

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

Center name/site number Sunrise Child Care

Month and Year September 2020



Revised March 2017

Meal Patterns	Monday Date <u>21</u>	Tuesday Date <u>22</u>	Wednesday Date <u>23</u>	Thursday Date <u>24</u>	Friday Date <u>25</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 100% juice	Milk (WM, SM, LM) Zucchini bread Strawberries	Milk (WM, SM, LM) Oatmeal Blueberries	Milk (WM, SM, LM) Cereal Bananas	Milk (WM, SM, LM) Croissants 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 	Tuna salad Saltines Water	Cottage cheese Ritz crackers Water	Yogurt Granola Water	Hard-boiled egg Fruit cocktail Water	Applesauce Chez-its water
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	Milk (WM, SM, LM) Bologna/cheese on whole wheat bread Corn Peaches	Milk (WM, SM, LM) BBQ pork/ on bun Potato wedges pears	Milk (WM, SM, LM) Turkey/cheese quesadilla's Apricots Broccoli	Milk (WM, SM, LM) Chili Oyster crackers Mixed fruit	Milk (WM, SM, LM) Chicken gyros/on whole grain pitas Peas Grapes
PM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	Animal crackers Whole/skim milk	Apples Pretzels Water	Oranges Club crackers Water	Cheese sticks Wheat thins Water	Graham cracker snacks 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: