

# 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>21</u>	Tuesday Date <u>22</u>	Wednesday Date <u>23</u>	Thursday Date <u>24</u>	Friday Date <u>25</u>
<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, SOY) Cereal(WG) Strawberries	Milk (WM, SM, SOY) Cream of Wheat Peaches	Milk (WM, SM, SOY) Waffles Bananas	Milk (WM, SM, SOY) Hard Boiled Eggs Hashbrowns	Milk (WM, SM, SOY) Banana Chocolate Chip Bread(HM) 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>	Milk (WM SM SOY) Animal Crackers	Water Cottage Cheese Ritz Crackers	100% Juice Wheat Thins (WG)	Water Humus Pita Chips	Milk (WM SM SOY) Graham Crackers
<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, SOY) Upside Down Pizza Peas Pears	Milk (WM, SM, SOY) BBQ Chicken Sandwiches (WG) Mashed Potatoes Green Beans	Milk (WM, SM, SOY) Taco Salad Tortilla Chips (WG) Fruit Cocktail	Milk (WM, SM, SOY) Ham & Bologna Sandwiches (WG) Carrots Mandarin Oranges	Milk (WM, SM, SOY) Chicken Noodle Soup Corn Peaches
<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>	Water Ranch Oyster Crackers Oranges	100% Juice Cheerio Trail Mix (HM)	Water Applesauce Cheese Crackers	Water Pretzels Apples	Water Cheese Club 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: