

CACFP Menu with Best Practices



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast <ul style="list-style-type: none"> Milk Vegetable, Fruit, or Both Grains Meat/Meat Alternate Sub for Grains (up to 3x/week) 	<ul style="list-style-type: none"> 1% or Skim Milk Pear Slice Banana Bread Squares 	<ul style="list-style-type: none"> 1% or Skim Milk Raspberries Cheerios 	<ul style="list-style-type: none"> 1% or Skim Milk Crazy Clementine Oatmeal 	<ul style="list-style-type: none"> 1% or Skim Milk Blueberries Frosted Mini-Wheat Cereal 	<ul style="list-style-type: none"> 1% or Skim Milk Snazzy Sliced Peaches Scrambled Eggs
Snack (2 of 5) <ul style="list-style-type: none"> Milk Meat and Meat Alternate Vegetables Fruit Grains (Provide water to drink)	<ul style="list-style-type: none"> Fresh Pear Triscuit Crackers 	Banana Stack: <ul style="list-style-type: none"> Banana Slice, Whole Grain Crackers Lowfat Cream Cheese 	<ul style="list-style-type: none"> Lowfat Cottage Cheese Strawberries 	<ul style="list-style-type: none"> Black Bean Hummus Fresh Baby Carrots and Broccoli Trees 	Paint A Face: <ul style="list-style-type: none"> Plain Yogurt Whole Grain Tortilla Garnish with grapes and raisins
Lunch <ul style="list-style-type: none"> Milk Meat or Meat Alternate Vegetables Fruit Grains 	<ul style="list-style-type: none"> 1% or Skim Milk Beef Goulash X-Ray Vision Carrots Kiwi Slices 	<ul style="list-style-type: none"> 1% or Skim Milk Bean Burrito Bowl Mexicali Corn Glamorous Grapes 	<ul style="list-style-type: none"> 1% or Skim Milk Chicken Stir-Fry Brown Rice Honeydew 	<ul style="list-style-type: none"> 1% or Skim Milk Salmon Patties Broccoli Salad Orange Slices Whole Grain Pita Bread 	<ul style="list-style-type: none"> 1% or Skim Milk Minestrone Soup String Cheese Celery Sticks Watermelon Cornbread
Snack (2 of 5) <ul style="list-style-type: none"> Milk Meat and Meat Alternate Vegetables Fruit Grains (Provide water to drink)	<ul style="list-style-type: none"> Mandarin Oranges Whole Grain Mini Bagel 	<ul style="list-style-type: none"> Mozzarella String Cheese Tomato Slices 	<ul style="list-style-type: none"> Red Pepper Strips Gone Fishing: <ul style="list-style-type: none"> Plain Yogurt Fish Crackers and Pretzel Sticks (dip pretzel stick in yogurt to pick up fish crackers)	<ul style="list-style-type: none"> Apple Smiles Pumpkin Muffin Squares 	<ul style="list-style-type: none"> Zucchini Sticks with Red Sauce Natural Cheddar Cheese

[Use the CACFP Meal Pattern to Determine Serving Sizes](#)

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast <ul style="list-style-type: none"> Milk Vegetable, Fruit, or Both Grains Meat/Meat Alternate Sub for Grains (up to 3x/week)	<ul style="list-style-type: none"> 1% or Skim Milk Kiwi Whole Grain English Muffin 	<ul style="list-style-type: none"> 1% or Skim Milk Blueberries Hard Boiled Egg 	<ul style="list-style-type: none"> 1% or Skim Milk Frozen Strawberries Whole Grain Waffle (Use strawberries to top waffle as an alternative to syrup)	<ul style="list-style-type: none"> 1% or Skim Milk Bodacious Banana Total Cereal 	<ul style="list-style-type: none"> 1% or Skim Milk Applesauce Whole Grain French Toast Sticks (Use applesauce to top French toast as an alternative to syrup)
Snack (2 of 5) <ul style="list-style-type: none"> Milk Meat and Meat Alternatives Vegetables Fruit Grains (Provide water to drink)	<ul style="list-style-type: none"> Red Grapes Oatmeal Muffin Squares 	<ul style="list-style-type: none"> Sweet Strawberries Pancakes 	<ul style="list-style-type: none"> Apple Slices Whole Grain Goldfish Crackers 	Avocado Smile: <ul style="list-style-type: none"> Avocado Slice Grape Tomatoes Whole Grain Tortilla Lowfat Cream Cheese 	<ul style="list-style-type: none"> Plain Yogurt Fresh Berries
Lunch <ul style="list-style-type: none"> Milk Meat or Meat Alternate Vegetables Fruit Grains 	<ul style="list-style-type: none"> 1% or Skim Milk Taco Salad Wrap Fresh Orange 	<ul style="list-style-type: none"> 1% or Skim Milk Chicken and Noodles Peas Watermelon 	<ul style="list-style-type: none"> 1% or Skim Milk Chili Con Carne With Beans Celery Sticks Perky Pear Halves Whole Wheat Crackers 	<ul style="list-style-type: none"> 1% or Skim Milk Pizza Cup with Ground Pork Topping Hummus Carrot Sticks Fresh Pears 	<ul style="list-style-type: none"> 1% or Skim Milk Macaroni and Cheese String Cheese Get Big Green Beans Plump Plum
Snack (2 of 5) <ul style="list-style-type: none"> Milk Meat and Meat Alternatives Vegetables Fruit Grains (Provide water to drink)	<ul style="list-style-type: none"> Natural Cheddar Cheese Cantaloupe 	<ul style="list-style-type: none"> Fruit Salsa Whole Grain Pita Wedges 	<ul style="list-style-type: none"> Creamy Dip Cucumber Slices, Carrot Sticks, and Whole Wheat Triscuits 	<ul style="list-style-type: none"> Amazing Apple Circles Pretzel Sticks (core apples and cut circle slices)	<ul style="list-style-type: none"> Kiwi Cottage Cheese

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast <ul style="list-style-type: none"> Milk Vegetable, Fruit, or Both Grains Meat/Meat Alternate Sub for Grains (up to 3x/week)	<ul style="list-style-type: none"> 1% or Skim Milk Orange Slices Whole Wheat Toast 	<ul style="list-style-type: none"> 1% or Skim Milk Mixed Berries Cheerios 	<ul style="list-style-type: none"> 1% or Skim Milk Red Apple Whole Grain Bagel Lowfat Cream Cheese 	<ul style="list-style-type: none"> 1% or Skim Milk Succulent Strawberries Oatmeal 	<ul style="list-style-type: none"> 1% or Skim Milk Grapefruit Whole Wheat English Muffin Scrambled Eggs
Snack (2 of 5) <ul style="list-style-type: none"> Milk Meat and Meat Alternate Vegetables Fruit Grains (Provide water to drink)	<ul style="list-style-type: none"> Pico de Gallo Whole Grain Tortilla Chips 	<ul style="list-style-type: none"> Cottage Cheese Perfect Peaches 	<ul style="list-style-type: none"> Plain Yogurt Frozen Berries 	<ul style="list-style-type: none"> Mozzarella String Cheese Mandarin Oranges 	<ul style="list-style-type: none"> Sun Nut Butter Apple Slices
Lunch <ul style="list-style-type: none"> Milk Meat or Meat Alternate Vegetables Fruit Grains 	<ul style="list-style-type: none"> 1% or Skim Milk Spaghetti and Meat Sauce Carrot Sticks Apricot Halves 	<ul style="list-style-type: none"> 1% or Skim Milk Arroz Con Pollo with Brown Rice Creamed Corn Cutie Clementine 	Hand Warmer: <ul style="list-style-type: none"> 1% or Skim Milk Grated Cheese Broccoli/ Cauliflower Baked Potato Cottage Cheese Chilled Pear Slices Cornbread 	<ul style="list-style-type: none"> 1% or Skim Milk Harvest Stew Apricots Whole Grain Pita Bread 	<ul style="list-style-type: none"> 1% or Skim Milk Oven-Roasted Tilapia With Coleslaw Honeydew Whole Grain Roll
Snack (2 of 5) <ul style="list-style-type: none"> Milk Meat and Meat Alternate Vegetables Fruit Grains (Provide water to drink)	<ul style="list-style-type: none"> String Cheese Fresh Strawberries 	Mouse Faces: <ul style="list-style-type: none"> Lowfat Yogurt Raisins (eyes) Apple Slice (smile) Banana (nose & ears) Whole Grain Tortilla 	<ul style="list-style-type: none"> Hummus Red and Green Pepper Strips 	<ul style="list-style-type: none"> Kiwi Wedges Whole Grain Mini Bagel Light Cream Cheese 	<ul style="list-style-type: none"> Yogurt Banana Slices

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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast <ul style="list-style-type: none"> • Milk • Vegetable, Fruit, or Both • Grains • Meat/Meat Alternate Sub for Grains (up to 3x/week)	<ul style="list-style-type: none"> • 1% or Skim Milk • Applesauce • Breakfast Muffins 	<ul style="list-style-type: none"> • 1% or Skim Milk • Raspberries • Plain Yogurt 	<ul style="list-style-type: none"> • 1% or Skim Milk • Banana • Egg on Whole Wheat English Muffin 	<ul style="list-style-type: none"> • 1% or Skim Milk • Apricot Halves • Whole Grain Mini Bagel • Light Cream Cheese 	<ul style="list-style-type: none"> • 1% or Skim Milk • Orange Slices • Life Cereal
Snack (2 of 5) <ul style="list-style-type: none"> • Milk • Meat and Meat Alternate • Vegetables • Fruit • Grains (Provide water to drink)	<ul style="list-style-type: none"> • Sweet Strawberries • Triscuit Crackers 	<ul style="list-style-type: none"> • Natural Colby Jack Cheese • Fabulous Fresh Grapes 	<ul style="list-style-type: none"> • Creamy Dip for Fresh Vegetables • Baby Carrots and Broccoli Trees • Red Apple Slices 	<ul style="list-style-type: none"> • Black Bean Hummus • Snow Peas 	<ul style="list-style-type: none"> • Pineapple • Whole Grain Goldfish Crackers
Lunch <ul style="list-style-type: none"> • Milk • Meat or Meat Alternate • Vegetables • Fruit • Grains 	<ul style="list-style-type: none"> • 1% or Skim Milk • Chicken Fajitas with Whole Grain Tortilla • Peas • Fresh Blueberries 	<ul style="list-style-type: none"> • 1% or Skim Milk • Bean Soup • Broccoli Salad • String Cheese • Orange Smiles • Whole Wheat Roll 	<ul style="list-style-type: none"> • 1% or Skim Milk • Barbecued Chicken • Brown Rice • Cucumber Slices • Applesauce 	<ul style="list-style-type: none"> • 1% or Skim Milk • Roasted Fish Crispy Slaw Wrap • Red Pepper Strips • Kiwi 	<ul style="list-style-type: none"> • 1% or Skim Milk • Hamburger • Baked Sweet Potatoes • Lettuce and Tomato Slices • Magnificent Mango • Whole Grain Bun
Snack (2 of 5) <ul style="list-style-type: none"> • Milk • Meat and Meat Alternate • Vegetables • Fruit • Grains (Provide water to drink)	<ul style="list-style-type: none"> • Cottage Cheese • Peaches 	<ul style="list-style-type: none"> • Mango Smoothie Bowl 	<ul style="list-style-type: none"> • Mozzarella String Cheese • Pineapple 	<ul style="list-style-type: none"> • Vanilla Yogurt with Cinnamon • Green Apple Slices 	<ul style="list-style-type: none"> • Apple Juice • Whole Grain English Muffin

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Greater Variety of Vegetables and Fruits

- There is a separate vegetable component and a separate fruit component at lunch and snack: and
- Juice is limited to once per day.
- *Best Practices:*
 - *Make at least 1 of the 2 required components of a snack a vegetable or fruit.*
 - *Serving a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more than juice.*
 - *Provide at least one serving each of [dark green vegetables](#), [red and orange vegetables](#), [beans and peas \(legumes\)](#), [starchy vegetables](#), and [other vegetables](#) once per week.*
 - *Incorporate seasonal and locally produced foods into meals.*

More Whole Grains

- At least one serving of grains per day must be whole grain-rich;
- Grain-based desserts no longer count towards the grain component; and
- [Ounce equivalents \(oz. eq.\) are used to determine the amount of creditable grains.](#)
- *Best Practice: Provide at least two servings of whole grain-rich grains per day.*

More Protein Options

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- Tofu and tempeh count as meat alternates.
- *Best Practices*
 - *Serve only lean meats, nuts, and legumes.*
 - *Limit serving processed meats to no more than one serving per week.*
 - *Serve only natural cheeses and choose low-fat or reduced fat-cheeses.*

Less Added Sugar

- Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce. [All Iowa WIC Approved Cereals are creditable.](#)
- *Best Practice: Avoid serving non-creditable foods that are sources of added sugars, such as sweet toppings (e.g. honey, jam, and syrup), mix-in ingredients sold with yogurt, and sugar-sweetened beverages (e.g. fruit drinks or sodas).*

Making Every Sip Count

- Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored or flavored low-fat or fat-free milk must be served to children 6 years and older and adults; and
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs.
- *Best Practices:*
 - *Serve only unflavored milk to all participants.*
 - *If flavored milk is provided (6 years and older), only serve flavored milk that contains no more than 22 grams of sugar/8oz.*

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