



**Attachment 2 Cycle Menu A No Pork No Peanut 2019-2020**

Chebere Appetites DBA Sergio's Catering  
4720 NW 167 Street Hialeah, FL 33014 PH: 786-486-0264

	<b>Week One</b>	<b>MONDAY-</b>	<b>TUESDAY-</b>	<b>WEDNESDAY-</b>	<b>THURSDAY-</b>	<b>FRIDAY-</b>
	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>			Colby Cheese Slice (1 oz)		Yogurt 4 oz cup
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	100% Apple Juice	Pears	Pineapple	Cinnamon Apples	Banana (1 whole)
	<b>Grains</b> Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal sizes	Cinnamon Raisin Bagel <b>Cream Cheese</b>	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread (1 slice) <b>Butter or Marg.</b>	Life Original Cereal (whole grain-rich)	Wheat Chex Cereal (100% whole grain)
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Baked Sliced Chicken (2 oz)	*Beefaroni	*Picadillo	*Breaded Fish <b>Ketchup</b>	*Arroz Con Pollo
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Fresh Mashed Potatoes	Corn	Sliced Tomatoes	Mixed Vegetables	Green Beans (fresh/frozen, not canned)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Crisp Steamed Broccoli (fresh/frozen, not canned)	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Mandarin Oranges	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <b>Lowfat Ranch Dressing</b>
	<b>Grains</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	100% Whole Grain  Bread <b>Butter or Marg.</b>	(Beefaroni) Macaroni  Garlic Bread	White rice and black beans Cuban Bread	Soft Roll	Rice  (in entrée)
<b>ACK</b>	<b>Milk</b> Ages 1-5: four oz; Ages 6-18: eight oz		Milk			
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages: 6-18: 1 oz	Yogurt 4 oz cup			Sliced Turkey (1 ½ oz)	
	<b>Vegetable</b> Ages 1-5: ½ c Ages 6-18: ¾ c					
	<b>Fruit/Juice</b> Ages 1-5: ½ c Ages 6-18: ¾ c	Tropical Mixed Fruit		Peaches		Fresh Orange Wedges
	<b>Grains</b> Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving		Blueberry Muffin	Cheese Crackers	100% Whole Grain Bread (1 slice) <b>Mayo &amp; Mustard</b>	Animal Crackers



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		Week Two	MONDAY- Feb 3	TUESDAY- Feb 4	WEDNESDAY Feb 5	THURSDAY Feb 6	FRIDAY Feb 7
<b>BREAKFAST</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz		Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>		Cheddar Cheese Slice (1 oz)			Hard Boiled Egg (1/2 egg)	
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c		Pineapple	Tropical Mixed Fruit	Fresh Orange Wedges	Peaches	Banana (1 whole)
	<b>Grains</b> Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes		Wheat Chex Cereal (100% whole grain)	Plain Bagel <b><i>Cream Cheese</i></b>	100% Whole Grain Bread (1 slice) <b><i>Butter or Marg.</i></b>	English Muffin <b><i>Butter or Marg. &amp; Jelly</i></b>	Rice Chex Cereal
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz		Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz		Roast Turkey Slices	*Chicken Nuggets <b><i>Ketchup</i></b>	*Salisbury Steak <b><i>Gravy</i></b>	*Fricassee de Pollo	Turkey Cuban Sandwich (Turkey ham, Swiss Cheese, Pickles)
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)		Peas and Carrots (frozen, not canned)	Crisp Steamed Broccoli (fresh/frozen, not canned)	Green Beans	Mangu	Roasted New Potatoes
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c		Pears	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Red Beans	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <b><i>French Dressing</i></b>
	<b>Grains</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c		White Rice and Black Beans	100% Whole Grain  Bread	White Rice	Brown Rice  (100% whole grain)	Cuban Bread  <b><i>Mayo &amp; Mustard</i></b>
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz; Ages 6-18: eight oz		Milk				
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages: 6-18: 1 oz				Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp	Yogurt 4 oz cup	
	<b>Vegetable</b> Ages 1-5: ½ c Ages 6-18: ¾ c						Applesauce
	<b>Fruit/Juice</b> Ages 1-5: ½ c Ages 6-18: ¾ c			100% Orange Juice	Fresh Apple Slices		
	<b>Grains</b> Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving		Cuban Crackers	Corn Muffin		Graham Crackers (plain)	100% Whole Grain Crackers



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<b>Week Three</b>		<b>MONDAY- Feb 10</b>	<b>TUESDAY- Feb 11</b>	<b>WEDNESDAY- Feb 12</b>	<b>THURSDAY- Feb 13</b>	<b>FRIDAY- Feb 14</b>
<b>BREAKFAST</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Mozzarella Cheese Slice (1 oz)		Yogurt 4 oz cup		Hard Boiled Egg (1/2 egg)
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Peaches	Mandarin Oranges	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Cinnamon Apples	Banana (1 whole)
	<b>Grains</b> Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	Original Cheerios (100% whole grain)	Raisin Bread (1 slice; plain, no icing) <b>Butter or Marg.</b>	Blueberry Muffin	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	100% Whole Grain English Muffin <b>Butter or Marg. &amp; Jelly</b>
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	*Ropa Vieja	*Breaded Chicken Pattie	*Meatloaf (beef or turkey) <b>Ketchup</b>	*Spaghetti & Meat Sauce with Ground Turkey or Beef	*Pizza
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Black Beans	Green Peas	Fresh Mashed Potato (not instant)	Steamed Baby Carrots (fresh/frozen, not canned)	Mixed Vegetables
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pineapple	Fresh Apple Slices	Fruit Cocktail	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <b>Lowfat Ranch Dressing</b>	Pears
	<b>Grains</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	Rice	Brown Rice	100% Whole Grain Bread	(Spaghetti), Garlic Bread	Pizza Crust
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz; Ages 6-18: eight oz		Milk		Milk	
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages: 6-18: 1 oz	Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp <b>Jelly</b>	Provolone Cheese Slice	Sliced Turkey (1 ½ oz)		Cheese Stick
	<b>Vegetable</b> Ages 1-5: ½ c Ages 6-18: ¾ c					
	<b>Fruit/Juice</b> Ages 1-5: ½ c Ages 6-18: ¾ c			100% Red Grape Juice		Fresh Orange Slices
	<b>Grains</b> Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving	100% Whole Grain Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices	100% Whole Wheat Tortilla	Assorted Crackers	Animal Crackers	



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Week Four		MONDAY- Feb 17	TUESDAY- Feb 18	WEDNESDAY- Feb 19	THURSDAY- Feb 20	FRIDAY- Feb 21
<b>BREAKFAST</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Yogurt 4 oz cup		Cheddar Cheese Slice (1 oz)		
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Fruit Cocktail	Applesauce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	100% Apple Juice	Banana (1 whole)
	<b>Grains</b> Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes	Life Original Cereal (whole grain-rich)	Blueberry Muffin	100% Whole Grain English Muffin	100% Whole Grain Bread <b>Butter or Marg.</b>	Multi Grain Cheerios (100% whole grain)
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz	Roast Beef (sliced or pulled)	*Breaded Fish <b>Ketchup</b>	*Picadillo	Baked Chicken	Hamburger (Lettuce and Tomato)
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)	Green Peas	Steamed Baby Carrots	Yucca	Butternut Squash	Oven Fried Potatoes
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pineapple	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <b>Lowfat Italian Dressing</b>	Mixed Vegetables	Fresh Broccoli Florets <b>Lowfat Ranch Dip</b>	Pears
	<b>Grains</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c	White Rice	Soft Roll	*Congri	Cuban Bread	Bun <b>Mustard, Mayo, Ketchup</b>
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz; Ages 6-18: eight oz	Milk	Milk			
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages: 6-18: 1 oz	Sliced Turkey (1 ½ oz)	Soynut Butter Ages 1-5: 1 Tbsp Ages 6 and up: 2 Tbsp <b>Jelly</b>		Yogurt 4 oz cup	Cheese Slice
	<b>Vegetable</b> Ages 1-5: ½ c Ages 6-18: ¾ c					Slice of Bread
	<b>Fruit/Juice</b> Ages 1-5: ½ c Ages 6-18: ¾ c			Banana Ages 1-5: 1 whole Ages 6 and up: 1 ½ whole	Peaches	
	<b>Grains</b> Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving	100% Whole Grain Crackers	100% Whole Grain Bread Ages 1-5: 1 slice Ages 6 and up: 2 slices	Crackers (savory)		



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		<b>Week Five</b>	<b>MONDAY- Feb 24</b>	<b>TUESDAY- Feb 25</b>	<b>WEDNESDAY- Feb 26</b>	<b>THURSDAY- Feb 27</b>	<b>FRIDAY- Feb 28</b>
<b>BREAKFAST</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz		Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>				Cheddar Cheese Slice (1 oz)		Hard Boiled Egg (1/2 egg)
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c		Fruit Cocktail	Pineapple	Pears	Banana (1 whole)	Applesauce
	<b>Grains</b> Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving see Meal Pattern for cereal svg sizes		Blueberry Muffin (whole grain-rich)	100% Whole Grain Bagel <b>Cream Cheese</b>	Total Whole Grain Cereal (100% whole grain)	Original Cheerios (100% whole grain)	100% Whole Grain Bread <b>Butter or Marg.</b>
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz; Ages 6-18: eight oz		Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz Ages 6-18: 2 oz		Pulled Chicken <b>Gravy or Sauce</b>	Chicken Patty	*Ravioli	*Cuban Stew (with beef)	*Chicken Nuggets <b>Honey Mustard</b>
	<b>Vegetable</b> Ages 1-5: ¼ c; Ages 6-18: ½ c (Double portion for salads)		Peas and Carrots	Plantains	Broccoli, Cauliflower, Carrots	Mixed Vegetables	Fresh Mashed Potato (not instant)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c		Peaches	Fresh Tomato, Corn & Avocado Salad <b>Light Ranch Dressing</b>	Fresh Clementine Wedges	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <b>Italian Dressing</b>
	<b>Grains</b> Ages 1-5: ½ slice/serving, ¼ c Ages 6-18: 1 slice/serving, ½ c		*Macaroni and Cheese	White Rice and Black Beans	100% Whole Grain Roll	*Moros	Soft Roll
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz; Ages 6-18: eight oz						
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz Ages: 6-18: 1 oz		Sliced Turkey (1 ½ oz)		Bean Dip (bean salsa or hummus)	Mozzarella Stick	Yogurt 4 oz cup
	<b>Vegetable</b> Ages 1-5: ½ c Ages 6-18: ¾ c						
	<b>Fruit/Juice</b> Ages 1-5: ½ c Ages 6-18: ¾ c		100% Orange Juice	Fresh Apple Slices			
	<b>Grains</b> Ages 1-5: ½ slice/serving Ages 6-18: 1 slice/serving		Saltine Crackers	Cheese Crackers	Soft Tortilla	Plain Arepa	Graham Crackers (plain)