

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

Center name/site number Sunrise Child Care

Month and Year **OCTOBER**



Revised March 2017

| Meal Patterns  | Monday<br>Date <u>26</u>   | Tuesday<br>Date <u>27</u>   | Wednesday<br>Date <u>28</u>                                    | Thursday<br>Date <u>29</u>   | Friday<br>Date <u>30</u>   |
|--|--|---|--|--|--|
| <b>Breakfast</b><br><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)<br>Cereal<br>100% juice  | Milk (WM, SM, LM)<br>Bagels<br>Bananas  | Milk (WM, SM, LM)<br>Toast w/ strawberry jam<br>Blueberries    | Milk (WM, SM, LM)<br>Malt-o-meal<br>Strawberries                       | Milk (WM, SM, LM)<br>Cereal<br>Mixed fruit   |
| <b>AM Snack</b><br>(Select two of these five components)<br><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<br>Sun chips<br>Cheese sticks  | Water<br>Cottage cheese<br>Triscuits  | Water<br>Yogurt<br>Granola                                     | Milk (WM,SM, LM)<br>Animal crackers                                    | Water<br>Applesauce<br>Pita chips  |
| <b>Lunch</b><br><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)<br>Hard boiled eggs<br>Bread n' butter<br>Corn<br>Fruit cocktail | Milk (WM, SM, LM)<br>Cheese/pepperoni pizza on English muffins<br>Broccoli<br>Peaches | Milk (WM, SM, LM)<br>One pan beefy mac<br>Green beans<br>Pears | Milk (WM, SM, LM)<br>Tostada's on pita bread<br>Carrots<br>Mixed fruit | Milk (WM, SM, LM)<br>Ham/cheese on wheat bread<br>Mixed vegi's<br>Mandarin oranges |
| <b>PM Snack</b><br>(Select two of these five components)<br><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)<br>Teddy grahams   | Water<br>Rice cakes<br>Apples   | Water<br>Pretzels<br>Oranges                                   | Wheat thins<br>100% juice  | Milk (WM, SM, LM)<br>Graham crackers   |
| <b>Supper</b><br><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: