

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

Center name/site number Sunrise Child Care

February 2020



Revised March 2017

Meal Patterns	Monday Date 02/24/20	Tuesday Date 02/25/20	Wednesday Date 02/26/20	Thursday Date 02/27/20	Friday Date 02/28/20
Breakfast <ul style="list-style-type: none"> Grains, or meat/meat alternate (M/MA = no more than 3 times per week) Vegetables, Fruits or portions of both Fluid Milk Other Foods 	Milk (WM, SM, LM) Cereal (WG) 100 percent juice	Milk (WM, SM, LM) Hard boiled eggs Sausage patty Blueberries	Milk (WM, SM, LM) Baked pancakes Peaches	Milk (WM, SM, LM) Malt O'Meal Strawberries	Milk (WM, SM, LM) Cereal (WG) Bananas
AM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	Cheese crackers Applesauce Water	Humus (HM) Pita chips Water	Cottage cheese Club crackers Water	Cottage cheese Ranch dip (HM) Cucumbers and Peppers Water	Animal crackers Milk (WM, SM, LM)
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	Milk (WM, SM, LM) Goolash Bread sticks Green Beans Fruit cocktail	Milk (WM, SM, LM) Scalloped potatoes with ham Peas Bread and butter (WG)	Milk (WM, SM, LM) Bologna and cheese sandwich (WG) Sun chips Grapes Carrots	Milk (WM, SM, LM) Sloppy Joes On Bun (WG) Tator Tots Broccoli	Milk (WM, SM, LM) Fish filets Watermelon Corn Biscuits (HM)
PM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	Cheese sticks Ritz crackers Water	Ranch oyster crackers 100 percent juice	Graham crackers Milk (WM, SM, LM)	Triscuits Oranges Water	Cheerio Trail mix Apples Water
Supper <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 					

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: