

CACFP New Meal Pattern Menu with Best Practices



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 Slices • Banana Muffin 	<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"> • Hummus • Fresh Baby Carrots and Broccoli Trees 	Paint A Face: <ul style="list-style-type: none"> • Plain Yogurt • Whole Grain Tortilla (Garnish with cereal, 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 • Meat Lasagna • X-Ray Vision Carrots • Kiwi Slices 	<ul style="list-style-type: none"> • 1% or Skim Milk • Bean Burrito • Mexicali Corn • Glamorous Grapes • Whole Grain Tortilla 	<ul style="list-style-type: none"> • 1% or Skim Milk • Chicken Stir-Fry • Honeydew • Brown Rice 	<ul style="list-style-type: none"> • 1% or Skim Milk • Tuna Salad Sandwich • Broccoli Salad • Orange Slices • Whole Grain Pita Bread 	<ul style="list-style-type: none"> • 1% or Skim Milk • Beef-Vegetable Stew • Celery Sticks • Watermelon • Corn Muffins
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 	Gone Fishing: <ul style="list-style-type: none"> • Plain Yogurt • Fish Crackers and Pretzel Sticks (children dip pretzel stick in yogurt to pick up fish crackers)	<ul style="list-style-type: none"> • Apple Smiles • Banana Bread Squares 	<ul style="list-style-type: none"> • Bean Dip • Whole Grain Tortilla Chips

[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 Square 	<ul style="list-style-type: none"> Sweet Strawberries Whole Grain Oven Baked 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 Bean Taco with Shredded Romaine Lettuce Chopped Tomato Fresh Orange Whole Grain Corn Tortilla 	<ul style="list-style-type: none"> 1% or Skim Milk Oven Baked Parmesan Chicken Peas Watermelon Cornbread 	<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 Egg Salad Get Big Green Beans Apricots Whole Grain Pita Bread 	<ul style="list-style-type: none"> 1% or Skim Milk Fish Nuggets Baked Sweet Potato Plump Plum Whole Grain Corn Tortilla
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"> Black Bean Hummus 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"> String Cheese Kiwi

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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 Corn Taco Shell • Excellent Egg Taco • Salsa
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"> • Bean Dip • 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 • Broccoli • Apricot Halves 	<ul style="list-style-type: none"> • 1% or Skim Milk • Sweet and Sassy Chicken • Creamed Corn • Cutie Clementine • Brown Rice 	Hand Warmer: <ul style="list-style-type: none"> • 1% or Skim Milk • Grated Cheese • Broccoli/ Cauliflower • Quick Baked Potato • Chilled Pear Slices • Whole Wheat Roll 	<ul style="list-style-type: none"> • 1% or Skim Milk • Baked Scrambled Eggs • Oven Fries • Honeydew • Whole Grain Pancakes 	<ul style="list-style-type: none"> • 1% or Skim • Bean Burrito Bowl with Brown Rice • Carrot Sticks • Fresh Pears
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 • Blueberry Muffin Squares 	<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 Grain English Muffin 	<ul style="list-style-type: none"> • 1% or Skim Milk • Apricot Halves • Baked French Toast Strips 	<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"> • Dip for Fresh Vegetables • Baby Carrots and Broccoli Trees 	<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 • Bean Soup • Broccoli Salad • Orange Smiles • Whole Wheat Roll 	<ul style="list-style-type: none"> • 1% or Skim Milk • New Macaroni and Cheese • Hard Boiled Egg • Carrot Sticks • Fresh Blueberries 	<ul style="list-style-type: none"> • 1% or Skim Milk • Oven Fried Chicken • Cucumber Slices • Applesauce • Brown Rice 	<ul style="list-style-type: none"> • 1% or Skim Milk • Tuna Melt • Red Pepper Strips • Kiwi • Whole Grain English Muffin 	<ul style="list-style-type: none"> • 1% or Skim Milk • Hamburger • Baked Beans • 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"> • Salsa • Whole Grain Tortilla Chips 	<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 Mini Bagel • Light Cream Cheese

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CACFP New Meal Pattern Menu with Best Practices



Greater Variety of Vegetables and Fruits

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; 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.*
 - *Serving 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](#) (starting October 1, 2019).
- *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 counts as a meat alternate.
- *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, 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 low-fat, unflavored fat-free, or flavored 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.*