

Karamu Nutrition Program Provider DIY Menu

DIY

KNP#: _____

Provider/Center Name: _____


Claim Month / Year: _____

| CACFP Child Menu | | Note: To substitute a food item, draw a single line through the food item below that you will not serve and write in the food item that you will serve in its place. | | | | | | |
|--|-----------------------|--|--|--|--|--|--|--|
| | | Date | Date | Date | Date | Date | Date | Date |
| Food Group / Portion Sizes | | | | | | | | |
| KNP PROVIDER DIY MENU TEMPLATE (Rev JAN 22) | MPR2 | Age 1-2 Age 3-5 Age 6-12 | | | | | | |
| | Breakfast | Fluid Milk Unflavored Whole (1 yr) Unflavored 1% Low-fat or Skim Fat-free (2 to 12 yrs) <small>1/2C 3/4C 1C</small> | Unflavored Whole (1 yr) Unflavored 1% Low-fat or Skim Fat-free (2 to 12 yrs) | Unflavored Whole (1 yr) Unflavored 1% Low-fat or Skim Fat-free (2 to 12 yrs) | Unflavored Whole (1 yr) Unflavored 1% Low-fat or Skim Fat-free (2 to 12 yrs) | Unflavored Whole (1 yr) Unflavored 1% Low-fat or Skim Fat-free (2 to 12 yrs) | Unflavored Whole (1 yr) Unflavored 1% Low-fat or Skim Fat-free (2 to 12 yrs) | Unflavored Whole (1 yr) Unflavored 1% Low-fat or Skim Fat-free (2 to 12 yrs) |
| | | Vegetable or Fruit <small>1/4C 1/2C 1/2C</small> | | | | | | |
| | | Grains <small>1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.</small> | | | | | | |
| | Snack | Age 1-2 Age 3-5 Age 6-12 | | | | | | |
| | | Fluid Milk <small>1/2C 3/4C 1C</small> | | | | | | |
| | | Protein <small>1oz 1.5oz 2oz</small> | | | | | | |
| | | Vegetable <small>1/8C 1/4C 1/2C</small> | | | | | | |
| | | Fruit or Vegetable <small>1/8C 1/4C 1/4C</small> | | | | | | |
| | | Grains <small>1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.</small> | | | | | | |
| | Lunch / Supper | Age 1-2 Age 3-5 Age 6-12 | | | | | | |
| | | Fluid Milk Unflavored Whole (1 yr) Unflavored 1% Low-fat or Skim Fat-free (2 to 12 yrs) <small>1/2C 3/4C 1C</small> | Unflavored Whole (1 yr) Unflavored 1% Low-fat or Skim Fat-free (2 to 12 yrs) | Unflavored Whole (1 yr) Unflavored 1% Low-fat or Skim Fat-free (2 to 12 yrs) | Unflavored Whole (1 yr) Unflavored 1% Low-fat or Skim Fat-free (2 to 12 yrs) | Unflavored Whole (1 yr) Unflavored 1% Low-fat or Skim Fat-free (2 to 12 yrs) | Unflavored Whole (1 yr) Unflavored 1% Low-fat or Skim Fat-free (2 to 12 yrs) | Unflavored Whole (1 yr) Unflavored 1% Low-fat or Skim Fat-free (2 to 12 yrs) |
| | | Protein <small>1oz 1.5oz 2oz</small> | | | | | | |
| | | Vegetable <small>1/8C 1/4C 1/2C</small> | | | | | | |
| | | Fruit or Vegetable <small>1/8C 1/4C 1/4C</small> | | | | | | |
| | | Grains <small>1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.</small> | | | | | | |

PROVIDER DO IT YOURSELF MENU TEMPLATE

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Provider DIY Menu**

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| | | Vegetable or Fruit 1/4C 1/2C 1/2C | | | | | | | | |
| | | Grains 1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq. | | | | | | | | |
| | | Snack | Age 1-2 Age 3-5 Age 6-12 | | | | | | | |
| | | | Fluid Milk 1/2C 3/4C 1C | | | | | | | |
| | | | Protein 1oz 1.5oz 2oz | | | | | | | |
| | | | Vegetable 1/8C 1/4C 1/2C | | | | | | | |
| | | | Fruit or Vegetable 1/8C 1/4C 1/4C | | | | | | | |
| | Grains 1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq. | | | | | | | | | |
| | Lunch / Supper | | Age 1-2 Age 3-5 Age 6-12 | | | | | | | |
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| | | | Protein 1oz 1.5oz 2oz | | | | | | | |
| | | Vegetable 1/8C 1/4C 1/2C | | | | | | | | |
| | | Fruit or Vegetable 1/8C 1/4C 1/4C | | | | | | | | |
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