

Karamu Nutrition Program

MPR2	CACFP Child Menu Food Group / Portion Sizes Age 1-2 Age 3-5 Age 6-12	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
		Date	Date	Date	Date	Date	Date	Date
Breakfast	Fluid Milk 1/2C 3/4C 1C	Unflavored Whole (1 yr)	Unflavored Whole (1 yr)	Unflavored Whole (1 yr)	Unflavored Whole (1 yr)	Unflavored Whole (1 yr)	Unflavored Whole (1 yr)	Unflavored Whole (1 yr)
	Vegetable or Fruit 1/4C 1/2C 1/2C	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)
	Grains 1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.	Banana	Navel Orange Slices	Sliced Apples	Peaches	Applesauce	Mandarin Oranges	Pears
		Cheerios (Regular or Multigrain)	Cream of Wheat (Enriched Farina)	Waffles	Bagel	Whole Wheat Toast	Home Made French Toast	English Muffin
AM Snack	Fluid Milk, Protein, Vegetable, Fruit, or Grain (Serve 2 of 5)	Low Fat Dannon Plain Yogurt with Fruit Cocktail	Peanut Butter	Fresh Salsa (Home made or produce aisle)	Turkey Slices & Cheddar Cheese Cubes	All Meat Bologna	Applesauce	Cheese
		Whole Wheat Bread	Whole Wheat Bread	Sun Chips® (Any flavor)	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Cinnamon Toast	Whole Wheat Bread (Toasted)
Lunch	Fluid Milk 1/2C 3/4C 1C	Unflavored Whole (1 yr)	Unflavored Whole (1 yr)	Unflavored Whole (1 yr)	Unflavored Whole (1 yr)	Unflavored Whole (1 yr)	Unflavored Whole (1 yr)	Unflavored Whole (1 yr)
	Protein 1oz 1.5oz 2oz	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)
	Vegetable 1/8C 1/4C 1/2C	Rotisserie Chicken	Boneless Chicken Breast (For Stir Fry)	Scrambled Eggs	All Meat Hotdog	Cheese (for grilled sandwich)	Deli Turkey Slices	Hamburger Patty
	Fruit or Vegetable 1/8C 1/4C 1/4C	Steamed Green Beans	Mixed Stir Fry Vegetables (Frozen)	Hashbrowns	Baked Beans	Tator Tots	Baked French Fries	Lettuce & Tomatoes
		Applesauce	Pineapple Chunks	Sliced Apples	Mandarin Oranges	Celery & Carrots (with dipping sauce)	Fruit Cocktail	French Cut Green Beans
	Grains 1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.	Whole Wheat Bread or Whole Grain Rich Rolls	Whole Wheat Bread	Whole Wheat Cheese Toast	Whole Wheat Bread or Whole Grain Rich Bun	Whole Wheat Toast	Whole Wheat Bread	Whole Wheat Bread or Whole Grain Rich Bun
PM Snack	Fluid Milk, Protein, Vegetable, Fruit, or Grain (Serve 2 of 5)	Low Fat Plain Yogurt with Fruit Cocktail	Peanut Butter	Fresh Salsa (Home made or produce aisle)	Turkey Slices & Cheddar Cheese Cubes	All Meat Bologna	Applesauce	Cheese
		Whole Wheat Bread	Whole Wheat Bread	Sun Chips® (Any flavor)	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Cinnamon Toast	Whole Wheat Bread (Toasted)
Supper	Fluid Milk 1/2C 3/4C 1C	Unflavored Whole (1 yr)	Unflavored Whole (1 yr)	Unflavored Whole (1 yr)	Unflavored Whole (1 yr)	Unflavored Whole (1 yr)	Unflavored Whole (1 yr)	Unflavored Whole (1 yr)
	Protein 1oz 1.5oz 2oz	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)
	Vegetable 1/8C 1/4C 1/2C	Rotisserie Chicken	Boneless Chicken Breast (For Stir Fry)	Scrambled Eggs w/ Cheese	All Meat Hotdog	Cheese (for grilled sandwich)	Deli Turkey Slices	Hamburger Patty
	Fruit or Vegetable 1/8C 1/4C 1/4C	Steamed Green Beans	Mixed Stir Fry Vegetables (Frozen)	Hashbrowns	Baked Beans	Tator Tots	Baked French Fries	Lettuce & Tomatoes
		Applesauce	Pineapple Chunks	Sliced Apples	Mandarin Oranges	Celery & Carrots (with dipping sauce)	Fruit Cocktail	French Cut Green Beans
	Grains 1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.	Whole Wheat Bread or Whole Grain Rich Rolls	Whole Wheat Bread	Whole Wheat Cheese Toast	Whole Wheat Bread or Whole Grain Rich Bun	Whole Wheat Toast	Whole Wheat Bread	Whole Wheat Bread or Whole Grain Rich Bun
EV Snack	Fluid Milk, Protein, Vegetable, Fruit, or Grain (Serve 2 of 5)	Low Fat Dannon Plain Yogurt with Fruit Cocktail	Peanut Butter	Fresh Salsa (Home made or produce aisle)	Turkey Slices & Cheddar Cheese Cubes	All Meat Bologna	Applesauce	Cheese
		Whole Wheat Bread	Whole Wheat Bread	Sun Chips® (Any flavor)	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Cinnamon Toast	Whole Wheat Bread (Toasted)

Karamu Cycle Menu #1 (Rev 01-22)



MPR2

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

Age 1-2 | Age 3-5 | Age 6-12

Date Date Date Date Date Date Date Date

Karamu Cycle Menu #1 (Rev 01-22)

		Date	Date	Date	Date	Date	Date	Date
Breakfast	Fluid Milk 1/2C 3/4C 1C	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)
	Vegetable or Fruit 1/4C 1/2C 1/2C	Banana	Navel Orange Slices	Sliced Apples	Peaches	Applesauce	Mandarin Oranges	Pears
	Grains 1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.	Cheerios	Cream of Wheat (Enriched Farina)	Waffles	Bagel	Whole Wheat Toast	Home Made French Toast	English Muffin
	Fluid Milk, Protein, Vegetable, Fruit, or Grain (Serve 2 of 5)	Low Fat Dannon Plain Yogurt with Fruit Cocktail	Peanut Butter	Fresh Salsa (Home made or produce aisle)	Turkey Slices & Cheddar Cheese Cubes	All Meat Bologna	Applesauce	Cheese
AM Snack	Fluid Milk, Protein, Vegetable, Fruit, or Grain (Serve 2 of 5)	Whole Wheat Bread	Whole Wheat Bread	Sun Chips® (Any flavor)	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Cinnamon Toast	Whole Wheat Bread (Toasted)
Lunch	Fluid Milk 1/2C 3/4C 1C	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)
	Protein 1oz 1.5oz 2oz	Beef & Bean Chili	Meatloaf (Ground Beef)	Ham & Cheese Omelette	Salmon Patty	Cheese (for Quesadilla)	Ground Turkey Patty	Deli Roast Beef Slices
	Vegetable 1/8C 1/4C 1/2C	Baked Potato (Topped with chili and cheese)	Salad (Lettuce, Tomatoes, Cucumbers)	Diced Potatoes & Onions	Salad w/ Lettuce, Carrots, & Cucumbers	Pinto Beans	Lettuce, Tomato, Pickle	Carrots & Peas
	Fruit or Vegetable 1/8C 1/4C 1/4C	Salad w/ Lettuce, Tomato & Cucumbers	Mixed Greens	Diced Tomatoes	Peaches	Corn	Baked Beans	Tater Tots
	Grains 1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread (Toasted)	Whole Wheat Bread	Whole Wheat Bread or Whole Grain ENR Tortilla	Whole Wheat Bread or Whole Grain ENR Bun	(Whole Wheat Bread)
	Fluid Milk, Protein, Vegetable, Fruit, or Grain (Serve 2 of 5)	Low Fat Dannon Plain Yogurt with Fruit Cocktail	Peanut Butter	Fresh Salsa (Home made or produce aisle)	Turkey Slices & Cheddar Cheese Cubes	All Meat Bologna	Applesauce	Cheese
	PM Snack	Fluid Milk, Protein, Vegetable, Fruit, or Grain (Serve 2 of 5)	Whole Wheat Bread	Whole Wheat Bread	Sun Chips® (Any flavor)	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Cinnamon Toast
Supper	Fluid Milk 1/2C 3/4C 1C	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored Whole (1 yr) Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)
	Protein 1oz 1.5oz 2oz	Beef & Been Chili	Meatloaf (Ground Beef)	Ham & Cheese Omelette	Salmon Patty	Cheese (for Quesadilla)	Ground Turkey Patty	Deli Roast Beef Slices
	Vegetable 1/8C 1/4C 1/2C	Baked Potato (Topped with chili and cheese)	Salad (Lettuce, Tomatoes, Cucumbers)	Diced Potatoes & Onions	Salad w/ Lettuce, Carrots, & Cucumbers	Pinto Beans	Lettuce, Tomato, Pickle	Carrots & Peas
	Fruit or Vegetable 1/8C 1/4C 1/4C	Salad w/ Lettuce, Tomato & Cucumbers	Mixed Greens	Diced Tomatoes	Peaches	Corn	Baked Beans	Tater Tots
	Grains 1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread (Toasted)	Whole Wheat Bread	Whole Wheat Bread or Whole Grain ENR Tortilla	Whole Wheat Bread or Whole Grain ENR Bun	(Whole Wheat Bread)
	Fluid Milk, Protein, Vegetable, Fruit, or Grain (Serve 2 of 5)	Low Fat Dannon Plain Yogurt with Fruit Cocktail	Peanut Butter	Fresh Salsa (Home made or produce aisle)	Turkey Slices & Cheddar Cheese Cubes	All Meat Bologna	Applesauce	Cheese
	EV Snack	Fluid Milk, Protein, Vegetable, Fruit, or Grain (Serve 2 of 5)	Whole Wheat Bread	Whole Wheat Bread	Sun Chips® (Any flavor)	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Cinnamon Toast