



SUMMER

North Carolina CACFP Seasonal Menus

Summer---Week 1	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
Breakfast Meal Pattern					
Vegetable or Fruit	Blueberries ^{NC}	Pear slices ^{NC}	Strawberries ^{NC}	Diced Peaches ^{NC}	Apple Slices ^{NC}
Vegetable					
Meat or Meat Alternative (optional)			Yogurt ¹	Scrambled Eggs ¹	Peanut Butter (or other nut/seed butter) ¹
Grains/Bread	Cinnamon Oatmeal	Whole Grain Waffle	Cheerios®	Enriched Grain Grits	Whole Grain Toast
Milk, fluid	Milk ²	Milk ²	Milk ²	Milk ²	Milk ²
Other Foods (optional)		Syrup			
Lunch or Supper Meal Pattern					
Vegetable or Fruit	Nectarines ^{NC}	Sliced Grapes ^{NC}	Cantaloupe ^{NC}	Watermelon ^{NC}	Plums ^{NC}
Vegetable	Tomatoes ^{NC} and Romaine	Mashed Sweet Potatoes ^{NC}	Spinach and Cherry Tomato ^{NC} Salad	Red, Green & Yellow Pepper Platter ^{NC}	Carrot Sticks ^{NC}
Meat or Meat Alternative	Bean Tacos	Sweet and Sour Chicken	Meaty Lasagna (Lean Ground Beef and Cheese)	Turkey and Cheese Sandwich	Cheese Pizza
Grains/Breads	Whole Grain Tortilla	Brown Rice	Whole Grain Lasagna Noodles	Whole Grain Bread	Pizza Crust
Milk, fluid	Milk ²	Milk ²	Milk ²	Milk ²	Milk ²
Other Foods (optional)			Low-fat Dressing	Low-fat Dressing	
Snack Meal Pattern (choose 2 below)					
Fruit	Peach Slices ^{NC}		Honeydew Melon ^{NC}		Applesauce
Vegetable		Snow Peas ^{NC}		Celery Sticks	
Meat or Meat Alternative	Yogurt Fruit Dip	Cheese Stick		Peanut Butter (or other nut/seed butter)	
Grains/Breads			Rice Cakes		Whole Grain Crackers
Milk, fluid					

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

¹Meat or Meat Alternate: Can be served in place of grains/breads up to three times per week at breakfast

²Milk: 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

These cycle menus are designed to promote dietary variety, support seasonal, locally grown foods and comply with USDA Child and Adult Care Food Program (CACFP) guidelines. Use along with the CACFP Meal Patterns and the Food Buying Guide for Child Nutrition Programs (<http://www.fns.usda.gov/tn/foodbuying-guide-child-nutrition-programs>).

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Summer---Week 2	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
Breakfast Meal Pattern					
Vegetable or Fruit	Strawberries ^{NC}	Peach Slices ^{NC}	Blueberries ^{NC}	Banana Slices	Melon Mix ^{NC}
Vegetable					
Meat or Meat Alternative (optional)	Peanut Butter (or other nut/seed butter) ¹			Scrambled Eggs ¹	Cottage Cheese ¹
Grains/Bread	Whole Grain Mini-Bagel	Kix [®]	Oven-Baked Whole Wheat Pancakes	Whole Grain Toast	Nutty Nuggets [®]
Milk, fluid	Milk ²	Milk ²	Milk ²	Milk ²	Milk ²
Other Foods (optional)	Jelly		Syrup	Jelly	
Lunch or Supper Meal Pattern					
Vegetable or Fruit	Watermelon ^{NC}	Very Berry Salad ^{NC}	Orange Wedges	Plums ^{NC}	Strawberries ^{NC}
Vegetable	Tomatoes and Snow Peas ^{NC}	Romaine, Cucumber, Tomato Salad ^{NC}	Baked Zucchini and Squash ^{NC}	Corn on the Cob ^{NC}	Zucchini Sticks ^{NC}
Meat or Meat Alternative	Grilled Cheese and Tomato Sandwich	Meatballs with Tomato Sauce	Catch of the Day Fish	Sloppy Joes	Chicken Salad
Grains/Breads	Whole Grain Bread	Whole Grain Spaghetti Pasta	Whole Grain Couscous	Whole Grain Bun	Whole Grain Dinner Roll
Milk, fluid	Milk ²	Milk ²	Milk ²	Milk ²	Milk ²
Other Foods (optional)		Low-fat Dressing			
Snack Meal Pattern (choose 2 below)					
Fruit	Peach Slices ^{NC}			Blueberries ^{NC}	Plums ^{NC}
Vegetable		Carrot Sticks ^{NC}	Broccoli		
Meat or Meat Alternative			Cheese Slices	Yogurt	Peanut Butter (or other nut/seed butter)
Grains/Breads	Tortilla Chips	Whole Wheat Crackers			Whole Grain Crackers
Milk, fluid					

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Summer---Week 3	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
Breakfast Meal Pattern					
Vegetable or Fruit	Honeydew Melon ^{NC}	Blackberries ^{NC}	Diced Peaches ^{NC}	Pears ^{NC}	Blueberries ^{NC}
Vegetable					
Meat or Meat Alternative (optional)	Scrambled Eggs ¹		Cottage Cheese ¹		Low-Fat Cheddar Cheese ¹
Grains/Bread	Whole Wheat Toast	Cheerios [®]	Whole Grain Mini-Bagel	Honey Bunches of Oats Whole Grain Honey Crunch [®]	Enriched Cheesy Grits
Milk, fluid	Milk ²	Milk ²	Milk ²	Milk ²	Milk ²
Other Foods (optional)			Jelly		
Lunch or Supper Meal Pattern					
Fruit	Apple Slices ^{NC}	Cantaloupes ^{NC}	Grape Halves ^{NC}	Strawberries ^{NC}	Watermelon Wedges ^{NC}
Vegetable	Green Snap Beans ^{NC}	Carrot ^{NC} and Celery Sticks	Corn on the Cob ^{NC}	Corn ^{NC} , Tomatoes ^{NC} , Romaine	Peppers & Onions ^{NC} , Spinach Salad
Meat or Meat Alternative	Pizza Party Pita	Turkey and Cheese Wrap	Volcanic Meatloaf	Black Bean Taco Salad	Chic' Penne
Grains/Breads	Whole Wheat Pita Bread	Whole Grain Tortilla	Whole Grain Dinner Roll	Brown Rice and Hard Tortilla Shell Bowl	Whole Grain Penne Pasta
Milk, fluid	Milk ²	Milk ²	Milk ²	Milk ²	Milk ²
Other Foods (optional)					Low-fat Dressing Alfredo Sauce
Snack Meal Pattern (choose 2 below)					
Fruit	Nectarines ^{NC}	Banana Slices	Apple Sauce	Snow Peas ^{NC}	Strawberries ^{NC}
Vegetable					
Meat or Meat Alternative	Yogurt	Peanut Butter (or other nut/seed butter)		Hummus	String Cheese
Grains/Breads			Whole Grain Crackers	Whole Grain Pita Wedges	
Milk, fluid					

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Summer---Week 4	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
Breakfast Meal Pattern					
Vegetable or Fruit	Strawberries ^{NC}	Peaches ^{NC}	Melon Mix ^{NC}	Sliced Banana	Pear Halves ^{NC}
Vegetable					
Meat or Meat Alternative (optional)	Peanut Butter (or other nut/seed butter) ¹			Plain Low-fat Yogurt ¹	
Grains/Bread	Whole Wheat English Muffin	Honey Kix [®]	Oatmeal	Blueberry Muffin	Frosted Wheat [®]
Milk, fluid	Milk ²	Milk ²	Milk ²	Milk ²	Milk ²
Other Foods (optional)	Jelly				
Lunch or Supper Meal Pattern					
Vegetable or Fruit	Nectarine Slices ^{NC}	Red and Green Grapes ^{NC}	Plums ^{NC}	Watermelon Rounds ^{NC}	Blueberries ^{NC}
Vegetable	Cucumber, Carrots, and Tomato Salad ^{NC}	Broccoli salad	Roasted Butternut Squash ^{NC}	Roasted Potatoes ^{NC}	Tomato Slices ^{NC} and Fresh Spinach
Meat or Meat Alternative	Tuna Salad	Pulled Pork	Oven-Baked Chicken	Hamburger	Crunchy Hawaiian Chicken Wrap
Grains/Breads	Whole Grain Pita Pocket	Cornbread	Brown Rice	Whole Grain Bun	Whole Grain Tortilla
Milk, fluid	Milk ²	Milk ²	Milk ²	Milk ²	Milk ²
Other Foods (optional)					Low-fat Italian or Balsamic Dressing
Snack Meal Pattern (choose 2 below)					
Fruit	Watermelon Rounds ^{NC}		Apple slices ^{NC}		
Vegetable		Green Bean sticks ^{NC}		Blueberries ^{NC}	Salsa ^{NC}
Meat or Meat Alternative		Low-fat Cheddar Cheese	Peanut Butter (or other nut/seed butter)		
Grains/Breads	Pretzels	Whole Grain Crackers	Mini Rice Cakes	Chex cereal	Tortilla Chips
Milk, fluid				Milk	

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- 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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