

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

Center name/site number Sunrise Child Care

Month and Year November 2019

Revised March 2017



Meal Patterns	Monday Date <u>4</u>	Tuesday Date <u>5</u>	Wednesday Date <u>6</u>	Thursday Date <u>7</u>	Friday Date <u>8</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 Blueberries	Milk (WM, SM, SOY) Bagels (WG) Bananas	Milk (WM, SM, SOY) Hard Boiled Eggs Hash browns	Milk (WM, SM, SOY) Banana 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 Yogurt Granola (WG)	Water Cottage Cheese Ritz Crackers	Water Humus (HM) Pita Chips	Water Applesauce 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) Spaghetti Bread Sticks Corn Mandarin Oranges	Milk (WM, SM, SOY) Sausage Gravy on a Biscuit Peas Grapes	Milk (WM, SM, SOY) Ham Mac & Cheese Fruit Cocktail Green Beans	Milk (WM, SM, SOY) Ham & Bologna Sandwiches (WG) Pears Broccoli	Milk (WM, SM, SOY) Tator Tot Taco Bake Tortilla Chips (WG) Peaches Sour Cream
<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 Applesauce Cheese Crackers	Water Black Bean Salsa Tortilla Chips (WG)	Water Cheerio Trail Mix Apples	Water Cheese Club Crackers	100% Juice Wheat Thins (WG)
<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: