

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

Center name/site number Sunrise Child Care

Month and Year December 2019



Revised March 2017

Meal Patterns	Monday Date <u>2</u>	Tuesday Date <u>3</u>	Wednesday Date <u>4</u>	Thursday Date <u>5</u>	Friday Date <u>6</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) Pears	Milk (WM, SM, SOY) Cream of Wheat Strawberries	Milk (WM, SM, SOY) Waffles Blueberries	Milk (WM, SM, SOY) Hardboiled Eggs Hashbrowns	Milk (WM, SM, SOY) Banana Bread 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 Black Bean Salsa Tortilla Chips	Water Cottage Cheese Ritz Crackers	Water Humus (HM) Carrots
<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 Mixed Vegetables Mandarin Oranges	Milk (WM, SM, SOY) Ham & Rice Green Beans Tator Tots	Milk (WM, SM, SOY) Chicken Nuggets Mashed Potatoes Bread (WG) & Butter Fruit Cocktail	Milk (WM, SM, SOY) Cheesy Turkey Noodles Bread Sticks (WG) Corn Grapes	Milk (WM, SM, SOY) Beef Bengotti Broccoli 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 Pretzels Apples	Water Wheat Thins (WG) Bananas	100% Juice Trail Mix	Water Graham Crackers Cheese	Water Cheese Crackers (WG) Applesauce
<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: