

Karamu Nutrition Program Cycle Menu 2A


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 Karamu Nutrition Program Cycle Menu #2A	Breakfast	Age 1-2 Age 3-5 Age 6-12	Template Number: CM2ABR1	Template Number: CM2ABR2	Template Number: CM2ABR3	Template Number: CM2ABR4	Template Number: CM2ABR5	Template Number: CM2ABR6	Template Number: CM2ABR7
	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)
	Vegetable or Fruit	Bananas	Hashbrowns	Applesauce	Strawberries	Peaches	Melon (Honeydew and/or Cantaloupe)	Diced Potatoes & Onions	
	Grains	Blueberry Muffins	Whole Wheat Pancakes (WGR)	Oatmeal (WGR)	Whole Wheat Cheese Toast (WGR)	Waffles	Rice	Sausage	
	Protein	String Cheese	All Meat Bologna	Peanut Butter	Diced Ham, Shredded Cheese	Cheese (melted on toast)	Deli Turkey Slices		
	Vegetable	Fruit Cocktail	Celery & Raisins	Whole Wheat Tortilla (WGR)	Whole Wheat Toast (WGR)	Whole Wheat Bread (WGR)			
	Fruit or Vegetable	Triscuit Crackers (WGR)	Whole Wheat Bread (WGR)	Bagel	Whole Wheat Tortilla (WGR)	Whole Wheat Toast (WGR)	Whole Wheat Bread (WGR)		
	Grains	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	Turkey & Cheese Sandwich	Navy Beans with Ham Chunks	Salmon Patty	Ground Beef & Cheese	Pulled or Chunk Chicken (for Tacos)	Ground Beef or Turkey Meatloaf	Pulled Pork Shoulder	
	Vegetable	Salad w/ Lettuce, Tomato & Cucumbers	Spinach	Sweet Potatoes	Green Beans	Lettuce, Tomato & Salsa	Mashed Potatoes	Baked Beans	
	Fruit or Vegetable	Fruit Cocktail	Pears	Corn	Pineapple Chunks or Slices	Refried Beans	Broccoli	Baked French Fries	
	Grains	Whole Wheat Bread (WGR)	Combread Muffin	Whole Wheat Bread (WGR)	Whole Wheat Garlic Toast (WGR)	Whole Wheat Soft Tortilla (WGR)	Whole Wheat Roll (WGR)	Whole Wheat Bread (WGR)	

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

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										
 MPR2 Karamu Nutrition Program Cycle Menu #2A	Breakfast	Age 1-2 Age 3-5 Age 6-12	Template Number: CM2ABR1	Template Number: CM2ABR2	Template Number: CM2ABR3	Template Number: CM2ABR4	Template Number: CM2ABR5	Template Number: CM2ABR6	Template Number: CM2ABR7	
		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	Hashbrowns	Applesauce	Strawberries	Peaches	Melon (Honeydew and/or Cantaloupe)	Diced Potatoes & Onions	
		Vegetable or Fruit	Blueberry Muffins	Whole Wheat Pancakes (WGR)	Oatmeal (WGR)	Whole Wheat Cheese Toast (WGR)	Waffles	Rice	Sausage	
		1/4C 1/2C 1/2C								
		Grains								
	1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.									
	Snack	Age 1-2 Age 3-5 Age 6-12	Template Number: CM2ASN1	Template Number: CM2ASN2	Template Number: CM2ASN3	Template Number: CM2ASN4	Template Number: CM2ASN5	Template Number: CM2ASN6	Template Number: CM2ASN7	
		Fluid Milk								
		1/2C 3/4C 1C	String Cheese	All Meat Bologna		Peanut Butter	Diced Ham, Shredded Cheese	Cheese (melted on toast)	Deli Turkey Slices	
		Protein								
		1oz 1.5oz 2oz								
		Vegetable								
	1/8C 1/4C 1/2C			Fruit Cocktail	Celery & Raisins					
	Fruit or Vegetable									
	1/8C 1/4C 1/4C									
	Grains	Triscuit Crackers (WGR)	Whole Wheat Bread (WGR)	Bagel		Whole Wheat Tortilla (WGR)	Whole Wheat Toast (WGR)	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: CM2ALS1	Template Number: CM2ALS2	Template Number: CM2ALS3	Template Number: CM2ALS4	Template Number: CM2ALS5	Template Number: CM2ALS6	Template Number: CM2ALS7		
	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	Turkey & Cheese Sandwich	Navy Beans with Ham Chunks	Salmon Patty	Ground Beef & Cheese	Pulled or Chunk Chicken (for Tacos)	Ground Beef or Turkey Meatloaf	Pulled Pork Shoulder		
	Protein	Salad w/ Lettuce, Tomato & Cucumbers	Spinach	Sweet Potatoes	Green Beans	Lettuce, Tomato & Salsa	Mashed Potatoes	Baked Beans		
	1oz 1.5oz 2oz									
	Vegetable	Fruit Cocktail	Pears	Corn	Pineapple Chunks or Slices	Refried Beans	Broccoli	Baked French Fries		
1/8C 1/4C 1/2C										
Fruit or Vegetable	Whole Wheat Bread (WGR)	Cornbread Muffin	Whole Wheat Bread (WGR)	Whole Wheat Garlic Toast (WGR)	Whole Wheat Soft Tortilla (WGR)	Whole Wheat Roll (WGR)	Whole Wheat Bread (WGR)			
1/8C 1/4C 1/4C										
Grains										
1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.										

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