

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

Center name/site number Sunrise Child Care

Month and Year November 2020



Revised March 2017

Meal Patterns	Monday Date <u>9</u>	Tuesday Date <u>10</u>	Wednesday Date <u>11</u>	Thursday Date <u>12</u>	Friday Date <u>13</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, LM) 100% Juice Cereal	Milk (WM, SM, LM) Bagels w/Cream Cheese Bananas	Milk (WM, SM, LM) Oatmeal Blueberries	Milk (WM, SM, LM) French Toast Sticks Strawberries	Milk (WM, SM, LM) Cereal 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 	Water Chez-Its Applesauce	Milk (WM,SM,LM) Scooby Graham Cracker Snacks	Water Yogurt Granola	Water Cottage Cheese Triscuits	Milk (WM,SM,LM) Animal Crackers
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	Milk (WM, SM, LM) Quesadilla Pizzas Broccoli Fruit Cocktail	Milk (WM, SM, LM) BBQ Chicken Breast on a bun Corn Mandarin Oranges	Milk (WM, SM, LM) Chicken Nuggets Mashed Potatoes Peaches	Milk (WM, SM, LM) Egg Salad on WW bread Peas Mixed Fruit	Milk (WM, SM, LM) Mac-n-Cheese Mixed Vegetables Pears
PM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	Water Apples Pretzels	Water Oranges Wheat Thins	100% Juice Rice Cakes	Milk (WM,SM,LM) Graham Crackers	Water Cheese Sticks Club 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: