Syrup</i> Milk	Apple Juice Egg and Cheese on Whole Grain Sandwich Round (1 round) Milk
Lunch/ Supper	Roasted Turkey <i>Gravy</i> Whole Wheat Roll Whipped Potatoes Peas and Carrots Milk	*Ravioli 1 slice of Garlic Bread Broccoli Pears Milk	Seasoned Black Beans (3/8 c ages 1-5 and 1/2 c ages 6-12) Brown Rice Whole Wheat Bread Green Beans Applesauce Milk	Cuban Stew (with beef) 1 serv.= 1-1/2 oz. mt./mt alt. and 1/4 c veg. for 1-5 yr. olds; 2 oz. mt./mt. alt. and 3/8 c veg. for 6-12 yr. olds. Congri 1 serv.=1 brd. and 1 veg. Fruit Salad Milk	*Pizza <i>(made with whole wheat crust)</i> Corn Tossed Salad (Lettuce & Tomato) <i>Lowfat Ranch Dressing</i> Milk
Snack	Cuban Crackers Fruit Cocktail	Whole Grain Cheese Crackers Pineapple Tidbits	Graham Crackers Orange Juice	String Cheese Tortilla <i>Soft Whole Wheat</i>	Banana Bread Milk

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Week Five		
10/17/11 - 10/21/11	03/05/12 - 03/09/12	07/23/12 - 07/27/12
11/21/11 - 11/25/11	04/09/12 - 04/13/12	08/27/12 - 08/31/12
12/26/11 - 12/30/11	05/14/12 - 05/18/12	
01/30/12 - 02/03/12	06/18/12 - 06/22/12	