

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

Center name/site number Sunrise Child Care

March 2020



Revised March 2017

Meal Patterns	Monday Date 3/2/20	Tuesday (GREEN EGGS & HAM) Date 3/4/20	Wednesday (WACKY) Date 3/5/20	Thursday Date 3/6/20	Friday Date 3/7/20
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 100 percent juice	Milk (WM, SM, LM) Oatmeal Grapes	Milk (WM, SM, LM) Ham and cheese pinwheels (WG) Strawberries	Milk (WM, SM, LM) English muffins Apricots	Milk (WM, SM, LM) Cereal Bananas
AM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	Cottage cheese Sun chips Water	Animal crackers Milk (WM, SM, LM)	Cheese nips (WG) Applesauce Water	Yogurt Granola (WG) Water	Water Humus (HM) Pita chips
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	Milk (WM, SM, LM) Hamburger patty on bun (WG) Cucumbers Mandarin Oranges	Milk (WM, SM, LM) Green eggs and ham casserole Triscuits (WG) Broccoli Green Beans	Milk (WM, SM, LM) Sausage patty Pancakes Hash browns Peaches	Milk (WM, SM, LM) Spaghetti W/ meat sauce Peas Garlic bread	Milk (WM, SM, LM) Egg salad sandwiches (WG) Tomato soup Fruit cocktail Milk (whole or skim)
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 Wheat thins (WG) Water	Saltine crackers Apples Water	Rice cakes Oranges Water	100 percent juice Club crackers Water	Graham crackers Milk (WM, SM, CM, LM)
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: