



# SPRING

## North Carolina CACFP Seasonal Cycle Menus



| Spring --Week 1                            | Monday<br>Date:   | Tuesday<br>Date:                       | Wednesday<br>Date:                     | Thursday<br>Date:                        | Friday<br>Date:                                       |
|--|---|--|--|--|---|
| <b>Breakfast Meal Pattern</b>              |   |  |  |  |   |
| <b>Fruit</b>                               | Pineapple   | Blueberries <sup>NC</sup>              | Orange Slices                          | Apricots                                 | Banana Slices   |
| <b>Vegetable</b>                           |   |  |  |  |   |
| <b>Meat or Meat Alternate (optional)</b>   | Cottage Cheese <sup>1</sup>                                       |  | Yogurt <sup>1</sup>                    | Eggs <sup>1</sup>                        | Peanut Butter (or other nut/seed butter) <sup>1</sup> |
| <b>Grains/Breads</b>                       | Cheerios <sup>®</sup>   | <a href="#">Oatmeal Muffin Squares</a> | Honey Kix <sup>®</sup>                 | Oatmeal                                  | Whole Grain Mini Bagel                                |
| <b>Milk, fluid</b>                         | Milk <sup>2</sup>   | Milk <sup>2</sup>                      | Milk <sup>2</sup>                      | Milk <sup>2</sup>                        | Milk <sup>2</sup>                                     |
| Other Foods (optional)                     |   |  |  |  |   |
| <b>Lunch or Supper Meal Pattern</b>        |   |  |  |  |   |
| <b>Vegetable or Fruit</b>                  | Strawberries <sup>NC</sup>  | Honeydew Melon                         | Watermelon Wedges                      | Fresh Sliced Apples                      | Mixed Berries <sup>NC</sup>                           |
| <b>Vegetable</b>                           | Steamed Broccoli <sup>NC</sup>                                    | Sugar Snap Peas                        | Spinach, Cooked <sup>NC</sup>          | Peas <sup>NC</sup> and Carrots           | Potato Wedges   |
| <b>Meat or Meat Alternate</b>              | Open Face Grilled Cheese and Tomato Sandwich on Whole Grain Bread | Chicken Patty                          | <a href="#">Sloppy Joe Turkey Meat</a> | Pork Tenderloin, Oven Roasted and Sliced | Scrambled Eggs  |
| <b>Grains/Breads</b>                       | Open Face Grilled Cheese Sandwich on Whole Grain Bread            | Whole Grain Bread                      | Whole Grain Dinner Roll                | Brown Rice                               | Whole Grain English Muffin                            |
| <b>Milk, fluid</b>                         | Milk <sup>2</sup>   | Milk <sup>2</sup>                      | Milk <sup>2</sup>                      | Milk <sup>2</sup>                        | Milk <sup>2</sup>                                     |
| Other Foods (optional)                     |   | Low-fat Ranch Dressing                 |  |  |   |
| <b>Snack Meal Pattern (choose 2 below)</b> |   |  |  |  |   |
| <b>Fruit</b>                               | Strawberries <sup>NC</sup> , Peaches and Bananas                  |  | Banana Slices                          | Blueberries <sup>NC</sup>                | Apple Wedges  |
| <b>Vegetable</b>                           |   | Carrot Sticks                          |  |  |   |
| <b>Meat or Meat Alternate</b>              | Yogurt, Low-fat, Plain  | String Cheese                          |  |  |   |
| <b>Grains/Breads</b>                       |   |  | Whole Grain Crackers                   | Whole Grain English Muffin               | Mini Rice Cakes                                       |
| <b>Milk, fluid</b>                         |   |  |  |  |   |

Orange = Vitamin A    Green = Vitamin C    Purple = Vitamin A & C    NC = Seasonal NC Produce

<sup>1</sup>Meat or Meat Alternate: Can be served in place of grains/breads up to three times per week at breakfast effective October 1, 2017

<sup>2</sup> Milk: 1 yr 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

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## North Carolina CACFP Seasonal Cycle Menus



| Spring --Week 2                            | Monday<br>Date:  | Tuesday<br>Date:                                 | Wednesday<br>Date:                      | Thursday<br>Date:                      | Friday<br>Date:                          |
|--|--|--|---|--|--|
| <b>Breakfast Meal Pattern</b>              |  |  |   |  |  |
| <b>Fruit</b>                               | Tangerine  | Apple  | Blueberries <sup>NC</sup>               |  | Warm Cinn. Apple Slices                  |
| <b>Vegetable</b>                           |  |  |   | Tomato Juice                           |  |
| <b>Meat or Meat Alternate (optional)</b>   |  |  |   |  |  |
| <b>Grains/Breads</b>                       | Whole Grain Toast  | Hot Grape Nuts <sup>®</sup> Cereal               | Whole Grain Waffle                      | Grits with Cinnamon Sugar              | <a href="#">Whole Grain Pancake</a>      |
| <b>Milk, fluid</b>                         | Milk <sup>2</sup>  | Milk <sup>2</sup>                                | Milk <sup>2</sup>                       | Milk <sup>2</sup>                      | Milk <sup>2</sup>                        |
| Other Foods (optional)                     | Jelly  |  |   |  | Orange slices                            |
| <b>Lunch or Supper Meal Pattern</b>        |  |  |   |  |  |
| <b>Vegetable or Fruit</b>                  | Blueberries <sup>NC</sup>  | Strawberries <sup>NC</sup>                       | Watermelon Slices                       | Mandarin Oranges and Pineapple Tidbits | Sliced Pears                             |
| <b>Vegetable</b>                           | Leaf or Romaine <sup>NC</sup><br>Lettuce with Cherry Tomatoes-halved Salad | Broccoli <sup>NC</sup>                           | Baked Sweet Potato Wedges <sup>NC</sup> | <a href="#">Turkey Taco Soup</a>       | Cucumber Tomato Salad                    |
| <b>Meat or Meat Alternate</b>              | Tuna Fish Sandwich on Whole Grain Bread                                    | Cheese Quesadilla                                | Turkey Hot Dog                          | <a href="#">Turkey Taco Soup</a>       | Ground Beef Spaghetti Sauce              |
| <b>Grains/Breads</b>                       | Tuna Fish Sandwich on Whole Grain Bread                                    | Whole Grain Tortilla                             | Whole Grain Bun                         | Whole Grain Crackers or Tortilla Chips | Whole-wheat Spaghetti                    |
| <b>Milk, fluid</b>                         | Milk <sup>2</sup>  | Milk <sup>2</sup>                                | Milk <sup>2</sup>                       | Milk <sup>2</sup>                      | Milk <sup>2</sup>                        |
| Other Foods (optional)                     | Low-fat salad dressing   |  | Ketchup and mustard                     |  |  |
| <b>Snack Meal Pattern (choose 2 below)</b> |  |  |   |  |  |
| <b>Fruit</b>                               | Green and Red Grapes   |  | Banana Slices and Raisins               |  | Strawberries <sup>NC</sup>               |
| <b>Vegetable</b>                           |  | Zucchini slices <sup>NC</sup>                    |   | Carrot Sticks with Low-fat Ranch Dip   |  |
| <b>Meat or Meat Alternate</b>              |  |  | Vanilla Yogurt                          |  |  |
| <b>Grains/Breads</b>                       | Triscuit <sup>®</sup> Crackers   | Quaker Apple Cinnamon Rice Cakes (w/ nut butter) |   | Wheat Thins <sup>®</sup>               | Whole Grain Roll (add cheese and turkey) |
| <b>Milk, fluid</b>                         |  |  |   |  |  |

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## North Carolina CACFP Seasonal Cycle Menus



| Spring --Week 3                            | Monday<br>Date:                              | Tuesday<br>Date:                   | Wednesday<br>Date:   | Thursday<br>Date:                                     | Friday<br>Date:                                   |
|--|--|------------------------------------|--|---|---|
| <b>Breakfast Meal Pattern</b>              |  |                                    |  |   |   |
| <b>Fruit</b>                               | Banana Slices                                | Pineapple Orange Juice             | Apricots in Juice  | Kiwifruit Slices                                      | Blueberries <sup>NC</sup> or Mixed Frozen Berries |
| <b>Vegetable</b>                           |  |                                    |  |   |   |
| <b>Meat or Meat Alternate (optional)</b>   |  |                                    | Scrambled eggs <sup>1</sup>                                  | Peanut Butter (or other nut/seed butter) <sup>1</sup> |   |
| <b>Grains/Breads</b>                       | Bite Sized Frosted Shredded Wheat®           | Cheerios ©                         | Raisin Toast   | Whole Grain Mini Bagel                                | Whole Grain English Muffin                        |
| <b>Milk, fluid</b>                         | Milk <sup>2</sup>                            | Milk <sup>2</sup>                  | Milk <sup>2</sup>  | Milk <sup>2</sup>                                     | Milk <sup>2</sup>                                 |
| Other Foods (optional)                     |  |                                    |  |   | Jelly   |
| <b>Lunch or Supper Meal Pattern</b>        |  |                                    |  |   |   |
| <b>Vegetable or Fruit</b>                  | Clementine                                   | Plums                              | Pineapple Tidbits  | Strawberry Slices <sup>NC</sup>                       | Peach Slices                                      |
| <b>Vegetable</b>                           | Lettuce Leaf <sup>NC</sup> and Tomato Slices | Raw Broccoli Florets <sup>NC</sup> | Stir Fry with Vegetables                                     | Spinach Salad <sup>NC</sup>                           | Baked Sweet Potato <sup>NC</sup>                  |
| <b>Meat or Meat Alternate</b>              | Hamburger                                    | Crunchy Coated Baked Cod           | <a href="#">Stir Fry Fajita Chicken with Squash and Corn</a> | Black bean soup<br>Cheese cubes                       | Low-fat Cheddar Cheese                            |
| <b>Grains/Breads</b>                       | Whole Grain Bun                              | Whole Grain Couscous               | Steamed Brown Rice   | Whole Grain Goldfish                                  | Whole Grain Roll                                  |
| <b>Milk, fluid</b>                         | Milk <sup>2</sup>                            | Milk <sup>2</sup>                  | Milk <sup>2</sup>  | Milk <sup>2</sup>                                     | Milk <sup>2</sup>                                 |
| Other Foods (optional)                     |  | Creamy Italian dressing            |  | Low-fat French dressing                               |   |
| <b>Snack Meal Pattern (choose 2 below)</b> |  |                                    |  |   |   |
| <b>Fruit</b>                               | Apple Wedges & Raisins                       | Grapes                             |  | Canned peaches  |   |
| <b>Vegetable</b>                           |  |                                    | Snow Peas <sup>NC</sup>                                      |   | Carrot Sticks                                     |
| <b>Meat or Meat Alternate</b>              | Sunflower Butter                             | Yogurt                             | Cheese Cubes   | Yogurt  | String Cheese                                     |
| <b>Grains/Breads</b>                       |  |                                    |  |   |   |
| <b>Milk, fluid</b>                         |  |                                    |  |   |   |

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## North Carolina CACFP Seasonal Cycle Menus



| Spring --Week 4                            | Monday<br>Date:                            | Tuesday<br>Date:                             | Wednesday<br>Date:                     | Thursday<br>Date:                          | Friday<br>Date:  |
|--|--|--|--|--|--|
| <b>Breakfast Meal Pattern</b>              |  |  |  |  |  |
| <b>Fruit</b>                               | Colorful Grape Slices                      | Strawberry Slices <sup>NC</sup>              | Pear Slices                            | Diced Peaches                              | Blueberries <sup>NC</sup>                                    |
| <b>Vegetable</b>                           |  |  |  |  |  |
| <b>Meat or Meat Alternate (optional)</b>   | Scrambled Eggs <sup>1</sup>                |  |  |  | Peanut butter (or other nut/seed butter) <sup>1</sup>        |
| <b>Grains/Breads</b>                       | Grits                                      | Oven French Toast (whole wheat bread)        | Whole Grain Pancake                    | Oatmeal                                    | Whole Grain Toast  |
| <b>Milk, fluid</b>                         | Milk <sup>2</sup>                          | Milk <sup>2</sup>                            | Milk <sup>2</sup>                      | Milk <sup>2</sup>                          | Milk <sup>2</sup>  |
| Other Foods (optional)                     |  |  |  |  |  |
| <b>Lunch or Supper Meal Pattern</b>        |  |  |  |  |  |
| <b>Vegetable or Fruit</b>                  | Blueberries <sup>NC</sup>                  | Melon Mix                                    | Strawberries <sup>NC</sup>             | Peaches                                    | Tangerine  |
| <b>Vegetable</b>                           | Roasted Butternut Squash                   | Cabbage <sup>NC</sup> and Carrot<br>Coleslaw | Collard Greens <sup>NC</sup>           | Spinach Salad <sup>NC</sup>                | Green Beans  |
| <b>Meat or Meat Alternate</b>              | Corn Flake Baked Chicken Breast            | Barbequed Pork Tenders                       | <a href="#">Sloppy Joe Turkey Meat</a> | <a href="#">Vegetable Chili with Beans</a> | <a href="#">Tuna Noodle Casserole with Whole Grain Pasta</a> |
| <b>Grains/Breads</b>                       | Egg Noodles                                | Whole Wheat Roll                             | Whole Wheat Pita                       | Cornbread                                  | <a href="#">Tuna Noodle Casserole with Whole Grain Pasta</a> |
| <b>Milk, fluid</b>                         | Milk <sup>2</sup>                          | Milk <sup>2</sup>                            | Milk <sup>2</sup>                      | Milk <sup>2</sup>                          | Milk <sup>2</sup>  |
| Other Foods (optional)                     |  |  |  | Low-fat dressing                           |  |
| <b>Snack Meal Pattern (choose 2 below)</b> |  |  |  |  |  |
| <b>Fruit</b>                               | Grape Juice                                | Banana Slices                                | Mandarin Oranges                       |  |  |
| <b>Vegetable</b>                           | Three Bean Salad                           |  |  | Bell Pepper Sticks                         | Kale salad <sup>NC</sup> with low-fat Italian dressing       |
| <b>Meat or Meat Alternate</b>              |  |  | Low-fat Yogurt                         | Hard Boiled Eggs                           | Sunflower Seeds  |
| <b>Grains/Breads</b>                       | Baked Tortilla (corn or whole grain) Chips | Whole Grain Pretzels                         |  |  |  |
| <b>Milk, fluid</b>                         |  |  |  |  |  |

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# Menu Notes

- To personalize these menus electronically, enter your center name here: \_\_\_\_\_
- 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 (cut 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](#)
- 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/kesmm.htm>
  - [Farm to Preschool Toolkit](#) – From the ASAP (Appalachian Sustainable Agriculture Program)
- Where's your Local Farmers Market?
  - [Local Food Directories: National 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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