

Iowa CACFP Sample Menu Form for Children ages 1-12 years



Provider name/site number Sunrise Child Care

Month and Year January 2020

Meal Patterns	Monday Date: 6	Tuesday Date: 7	Wednesday Date: 8	Thursday Date: 9	Friday Date: 10
Breakfast <ul style="list-style-type: none"> Grains, or meat/meat alternate (no more than 3 times per week) Vegetables, Fruits or portions of both Fluid Milk Other Foods 	Milk (WM, SM, SOY) Waffles blueberries	Milk (WM, SM, SOY) Oatmeal Strawberries	Milk (WM, SM, SOY) Bagels(WG) Bananas	Milk (WM, SM, SOY) Hard boiled eggs Hash browns	Milk (WM, SM, SOY) Cranberry muffins Mixed fruit
AM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	Milk (WM, SM, SOY) Animal Crackers	Water Yogurt Granola (WG)	Water Wheat Thins Grapes	Water Cottage Cheese Ritz Crackers	Water Hummus (HM) Carrots
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains Other Foods 	Milk (WM, SM, SOY) Sausage on a Bun (WG) Green Beans Mandarin Oranges	Milk (WM, SM, SOY) Chicken a la King Biscuit Peas Fruit Cocktail	Milk (WM, SM, SOY) Mexican Stew with Macaroni Corn Peaches	Milk (WM, SM, SOY) Scalloped Potatoes & Ham Bread(WG) & Butter Pears	Milk (WM, SM, SOY) Chicken Salad Sandwiches (WG) Broccoli Apricots
PM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	Water Apples Pretzels	100% Juice Chex Mix	Water Cheese Club Crackers	Water Black Bean Salsa Tortilla Chips (WG)	Milk (WM, SM, SOY) Graham Crackers
Supper <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains Other Foods 					

Toddlers, 1-2 years of age must be served whole milk. Skim or 1% milk must be served to participants over age two.

Record the specific names of meats, meat alternates, cereals, fruits, vegetables served.

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

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

Food-related book(s) to read:

Use these codes to identify recommended best practices included in planned menus: (N) Nutrition activity, (A) Vitamin A food, (B) Cooked dried beans or peas, (C) Vitamin C food,

(I) Iron food source, (S) Seasonal food, (F) Fresh, (Z) Frozen, (HM) Homemade, (WG) Whole grain food, (DG) Dark green vegetable, (O) Orange vegetable, (R) Red vegetable.