

# 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.							
Food Group / Portion Sizes		Date	Date	Date	Date	Date	Date	Date	
KNP PROVIDER DIY MENU TEMPLATE (Rev Jan 22)	MPR2								
	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)	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								
	Vegetable or Fruit								
	1/4C   1/2C   1/2C								
	Grains								
	1/2 Oz.Eq.   1/2 Oz.Eq.   1 Oz.Eq.								
	Breakfast								
	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.								
	Snack								
	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)	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									
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									
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									
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.									

PROVIDER DO IT YOURSELF MENU TEMPLATE

**Karamu Nutrition Program  
PROVIDER DIY MENU**

DIY

		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	
<b>KNP PROVIDER DIY MENU TEMPLATE (Rev Jan 22)</b>	<b>MPR2</b>	Food Group / Portion Sizes							
		Age 1-2   Age 3-5   Age 6-12							
		<b>Fluid Milk</b>	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								
	<b>Vegetable or Fruit</b>								
	1/4C   1/2C   1/2C								
	<b>Grains</b>								
	1/2 Oz.Eq.   1/2 Oz.Eq.   1 Oz.Eq.								
	<b>Breakfast</b>	Age 1-2   Age 3-5   Age 6-12	<b>Fluid Milk</b>						
			1/2C   3/4C   1C						
			<b>Protein</b>						
			1oz   1.5oz   2oz						
			<b>Vegetable</b>						
			1/8C   1/4C   1/2C						
			<b>Fruit or Vegetable</b>						
			1/8C   1/4C   1/4C						
	<b>Snack</b>	Age 1-2   Age 3-5   Age 6-12	<b>Grains</b>						
			1/2 Oz.Eq.   1/2 Oz.Eq.   1 Oz.Eq.						
			<b>Fluid Milk</b>						
			1/2C   3/4C   1C						
			<b>Protein</b>						
			1oz   1.5oz   2oz						
			<b>Vegetable</b>						
			1/8C   1/4C   1/2C						
<b>Lunch / Supper</b>	Age 1-2   Age 3-5   Age 6-12	<b>Fluid Milk</b>	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							
		<b>Protein</b>							
		1oz   1.5oz   2oz							
		<b>Vegetable</b>							
		1/8C   1/4C   1/2C							
		<b>Fruit or Vegetable</b>							
		1/8C   1/4C   1/4C							
<b>Lunch / Supper</b>	Age 1-2   Age 3-5   Age 6-12	<b>Grains</b>							
		1/2 Oz.Eq.   1/2 Oz.Eq.   1 Oz.Eq.							

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