

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

Center name/site number Sunrise Child Care

Sept/Oct 2020



Revised March 2017

Meal Patterns	Monday 9/28/20	Tuesday 9/29/20	Wednesday 9/30/20	Thursday 10/01/20	Friday 10/02/20
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) WG Cereal Bananas	Milk (WM, SM, LM) Oatmeal Blueberries	Milk (WM, SM, LM) Croissants Strawberries	Milk (WM, SM, LM) WW Toast 100 percent juice	Milk (WM, SM, LM) Cereal 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 	Wheat thins Cheese sticks Water	Applesauce Club crackers Water	Cottage cheese Chez-its Water	Humus Pita chips Water	Yogurt Granola Water
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	Milk (WM, SM, LM) Baked chicken breast on WW bun Potato wedges Oranges	Milk (WM, SM, LM) Mini cheese pizza on pita bread Grapes Cauliflower	Milk (WM, SM, LM) Sausage Patty on English Muffin Pears Broccoli	Milk (WM, SM, LM) Homemade Lunchables Mixed Fruit Corn	Milk (WM, SM, LM) Spaghetti w/meatballs Bread Sticks Peaches 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 	Water Apples Pretzels	Milk (WM, SM) Animal Crackers	100% Juice Rice Cakes	Water Chex Mix (HM) Fruit Cocktail	Milk (WM, SM) Teddy Grahams
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: