

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

Center name/site number Sunrise Child Care

Month and Year August 2020



Revised March 2017

Meal Patterns	Monday Date <u>17</u>	Tuesday Date <u>18</u>	Wednesday Date <u>19</u>	Thursday Date <u>20</u>	Friday Date <u>21</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) Bagels (WG) 100% Juice	Milk (WM, SM) Cereal (WG) Cream Cheese Bananas	Milk (WM, SM) Coffee Cake Scrambles Eggs Strawberries	Milk (WM, SM) English Muffins (WG) Blueberries	Milk (WM, SM) Cereal (WG) Mixed Fruit
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 Triscuits (WG) Water	Apple Sauce Chez Its Water	Milk (WM, SM) Animal Crackers	Granola (WG) Yogurt Water	Cottage Cheese Ritz Crackers Water
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	Milk (WM, SM) Sloppy Joes on a bun (WG) Potatoes Peaches	Milk (WM, SM) Garbonzo Bean Salad Peas Bread n Butter Mandarin Oranges	Milk (WM, SM) Turkey Meatballs w/Teriyaki Sauce Rice Broccoli Apricots	Milk (WM, SM) Chicken Quesidillas WW Shell Corn Mixed Fruit	Milk (WM, SM) Spaghetti w/ Marina meat Sauce Pears
PM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	Pretzels Apples Water	Club Crackers Oranges Water	Refried Bean Dip Tortilla/Pita Chip Water	Graham Crackers Milk (WM, SM)	Wheat Thins 100% Juice
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: