

Institution Name:

Agreement #:

NC CACFP Seasonal Menus—FALL



Fall—Week 1	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern					
RECIPES & LINKS					
Vegetable, fruit or both	Pear Slices ^{NC}	Blueberries	Bananas	Apple Slices ^{NC}	Diced Peaches ^{NC}
Meat /Meat Alternate* (optional)	Yogurt		Peanut Butter		Low Fat Cheddar Cheese
Grains/Breads	Granola Cereal	WG French Toast	WG Mini Bagel	Cinnamon Oatmeal	Grits
Fluid Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **
Other Foods (optional)					
Lunch or Supper Meal Pattern					
RECIPES & LINKS	<u>Mac & Cheese</u>	<u>Chicken Burrito</u> <u>Low Fat Dressing</u>	Pork Chops	<u>Porcupine Sliders</u>	Sweet Potato ^{NC} w/ Beans & Cheese
Vegetable	Collards ^{NC}	Romaine & Tomatoes	Steamed Broccoli ^{NC}	Lettuce, Tomato ^{NC} , Carrots	Sweet Potato ^{NC} , Corn
Fruit	Red Grape Halves ^{NC}	Peaches ^{NC}	Pineapple Tidbits	Kiwi	Apple Slices ^{NC}
Meat / Meat Alternate*	Cheese	Chicken	Pork Chops	Turkey	Beans and Cheese
Grains/Breads	WG Macaroni	WG Tortilla	Brown Rice	Mini-WG Rolls	WG Tortilla Chips
Fluid Milk**	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **
Other Foods (optional)		Low-Fat Dressing			Salsa
Snack Pattern					
RECIPES & LINKS				<u>Muscle Mix</u>	
Vegetable	Celery Sticks			Cherry Tomato Halves ^{NC}	
Fruit			Blackberry/Raspberry ^{NC} Mix	Raisins	Orange Slices
Meat / Meat Alternate*	Sunflower Seed Butter	String Cheese	Cheese Cubes	Sunflower Seeds	
Grains/Breads		Pretzel Sticks	WG Crackers	Oats	Wheat Thins®
Fluid Milk**					

Orange = Vitamin A

Green = Vitamin C

Purple = Vitamin A & C

NC = Seasonal NC Produce

***Meat or Meat Alternate:** Can be served in place of grain/breads up to 3 times per week at breakfast

****Milk: 1 year old:** Unflavored whole Milk; **2-5 yr old:** unflavored skim or 1% low-fat Milk; **6 yr old and older:** unflavored skim or 1% low-fat Milk; flavored skim/fat-free Milk; Regulations state that **Milk substitutes** are provided to participants with medical or special dietary needs, with appropriate documentation.

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Fall—Week 2	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern					
RECIPES & LINKS	<u>Scrambled Eggs</u>				
Vegetable, fruit or both	Apples ^{NC}	Orange Wedges	Raspberries ^{NC}	Red Grapes, Sliced ^{NC}	Pear Halves ^{NC}
Meat /Meat Alternate* (optional)	Scrambled Eggs			Sunflower Seed Butter	Yogurt
Grains/Breads	WG Toast	Bite Sized Frosted Shredded Wheat [©]	WG Pancakes	WW English Muffin	Honey Bunches of Oats WG Honey Crunch [©]
Fluid Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **
Other Foods (optional)	Jelly			Jelly	
Lunch or Supper Meal Pattern					
RECIPES & LINKS	<u>Quick Quesadilla Salad Dressing</u>	<u>Veggie Tuna Melt Sandwich</u>	<u>Turkey Meatloaf Local Harvest Bake^{NC} Cornbread</u>	<u>Baked Skinless Seasoned Chicken Salad Dressing</u>	<u>Crunchy Hawaiian Chicken Wrap</u>
Vegetable	Cherry Tomato & Cucumber	Celery, Carrots, Fresh Snow	Butternut Squash ^{NC} , Beets ^{NC}	Steamed Spinach ^{NC}	Baked Sweet Potato Wedges
Fruit	Sliced Bananas	Nectarine	Melon Mix	Pineapple Rings	Apple Halves ^{NC}
Meat / Meat Alternate*	Beans and Cheese	Tuna and Cheese	Ground Turkey	Chicken	Chicken
Grains/Breads	WG Tortilla Shell	WG Bread	Cornbread	WG Couscous	WG Tortilla
Fluid Milk**	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **
Other Foods (optional)	Salad Dressing			Salad Dressing	
Snack Pattern					
RECIPES & LINKS			<u>Hummus</u>		
Vegetable	Carrot Sticks		Tri Colored Pepper Sticks		Cucumber Sticks
Fruit		Blueberries		Strawberries	
Meat / Meat Alternate*		Yogurt	Chickpeas		Cottage Cheese
Grains/Breads	Pretzels		WG Pita w/ Hummus	Triscuits [©] w/ Cheese	
Fluid Milk**					

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Fall—Week 3	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern					
RECIPES & LINKS					
Vegetable, fruit or both	Bananas	Sliced Persimmons ^{NC}	Strawberries	Peach Slices ^{NC}	Melon Mix
Meat /Meat Alternate* (optional)	Walnuts		Scrambled Eggs w/ Cheese*		Cottage Cheese*
Grains/Breads	Oatmeal	WG Waffle		WG Mini-Bagel	
Fluid Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **
Other Foods (optional)		Maple Syrup			
Lunch or Supper Meal Pattern					
RECIPES & LINKS	<u>Vegetable Chill</u>	Turkey & Cheese Sandwich	<u>Lasagna w/ Ground Beef</u>	<u>Catch of the Day</u>	Chicken Patty Sandwich
Vegetable	Peppers, Onions, Corn ^{NC}	Cucumber Sticks	Kale ^{NC} sautéed w/onions in low-sodium broth	Field Peas & Carrots	Snow Peas ^{NC}
Fruit	Honeydew Melon	Blueberries	Red and Green Grapes ^{NC}	Applesauce ^{NC}	Mandarin Oranges
Meat / Meat Alternate*	Kidney Beans	Turkey, Cheese	Ground Beef, Cheese	Fish Fillet	Chicken Breast
Grains/Breads	Cornbread	WG Bread	WG Garlic Roll, Noodles	Brown Rice	WG Bun
Fluid Milk**	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **
Other Foods (optional)					
Snack Pattern					
RECIPES & LINKS					
Vegetable	Carrot Sticks		Salsa	Tri-color Pepper Sticks	
Fruit		Pineapple Chunks	Orange Wedges		Pear Spears ^{NC}
Meat / Meat Alternate*		Yogurt		Hard Boiled Egg	Cheddar Cheese Slices
Grains/Breads	Mini Rice Cakes		Tortilla Chips		WG Crackers
Fluid Milk**					

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Fall—Week 4	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern					
RECIPES & LINKS		<u>Pancakes</u>			
Vegetable, fruit or both	Pineapple Chunks	Blueberries	Pears ^{NC}	Kiwi Halves	Apple Slices ^{NC}
Meat /Meat Alternate* (optional)	Cottage Cheese			Hard Boiled Egg	Cashew Butter
Grains/Breads	WG Toast	Pancakes	Cinnamon Oatmeal	Bite-Sized Strawberry Frosted Shredded Wheat [©]	WW English Muffin
Fluid Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **
Other Foods (optional)	Honey	Syrup			
Lunch or Supper Meal Pattern					
RECIPES & LINKS	<u>Grilled Cheese</u>	<u>Chicken Stir Fry</u>	<u>Pork Tacos</u>	<u>Sloppy Joes</u> <u>Local Harvest Bake^{NC}</u>	<u>Chopped Seasoned Chicken & Chickpeas Salad Dressing</u>
Vegetable	Hearty Tomato Soup	Peppers, Onions, Squash ^{NC}	Cabbage ^{NC} & Carrot Coleslaw	Butternut squash ^{NC} , beets ^{NC} , sweet potatoes ^{NC}	Leafy Greens, Cherry Tomatoes ^{NC}
Fruit	Strawberries	Apple Slices ^{NC}	Orange Wedges	Grapes, sliced ^{NC}	Banana Halves
Meat / Meat Alternate*	Cheese	Chicken	Shredded Pork	Ground Beef	Chicken
Grains/Breads	WG Bread	Brown Rice	WG Tortilla Shell	WG Bun	WG Pita Pocket
Fluid Milk**	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **	Unflavored Milk **
Other Foods (optional)					Salad Dressing
Snack Pattern					
RECIPES & LINKS				<u>Muscle Mix</u>	
Vegetable		Snow Peas ^{NC}			Zucchini Cubes ^{NC}
Fruit	Bananas		Apple Slices ^{NC}	Raisins	
Meat / Meat Alternate*		Hard Boiled Egg	Cheese Stick	Sunflower Seeds	
Grains/Breads	WG Crackers w/ Almond Butter			Oats	Pretzels
Fluid Milk**				Unflavored Milk **	

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To personalize these menus electronically, enter your center name, institution number, and date boxes for each week

- These menus are designed to inspire programs to use seasonal, locally grown foods when possible.
- Recipes for the items listed in bold on the menu are linked to USDA-approved standardized recipes.
- Many foods can be choking hazards for children under four years of age. Please be sure to cut, steam, or mash them as appropriate. Avoid these foods altogether for children under age four: nuts and seeds, hot dogs, whole grapes, chunks of meat or cheese, hard chunks of raw vegetables or fruits (cuts into thin strips before serving). Encourage children to chew completely before swallowing to ensure safety.
- Want to find out what's in season in North Carolina? Download this colorful chart:
 - [What's in Season? North Carolina fruit and Vegetable Availability](#)
 - Step 4—Purchasing: NC CACFP Meal Planning Success Guide
- Like to learn more about Farm to Preschool? Gardening and Farm to Preschool Resources can be found on the North Carolina Nutrition Services Branch website: <http://nutritionnc.com/snp/index.htm>
 - [Farm to Preschool Toolkit—From the ASAP \(Appalachian Sustainable Agriculture Program\)](#)
- Where's your Local Farmers Market or roadside stand?
 - [Local Food Directory: NC Farmers Market Directory](#)
- Selecting Cereal to Meet the New Meal Pattern
 - [Healthier Cereal Choices for use in the North Carolina CACFP](#)

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