

Menu Ideas for NC CACFP Child Meal Service with Limited Food Options

Fruits	Vegetables	Meat/Meat Alternates	Grains
<u>Canned</u> Apricots Fruit Cocktail Grapefruit Mandarin oranges Melon Medley Mixed Fruit Peaches Pears Pineapple Tropical Fruit <u>Other</u> Applesauce Berries Craisins Dried apricots Fruit cups Raisins 100% Fruit juices <u>Portable Fresh Fruits</u> Apples Bananas Oranges Peaches Pears	<u>Canned</u> Asparagus Beets Carrots Collards Corn Green Beans Mixed Vegetables Mushrooms Peas Pumpkin Spinach Sweet Potatoes Tomatoes (diced, sauce) <u>Other</u> 100% Vegetable Juices <u>Easy Prep Fresh Vegetables</u> Cucumber Potatoes Salad greens Squash Sweet Potatoes Tomatoes	Baked Beans Black Beans Black Eyed Peas Canned Chicken Canned Chili Canned Salmon Canned Tuna Canned Turkey Cheese Cheese Sticks Chickpeas Deli Meat Eggs Hummus Kidney Beans Lentils Nuts Nut butters (peanut butter, almond butter, etc.) Pinto Beans Refried Beans Soy butter Sunflower butter White Beans (Cannellini, Navy, etc.) Yogurt**	Animal Crackers Bagels Bread Cereals (Cheerios, Kix, etc.)* Crackers (Triscuits, Wheat Thins, etc.) Cracker packs (Toast-Chee, Lance, etc.) English Muffins Goldfish Granola* Graham Crackers Grits Muffins Oatmeal Pancakes Pita Bread Pita Chips Pretzels Quinoa Rice Sun Chips Tortillas Tortilla Chips Trail Mix Waffles

*Please ensure that all cereals (including granola) meet the requirement of containing 6g sugar or less per ounce. For a list of healthier cereal choices, [click here](#).

**Please ensure that all yogurts meet the requirement of containing 23g sugar or less per 6 ounce serving.

Please note the following:

- This is not meant to be an exhaustive list.
- If you have access to fresh, whole fruits/vegetables, we encourage you to serve these items. Due to their perishability, prioritize serving fresh vegetables and fruits before serving canned varieties.
- Note that canned meat and beans can be flavored with seasoning packets and dressings.
- If available, jellies and jams can be offered as meal enhancements.

The menu below is meant to provide a SAMPLE menu based on utilizing items in the above list. Please note that you may make substitutions based on what is available to your facility.

**North Carolina Child and Adult Care Food Program
Child Weekly Menu Planning Tool**

Facility/Center Name:									
Meal Type	Meal Component	Minimum Serving Sizes			Day of the Week				
		Ages 1-2	Ages 3-5	Ages 6-18	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Fluid Milk ¹	4 fl. oz. (½ cup)	6 fl. oz. (¾ cup)	8 fl. oz. (1 cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit ²	¼ cup	½ cup	½ cup	Pineapple	Mandarin Oranges	Pears	Peaches	Bananas
	Meat/Alternate	½ oz.	½ oz.	1 oz.			Scrambled Eggs		
	Grains ³	½ slice ¼ cup dry ¼ cup cooked	½ slice ⅓ cup dry ¼ cup cooked	1 slice ¾ cup dry ½ cup cooked	Cheerios	Rice Chex		Kix	Muffins
LUNCH/SUPPER	Fluid Milk ¹	4 fl. oz. (½ cup)	6 fl. oz. (¾ cup)	8 fl. oz. (1 cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable ²	⅛ cup	¼ cup	½ cup	Pinto Beans	Corn	Peas	Baby Carrots	Corn
	Vegetable/Fruit ²	⅛ cup	¼ cup	¼ cup	Green Beans	Salsa	Apple Slices	Berries	Fruit Cup
	Meat/Alternate	1 oz.	1-½ oz.	2 oz.	Canned Tuna	Black Beans	Turkey/Cheese	Yogurt Parfait	Pinto Beans
	Grains ³	½ slice ½ serving	½ slice ½ serving	1 slice 1 serving	Triscuits	Tortilla Chips	WW Tortilla	Granola	Sun Chips
SNACK- CHOOSE 2	Fluid Milk ¹	4 fl. oz. (½ cup)	4 fl. oz. (½ cup)	8 fl. oz. (1 cup)	Milk				
	Vegetable ²	½ cup	½ cup	¾ cup					
	Fruit ²	½ cup	½ cup	¾ cup		Bananas		Applesauce	
	Meat/Alternate	½ oz.	½ oz.	1 oz.		Yogurt	Cheese Stick		Hummus
	Grains ³	½ slice ½ serving	½ slice ½ serving	1 slice 1 serving	Graham Crackers		Goldfish	Cracker Packs	Pretzels

¹**Fluid Milk: 1 year old:** Unflavored whole milk; **2-5 years old:** unflavored skim (fat-free) or unflavored 1% (low-fat) milk; **6 years and older:** unflavored skim (fat-free) or 1% (low-fat) milk; flavored skim (fat-free) or 1% (low-fat) milk. **Breastmilk** may be served at any age in replacement of cow's milk without medical documentation. **Non-dairy beverages** are served with appropriate documentation. ²**Juice**, if served, is pasteurized full-strength (100%) juice. ³**WG, WW, and WGR** indicate whole grain-rich food.