

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

Fruits	Vegetables	Meat/Meat Alternates	Grains
<u>Canned</u> Apricots Grapefruit Fruit Cocktail Mandarin Oranges Melon Medley Mixed Fruit Peaches Pears Pineapple Tropical Fruit <u>Other</u> Applesauce Craisins Dried Apricots Fruit cups Raisins 100% Fruit Juices <u>Portable</u> <u>Fresh Fruits</u> 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> Potatoes Salad greens Squash Sweet Potatoes	Baked Beans Black Beans Black Eyed Peas Canned Chicken Canned Chili Canned Salmon Canned Tuna Canned Turkey Cheese Chickpeas 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 (Ritz, Saltines, etc.) Cracker packs (Toast-Chee, Lance, etc.) English Muffins Goldfish Graham Crackers Grits Muffins Oatmeal Pancakes Pasta Pita (soft) Quinoa Rice Tortillas 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, [click here](#).

**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 exhaustive 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.
- Seasoning tip for 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.

**North Carolina Child and Adult Care Food Program
Adult Weekly Menu Planning Tool**

Facility/Center Name:							
Meal Type	Meal Component	Minimum Serving Size	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Fluid Milk ^{1,2}	8 fl. oz. (1 cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit ³	½ cup	Pineapple	Mandarin Oranges	Pears	Peaches	Banana
	Meat/Alternate ²	2 oz.		Hard Boiled Eggs			
	Grains ⁴	2 slices, 1-1/2 c. dry cereal, or 1 c. cooked grain/noodle	Cheerios		Oatmeal	Kix	Muffins
LUNCH/SUPPER	Fluid Milk ^{1,2}	8 fl. oz. (1 cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable ³	½ cup	Green Beans	Corn	Green Peas	Beets	Baked Sweet Potato
	Vegetable/Fruit ³	½ cup	Applesauce	Salsa	Craisins	Pears	Fruit Cup
	Meat/Alternate ²	2 oz.	Canned Tuna	Black Beans	Canned Chicken	Canned Turkey	Pinto Beans
	Grains ⁴	2 slices, 1-1/2 c. dry cereal, or 1 c. cooked grain/noodle	Soft Pita	WW Tortillas	Ritz Crackers	WG Bread	Tortillas
SNACK- CHOOSE 2	Fluid Milk ^{1,2}	8 fl. oz. (1 cup)	Milk				
	Vegetable ³	½ cup					
	Fruit ³	½ cup		Strawberries	100% Apple Juice		
	Meat/Alternate ²	1 oz.		Yogurt		Cheese	Peanut Butter/Alt. Sunflower Butter
	Grains ⁴	1 slice, ¾ dry, or ½ c. cooked grain/noodle	Graham Crackers		Goldfish	Crackers	WW Bread

¹**Fluid Milk:** Unflavored or flavored skim (fat-free) or low-fat (1%) milk is served at breakfast and lunch. **Non-dairy beverages** may be served with appropriate documentation.
²**Yogurt** may be substituted for milk once per day. 6 ounces yogurt = 8 ounces milk. ³**Juice**, if served, is pasteurized full-strength (100%) juice. ⁴**WG, WW, and WGR** indicate whole grain-rich foods.