

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

Center name/site number Sunrise Child Care

Month and Year October 2020



Revised March 2017

Meal Patterns	Monday Date <u>5</u>	Tuesday Date <u>6</u>	Wednesday Date <u>7</u>	Thursday Date <u>8</u>	Friday Date <u>9</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 (WG) Juice 100%	Milk (WM, SM, LM) Oatmeal Bananas	Milk (WM, SM, LM) Croissants Blueberries	Milk (WM, SM, LM) Hard Boiled Eggs Strawberries	Milk (WM, SM, LM) 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 	Water Cottage Cheese Ritz Crackers	Milk (WM, SM) Animal Crackers	Water Chez Its Applesauce	Water Yogurt Granola (WG)	Water Refried Bean Dip Pita Chips
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	Milk (WM, SM, LM) Ham & Cheese on Pita Bread Potato Wedges Pears	Milk (WM, SM, LM) Sausage Patties Breadsticks Broccoli Peaches	Milk (WM, SM, LM) Ground Turkey & Cheese Quesadillas (WG) Corn Apricots	Milk (WM, SM, LM) Pizza Burger on a Bun Cauliflower Mixed Fruit	Milk (WM, SM, LM) Ham & Rice Casserole Mixed Vegetables Fruit Cocktail
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 Wheat Thins	Water Cheese Sticks Pretzels	Milk (WM, SM) Graham Crackers	Juice 100% Rice Cakes	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: