

# Iowa CACFP Sample Menu Form for Children 1-18 years of age

Center name/site number Sunrise Child Care

Month and Year APRIL/MAY 2020



Revised March 2017

Meal Patterns	Monday Date <u>4/27</u>	Tuesday Date <u>4/28</u>	Wednesday Date <u>4/29</u>	Thursday Date <u>4/30</u>	Friday Date <u>5/1</u>
<b>Breakfast</b> <ul style="list-style-type: none"> <li>Grains, or meat/meat alternate (M/MA = no more than 3 times per week)</li> <li>Vegetables, Fruits or portions of both</li> <li>Fluid Milk</li> <li>Other Foods</li> </ul>	Milk (WM, SM, LM) 100 PERCENT JUICE CEREAL(WG)	Milk (WM, SM, LM) MUFFINS(HM) STRAWBERRIES	Milk (WM, SM, LM) ENGLISH MUFFINS(WG) BLUEBERRIES	Milk (WM, SM, LM) BAGELS(WG) W/CREAM CHEESE APRICOTS	Milk (WM, SM, LM) CEREAL(WG) BANANAS
<b>AM Snack</b> (Select two of these five components) <ul style="list-style-type: none"> <li>Fluid Milk</li> <li>Meat or meat alternate</li> <li>Vegetables</li> <li>Fruits</li> <li>Grains</li> </ul>	WATER YOGURT GRANOLA (WG)	WATER HUMUS (HM) PITA CHIPS	WATER APPLESAUCE CHEZ ITS	Milk (WM, SM, LM) ANIMAL CRACKERS	WATER RITZ CRACKERS CHEESE STICKS
<b>Lunch</b> <ul style="list-style-type: none"> <li>Fluid Milk</li> <li>Meat or meat alternate</li> <li>Vegetables</li> <li>Fruit/Vegetable</li> <li>Grains</li> <li>Other Foods</li> </ul>	Milk (WM, SM, LM) TOMATO SOUP GRILLED CHEESE CAULIFLOWER MANDARIN ORANGES	Milk (WM, SM, LM) MAC N CHEESE W/DICED HAM PEACHES PEAS	Milk (WM, SM, LM) TACO SOUP OYSTER CRACKERS FRUIT COCKTAIL	Milk (WM, SM, LM) SWEET & SOUR MEATBALLS W/RICE CARROTS PEARS	Milk (WM, SM, LM) SPAGHETTI BREAD STICKS MIXED FRUIT MIXED VEGETABLES
<b>PM Snack</b> (Select two of these five components) <ul style="list-style-type: none"> <li>Fluid Milk</li> <li>Meat or meat alternate</li> <li>Vegetables</li> <li>Fruits</li> <li>Grains</li> </ul>	WATER WHEAT THINS COTTAGE CHEESE	WATER APPLES PRETZELS	100 PERCENT JUICE TRISCUITS	WATER CHEX MIX GRAPES	Milk (WM, SM, LM) GRAHAM CRACKERS
<b>Supper</b> <ul style="list-style-type: none"> <li>Fluid Milk</li> <li>Meat or meat alternate</li> <li>Vegetables</li> <li>Fruit/Vegetable</li> <li>Grains</li> <li>Other Foods</li> </ul>					

WM (whole milk) 1-2 year olds; SM (skim milk) 2+ year olds; CM (coconut milk) family preference; LM (lactose milk) family preference

Toddlers, 1-2 years of age must be served unflavored whole milk. Unflavored skim or 1% milk must be served to children ages 2-5. Fat free (skim) flavored milk may be served to children ages 6 and over.

Record specific types of milk for each age group, meats, meat alternates (including cheese and yogurt), cereals, fruits, and vegetables. Label whole grain-rich foods as (WG), and deep-fat fried foods as (DF).

Children up to age 4 may require texture modification or substitutions of some foods. Record menu substitutions and foods served for special diets.

Water must be available at all meals, but must not replace any required meal component.

Code USDA's best practices: (B) Cooked dried beans or peas, (L) Locally produced, (S) Seasonal, (P) Pre-fried, (DG) Dark green vegetable, (O) Orange vegetable, (R) Red vegetable

Code Iowa's best practices: (A) Vitamin A, (C) Vitamin C, (I) Iron, (F) Fresh, (Z) Frozen, (Chapter 2b describes best practice details.)

(N) Nutrition or food activity (HM) Homemade

Food-related book(s) to read: