

Institution Name: _____

Agreement #: _____

Season: _____



Week 1	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern					
RECIPES & LINKS					
Vegetable, fruit or both					
Meat /Meat Alternate* (optional)					
Grains/Breads					
Fluid Milk **					
Other Foods (optional)					
Lunch or Supper Meal Pattern					
RECIPES & LINKS					
Vegetable					
Fruit					
Meat / Meat Alternate*					
Grains/Breads					
Fluid Milk**					
Other Foods (optional)					
Snack Pattern					
RECIPES & LINKS					
Vegetable					
Fruit					
Meat / Meat Alternate*					
Grains/Breads					
Fluid Milk**					

***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.

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 (<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>). Additional guidance, webinars, and resource tools can be found at <http://nutritionnc.com/snp/index.htm>. NCDHHS is an equal opportunity employer and provider.

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Week 2	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern					
RECIPES & LINKS					
Vegetable, fruit or both					
Meat /Meat Alternate* (optional)					
Grains/Breads					
Fluid Milk **					
Other Foods (optional)					
Lunch or Supper Meal Pattern					
RECIPES & LINKS					
Vegetable					
Fruit					
Meat / Meat Alternate*					
Grains/Breads					
Fluid Milk**					
Other Foods (optional)					
Snack Pattern					
RECIPES & LINKS					
Vegetable					
Fruit					
Meat / Meat Alternate*					
Grains/Breads					
Fluid Milk**					

***Meat or Meat Alternate:** Can be served in place of grain/breads up to 3 times per week at breakfast

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Week 3	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern					
RECIPES & LINKS					
Vegetable, fruit or both					
Meat /Meat Alternate* (optional)					
Grains/Breads					
Fluid Milk **					
Other Foods (optional)					
Lunch or Supper Meal Pattern					
RECIPES & LINKS					
Vegetable					
Fruit					
Meat / Meat Alternate*					
Grains/Breads					
Fluid Milk**					
Other Foods (optional)					
Snack Pattern					
RECIPES & LINKS					
Vegetable					
Fruit					
Meat / Meat Alternate*					
Grains/Breads					
Fluid Milk**					

***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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Week 4	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern					
RECIPES & LINKS					
Vegetable, fruit or both					
Meat /Meat Alternate* (optional)					
Grains/Breads					
Fluid Milk **					
Other Foods (optional)					
Lunch or Supper Meal Pattern					
RECIPES & LINKS					
Vegetable					
Fruit					
Meat / Meat Alternate*					
Grains/Breads					
Fluid Milk**					
Other Foods (optional)					
Snack Pattern					
RECIPES & LINKS					
Vegetable					
Fruit					
Meat / Meat Alternate*					
Grains/Breads					
Fluid Milk**					

***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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1. Personalize these menus electronically, enter your center name, institution number, and date boxes for each week
2. Enter menu items for meal components in the white boxes (example: corn, WG tortilla, black beans) and enter the recipe title in the green boxes above each meal time (example Veggie Quesadilla)
3. Optional: insert hyperlinks to online standardized recipes for quick access to recipes
 - These menus are designed to inspire programs to use seasonal, locally grown foods when possible.
 - 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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