

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

Center name/site number Sunrise Child Care

November 2019



Revised March 2017

Meal Patterns	Monday November 11, 2019	Tuesday November 12, 2019	Wednesday November 13, 2019	Thursday November 14, 20-19	Friday November 15, 2019
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 	Cereal (WG) Peaches Milk (WM, SM, SOY)	Oatmeal Blueberries Milk (WM, SM, SOY)	Waffles Bananas Milk (WM, SM, SOY)	Scrambled eggs Hashbrowns Milk (WM, SM, SOY)	Bread/muffins variety (HM) Mixed fruit Milk (WM, SM, SOY)
AM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	Animal crackers Milk (WM, SM, SOY)	Cottage cheese Ritz crackers Water	Yogurt Granola (WG) Water	Applesauce Cheese crackers Water	Humus (HM) Carrots/cucumbers Water
Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods 	Milk (WM, SM, SOY) Chicken bacon ranch pasta Bananas Broccoli	Milk (WM, SM, SOY) Cheeseburger tator tot casserole Green beans Bread and butter (WG)	Milk (WM, SM, SOY) Upside down pizza Peas Fruit cocktail	Milk (WM, SM, SOY) Meatloaf Tator tots Garlic bread Peaches	Milk (WM, SM, SOY) Ham and bologna sandwiches (WG) Corn Pears
PM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains 	Cheese Club crackers Water	Chex mix 100 percent juice	Pretzels Apples Water	Wheat thins (WG) Oranges Water	Graham crackers Milk (WM, SM, SOY)
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: