

CACFP Meal Pattern 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 Slices <u>Banana Muffin</u> 	<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 w/Lowfat Cream Cheese 	<ul style="list-style-type: none"> Lowfat Cottage Cheese Strawberries 	<ul style="list-style-type: none"> <u>Hummus</u> Fresh Baby Carrots and Broccoli Trees 	Paint A Face: <ul style="list-style-type: none"> Plain Yogurt Whole Grain Tortilla (Garnish with cereal, 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 <u>Meat Lasagna</u> X-Ray Vision Carrots Kiwi Slices 	<ul style="list-style-type: none"> 1% or Skim Milk <u>Bean Burrito</u> <u>Mexicali Corn</u> Glamorous Grapes Whole Grain Tortilla 	<ul style="list-style-type: none"> 1% or Skim Milk <u>Chicken Stir-Fry</u> Honeydew Brown Rice 	<ul style="list-style-type: none"> 1% or Skim Milk <u>Tuna Salad Sandwich</u> Broccoli Salad Orange Slices Whole Grain Pita Bread 	<ul style="list-style-type: none"> 1% or Skim Milk <u>Beef-Vegetable Stew</u> Celery Sticks Watermelon Corn Muffins
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 	Gone Fishing: <ul style="list-style-type: none"> Plain Yogurt Fish Crackers and Pretzel Sticks (children dip pretzel stick in yogurt to pick up fish crackers)	<ul style="list-style-type: none"> Apple Smiles <u>Banana Bread Squares</u> 	<ul style="list-style-type: none"> <u>Bean Dip</u> Whole Grain Tortilla Chips

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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 <p>(Use strawberries to top waffle as an alternative to syrup)</p>	<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 <p>(Use applesauce to top french toast as an alternative to syrup)</p>
Snack (2 of 5) <ul style="list-style-type: none"> • Milk • Meat and Meat Alternatives • Vegetables • Fruit • Grains <p>(Provide water to drink)</p>	<ul style="list-style-type: none"> • Red Grapes • <u>Oatmeal Muffin Square</u> 	<ul style="list-style-type: none"> • Sweet Strawberries • Whole Grain • <u>Oven Baked Pancakes</u> 	<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 • <u>Bean Taco w/ Shredded Romaine Lettuce</u> • Chopped Tomato • Fresh Orange • Whole Grain • Corn Tortilla 	<ul style="list-style-type: none"> • 1% or Skim Milk • <u>Oven Baked Parmesan Chicken</u> • Peas • Watermelon • <u>Cornbread</u> 	<ul style="list-style-type: none"> • 1% or Skim Milk • <u>Chili Con Carne with Beans</u> • Celery Sticks • Perky Pear Halves • Whole Wheat Crackers 	<ul style="list-style-type: none"> • 1% or Skim Milk • <u>Egg Salad</u> • Get Big Green Beans • Apricots • Whole Grain Pita Bread 	<ul style="list-style-type: none"> • 1% or Skim Milk • <u>Fish Nuggets</u> • Baked Sweet Potato • Plump Plum • Whole Grain Corn Tortilla
Snack (2 of 5) <ul style="list-style-type: none"> • Milk • Meat and Meat Alternatives • Vegetables • Fruit • Grains <p>(Provide water to drink)</p>	<ul style="list-style-type: none"> • Natural Cheddar Cheese • Cantaloupe 	<ul style="list-style-type: none"> • <u>Black Bean Hummus</u> • Whole Grain Pita Wedges 	<ul style="list-style-type: none"> • <u>Creamy Dip</u> • Cucumber Slices, Carrot Sticks, and Whole Wheat Triscuits 	<ul style="list-style-type: none"> • Amazing Apple Circles • Pretzel Sticks <p>(core apples and cut circle slices)</p>	<ul style="list-style-type: none"> • String Cheese • Kiwi

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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 Corn Taco Shell • <u>Excellent Egg Taco</u> • Salsa
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"> • <u>Bean Dip</u> • 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 • <u>Spaghetti and Meat Sauce</u> • Broccoli • Apricot Halves 	<ul style="list-style-type: none"> • 1% or Skim Milk • <u>Sweet and Sassy Chicken</u> • Creamed Corn • Cutie Clementine • Brown Rice 	Hand Warmer: <ul style="list-style-type: none"> • 1% or Skim Milk • Grated Cheese • Broccoli/Cauliflower • <u>Quick Baked Potato</u> • Chilled Pear Slices • <u>Whole Wheat Roll</u> 	<ul style="list-style-type: none"> • 1% or Skim Milk • <u>Baked Scrambled Eggs</u> • <u>Oven Fries</u> • Honeydew • Whole Grain Pancakes 	<ul style="list-style-type: none"> • 1% or Skim • <u>Bean Burrito Bowl</u> with Brown Rice • Carrot Sticks • Fresh Pears
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"> • <u>Hummus</u> • 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 • <u>Blueberry Muffin Squares</u> 	<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 Grain English Muffin 	<ul style="list-style-type: none"> • 1% or Skim Milk • Apricot Halves • <u>Baked French Toast Strips</u> 	<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"> • <u>Dip for Fresh Vegetables</u> • Baby Carrots and Broccoli Trees • Pretzel Sticks 	<ul style="list-style-type: none"> • <u>Black Bean Hummus</u> • 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 • <u>Bean Soup</u> • <u>Broccoli Salad</u> • Orange Smiles • <u>Whole Wheat Roll</u> 	<ul style="list-style-type: none"> • 1% or Skim Milk • <u>New Macaroni and Cheese</u> • Hard Boiled Egg • Carrot Sticks • Fresh Blueberries 	<ul style="list-style-type: none"> • 1% or Skim Milk • <u>Oven Fried Chicken</u> • Cucumber Slices • Applesauce • Brown Rice 	<ul style="list-style-type: none"> • 1% or Skim Milk • <u>Tuna Melt</u> • Red Pepper Strips • Kiwi • Whole Grain English Muffin 	<ul style="list-style-type: none"> • 1% or Skim • Hamburger • <u>Baked Beans</u> • 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"> • <u>Salsa</u> • Whole Grain Tortilla Chips 	<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 Mini Bagel w/ light cream cheese

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Greater Variety of Vegetables and Fruits

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; 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 (starting October 1, 2019).
- *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 counts as a meat alternate.
- *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, 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 low-fat, unflavored fat-free, or flavored 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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