

Menu Ideas for NC CACFP Child Meal Service with Limited Food Options

Fruits	Vegetables	Meat/Meat Alternates	Grains
<u>Canned</u> Apricots Fruit Cocktail Grapefruit Mandarin oranges Melon Medley Mixed Fruit Peaches Pears Pineapple Tropical Fruit <u>Other</u> Applesauce Berries Craisins Dried apricots Fruit cups Raisins 100% Fruit juices <u>Portable Fresh Fruits</u> Apples Bananas Oranges Peaches Pears	<u>Canned</u> Asparagus Beets Carrots Collards Corn Green Beans Mixed Vegetables Mushrooms Peas Pumpkin Spinach Sweet Potatoes Tomatoes (diced, sauce) <u>Other</u> 100% Vegetable Juices <u>Easy Prep</u> <u>Fresh</u> <u>Vegetables</u> Cucumber Potatoes Salad greens Squash Sweet Potatoes Tomatoes	Baked Beans Black Beans Black Eyed Peas Canned Chicken Canned Chili Canned Salmon Canned Tuna Canned Turkey Cheese Cheese Sticks Chickpeas Deli Meat Eggs Hummus Kidney Beans Lentils Nuts Nut butters (peanut butter, almond butter, etc.) Pinto Beans Refried Beans Soy butter Sunflower butter White Beans (Cannellini, Navy, etc.) Yogurt**	Animal Crackers Bagels Bread Cereals (Cheerios, Kix, etc.)* Crackers (Triscuits, Wheat Thins, etc.) Cracker packs (Toast-Chee, Lance, etc.) English Muffins Goldfish Granola* Graham Crackers Grits Muffins Oatmeal Pancakes Pita Bread Pita Chips Pretzels Quinoa Rice Sun Chips Tortillas Tortilla Chips Trail Mix Waffles

*Please ensure that all cereals (including granola) meet the requirement of containing 6g sugar or less per ounce. For a list of healthier cereal choices, see our tip sheet called "Healthy Cereal Choices for Use in the CACFP."

**Please ensure that all yogurts meet the requirement of containing 23g sugar or less per 6 ounce serving.

Please note the following:

- This is not meant to be an all-inclusive list.
- If you have access to fresh, whole fruits/vegetables, we encourage you to serve these items. Due to their perishability, prioritize serving fresh vegetables and fruits before serving canned varieties.
- Note that canned meat and beans can be flavored with seasoning packets and dressings.
- If available, jellies and jams can be offered as meal enhancements.

The menu below is meant to provide a SAMPLE menu based on utilizing items in the above list. Please note that you may make substitutions based on what is available to your facility.

Child Menu

Instructions:

To start, enter your Institution Name and Agreement Number. Then enter the week's Month and Year. Then enter a Monday start date. You can start your menu item entries on any day of the week.

CACFP Agreement Number

Institution Name:

Month and Year:



Date:		Monday	Tuesday	Wednesday	Thursday	Friday
Food Group	Breakfast	Fluid Milk ¹				
		Vegetable /Fruit ²				
		Grains³				
		Meat/MeatAlternates (Optional substitute for grains ≤3x/week)				
		Fluid Milk ¹				
Lunch / Supper		Vegetable ²				
		Vegetable /Fruit ²				
		Grains³				
		Meat/ Meat Alternates				
		Fluid Milk ¹				
Snack	Choose Two Food Groups for Snack	Fluid Milk ¹				
		Vegetable ²				
		Fruit ²				
		Grains³				
		Meat/ Meat Alternates				
		a.m.	p.m.			

¹**Fluid Milk:** **1 year old:** Unflavored whole milk; **2-5 years old:** Unflavored fat-free (skim) or unflavored low-fat (1%) milk; **6 years and older:** Unflavored fat-free (skim) or unflavored low-fat (1%) milk, flavored fat-free (skim) or low-fat (1%) milk. **Breastmilk** may substitute for cow's milk at any age. **Non-dairy beverages** may be served with appropriate documentation.

²**Juice,** if served, is pasteurized full-strength (100%) juice.

³**WG, WW, and WGR** indicate whole grain-rich foods.

This institution is an equal opportunity provider.