

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

Center name/site number Sunrise Child Care

Month and Year JUNE 2020



Revised March 2017

Meal Patterns	Monday Date <u>1</u>	Tuesday Date <u>2</u>	Wednesday Date <u>3</u>	Thursday Date <u>4</u>	Friday Date <u>5</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) Cereal (WG) Cantaloupe	Milk (WM, SM, LM) Oatmeal Blueberries	Milk (WM, SM, LM) English muffins (WG) Pineapple	Milk (WM, SM, LM) Cereal (WG) Banana	Milk (WM, SM, LM) Malt-o-meal Mandarin oranges
<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>	Cottage cheese Ritz crackers Water	Cheese sticks Club crackers Water	Applesauce Chez-its Water	Hummus Pita chips Water	Yogurt Granola (WG) Water
<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) Egg & cheese quiche muffins Hash browns WG toast Watermelon	Milk (WM, SM, LM) Cheese quesadilla's (WG) Corn Peaches	Milk (WM, SM, LM) Beef Spanish rice Pears Green beans	Milk (WM, SM, LM) Baked chicken salad Broccoli Fruit cocktail	Milk (WM, SM, LM) Western beans Corn bread Mixed vegi's Mixed fruit
<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>	Milk (WM, SM, LM) Animal crackers	Water Apples Pretzels	Water Goldfish crackers Oranges	100% juice Chex mix (HM)	Water Wheat thins/Triscuits Bread & butter pickle slices
<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: