

Institution Name:

Agreement #:

# NC CACFP Seasonal Menus—**SPRING**



Spring—Week 1	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
<b>Breakfast Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>		<u>Oatmeal Muffin Squares</u>			
Vegetable, fruit or both	Pineapple	Blueberries <sup>NC</sup>	Orange Slices	Apricots	Banana Slices
Meat /Meat Alternate* (optional)	Cottage Cheese		Yogurt	Eggs	Peanut Butter
Grains/Breads	Cheerios©		Honey Kix©	Oatmeal	WG Mini Bagel
Fluid Milk **	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
<b>Lunch or Supper Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>	<u>Open Face Grilled Cheese &amp; Tomato Sandwich</u>	<u>Chicken Patty Sandwich</u>	<u>Beef Turkey Loaf</u>	<u>Pork Tenderloin, Oven Roasted &amp; Sliced Brown Rice Pilaf</u>	<u>Scrambled Eggs</u>
Vegetable	Steamed Broccoli <sup>NC</sup> , Tomato	Sugar Snap Peas	Cooked Spinach <sup>NC</sup>	Peas <sup>NC</sup> & Carrots	Potato Wedges
Fruit	Strawberries <sup>NC</sup>	Honeydew Melon	Watermelon Wedges	Fresh Sliced Apples	Mixed Berries <sup>NC</sup>
Meat / Meat Alternate*	Cheese	Chicken	Turkey, Ground Beef	Pork Tenderloin	Eggs
Grains/Breads	WG Bread	WG Bun	WG Dinner Roll	Brown Rice	WG English Muffin
Fluid Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)		Ranch Dressing			
<b>Snack Pattern</b>					
<b>RECIPES &amp; LINKS</b>					
Vegetable		Carrot Sticks			
Fruit	Strawberries <sup>NC</sup> , Peaches & Banana		Banana Slices	Blueberries <sup>NC</sup>	Apple Wedges
Meat / Meat Alternate*	Yogurt, Low-fat, Plain	String Cheese			
Grains/Breads			WG Crackers	WG English Muffin	Mini Rice Cakes
Fluid Milk**					

Orange = Vitamin A

Green = Vitamin C

Purple = Vitamin A & C

NC = Seasonal NC Produce

Updated 7/2018

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

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Spring—Week 2	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
<b>Breakfast Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>					<u>Pancake</u>
Vegetable, fruit or both	Tangerine	Apple	Blueberries <sup>NC</sup>	Tomato Juice	Warm Cinnamon Apple Slices
Meat /Meat Alternate* (optional)					
Grains/Breads	WG Toast w/ Jelly	Hot Grape Nuts <sup>©</sup> Cereal	WG Waffle	Grits w/ Cinnamon Sugar	Pancake w/ WG Flour
Fluid Milk **	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
<b>Lunch or Supper Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>	<u>Tuna Fish Sandwich</u>	<u>Cheese Quesadilla Triangles</u>	<u>Turkey Hot Dog</u>	<u>Turkey Vegetable Soup</u>	<u>Ground Beef Spaghetti</u>
Vegetable	Romaine <sup>NC</sup> Lettuce w/ Cherry Tomatoes-halved salad	Broccoli <sup>NC</sup>	Baked Sweet Potato Wedges <sup>NC</sup>	Celery, Onions, Corn, Carrots, Green Beans, Frozen Peas	Cucumber Tomato Salad
Fruit	Blueberries <sup>NC</sup>	Strawberries <sup>NC</sup>	Watermelon Slices	Mandarin Oranges & Pineapple Tidbits	Sliced Pears
Meat / Meat Alternate*	Canned Tuna	Cheese	Turkey Hot Dog	Ground Turkey	Ground Beef
Grains/Breads	WG Bread	WG Tortilla	WG Hot Dog Bun	WG Crackers	WW Spaghetti
Fluid Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)	Salad Dressing		Ketchup & Mustard		
<b>Snack Pattern</b>					
<b>RECIPES &amp; LINKS</b>					
Vegetable		Zucchini Slices <sup>NC</sup>		Carrot Sticks w/ Ranch Dip	
Fruit	Green & Red Grapes		Banana Slices and Raisins		Strawberries <sup>NC</sup>
Meat / Meat Alternate*		Almond Butter	Vanilla Yogurt		
Grains/Breads	Triscuit <sup>©</sup> Crackers	Apple Cinnamon Rice Cakes		Wheat Thins <sup>©</sup>	Whole Grain Roll (add

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NC CACFP Seasonal Menus—**SPRING**

Spring—Week 3	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
<b>Breakfast Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>					
Vegetable, fruit or both	Banana Slices	Pineapple Orange Juice	Apricots in Juice	Kiwi Fruit Slices	Blueberries <sup>NC</sup> or Mixed Frozen Berries
Meat /Meat Alternate* (optional)			Scrambled Eggs	Cheese Cubes	
Grains/Breads	Bite Sized Frosted Shredded Wheat©	Cheerios©	Raisin Toast	WG Mini Bagel	WG English Muffin w/ Jelly
Fluid Milk **	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
<b>Lunch or Supper Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>	Hamburger	Crunchy Coated Baked Cod Peppy Quinoa, Creamy Ranch	Stir Fry Fajita Children with Squash & Corn	Sweet Potato & Black Bean Stew + Cheese Cubes,	Veggie Pizza Pizza Crust
Vegetable	Lettuce Leaf <sup>NC</sup> & Tomato Slices	Raw Broccoli Florets <sup>NC</sup>	Butternut Squash, Bell Peppers, diced tomatoes and Corn	Sweet Potato <sup>NC</sup>	Spinach <sup>NC</sup> , Tomato
Fruit	Clementine	Plums	Pineapple Tidbits	Strawberry Slices <sup>NC</sup>	Peach Slices
Meat / Meat Alternate*	Ground Beef	Cod Fillet	Chicken Strips	Black Beans, Cheese	Low-Fat Cheddar Cheese
Grains/Breads	WG Bun	WG Quinoa, breading	Steamed Brown Rice	WG Goldfish Crackers	Pizza Crust
Fluid Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)		Ranch Dressing		French Dressing	
<b>Snack Pattern</b>					
<b>RECIPES &amp; LINKS</b>					
Vegetable			Snow Peas <sup>NC</sup>		Carrot Sticks
Fruit	Apple Wedges & Raisins	Strawberries		Canned Peaches	
Meat / Meat Alternate*	Sunflower Butter		Cheese Cubes	Yogurt	String Cheese
Grains/Breads		Wheat Thins©			
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Spring—Week 4	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
<b>Breakfast Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>	<u>Baked Scrambled Eggs</u>	<u>French Toast Strips</u>	<u>Pancake</u>		
Vegetable, fruit or both	Grape Slices	Strawberry Slices <sup>NC</sup>	Pear Slices	Diced Peaches	Blueberries <sup>NC</sup>
Meat /Meat Alternate* (optional)	Eggs				Peanut Butter
Grains/Breads	Grits	WG Bread	Pancake w/ WG Flour	Oatmeal	WG Toast
Fluid Milk **	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
<b>Lunch or Supper Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>	<u>Corn Flake Baked Chicken</u> <u>Baked Sweet Potatoes &amp; Apples</u>	<u>Barbequed Pork Sandwich</u>	<u>Sloppy Joe Turkey Meat</u>	<u>Vegetable Chili w/ Beans</u> <u>Salad Dressing</u>	<u>Tuna Noodle Casserole</u>
Vegetable	Baked Sweet Potato <sup>NC</sup>	Cabbage <sup>NC</sup> and Carrot Cole-slaw	Collard Greens <sup>NC</sup>	Spring Mix Salad <sup>NC</sup> , Green Peppers, Tomatoes, Onion	Green Beans
Fruit	Apples	Melon Mix	Strawberries <sup>NC</sup>	Peaches	Mandarin Oranges
Meat / Meat Alternate*	Chicken breast	Pork	Ground Turkey	Kidney Beans, Cheddar	Canned Tuna
Grains/Breads	Egg noodles, Corn Flakes	WW Roll	WW Pita	Cornbread, Bulgur Wheat	WG Pasta
Fluid Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)				Salad Dressing	
<b>Snack Pattern</b>					
<b>RECIPES &amp; LINKS</b>	<u>Three bean Salad</u>				
Vegetable				Bell Pepper Sticks	Kale Salad <sup>NC</sup> w/ low-fat dressing
Fruit	Grape juice	Banana Slices	Strawberries <sup>NC</sup>		
Meat / Meat Alternate*	Beans		Low-fat Yogurt	Hard Boiled Eggs	Sunflower Seeds
Grains/Breads	Baked WG Tortilla Chips	WG Pretzels			
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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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