

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

Center name/site number Sunrise Child Care

Month and Year April 2020



Revised March 2017

Meal Patterns	Monday Date <u>20</u>	Tuesday Date <u>21</u>	Wednesday Date <u>22</u>	Thursday Date <u>23</u>	Friday Date <u>24</u>
<b>Breakfast</b> <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) Cereal (WG) Strawberries	Milk (WM, SM, LM) Hashbrowns Hardboiled Eggs	Milk (WM, SM, LM) Muffins (HM) Blueberries	Milk (WM, SM, LM) Bagels (WG) with Cream Cheese Bananas	Milk (WM, SM, LM) Cereal (WG) 100 % Juice
<b>AM Snack</b> (Select two of these five components) <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 Cottage Cheese Club Crackers	Water Chez Its (WG) Applesauce	Water Yogurt Granola	Water Trail Mix Pears	Water Oyster Ranch Crackers Pickles
<b>Lunch</b> <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) Ham & Cheese Lunchables with Ritz Crackers Pineapple Cauliflower	Milk (WM, SM, LM) Pizza Burger on Bun Corn Peaches	Milk (WM, SM, LM) Swedish Meatballs over Egg Noodles Peas Mandarin Oranges	Milk (WM, SM, LM) Chicken/Black Bean Taco with Tortilla (WG) Side Salad Apricots	Milk (WM, SM, LM) Oriental Beef Dish with Rice Green Beans Mixed Fruit
<b>PM Snack</b> (Select two of these five components) <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 Triscuits Apples/Oranges	100% Juice Cinnamon Pretzels	Water Refried Bean Dip Tortilla Chips (WG)	Water Cheese Sticks Wheat Thins	Milk (WM, SM, LM) Graham Crackers
<b>Supper</b> <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: