

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 7/20/20	Tuesday Date 7/21/20	Wednesday Date 7/22/20	Thursday Date 7/23/20	Friday Date 7/24/20
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) Oatmeal (WG) Blueberries	Milk (WM, SM, LM) Bagels/English muffins (WG) Pineapple	Milk (WM, SM, LM) Cereal (WG) Bananas	Milk (WM, SM, LM) Zucchini bread (HM) Strawberries
AM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	Cheese sticks Wheat thins Water	Hummus (HM) Pita chips Water	Cottage cheese Club crackers Water	Yogurt Granola Water	Animal crackers Milk (WM, SM, LM)
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	Milk (WM, SM, LM) Egg salad sandwich on Wheat bread (WG) Fruit cocktail Carrots	Milk (WM, SM, LM) Sausage patty Baked pancakes Peaches Green beans	Milk (WM, SM, LM) Ground beef casserole Pears Broccoli	Milk (WM, SM, LM) Black bean taco skillet Mandarin oranges Corn	Milk (WM, SM, LM) Macaroni salad Mixed fruit Mixed vegetables
PM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	Ritz crackers Apples Water	Black bean salsa Tortilla chips Water	Cheerio trail mix (HM) 100% juice	Graham crackers Milk (WM, SM, LM)	Oranges Triscuits (WG) Water
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: