



# WINTER

## North Carolina CACFP Seasonal Menus



Winter --Week 1	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
<b>Breakfast Meal Pattern</b>					
<b>Vegetable or Fruit</b>	Diced Apples <sup>NC</sup>	Pear Halves	Diced Peaches	Banana Slices	Kiwi
<b>Vegetable</b>					
<b>Meat or Meat Alternative (optional)</b>		Walnuts <sup>1</sup>	Yogurt <sup>1</sup>		<u>Breakfast Burrito with Salsa</u>
<b>Grains/Bread</b>	Whole Grain <u>Pancakes</u> (add Cinnamon)	Multigrain Cheerios <sup>®</sup>	Grits	Oatmeal (add Cinnamon)	Whole Grain Tortilla
<b>Milk, fluid</b>	Milk <sup>2</sup>	Milk <sup>2</sup>	Milk <sup>2</sup>	Milk <sup>2</sup>	Milk <sup>2</sup>
<b>Other Foods (optional)</b>					Jelly
<b>Lunch or Supper Meal Pattern</b>					
<b>Vegetable or Fruit</b>	Cantaloupe	Grapes	Strawberries	Applesauce <sup>NC</sup>	Orange Wedges
<b>Vegetable</b>	Leafy Green Salad <sup>NC</sup>	Baked Sweet Potato Wedges <sup>NC</sup>	Carrot <sup>NC</sup> and Celery Sticks	Local Harvest Bake <sup>NC</sup>	Corn, Spinach <sup>NC</sup> , and Tomatoes
<b>Meat or Meat Alternative</b>	<u>Sesame Asian Noodle Chicken Salad</u>	Cheeseburger	Turkey and Cheese Sandwich	Maple Salmon Fillet	<u>Bean and Cheese Tacos</u>
<b>Grains/Breads</b>	Whole Grain Pasta	Whole Grain Bun	Whole Grain Bread	Whole Wheat Couscous	Whole Grain Tortilla
<b>Milk, fluid</b>	Milk <sup>2</sup>	Milk <sup>2</sup>	Milk <sup>2</sup>	Milk <sup>2</sup>	Milk <sup>2</sup>
<b>Other Foods (optional)</b>	Low-fat Dressing				
<b>Snack Meal Pattern (choose 2 below)</b>					
<b>Fruit</b>		Raisins		Blueberries	
<b>Vegetable</b>	Celery sticks		Pepper Sticks		Cucumber and Carrot Sticks <sup>NC</sup> with honey & mustard yogurt dip
<b>Meat or Meat Alternate</b>	Cheddar Cheese Cubes		Hard Boiled Egg	Cottage Cheese	
<b>Grains/Breads</b>	Triscuits <sup>®</sup>	Trail Mix			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

<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

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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Winter --Week 2	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
<b>Breakfast Meal Pattern</b>					
<b>Fruit</b>	Strawberries	Mandarin Oranges	Pineapple Chunks	Cinnamon Applesauce <sup>NC</sup>	Blueberries
<b>Vegetable</b>					
<b>Meat or Meat Alternate (optional)</b>	Low-fat Cottage Cheese <sup>1</sup>		Quiche <sup>1</sup>		Peanut Butter <sup>1</sup> (or other nut/seed butter)
<b>Grains/Breads</b>	Whole Grain Mini Bagel	Cheerios®	Whole Grain Toast	Whole Grain Waffle	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>Fruit</b>	Pineapple Wedges	Pears	Apple Rings <sup>NC</sup>	Kiwi	Sliced Peaches
<b>Vegetable</b>	Cabbage Coleslaw <sup>NC</sup>	Collards <sup>NC</sup>	Steamed Carrots <sup>NC</sup>	Corn, Tomato, and Romaine Salad	Spinach Salad <sup>NC</sup>
<b>Meat or Meat Alternate</b>	BBQ Pulled Pork	Chicken Alfredo with a Twist	Baked Cajun Fish	Bean and Cheese Quesadilla	Hawaiian Ham Coconut Rice
<b>Grains/Breads</b>	Aztec Grain Salad	Whole Grain Bun	Whole Grain Garlic Breadstick	Whole Grain Tortilla	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)					Low-fat Salad Dressing
<b>Snack Meal Pattern (choose 2 below)</b>					
<b>Fruit</b>	Banana halves			Strawberries	
<b>Vegetable</b>		Leafy greens salad <sup>NC</sup> (add low-fat dressing)	Cucumber Sticks		Cherry Tomatoes
<b>Meat or Meat Alternate</b>			Cottage Cheese	Yogurt	
<b>Grains/Breads</b>	Whole Grain Crackers (add nut butter)	Wheat Thins®			Mediterranean Quinoa Salad
<b>Milk, fluid</b>					

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## North Carolina CACFP Seasonal Menus



Winter --Week 3	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
<b>Breakfast Meal Pattern</b>					
<b>Fruit</b>	Orange Wedges	Apple Halves <sup>NC</sup>	Banana	Very Berry Salad	Sliced Peaches
<b>Vegetable</b>					
<b>Meat or Meat Alternate (optional)</b>		Walnuts <sup>1</sup>	Peanut Butter <sup>1</sup> (or other nut/seed butter)		Hard Boiled Egg <sup>1</sup>
<b>Grains/Breads</b>	Berry Berry Kix®	Cinnamon Oatmeal	Whole Grain English Muffin	Whole Grain Waffle	Bite-Sized Frosted Shredded Wheat®
<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>Fruit</b>	Grapes	Melon Rounds	Nectarines	Applesauce <sup>NC</sup>	Strawberries
<b>Vegetable</b>	Roasted Sweet Potatoes <sup>NC</sup>	Spinach <sup>NC</sup> , Tomatoes, Corn	Steamed Broccoli	Streamed Collard Greens <sup>NC</sup>	Green Beans
<b>Meat or Meat Alternate</b>	<a href="#">Sweet and Sassy Chicken</a>	Three Bean Taco Salad	Turkey Meatballs w/ Sauce	Pork Chops	Grilled Tuna Melt Sandwich
<b>Grains/Breads</b>	Whole Grain Couscous	Brown Rice and Tortilla Shell	Whole Grain Penne	Brown Rice	Whole Grain Bread
<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)		Salsa	Parmesan Cheese		
<b>Snack Meal Pattern (choose 2 below)</b>					
<b>Fruit</b>	Raspberries			Banana Slices	Apple Slices <sup>NC</sup>
<b>Vegetable</b>		Celery and Carrot Sticks <sup>NC</sup>	Baked Sweet Potato Sticks <sup>NC</sup>		
<b>Meat or Meat Alternate</b>	Cottage Cheese	Peanut Butter (or other nut/seed butter)	Shredded Cheddar Cheese (over sweet potatoes)		Peanut Butter (or other nut/seed butter)
<b>Grains/Breads</b>				Whole Grain Crackers	
<b>Milk, fluid</b>					

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## North Carolina CACFP Seasonal Menus



Winter --Week 4	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
<b>Breakfast Meal Pattern</b>					
<b>Fruit</b>	Melon Mix	Plums	Pear Slices	Strawberries	Grapes
<b>Vegetable</b>					
<b>Meat or Meat Alternate (optional)</b>	Cottage Cheese <sup>1</sup>	Low-fat Cheddar Cheese <sup>1</sup>	Peanut Butter <sup>1</sup> (or other nut/seed butter)		
<b>Grains/Breads</b>	Oatmeal	Cheesy Grits	Whole Grain Mini Bagel	Buckwheat Pancakes	Shredded Wheat Honey Nut <sup>®</sup>
<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>Fruit</b>	Apple Slices <sup>NC</sup>	Banana Slices	Blueberries	Diced Peaches	Honeydew
<b>Vegetable</b>	Vegetable Soup	Peppers, Tomatoes, Onions	Bok Choy <sup>NC</sup> , Onions, Peppers, Carrots <sup>NC</sup>	Spinach <sup>NC</sup> , Tomato, and Carrot <sup>NC</sup> Salad	Baked Potato Wedges
<b>Meat or Meat Alternate</b>	Grilled Cheese and Tomato Sandwich	<u>Turkey and Bean Chili</u>	<u>Chicken Stir Fry</u>	<u>Meat and Cheese Lasagna</u>	<u>Baked Fish Scandia</u>
<b>Grains/Breads</b>	Whole Grain Bread	<u>Cornbread</u>	Brown Rice	Whole Grain Bread Stick	Whole Grain Dinner 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)				Low-fat Dressing	
<b>Snack Meal Pattern (choose 2 below)</b>					
<b>Fruit</b>				Orange slices	Applesauce <sup>NC</sup>
<b>Vegetable</b>	Carrot Sticks <sup>NC</sup>	Snow Peas	Fresh Salsa		
<b>Meat or Meat Alternate</b>	Hard Boiled Egg	<u>Hummus</u>		Yogurt	String Cheese
<b>Grains/Breads</b>		Whole Grain Pita	Tortilla Chips		
<b>Milk, fluid</b>					

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- 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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