The Early Bird Special

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.						
		Food Group / Portion Sizes	**Date**	**Date**	**Date**	**Date**	**Date**	**Date**	**Date**
Karamu Nutrition Program	Breakfast	Age 1-2 | Age 3-5 | Age 6-12							
		Fluid Milk 1/2C | 3/4C | 1C	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat))	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)
		Vegetable or Fruit 1/4C | 1/2C | 1/2C	Peaches	Applesauce	Pears	Pineapples	Bananas	Blueberries	Bananas
		Grains 1/2 Oz.Eq. | 1/2 Oz.Eq. | 1 Oz.Eq.	Biscuits w/jelly	Cheerios (Regular or Multigrain) (WGR)	Whole Wheat Toast (WGR) with Pork Sausage, fresh or frozen	Honey Kix (WGR)	Bagel(WGR)	Pancakes(WGR)	Cheerios (Regular or Multigrain) (WGR)
	Lunch / Supper	Age 1-2 | Age 3-5 | Age 6-12							
		Fluid Milk 1/2C | 3/4C | 1C	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)
		Protein 1oz | 1.5oz | 2oz	Beef, Ground, fresh or frozen	Turkey Ham, fully cooked, chilled or frozen	Chicken, Boneless, fresh or frozen, Tenders	Turkey & Cheese	Sloppy Joes (HSR)	Chicken Parts, fresh or frozen, Wings	Peanut Butter
		Vegetable 1/8C | 1/4C | 1/2C	Green Beans	Cucumbers	Green Beans	Tater Tots	Corn	Broccoli	Green Beans
		Fruit or Vegetable 1/8C | 1/4C | 1/4C	Pineapple	Carrots	Applesauce	Bananas	Cantaloupe	Applesauce	Apple Slices
		Grains 1/2 Oz.Eq. | 1/2 Oz.Eq. | 1 Oz.Eq.	Spaghetti (Whole-wheat) (WGR)	Whole Wheat Bun / Roll (WGR)	Whole Wheat Bread (WGR)	Crackers	Whole Wheat Hamburger Bun (WGR)	Whole Wheat Pasta/Noodles (WGR)	Whole Wheat Bread (WGR)
	Snack	Age 1-2 | Age 3-5 | Age 6-12	**Spaghetti and Meat Sauce (Bround Beef and Ground Pork) USDA Recipe (HSR)**			**Cheese - Cheddar, Hilshire Farms Oven Roasted Turkey Breast (CN)**	**Sloppy Joes USDA Recipe (HSR)**		
		Fluid Milk 1/2C | 3/4C | 1C							
		Protein 1oz | 1.5oz | 2oz	Hummus	Cheese Sauce (HSR)		Yogurt - Dannon - Low Fat Vanilla			
		Vegetable 1/8C | 1/4C | 1/2C							
		Fruit or Vegetable 1/8C | 1/4C | 1/4C			Apricots	Watermelon	Applesauce	Apples	Oranges
		Grains 1/2 Oz.Eq. | 1/2 Oz.Eq. | 1 Oz.Eq.	Pita Bread	Pretzel (Hard Or Soft)	Graham Crackers		Animal Cookies / Crackers	Goldfish Crackers	Animal Cookies / Crackers
				Cheese Sauce USDA Recipe (HSR)		**Watermelon Dippers Recipe (HSR)**			

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/

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MPR3

Karamu Nutrition Program

	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							
Breakfast	Age 1-2 | Age 3-5 | Age 6-12							
	Fluid Milk	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat))	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)
	1/2C | 3/4C | 1C							
	Vegetable or Fruit	Peaches	Peaches	Applesauce	Mangoes	Peaches	Applesauce	Pears
	1/4C | 1/2C | 1/2C							
	Grains	Pork Sausage,fresh or frozen	Honey Kix (WGR)	Whole Wheat English Muffin (WGR)	Waffles w/syrup	Biscuits	Cheerios (Regular or Multigrain)(WGR)	Whole Wheat Toast (WGR) with Pork Sausage, fresh or frozen
	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 (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)
	1/2C | 3/4C | 1C							
	Protein	Cheese - Mozzarella	Chicken Parts, fresh or frozen, Wings	Eggs	Hot Dogs - Hebrew National 100% Kosher Beef Franks	Beef, Ground, fresh or frozen	Turkey Ham, fully cooked, chilled or frozen	Chicken, Boneless, fresh or frozen, Tenders
	1oz | 1.5oz | 2oz							
	Vegetable	Mixed Vegetables (Peas and Carrots)	Baked Beans	Tater Tots	Corn	Green Beans	Cucumbers	Green Beans
	1/8C | 1/4C | 1/2C							
	Fruit or Vegetable	Apricots	Mandarin Oranges	Pears	Baked French Fries	Pineapple	Carrots	Applesauce
	1/8C | 1/4C | 1/4C							
	Grains	Pizza Crust (WGR)	Whole Wheat Bread(WGR)	Banana Muffins	Whole Wheat Hot Dog Buns (WGR)	Spaghetti (Whole-wheat) (WGR)	Whole Wheat Bun / Roll (WGR)	Whole Wheat Bread (WGR)
	1/2 Oz.Eq. | 1/2 Oz.Eq. | 1 Oz.Eq.							
Snack	Age 1-2 | Age 3-5 | Age 6-12	**Cheese Pizza USDA Recipe (HSR)**						
	Fluid Milk							
	1/2C | 3/4C | 1C							
	Protein	Cheese - Cheddar	Hummus			Hummus	Cheese Sauce (HSR)	
	1oz | 1.5oz | 2oz							
	Vegetable							
	1/8C | 1/4C | 1/2C							
	Fruit or Vegetable			Bananas	Oranges			Apricots
	1/8C | 1/4C | 1/4C							
	Grains	Crackers	Pita Bread	Graham Crackers	Pretzel (Hard Or Soft)	Pita Bread	Pretzel (Hard Or Soft)	Graham Crackers
	1/2 Oz.Eq. | 1/2 Oz.Eq. | 1 Oz.Eq.						Cheese Sauce USDA Recipe (HSR)	

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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)