

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

Center name/site number

Month and Year **October 2019**



Revised March 2017

Meal Patterns	Monday Date 10/14/19	Tuesday Date 10/15/19	Wednesday Date 10/16/19	Thursday Date 10/17/19	Friday Date 10/18/19
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) Oatmeal Blueberries	Milk (WM, SM, SOY) Cereal (WG) Bananas	Milk (WM, SM, SOY) Scrambles eggs Hash browns	Milk (WM, SM, SOY) Applesauce Bread (HM) 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 Applesauce Cheese Nips (WG)	Water Black bean salsa (HM) Tortilla chips (WG)	Water Yogurt Granola (WG)	Water Cottage Cheese Pineapple
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	Milk (WM, SM, SOY) Chicken Ala King Biscuits Peas Mandarin Oranges	Milk (WM, SM, SOY) Scalloped Potatoes & Ham Corn Peaches	Milk (WM, SM, SOY) Meatloaf Pears Mashed potatoes	Milk (WM, SM, SOY) Baked Ziti Broccoli Applesauce	Milk (WM, SM, SOY) Ham & Cheese Sandwich(WG) Carrots 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 Pretzels Apples	Wheat thins (WG) 100% Juice	Water Pickles Ritz crackers	Chex Mix (HM) 100% Juice	Milk (WM, SM, SOY) Graham Crackers
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: