

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>30</u> | Tuesday Date <u>31</u> | Wednesday Date <u>1</u> | Thursday Date <u>2</u> | Friday Date <u>3</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, SOY) Cereal (WG) Strawberries | Milk (WM, SM, SOY) Baked Pancakes Bananas | Closed | Milk (WM, SM, SOY) Cream of Wheat Blueberries | Milk (WM, SM, SOY) Banana Bread (HM) 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 | Milk (WM, SM, SOY) Animal Crackers | Milk (WM, SM, SOY) Graham Crackers | | Water Yogurt Granola (WG) | Water Humus (HM) Pita Chips |
| Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruit/Vegetable Grains Other Foods | Milk (WM, SM, SOY) Cheesy Taco Pasta Peaches Peas | Milk (WM, SM, SOY) Ham & Bologna Sandwiches (WG) Pears Broccoli | Closed | Milk (WM, SM, SOY) Chicken Alfredo Green Beans Fruit Cocktail | Milk (WM, SM, SOY) Meatballs Corn Dinner Rolls (WG) Mandarin Oranges |
| PM Snack (Select two of these five components) <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits Grains | 100% Juice Trail Mix | Close @2:30 | | Water Cheese Crackers Applesauce | Water Cheese 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: