DIY MENU

KNP#:_____ **Provider/Center Name:**_____ **Claim Month / Year:** _____

MPR3		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							
Karamu Nutrition Program	Breakfast	Age 1-2 | Age 3-5 | Age 6-12							
		Fluid Milk	Milk (Whole*, 2%,1%, Nonfat)	Milk (Whole*, 2%,1%, Nonfat)	Milk (Whole*, 2%,1%, Nonfat)	Milk (Whole*, 2%,1%, Nonfat)	Milk (Whole*, 2%,1%, Nonfat)	Milk (Whole*, 2%,1%, Nonfat)	Milk (Whole*, 2%,1%, Nonfat)
		1/2C | 3/4C | 1C							
		Vegetable or Fruit							
		1/4C | 1/2C | 1/2C							
		Grains							
		1/2 Oz.Eq. | 1/2 Oz.Eq. | 1 Oz.Eq.							
	Lunch / Supper	Age 1-2 | Age 3-5 | Age 6-12							
		Fluid Milk	Milk (Whole*, 2%,1%, Nonfat)	Milk (Whole*, 2%,1%, Nonfat)	Milk (Whole*, 2%,1%, Nonfat)	Milk (Whole*, 2%,1%, Nonfat)	Milk (Whole*, 2%,1%, Nonfat)	Milk (Whole*, 2%,1%, Nonfat)	Milk (Whole*, 2%,1%, Nonfat)
		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.							
	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.							

All juices are full strength and pasteurized.
Unless noted otherwise, all meat/meat alternates are "As Purchased" from the USDA Food Buying Guide
HSR refers to Healthy School Recipes available at https://healthyschoolrecipes.com/
WG / WGR = Whole Grain Rich (Food is 100% whole grain or at least 50% whole grain and 50% enriched grain)
*1 Yr olds served unflavored whole milk only

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		1/2C | 3/4C | 1C							
		Vegetable or Fruit							
		1/4C | 1/2C | 1/2C							
		Grains							
		1/2 Oz.Eq. | 1/2 Oz.Eq. | 1 Oz.Eq.							
	Lunch / Supper	Age 1-2 | Age 3-5 | Age 6-12							
		Fluid Milk	Milk (Whole*, 2%,1%, Nonfat)	Milk (Whole*, 2%,1%, Nonfat)	Milk (Whole*, 2%,1%, Nonfat)	Milk (Whole*, 2%,1%, Nonfat)	Milk (Whole*, 2%,1%, Nonfat)	Milk (Whole*, 2%,1%, Nonfat)	Milk (Whole*, 2%,1%, Nonfat)
		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.							
	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.							

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