

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 3/16/20	Tuesday Date 3/17/20	Wednesday Date 3/18/20	Thursday Date 3/19/20	Friday Date 3/20/20
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) French toast sticks Strawberries	Milk (WM, SM, LM) Hard-boiled eggs Blueberries Coffee cake	Milk (WM, SM, LM) Bagels (WG) Pineapple	Milk (WM, SM, LM) Cereal (WG) 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 	Yogurt Granola Water	Animal crackers Milk (WM, SM, LM)	Cheese crackers (WG) Applesauce Water	Humus (HM) Pita Chips Water	Refried bean dip Tortilla chips (WG) Water
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	Milk (WM, SM, LM) Hamburger on bun (WG) Tator tots Peas	Milk (WM, SM, LM) Ham and cheese sandwiches (WG) Cantaloupe Green beans	Milk (WM, SM, LM) Corned beef Cabbage Boiled potatoes Bread and butter (WG)	Milk (WM, SM, LM) Cheesy Beef & Macaroni Broccoli Fruit Cocktail	Milk (WM, SM, LM) Cheese quesadilla (WG) Corn Peaches
PM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	Cheerio Trail Mix (WG) 100% Juice	Cheese Club crackers Water	Apples Wheat thins Water	Rice cakes 100 percent fruit juice	Graham crackers Whole or skim milk
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: