

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

Center name/site number Sunrise Child Care

Month and Year May 2020



Revised March 2017

Meal Patterns	Monday Date <u>4</u>	Tuesday Date <u>5</u>	Wednesday Date <u>6</u>	Thursday Date <u>7</u>	Friday Date <u>8</u>
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% Juice	Milk (WM, SM, LM) Waffles (WG) Strawberries	Milk (WM, SM, LM) Oatmeal Bananas	Milk (WM, SM, LM) Banana Bread 100% Juice	Milk (WM, SM, LM) Cereal (WG) Blueberries
AM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	Water Ritz Crackers Cottage Cheese	Water Humus (HM) Pita Chips	Milk (WM, SM, LM) Animal Crackers	Water Cheese Sticks Club Crackers	Water Chez It Applesauce
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	Milk (WM, SM, LM) Chef Salad Hardboiled Eggs Peaches Ritz Crackers	Milk (WM, SM, LM) Taco Spaghetti Corn Apricots	Milk (WM, SM, LM) BBQ Pork on Bun (WG) Pears Green Beans	Milk (WM, SM, LM) Beef Noodle Casserole Peas Fruit Cocktail	Milk (WM, SM, LM) Hot Ham/cheese on a bun (WG) Mixed Vegetables Mixed Fruit
PM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	Water Apples Pretzels	Water Cinnamon Tortilla Chips Fruit Salsa	Water Black Bean Salsa Tortilla Chips	Water Wheat Thins Oranges	Milk (WM, SM, LM) Graham Crackers
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: