

Institution Name:

Agreement #:

NC CACFP Seasonal Menus—**SUMMER**

Summer—Week 1	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
<b>Breakfast Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>					
Vegetable, fruit or both	Blueberries <sup>NC</sup>	Pear Slices <sup>NC</sup>	Strawberries <sup>NC</sup>	Diced Peaches <sup>NC</sup>	Apple Slices <sup>NC</sup>
Meat /Meat Alternate* (optional)			Yogurt	Scrambled Eggs	Almond Butter
Grains/Breads	Cinnamon Oatmeal	WG Waffle	Cheerios©	Enriched Grain Grits	WG Toast
Fluid Milk **	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)		Syrup			
<b>Lunch or Supper Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>	<u>Bean Tacos</u>	<u>Sweet &amp; Sour Chicken</u>	<u>Meat Lasagna</u>	Turkey & Cheese Sandwich	<u>Cheese Pizza Pizza Crust</u>
Vegetable	Tomatoes <sup>NC</sup> & Romaine	Mashed Sweet Potatoes <sup>NC</sup>	Spinach & Cherry Tomato <sup>NC</sup> Salad	Red, Green & Yellow Pepper Platter <sup>NC</sup>	Carrot Sticks <sup>NC</sup>
Fruit	Nectarines <sup>NC</sup>	Sliced Grapes <sup>NC</sup>	Cantaloupe <sup>NC</sup>	Watermelon <sup>NC</sup>	Plums <sup>NC</sup>
Meat / Meat Alternate*	Bean, Cheese	Chicken	Ground Beef	Turkey Lunch Meat, Cheese	Cheese
Grains/Breads	WG Tortilla	Brown Rice	WG Lasagna Noodles	WG Bread	Pizza Crust
Fluid Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)			Dressing	Dressing	
<b>Snack Pattern</b>					
<b>RECIPES &amp; LINKS</b>	<u>Yogurt Fruit Dip</u>				
Vegetable		Snow Peas <sup>NC</sup>		Celery Sticks	
Fruit	Peach Slices <sup>NC</sup>		Honeydew Melon <sup>NC</sup>		Applesauce
Meat / Meat Alternate*	Yogurt	Cheese Stick		Peanut Butter	
Grains/Breads			Rice Cakes		WG Crackers
Fluid Milk**					

Orange = Vitamin A

Green = Vitamin C

Purple = Vitamin A &amp; 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

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Summer—Week 2	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
<b>Breakfast Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>			<u>Oven Baked WW Pancakes</u>		
Vegetable, fruit or both	Strawberries <sup>NC</sup>	Peach Slices <sup>NC</sup>	Blueberries <sup>NC</sup>	Banana Slices	Melon Mix <sup>NC</sup>
Meat / Meat Alternate* (optional)	Sunflower Seed Butter			Scrambled Eggs	Cottage Cheese
Grains/Breads	WG Mini-Bagel	Kix©	Pancake	WG Toast	Nutty Nuggets©
Fluid Milk **	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)	Jelly		Syrup	Jelly	
<b>Lunch or Supper Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>	<u>Grilled Cheese and Tomato Sandwich</u>	<u>Meatballs w/ Tomato Sauce</u>	<u>Catch of the Day Fish</u>	<u>Sloppy Joes</u>	<u>Chicken Salad</u>
Vegetable	Tomatoes & Snow Peas <sup>NC</sup>	Romaine, Cucumber, Tomato Salad <sup>NC</sup>	Baked Zucchini & Squash <sup>NC</sup>	Corn on the Cob <sup>NC</sup>	Green Peas <sup>NC</sup>
Fruit	Watermelon <sup>NC</sup>	Very Berry Salad <sup>NC</sup>	Orange Wedges	Plums <sup>NC</sup>	Strawberries <sup>NC</sup>
Meat / Meat Alternate*	Cheese	Ground Beef	Fish Fillet	Ground Beef	Chicken
Grains/Breads	WG Bread	WG Spaghetti Pasta	WG Couscous	WG Bun	WG Dinner Roll
Fluid Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)		Low Fat Dressing			
<b>Snack Pattern</b>					
<b>RECIPES &amp; LINKS</b>					
Vegetable		Carrots Sticks <sup>NC</sup>	Broccoli		
Fruit	Peach Slices <sup>NC</sup>			Blueberries <sup>NC</sup>	Plums <sup>NC</sup>
Meat / Meat Alternate*			Cheese Slices	Yogurt	Sunflower Seeds
Grains/Breads	Tortilla Chips	WG Crackers			WG Crackers
Fluid Milk**					

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# NC CACFP Seasonal Menus—SUMMER



Summer—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	Honeydew Melon <sup>NC</sup>	Blackberries <sup>NC</sup>	Diced Peaches <sup>NC</sup>	Pears <sup>NC</sup>	Blueberries <sup>NC</sup>
Meat /Meat Alternate* (optional)	Scrambled Eggs		Cottage Cheese		Low-Fat Cheddar Cheese
Grains/Breads	WW Toast	Cheerios©	WG Mini-Bagel	Honey Bunches of Oats WG Honey Crunch©	Enriched Cheesy Grits
Fluid Milk **	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)			Jelly		
<b>Lunch or Supper Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>	<b><u>Pizza Party Pita</u></b>	<b><u>Turkey &amp; Cheese Wrap</u></b>	<b><u>Volcanic Meatloaf</u></b>	<b><u>Black Bean Taco Salad</u></b>	<b><u>Chic Penne</u></b>
Vegetable	Spinach, Green Snap Beans <sup>NC</sup>	Carrot <sup>NC</sup> & Celery Sticks	Corn on the Cob <sup>NC</sup>	Corn <sup>NC</sup> , Tomatoes <sup>NC</sup> , Romaine	Peppers & Onions <sup>NC</sup> , Spinach Salad, Broccoli
Fruit	Apple Slices <sup>NC</sup>	Cantaloupes <sup>NC</sup>	Grape Halves <sup>NC</sup>	Strawberries <sup>NC</sup>	Watermelon Wedges <sup>NC</sup>
Meat / Meat Alternate*	White Beans	Turkey Lunch Meat, Cheese	Lentils, Ground Beef, Egg Whites,	Black Beans	Chicken
Grains/Breads	WW Pita Bread	WG Tortilla	WG Dinner Roll	Brown Rice & Hard Tortilla Shell Bowl	WG Penne Pasta
Fluid Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)					Low-Fat Dressing Alfredo Sauce
<b>Snack Pattern</b>					
<b>RECIPES &amp; LINKS</b>					
Vegetable				Snow Peas <sup>NC</sup>	
Fruit	Nectarines <sup>NC</sup>	Banana Slices <sup>NC</sup>	Apple Slices		Strawberries <sup>NC</sup>
Meat / Meat Alternate*	Yogurt	Peanut Butter		Hummus	String Cheese
Grains/Breads			WG Crackers	WG Pita Wedges	
Fluid Milk**					

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Summer—Week 4	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
<b>Breakfast Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>				<u>Blueberry Muffin</u>	
Vegetable, fruit or both	Strawberries <sup>NC</sup>	Peaches <sup>NC</sup>	Melon Mix <sup>NC</sup>	Sliced Banana, Blueberry <sup>NC</sup>	Pear Halves <sup>NC</sup>
Meat /Meat Alternate* (optional)	Sunflower Seed Butter			Plain Low-Fat Yogurt	
Grains/Breads	WW English Muffin	Honey Kix <sup>©</sup>	Oatmeal	Muffin	Frosted Wheat <sup>©</sup>
Fluid Milk **	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)	Jelly				
<b>Lunch or Supper Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>	<u>Tuna Salad</u>	<u>Pulled Pork, Broccoli Salad Cornbread</u>	<u>Oven Baked Chicken</u>	<u>Hamburger</u>	<u>Crunchy Hawaiian Chicken Wrap</u>
Vegetable	Cucumber, Carrots, and Tomato Salad <sup>NC</sup>	Broccoli, Red Onion	Roasted Butternut Squash <sup>NC</sup>	Roasted Potatoes <sup>NC</sup>	Tomato Slices <sup>NC</sup> & Fresh Spinach <sup>NC</sup> , Broccoli, Carrots
Fruit	Nectarine Slices <sup>NC</sup>	Red & Green Grapes <sup>NC</sup> , Raisins	Plums <sup>NC</sup>	Watermelon Rounds <sup>NC</sup>	Blueberries <sup>NC</sup> , Pineapple
Meat / Meat Alternate*	Canned Tuna	Pork	Chicken	Ground Beef	Diced Chicken
Grains/Breads	WG Pita Pocket	Cornbread	Brown Rice	WG Bun	WG Tortilla
Fluid Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)					Italian Dressing
<b>Snack Pattern</b>					
<b>RECIPES &amp; LINKS</b>					
Vegetable		Green Bean Sticks <sup>NC</sup>			Salsa <sup>NC</sup>
Fruit	Watermelon Rounds <sup>NC</sup>		Apple Slices <sup>NC</sup>	Blueberries <sup>NC</sup>	
Meat / Meat Alternate*		Low-Fat Cheddar Cheese	Almond Butter		
Grains/Breads	Pretzels	WG Crackers	Mini Rice Cakes	Chex Cereal	Tortilla Chips
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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