

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

Center name/site number Sunrise Child Care

Month and Year May 2021



Revised March 2017

Meal Patterns	Monday Date <u>3</u>	Tuesday Date <u>4</u>	Wednesday Date <u>5</u>	Thursday Date <u>6</u>	Friday Date <u>7</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) 100% Juice	Milk (WM, SM, LM) Croissants Strawberries	Milk (WM, SM, LM) Oatmeal Blueberries	Milk (WM, SM, LM) Hardboiled Eggs Pineapples	Milk (WM, SM, LM) Cereal (WG) Mixed Fruit
<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 Yogurt Granola	Water Goldfish Applesauce	Water Cottage Cheese Ritz Crackers	Water Humus Wheat Thins	Milk (WM,SM,LM) Graham Crackers
<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 Sandwich (WG) Green Beans Grapefruit	Milk (WM, SM, LM) Sausage Patty on Bun (WG) Cauliflower Peaches	Milk (WM, SM, LM) Chicken Caesar Wraps(WG) Apricots	Milk (WM, SM, LM) Mini Cheese Pizza on WW Bagels Broccoli Mixed Fruit	Milk (WM, SM, LM) Tomato Soup Grilled Cheese Pears Mixed Vegetables
<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 Bananas Pretzels	Water Cuties Club Crackers	Water Rice Cakes Apples	100% Juice Scooby Snacks	Water Sun Chips Cheese Sticks
<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: