

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

Center name/site number Sunrise Child Care

October 2020



Revised March 2017

Meal Patterns	Monday Date 10/19/20	Tuesday Date 10/20/20	Wednesday Date 10/21/20	Thursday Date 10/22/20	Friday Date 10/23/20
<b>Breakfast</b> <ul style="list-style-type: none"> <li>Grains, or meat/meat alternate (M/MA = no more than 3 times per week)</li> <li>Vegetables, Fruits or portions of both</li> <li>Fluid Milk</li> <li>Other Foods</li> </ul>	Milk (WM, SM, LM) Cereal (WG) 100 percent juice	Milk (WM, SM, LM) English muffins Bananas	Milk (WM, SM, LM) Malt-o-Meal Blueberries	Milk (WM, SM, LM) Cereal (WG) Strawberries	Milk (WM, SM, LM) Waffles Mixed fruit
<b>AM Snack</b> (Select two of these five components) <ul style="list-style-type: none"> <li>Fluid Milk</li> <li>Meat or meat alternate</li> <li>Vegetables</li> <li>Fruits</li> <li>Grains</li> </ul>	Wheat thins Oranges Water	Applesauce Cheez-its (WG) Water	Yogurt Granola (WG) Water	Animal crackers Milk (WM, SM, LM)	Cottage cheese Club crackers Water
<b>Lunch</b> <ul style="list-style-type: none"> <li>Fluid Milk</li> <li>Meat or meat alternate</li> <li>Vegetables</li> <li>Fruit/Vegetable</li> <li>Grains</li> <li>Other Foods</li> </ul>	Milk (WM, SM, LM) BBQ meatball subs on bun Potato wedges Apricots	Milk (WM, SM, LM) Egg salad on pita bread Cauliflower Grapes	Milk (WM, SM, LM) Cheeseburger pasta Broccoli Pears	Milk (WM, SM, LM) Sausage patty on bun Corn Mixed fruit	Milk (WM, SM, LM) Spaghetti cabanara with ham Peaches Mixed vegetables
<b>PM Snack</b> (Select two of these five components) <ul style="list-style-type: none"> <li>Fluid Milk</li> <li>Meat or meat alternate</li> <li>Vegetables</li> <li>Fruits</li> <li>Grains</li> </ul>	Teddy grahams Milk (WM, SM, LM)	Apples Pretzels Water	Graham crackers Milk (WM, SM, LM)	Cheerio trail mix w/marshmallows 100 percent juice	Cheese sticks Ritz crackers
<b>Supper</b> <ul style="list-style-type: none"> <li>Fluid Milk</li> <li>Meat or meat alternate</li> <li>Vegetables</li> <li>Fruit/Vegetable</li> <li>Grains</li> <li>Other Foods</li> </ul>					

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: