

Institution Name:

Agreement #:

# NC CACFP Seasonal Menus—WINTER



Winter—Week 1	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
<b>Breakfast Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>	<u>Pancakes</u>				<u>Breakfast Burrito w/ Salsa</u>
Vegetable, fruit or both	Diced Apples <sup>NC</sup>	Pear Halves	Diced Peaches	Banana Slices	Kiwi, Corn, Green Peppers, Onions, Tomatoes
Meat /Meat Alternate* (optional)		Walnuts	Yogurt		Eggs, Cheese
Grains/Breads	WG Pancakes w/ Cinnamon	Oatmeal Squares w/ Brown Sugar©	Grits	Multigrain Cheerios©	WG Tortilla
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>Sesame Asian Noodle Chicken Salad &amp; Dressing</u>	<u>Cheeseburger</u>	<u>Turkey &amp; Cheese Sandwich</u>	<u>Maple Salmon Fillet Local Harvest Bake<sup>NC</sup></u>	<u>Bean &amp; Cheese Tacos</u>
Vegetable	Leafy Green Salad <sup>NC</sup>	Baked Sweet Potato Wedges <sup>NC</sup>	Carrot <sup>NC</sup> & Celery Sticks	Butternut Squash <sup>NC</sup> , Beets <sup>NC</sup> , Sweet Potatoes <sup>NC</sup>	Corn, Spinach <sup>NC</sup> , & Tomatoes
Fruit	Cantaloupe	Grapes	Strawberries	Applesauce <sup>NC</sup>	Orange Wedges
Meat / Meat Alternate*	Chicken	Ground Beef, Cheese	Turkey Lunchmeat, Cheese	Salmon	Bean, Cheese
Grains/Breads	WG Pasta	WG Bun	WG Bread	WG Couscous	WG Tortilla
Fluid Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)					
<b>Snack Pattern</b>					
<b>RECIPES &amp; LINKS</b>		<u>Muscle Mix</u>			
Vegetable	Celery Sticks	Cherry Tomatoes	Pepper Sticks		Cucumber, Carrot sticks <sup>NC</sup> w/ honey mustard yogurt dip
Fruit		Raisins		Blueberries	
Meat / Meat Alternate*	Cheddar Cheese Cubes	Almonds	Hard Boiled Egg	Cottage Cheese	
Grains/Breads	Triscuits©	Oats			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

\*\***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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# NC CACFP Seasonal Menus—WINTER



Winter—Week 2	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
<b>Breakfast Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>					
Vegetable, fruit or both	Strawberries	Mandarin Oranges	Pineapple Chunks	Cinnamon Applesauce <sup>NC</sup>	Blueberries
Meat /Meat Alternate* (optional)	Low-fat Cottage Cheese		Quiche		Cashew Butter
Grains/Breads	WG Mini Bagel	Cheerios©	WG Toast	WG Waffle	WG English Muffin
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>BBQ Pulled Pork</u> <u>Cabbage Coleslaw<sup>NC</sup></u> <u>Aztec Grain Salad</u>	<u>Chicken Alfredo w/ a Twist</u>	<u>Baked Cajun Fish</u>	<u>Bean &amp; Cheese Quesadilla</u>	<u>Hawaiian Ham Coconut Rice</u> <u>Salad Dressing</u>
Vegetable	Butternut Squash, Cabbage	Collards <sup>NC</sup>	Steamed Carrots <sup>NC</sup>	Corn, Tomato, Romaine Salad	Spinach Salad <sup>NC</sup>
Fruit	Pineapple Wedges, Apples	Pears	Apple Rings <sup>NC</sup>	Kiwi	Sliced Peaches
Meat / Meat Alternate*	Pork	Chicken	Fish Fillet	Beans, Cheese	Ham
Grains/Breads	Quinoa	WG Bun, WG Pasta	WG Garlic Breadstick	WG Tortilla	WG Roll, Rice
Fluid Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)					
<b>Snack Pattern</b>					
<b>RECIPES &amp; LINKS</b>					<u>Hummus</u>
Vegetable		Leafy Greens <sup>NC</sup> Salad (w/ low fat dressing)	Cucumber Sticks		Cherry Tomatoes
Fruit	Banana Halves			Strawberries	
Meat / Meat Alternate*	Peanut Butter		Cottage Cheese	Yogurt	Hummus
Grains/Breads	WG Crackers	Wheat Thins©			Pita Chips
Fluid Milk**					

