Cycle Menu 4

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	Pears	Applesauce	Mandarin Oranges	Blueberries	Bananas	Raspberries	Pineapple
		1/4C | 1/2C | 1/2C							
		Grains	French Toast	Eggs - Scrambled	Oatmeal (WGR)	Mini-Wheats Frosted - Original (WGR)	Oatmeal (WGR)	Whole Wheat English Muffin (WGR)	Eggs, Hard Boiled
		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	Chicken, cooked, frozen, Diced or Pulled	Hamburger	Turkey Ham, fully cooked, chilled or frozen	BBQ Chicken	Ground Turkey	Chicken Parts, fresh or frozen, Breast	Seafood, fresh or frozen, fish fillet
		1oz | 1.5oz | 2oz							
		Vegetable	Carrots - Baby	Tater Tots	Whole Kernel Corn	Green Beans	Baked French Fries	Creamed Corn	Baked Beans
		1/8C | 1/4C | 1/2C							
		Fruit or Vegetable	Kiwi	Applesauce	Watermelon	Mandarin Oranges	Lettuce And Tomato	Pineapple	Applesauce
		1/8C | 1/4C | 1/4C							
		Grains	Whole Wheat Pasta/Noodles (WGR)	Whole Wheat Hamburger Bun (WGR)	Rice, brown whole grain (WGR)	Whole Wheat Bread (WGR)	Mini Whole Wheat Bun/Roll (WGR)	Whole Wheat Bun/Roll (WGR)	Whole Wheat Bun or Roll (WGR)
		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	Hot Dogs - Hebrew National 100% Kosher Beef Franks,	Cheese - Cheddar		Cheese - Cheddar			Peanut Butter
		1oz | 1.5oz | 2oz							
		Vegetable				Mixed Vegetables			
		1/8C | 1/4C | 1/2C							
		Fruit or Vegetable			Pears	100% Apple Juice	Apple Slices	Strawberries	Banana - Fresh Sliced
		1/8C | 1/4C | 1/4C							
		Grains	Whole Wheat Hot Dog Bun (WGR)	Whole Wheat Pasta/Noodles (WGR)	Triscuits (WGR)		Goldfish Crackers	Pancakes	Whole Wheat Tortilla (WGR)
		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

MPR3

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			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	Pears	Applesauce	Mandarin Oranges	Blueberries	Bananas	Raspberries	Pineapple
		1/4C | 1/2C | 1/2C							
		Grains	French Toast	Eggs - Scrambled	Oatmeal (WGR)	Mini-Wheats Frosted - Original (WGR)	Oatmeal (WGR)	Whole Wheat English Muffin (WGR)	Eggs, Hard Boiled
		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	Chicken, cooked, frozen, Diced or Pulled	Hamburger	Turkey Ham, fully cooked, chilled or frozen	BBQ Chicken	Ground Turkey	Chicken Parts, fresh or frozen, Breast	Seafood, fresh or frozen, fish fillet
		1oz | 1.5oz | 2oz							
		Vegetable	Carrots - Baby	Tater Tots	Whole Kernel Corn	Green Beans	Baked French Fries	Creamed Corn	Baked Beans
		1/8C | 1/4C | 1/2C							
		Fruit or Vegetable	Kiwi	Applesauce	Watermelon	Mandarin Oranges	Lettuce And Tomato	Pineapple	Applesauce
		1/8C | 1/4C | 1/4C							
		Grains	Whole Wheat Pasta/Noodles (WGR)	Whole Wheat Hamburger Bun (WGR)	Rice, brown whole grain (WGR)	Whole Wheat Bread (WGR)	Mini Whole Wheat Bun/Roll (WGR)	Whole Wheat Bun/Roll (WGR)	Whole Wheat Bun or Roll (WGR)
		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	Hot Dogs - Hebrew National 100% Kosher Beef Franks,	Cheese - Cheddar		Cheese - Cheddar			Peanut Butter
		1oz | 1.5oz | 2oz							
		Vegetable				Mixed Vegetables			
		1/8C | 1/4C | 1/2C							
		Fruit or Vegetable			Pears	100% Apple Juice	Apple Slices	Strawberries	Banana - Fresh Sliced
		1/8C | 1/4C | 1/4C							
		Grains	Whole Wheat Hot Dog Bun (WGR)	Whole Wheat Pasta/Noodles (WGR)	Triscuits (WGR)		Goldfish Crackers	Pancakes	Whole Wheat Tortilla (WGR)
		1/2 Oz.Eq. | 1/2 Oz.Eq. | 1 Oz.Eq.							

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