

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

Center name/site number Sunrise Child Care

Month and Year JUNE



Revised March 2017

Meal Patterns	Monday Date <u>15</u>	Tuesday Date <u>16</u>	Wednesday Date <u>17</u>	Thursday Date <u>18</u>	Friday Date <u>19</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) Bagels (WG) Strawberries	Milk (WM, SM, LM) Cereal (WG) Bananas	Milk (WM, SM, LM) Oatmeal (WG) Blueberries	Milk (WM, SM, LM) Hardboiled eggs English muffins(WG)	Milk (WM, SM, LM) Cereal (WG) 100% juice
<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 Cottage cheese Saltines	Milk (WM,SM,LM) Animal crackers	Water Goldfish crackers Applesauce	Water Yogurt Granola	Water Hummus Pita chips
<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) Bologna/cheese sandwich (WG) Watermelon Carrots	Milk (WM, SM, LM) Impossible taco pie (HM) Pears Corn	Milk (WM, SM, LM) Tuna salad (HM) Ritz crackers Fruit cocktail Broccoli	Milk (WM, SM, LM) Spaghetti w/ meat sauce Breadsticks (WG) Peaches Green beans	Milk (WM, SM, LM) Cheese quesadillas (HM) Mixed fruit peas
<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 Oranges Wheat thins	Water Apples Pretzels	100% juice Cheerio trail mix (HM)	Milk (HM, SM, LM) Graham crackers	Water Cheese spread (HM) Club 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: