

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

Center name/site number Sunrise Child Care

Month and Year October 2019



Revised March 2017

Meal Patterns	Monday Date <u>7</u>	Tuesday Date <u>8</u>	Wednesday Date <u>9</u>	Thursday Date <u>10</u>	Friday Date <u>11</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, SOY) Cereal(WG) 100% Juice	Milk (WM, SM, SOY) Baked Pancakes (HM) Peaches	Milk (WM, SM, SOY) Cereal (WG) Bananas	Milk (WM, SM, SOY) Oatmeal Blueberries	Milk (WM, SM, SOY) Scrambled Eggs 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 	Milk (WM SM SOY) Animal Crackers	Water Yogurt Granola (WG)	Water Humus (HM) Pita Chips	Water Applesauce Cheese Crackers (WG)	Water Cottage Cheese Ritz Crackers
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	Milk (WM, SM, SOY) Chicken Nuggets Mashed Potatoes Corn	Milk (WM, SM, SOY) Inside Out Ravioli Pears Peas	Milk (WM, SM, SOY) Grilled Ham & Cheese Sandwich (WG) Tomato Soup Carrots	Milk (WM, SM, SOY) Beef & Noodle Casserole Broccoli Fruit Cocktail	Milk (WM, SM, SOY) Hamburger on a Bun Baked Beans Green Beans
PM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	Water Pretzels Apples Fruit Dip	Water Cheese Sticks Club Crackers	100% Juice Cheerio Trail Mix (HM)	Milk (WM SM SOY) Graham Crackers	100% Juice Wheat Thins (WG)
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: