

Karamu Nutrition Program Cycle Menu 1A

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.							
Food Group / Portion Sizes		Date	Date	Date	Date	Date	Date	Date	
KNP MPR2	Age 1-2 Age 3-5 Age 6-12	Template Number: CM1ABR1	Template Number: CM1ABR2	Template Number: CM1ABR3	Template Number: CM1ABR4	Template Number: CM1ABR5	Template Number: CM1ABR6	Template Number: CM1ABR7	
	Fluid Milk 1/2C 3/4C 1C	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)	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 1/4C 1/2C 1/2C	Bananas	Blueberries	Sliced Apples	Peaches	Applesauce	Mandarin Oranges	Pears	
	Grains 1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.	Cheerios (Regular or Multigrain) (WGR)	Cream of Wheat	Waffles	Bagel	Whole Wheat Toast (WGR)	French Toast	English Muffin	
	Age 1-2 Age 3-5 Age 6-12	Template Number: CM1ASN1	Template Number: CM1ASN2	Template Number: CM1ASN3	Template Number: CM1ASN4	Template Number: CM1ASN5	Template Number: CM1ASN6	Template Number: CM1ASN7	
	Fluid Milk 1/2C 3/4C 1C								
	Protein 1oz 1.5oz 2oz	Deli Ham Slices with Cheddar Cheese Slices	Peanut Butter		Deli Turkey Slices & Cheese Slices			American Cheese	
	Vegetable 1/8C 1/4C 1/2C								
	Fruit or Vegetable 1/8C 1/4C 1/4C			Fresh Tomato Salsa (Home made or produce aisle)		100% Apple Juice	Apple Sauce		
	Grains 1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.	Whole Wheat Tortillas (WGR)	Wheat Thins Crackers (WGR)	Sun Chips® - Any flavor (WGR)	Whole Wheat Bread (WGR)	Graham Crackers	Whole Wheat Cinnamon Toast (WGR)	Toasted Whole Wheat Bread (WGR)	
	Age 1-2 Age 3-5 Age 6-12	Template Number: CM1ALS1	Template Number: CM1ALS2	Template Number: CM1ALS3	Template Number: CM1ALS4	Template Number: CM1ALS5	Template Number: CM1ALS6	Template Number: CM1ALS7	
	Fluid Milk 1/2C 3/4C 1C	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)	Unflavored Whole (1 yr) Unflavored 1% Low-fat or Skim Fat-free (2 to 12 yrs)	
Protein 1oz 1.5oz 2oz	Rotisserie Chicken	Scrambled Eggs	Boneless Chicken Breast (For Stir Fry)	Cheese (for grilled sandwich)	All Beef Hotdog	Ground Beef Hamburger Patty	Deli Turkey & Ham Slices		
Vegetable 1/8C 1/4C 1/2C	Steamed Green Beans	Hashbrowns	Mixed Stir Fry Vegetables (Frozen)	Tator Tots	Baked Beans	Lettuce & Tomatoes & Pickles	Baked French Fries		
Fruit or Vegetable 1/8C 1/4C 1/4C	Applesauce	Sliced Apples	Pineapple Chunks	Celery & Carrots (with ranch dressing for dipping)	Mandarin Oranges	Green Beans	Fruit Cocktail		
Grains 1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.	Whole Wheat Bread or Whole Grain Rich Rolls (WGR)	Whole Wheat Toast (WGR)	Whole Wheat Bread (WGR)	Whole Wheat Sandwich Bread (WGR)	Whole Wheat Hot Dog Bun or Whole Wheat Bread (WGR)	Whole Wheat Hamburger Bun or Whole Wheat Bread (WGR)	Whole Wheat Sub Roll (WGR)		

*For Serving Suggestion, Refer to USDA Recipe Available at www.karamu.org/recipe

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		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.								
MPR2		Date	Date	Date	Date	Date	Date	Date		
		Food Group / Portion Sizes								
Karamu Nutrition Program Cycle Menu #1A	Breakfast	Age 1-2 Age 3-5 Age 6-12	Template Number: CM1ABR1	Template Number: CM1ABR2	Template Number: CM1ABR3	Template Number: CM1ABR4	Template Number: CM1ABR5	Template Number: CM1ABR6	Template Number: CM1ABR7	
		Fluid Milk	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)	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)
		1/2C 3/4C 1C	Bananas	Blueberries	Sliced Apples	Peaches	Applesauce	Mandarin Oranges	Pears	
		Vegetable or Fruit								
		1/4C 1/2C 1/2C	Grains	Cheerios (Regular or Multigrain) (WGR)	Cream of Wheat	Waffles	Bagel	Whole Wheat Toast (WGR)	French Toast	English Muffin
	1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.									
	Snack	Age 1-2 Age 3-5 Age 6-12	Template Number: CM1ASN1	Template Number: CM1ASN2	Template Number: CM1ASN3	Template Number: CM1ASN4	Template Number: CM1ASN5	Template Number: CM1ASN6	Template Number: CM1ASN7	
		Fluid Milk								
		1/2C 3/4C 1C	Protein	Deli Ham Slices with Cheddar Cheese Slices	Peanut Butter		Deli Turkey Slices & Cheese Slices		American Cheese	
		1oz 1.5oz 2oz	Vegetable							
1/8C 1/4C 1/2C		Fruit or Vegetable			Fresh Tomato Salsa (Home made or produce aisle)		100% Apple Juice	Apple Sauce		
1/8C 1/4C 1/4C		Grains	Whole Wheat Tortillas (WGR)	Wheat Thins Crackers (WGR)	Sun Chips® - Any flavor (WGR)	Whole Wheat Bread (WGR)	Graham Crackers	Whole Wheat Cinnamon Toast (WGR)	Toasted Whole Wheat Bread (WGR)	
1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.										
Lunch / Supper	Age 1-2 Age 3-5 Age 6-12	Template Number: CM1ALS1	Template Number: CM1ALS2	Template Number: CM1ALS3	Template Number: CM1ALS4	Template Number: CM1ALS5	Template Number: CM1ALS6	Template Number: CM1ALS7		
	Fluid Milk	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)	Unflavored Whole (1 yr) Unflavored 1% Low-fat or Skim Fat-free (2 to 12 yrs)		
	1/2C 3/4C 1C	Protein	Rotisserie Chicken	Scrambled Eggs	Boneless Chicken Breast (For Stir Fry)	Cheese (for grilled sandwich)	All Beef Hotdog	Ground Beef Hamburger Patty	Deli Turkey & Ham Slices	
	1oz 1.5oz 2oz	Vegetable	Steamed Green Beans	Hashbrowns	Mixed Stir Fry Vegetables (Frozen)	Tator Tots	Baked Beans	Lettuce & Tomatoes & Pickles	Baked French Fries	
	1/8C 1/4C 1/2C	Fruit or Vegetable	Applesauce	Sliced Apples	Pineapple Chunks	Celery & Carrots (with ranch dressing for dipping)	Mandarin Oranges	Green Beans	Fruit Cocktail	
	1/8C 1/4C 1/4C	Grains	Whole Wheat Bread or Whole Grain Rich Rolls (WGR)	Whole Wheat Toast (WGR)	Whole Wheat Bread (WGR)	Whole Wheat Sandwich Bread (WGR)	Whole Wheat Hot Dog Bun or Whole Wheat Bread (WGR)	Whole Wheat Hamburger Bun or Whole Wheat Bread (WGR)	Whole Wheat Sub Roll (WGR)	
	1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.									

*For Serving Suggestion, Refer to USDA Recipe Available at www.karamu.org/recipe