

CACFP Menu with Best Practices



This resource provides recipes to prepare healthy and delicious meals that meet meal pattern requirements and the optional best practices to further improve nutritional quality of the meal served.

Greater Variety of Vegetables and Fruits

- There is a separate vegetable component and a separate fruit component at lunch and snack: and
- Juice is limited to once per day.
- *Best Practices:*
 - *Make at least 1 of the 2 required components of a snack a vegetable or fruit.*
 - *Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more than juice.*
 - *Provide at least one serving each of [dark green vegetables](#), [red and orange vegetables](#), [beans and peas \(legumes\)](#), [starchy vegetables](#), and [other vegetables](#) once per week.*
 - *Incorporate seasonal and locally produced foods into meals.*

More Whole Grains

- At least one serving of grains per day must be whole grain-rich;
- Grain-based desserts no longer count towards the grain component; and
- [Ounce equivalents \(oz. eq.\) are used to determine the amount of creditable grains.](#)
- *Best Practice: Provide at least two servings of whole grain-rich grains per day.*

More Protein Options

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- Tofu and tempeh count as meat alternates.
- *Best Practices*
 - *Serve only lean meats, nuts, and legumes.*
 - *Limit serving processed meats to no more than one serving per week.*
 - *Serve only natural cheeses and choose low-fat or reduced fat-cheeses.*

Less Added Sugar

- Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce. [All Iowa WIC Approved Cereals are creditable.](#)
- *Best Practice: Avoid serving non-creditable foods that are sources of added sugars, such as sweet toppings (e.g. honey, jam, and syrup), mix-in ingredients sold with yogurt, and sugar-sweetened beverages (e.g. fruit drinks or sodas).*

Making Every Sip Count

- Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored or flavored low-fat or fat-free milk must be served to children 6 years and older and adults; and
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs.
- *Best Practices:*
 - *Serve only unflavored milk to all participants.*
 - *If flavored milk is provided (6 years and older), only serve flavored milk that contains no more than 22 grams of sugar/8oz.*

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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast <ul style="list-style-type: none"> Milk Vegetable, Fruit, or Both Grains Meat/Meat Alternate Sub for Grains (up to 3x/week) 	<ul style="list-style-type: none"> 1% or Skim Milk Pear Slice Banana Bread Squares 	<ul style="list-style-type: none"> 1% or Skim Milk Raspberries Cheerios 	<ul style="list-style-type: none"> 1% or Skim Milk Crazy Clementine Oatmeal 	<ul style="list-style-type: none"> 1% or Skim Milk Blueberries Frosted Mini-Wheat Cereal 	<ul style="list-style-type: none"> 1% or Skim Milk Snazzy Sliced Peaches Scrambled Eggs
Snack (2 of 5) <ul style="list-style-type: none"> Milk Meat and Meat Alternate Vegetables Fruit Grains (Provide water to drink)	<ul style="list-style-type: none"> Fresh Pear Triscuit Crackers 	Banana Stack: <ul style="list-style-type: none"> Banana Slice, Whole Grain Crackers Lowfat Cream Cheese 	<ul style="list-style-type: none"> Lowfat Cottage Cheese Strawberries 	<ul style="list-style-type: none"> Black Bean Hummus Fresh Baby Carrots and Broccoli Trees 	Paint A Face: <ul style="list-style-type: none"> Plain Yogurt Whole Grain Tortilla Garnish with grapes and raisins
Lunch <ul style="list-style-type: none"> Milk Meat or Meat Alternate Vegetables Fruit Grains 	<ul style="list-style-type: none"> 1% or Skim Milk Beef Goulash X-Ray Vision Carrots Kiwi Slices 	<ul style="list-style-type: none"> 1% or Skim Milk Bean Burrito Bowl Mexicali Corn Glamorous Grapes 	<ul style="list-style-type: none"> 1% or Skim Milk Chicken Stir-Fry Brown Rice Honeydew 	<ul style="list-style-type: none"> 1% or Skim Milk Salmon Patties Broccoli Salad Orange Slices Whole Grain Pita Bread 	<ul style="list-style-type: none"> 1% or Skim Milk Minestrone Soup String Cheese Celery Sticks Watermelon Cornbread
Snack (2 of 5) <ul style="list-style-type: none"> Milk Meat and Meat Alternate Vegetables Fruit Grains (Provide water to drink)	<ul style="list-style-type: none"> Mandarin Oranges Whole Grain Mini Bagel 	<ul style="list-style-type: none"> Mozzarella String Cheese Tomato Slices 	<ul style="list-style-type: none"> Red Pepper Strips Gone Fishing: <ul style="list-style-type: none"> Plain Yogurt Fish Crackers and Pretzel Sticks (dip pretzel stick in yogurt to pick up fish crackers)	<ul style="list-style-type: none"> Apple Smiles Pumpkin Muffin Squares 	<ul style="list-style-type: none"> Zucchini Sticks with Red Sauce Natural Cheddar Cheese

[Use the CACFP Meal Pattern to Determine Serving Sizes](#)

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast <ul style="list-style-type: none"> Milk Vegetable, Fruit, or Both Grains Meat/Meat Alternate Sub for Grains (up to 3x/week)	<ul style="list-style-type: none"> 1% or Skim Milk Kiwi Whole Grain English Muffin 	<ul style="list-style-type: none"> 1% or Skim Milk Blueberries Hard Boiled Egg 	<ul style="list-style-type: none"> 1% or Skim Milk Frozen Strawberries Whole Grain Waffle (Use strawberries to top waffle as an alternative to syrup)	<ul style="list-style-type: none"> 1% or Skim Milk Bodacious Banana Total Cereal 	<ul style="list-style-type: none"> 1% or Skim Milk Applesauce Whole Grain French Toast Sticks (Use applesauce to top French toast as an alternative to syrup)
Snack (2 of 5) <ul style="list-style-type: none"> Milk Meat and Meat Alternatives Vegetables Fruit Grains (Provide water to drink)	<ul style="list-style-type: none"> Red Grapes Oatmeal Muffin Squares 	<ul style="list-style-type: none"> Sweet Strawberries Pancakes 	<ul style="list-style-type: none"> Apple Slices Whole Grain Goldfish Crackers 	Avocado Smile: <ul style="list-style-type: none"> Avocado Slice Grape Tomatoes Whole Grain Tortilla Lowfat Cream Cheese 	<ul style="list-style-type: none"> Plain Yogurt Fresh Berries
Lunch <ul style="list-style-type: none"> Milk Meat or Meat Alternate Vegetables Fruit Grains 	<ul style="list-style-type: none"> 1% or Skim Milk Taco Salad Wrap Fresh Orange 	<ul style="list-style-type: none"> 1% or Skim Milk Chicken and Noodles Peas Watermelon 	<ul style="list-style-type: none"> 1% or Skim Milk Chili Con Carne With Beans Celery Sticks Perky Pear Halves Whole Wheat Crackers 	<ul style="list-style-type: none"> 1% or Skim Milk Pizza Cup with Ground Pork Topping Hummus Carrot Sticks Fresh Pears 	<ul style="list-style-type: none"> 1% or Skim Milk Macaroni and Cheese String Cheese Get Big Green Beans Plump Plum
Snack (2 of 5) <ul style="list-style-type: none"> Milk Meat and Meat Alternatives Vegetables Fruit Grains (Provide water to drink)	<ul style="list-style-type: none"> Natural Cheddar Cheese Cantaloupe 	<ul style="list-style-type: none"> Fruit Salsa Whole Grain Pita Wedges 	<ul style="list-style-type: none"> Creamy Dip Cucumber Slices, Carrot Sticks, and Whole Wheat Triscuits 	<ul style="list-style-type: none"> Amazing Apple Circles Pretzel Sticks (core apples and cut circle slices)	<ul style="list-style-type: none"> Kiwi Cottage Cheese

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast <ul style="list-style-type: none"> Milk Vegetable, Fruit, or Both Grains Meat/Meat Alternate Sub for Grains (up to 3x/week)	<ul style="list-style-type: none"> 1% or Skim Milk Orange Slices Whole Wheat Toast 	<ul style="list-style-type: none"> 1% or Skim Milk Mixed Berries Cheerios 	<ul style="list-style-type: none"> 1% or Skim Milk Red Apple Whole Grain Bagel Lowfat Cream Cheese 	<ul style="list-style-type: none"> 1% or Skim Milk Succulent Strawberries Oatmeal 	<ul style="list-style-type: none"> 1% or Skim Milk Grapefruit Whole Wheat English Muffin Scrambled Eggs
Snack (2 of 5) <ul style="list-style-type: none"> Milk Meat and Meat Alternate Vegetables Fruit Grains (Provide water to drink)	<ul style="list-style-type: none"> Pico de Gallo Whole Grain Tortilla Chips 	<ul style="list-style-type: none"> Cottage Cheese Perfect Peaches 	<ul style="list-style-type: none"> Plain Yogurt Frozen Berries 	<ul style="list-style-type: none"> Mozzarella String Cheese Mandarin Oranges 	<ul style="list-style-type: none"> Sun Nut Butter Apple Slices
Lunch <ul style="list-style-type: none"> Milk Meat or Meat Alternate Vegetables Fruit Grains 	<ul style="list-style-type: none"> 1% or Skim Milk Spaghetti and Meat Sauce Carrot Sticks Apricot Halves 	<ul style="list-style-type: none"> 1% or Skim Milk Arroz Con Pollo with Brown Rice Creamed Corn Cutie Clementine 	Hand Warmer: <ul style="list-style-type: none"> 1% or Skim Milk Grated Cheese Broccoli/ Cauliflower Baked Potato Cottage Cheese Chilled Pear Slices Cornbread 	<ul style="list-style-type: none"> 1% or Skim Milk Harvest Stew Apricots Whole Grain Pita Bread 	<ul style="list-style-type: none"> 1% or Skim Milk Oven-Roasted Tilapia With Coleslaw Honeydew Whole Grain Roll
Snack (2 of 5) <ul style="list-style-type: none"> Milk Meat and Meat Alternate Vegetables Fruit Grains (Provide water to drink)	<ul style="list-style-type: none"> String Cheese Fresh Strawberries 	Mouse Faces: <ul style="list-style-type: none"> Lowfat Yogurt Raisins (eyes) Apple Slice (smile) Banana (nose & ears) Whole Grain Tortilla 	<ul style="list-style-type: none"> Hummus Red and Green Pepper Strips 	<ul style="list-style-type: none"> Kiwi Wedges Whole Grain Mini Bagel Light Cream Cheese 	<ul style="list-style-type: none"> Yogurt Banana Slices

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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast <ul style="list-style-type: none"> Milk Vegetable, Fruit, or Both Grains Meat/Meat Alternate Sub for Grains (up to 3x/week) 	<ul style="list-style-type: none"> 1% or Skim Milk Applesauce Breakfast Muffins 	<ul style="list-style-type: none"> 1% or Skim Milk Raspberries Plain Yogurt 	<ul style="list-style-type: none"> 1% or Skim Milk Banana Egg on Whole Wheat English Muffin 	<ul style="list-style-type: none"> 1% or Skim Milk Apricot Halves Whole Grain Mini Bagel Light Cream Cheese 	<ul style="list-style-type: none"> 1% or Skim Milk Orange Slices Life Cereal
Snack (2 of 5) <ul style="list-style-type: none"> Milk Meat and Meat Alternate Vegetables Fruit Grains (Provide water to drink)	<ul style="list-style-type: none"> Sweet Strawberries Triscuit Crackers 	<ul style="list-style-type: none"> Natural Colby Jack Cheese Fabulous Fresh Grapes 	<ul style="list-style-type: none"> Creamy Dip for Fresh Vegetables Baby Carrots and Broccoli Trees Red Apple Slices 	<ul style="list-style-type: none"> Black Bean Hummus Snow Peas 	<ul style="list-style-type: none"> Pineapple Whole Grain Goldfish Crackers
Lunch <ul style="list-style-type: none"> Milk Meat or Meat Alternate Vegetables Fruit Grains 	<ul style="list-style-type: none"> 1% or Skim Milk Chicken Fajitas with Whole Grain Tortilla Peas Fresh Blueberries 	<ul style="list-style-type: none"> 1% or Skim Milk Bean Soup Broccoli Salad String Cheese Orange Smiles Whole Wheat Roll 	<ul style="list-style-type: none"> 1% or Skim Milk Barbecued Chicken Brown Rice Cucumber Slices Applesauce 	<ul style="list-style-type: none"> 1% or Skim Milk Roasted Fish Crispy Slaw Wrap Red Pepper Strips Kiwi 	<ul style="list-style-type: none"> 1% or Skim Milk Hamburger Baked Sweet Potatoes Lettuce and Tomato Slices Magnificent Mango Whole Grain Bun
Snack (2 of 5) <ul style="list-style-type: none"> Milk Meat and Meat Alternate Vegetables Fruit Grains (Provide water to drink)	<ul style="list-style-type: none"> Cottage Cheese Peaches 	<ul style="list-style-type: none"> Mango Smoothie Bowl 	<ul style="list-style-type: none"> Mozzarella String Cheese Pineapple 	<ul style="list-style-type: none"> Vanilla Yogurt with Cinnamon Green Apple Slices 	<ul style="list-style-type: none"> Apple Juice Whole Grain English Muffin

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