Orange = Vitamin A

Green = Vitamin C

Purple = Vitamin A & C

NC = Seasonal NC Produce

Updated 7/2018

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# NC CACFP Seasonal Menus—WINTER



Winter—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	Orange Wedges	Apple Halves <sup>NC</sup>	Banana	Very Berry Salad	Sliced Peaches
Meat /Meat Alternate* (optional)		Walnuts	Almond Butter		Hard Boiled Egg
Grains/Breads	Berry Berry Kix©	Cinnamon Oatmeal	WG English Muffin	WG Waffle	Bite-sized Frosted Shredded Wheat©
Fluid Milk **	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)					
<b>Lunch or Supper Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>	<u>Sweet &amp; Sassy Chicken</u>	<u>Three Bean Taco Salad</u>	<u>Turkey Meatballs w/sauce</u>	<u>Pork Chops</u>	<u>Grilled Tuna Melt Sandwich</u>
Vegetable	Roasted Sweet Potatoes <sup>NC</sup>	Spinach <sup>NC</sup> , Tomatoes, Corn	Steamed Broccoli	Steamed Collard Greens <sup>NC</sup>	Green Beans <sup>NC</sup>
Fruit	Grapes	Melon Rounds	Nectarines	Applesauce <sup>NC</sup>	Strawberries <sup>NC</sup>
Meat / Meat Alternate*	Chicken	Beans	Ground Turkey	Pork Chop	Canned Tuna, Cheese
Grains/Breads	WG Couscous	Brown Rice & Tortilla Shell	WG Penne	Brown Rice	WG Bread
Fluid Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)		Salsa	Parmesan Cheese		
<b>Snack Pattern</b>					
<b>RECIPES &amp; LINKS</b>					
Vegetable		Celery & Carrot Sticks <sup>NC</sup>	Baked Sweet Potato Sticks <sup>NC</sup>		
Fruit	Raspberries			Banana Slices	Apple Slices <sup>NC</sup>
Meat / Meat Alternate*	Cottage Cheese	Peanut Butter	Shredded Cheddar Cheese		Sunflower Seed Butter
Grains/Breads				WG Crackers	
Fluid Milk**					

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# NC CACFP Seasonal Menus—WINTER



Winter—Week 4	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
<b>Breakfast Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>					
Vegetable, fruit or both	Melon Mix	Plums	Pear Slices	Strawberries	Grapes
Meat /Meat Alternate* (optional)	Cottage Cheese	Low-Fat Cheddar Cheese	Almond Butter		
Grains/Breads	Oatmeal	Cheesy Grits	WG Mini Bagel	Buckwheat Pancakes	Shredded Wheat Honey Nut©
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>Grilled Cheese &amp; Tomato Sandwich Vegetable Soup</b>	<b>Turkey &amp; Bean Chili Cornbread</b>	<b>Chicken Stir Fry</b>	<b>Meat &amp; Cheese Lasagna</b>	<b>Baked Fish Scandia</b>
Vegetable	Celery, Onion, Corn, Green Beans, Tomato	Peppers, Tomatoes, Onions	Bokchoy <sup>NC</sup> , Onions, Peppers, Carrots <sup>NC</sup>	Spinach <sup>NC</sup> , Tomato, Carrot Salad <sup>NC</sup>	Baked Potato Wedges
Fruit	Apple Slices <sup>NC</sup>	Banana Slices	Blueberries	Diced Peaches	Honeydew
Meat / Meat Alternate*	Cheese	Ground Turkey, Bean	Chicken	Ground Beef, Cheese	Fish Fillet
Grains/Breads	WG Bread	Cornbread	Brown Rice	WG Bread Stick, Pasta	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>		<b>Hummus</b>	<b>Fresh Salsa</b>		
Vegetable	Carrot Sticks <sup>NC</sup>	Snow Peas	Tomatoes		
Fruit				Orange Slices	Applesauce <sup>NC</sup>
Meat / Meat Alternate*	Hard Boiled Egg	Chickpeas		Yogurt	String Cheese
Grains/Breads		WG Pita	Tortilla Chips	Granola	
Fluid Milk**					

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## NC CACFP Seasonal Menus—**WINTER**



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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