

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

Center name/site number Sunrise Child Care

July 2020



Revised March 2017

Meal Patterns	Monday Date 7/6/20	Tuesday Date 7/7/20	Wednesday Date 7/8/20	Thursday Date 7/9/20	Friday Date 7/10/20
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) Bananas	Milk (WM, SM, LM) Bagels (WG) Mandarin oranges	Milk (WM, SM, LM) Oatmeal (WG) Blueberries	Milk (WM, SM, LM) Waffles Strawberries	Milk (WM, SM, LM) Cereal 100 percent juice
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 (WG) Water	Animal crackers Milk (WM, SM, LM)	Cheese sticks Club crackers Water	Cantaloupe Chez-its (WG) Water	Humus Pita chips Water
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	Milk (WM, SM, LM) Biscuits and gravy Broccoli Pears	Milk (WM, SM, LM) Chicken vegetable soup Saltines Peaches	Milk (WM, SM, LM) Spanish Rice Corn Fruit cocktail	Milk (WM, SM, LM) Deviled eggs Watermelon Carrots Bread and butter (WG)	Milk (WM, SM, LM) Hamburger on bun (WG) Pickles Tator tots
PM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	Ranch cottage cheese dip Bell pepper strips Water	Wheat thins (WG) Oranges Water	Chex mix (HM) 100 percent juice	Apples Pretzels Water	Graham crackers (WG) Milk (WM, SM, 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: