| KNP# | Provider Signature |                          | Claim Month | _ Year |  |
|------|--------------------|--------------------------|-------------|--------|--|
|      |                    | 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. Food Group / Portion Sizes Date **Date** Date Date Date Date Date MPR2 Age 1-2 | Age 3-5 | Age 6-12 Unflavored Whole (1 yr) Fluid Milk 1/2C | 3/4C | 1C Unflavored 1%-Lowfat or Skim-Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs) Fatfree (2 to 12 yrs) Breakfast Vegetable or Fruit **Navel Orange Slices** Mandarin Oranges Banana Sliced Apples Peaches **Applesauce** Pears 1/4C | 1/2C | 1/2C Cheerios (Regular or Cream of Wheat (Enriched Waffles Bagel Whole Wheat Toast Home Made French Toast Enalish Muffin Grains Multigrain) Farina) 1/2 Oz.Eq. | 1/2 Oz.Eq. | 1 Oz.Eq. Low Fat Dannon Plain Peanut Butter Fresh Salsa (Home made or Turkey Slices & Cheddar All Meat Bologna Cheese Applesauce Snack Fluid Milk, Protein, Yogurt with Fruit Cocktail Cheese Cubes produce aisle) Vegetable, Fruit, or Whole Wheat Bread Whole Wheat Bread Whole Wheat Bread Whole Wheat Bread Sun Chips® (Any flavor) Whole Wheat Bread Whole Wheat Cinnamon Grain (Serve 2 of 5) Toast (Toasted) -22) Fluid Milk Unflavored Whole (1 yr) 1/2C | 3/4C | 1C Unflavored 1%-Lowfat or Skim-Unflavored 1%-Lowfat or Skim-Unflavored 1%-Lowfat or Skim-Unflavored 1%-Lowfat or Skim-Unflavored 1%-Lowfat or Skim-5 Unflavored 1%-Lowfat or Skim-Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 vrs) Fatfree (2 to 12 yrs) Fatfree (2 to 12 vrs) Fatfree (2 to 12 vrs) (Rev **Boneless Chicken Breast** Cheese (for grilled Protein Rotisserie Chicken Scrambled Eggs All Meat Hotdog Deli Turkey Slices Hamburger Patty (For Stir Fry) sandwich) 1oz | 1.5oz | 2oz Mixed Stir Fry Vegetables Lettuce & Tomatoes Steamed Green Beans Hashbrowns **Baked Beans Tator Tots** Baked French Fries Vegetable (Frozen) 1/8C | 1/4C | 1/2C # Celery & Carrots (with Pineapple Chunks Fruit Cocktail French Cut Green Beans **Applesauce** Sliced Apples Mandarin Oranges Fruit or Vegetable Menu dipping sauce) 1/8C | 1/4C | 1/4C Whole Wheat Bread or Whole Wheat Bread Whole Wheat Cheese Toast Whole Wheat Bread or Whole Wheat Toast Whole Wheat Bread Whole Wheat Bread or Grains Whole Grain Rich Rolls Whole Grain Rich Bun Whole Grain Rich Bun 1/2 Oz.Eq. | 1/2 Oz.Eq. | 1 Oz.Eq. Cycle Low Fat Plain Yogurt with Peanut Butter Fresh Salsa (Home made or Turkey Slices & Cheddar Cheese All Meat Bologna Applesauce PM Snack Fluid Milk. Protein. Fruit Cocktail Cheese Cubes produce aisle) Vegetable, Fruit, or Sun Chips® (Any flavor) Whole Wheat Bread Whole Wheat Cinnamon Whole Wheat Bread Whole Wheat Bread Whole Wheat Bread Whole Wheat Bread Grain (Serve 2 of 5) Toast (Toasted) Karamu Unflavored Whole (1 yr) Unflavored Whole (1 yr) Unflavored Whole (1 yr) Unflavored Whole (1 vr) Unflavored Whole (1 vr) Unflavored Whole (1 vr) Unflavored Whole (1 yr) Fluid Milk Unflavored 1%-Lowfat or Skim-Unflavored 1%-Lowfat or Skim-1/2C | 3/4C | 1C Unflavored 1%-Lowfat or Skim-Unflavored 1%-Lowfat or Skim-Unflavored 1%-Lowfat or Skim-Unflavored 1%-Lowfat or Skim-Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs) Fatfree (2 to 12 yrs) **Boneless Chicken Breast** Cheese (for grilled Protein Rotisserie Chicken Scrambled Eggs w/ Cheese All Meat Hotdog Deli Turkey Slices Hamburger Patty (For Stir Fry) sandwich) 1oz | 1.5oz | 2oz Steamed Green Beans Mixed Stir Fry Vegetables Hashbrowns **Baked Beans** Tator Tots **Baked French Fries** Lettuce & Tomatoes Vegetable (Frozen) 1/8C | 1/4C | 1/2C Applesauce Pineapple Chunks Sliced Apples Mandarin Oranges Celery & Carrots (with Fruit Cocktail French Cut Green Beans Fruit or Vegetable dipping sauce) 1/8C | 1/4C | 1/4C Whole Wheat Bread or Whole Wheat Bread Whole Wheat Cheese Toast Whole Wheat Bread or Whole Wheat Toast Whole Wheat Bread Whole Wheat Bread or Grains Whole Grain Rich Rolls Whole Grain Rich Bun Whole Grain Rich Bun 1/2 Oz.Eq. | 1/2 Oz.Eq. | 1 Oz.Eq. Low Fat Dannon Plain Peanut Butter Fresh Salsa (Home made or Turkey Slices & Cheddar All Meat Bologna Applesauce Cheese EV Snack Fluid Milk, Protein, Yogurt with Fruit Cocktail produce aisle) Cheese Cubes Vegetable, Fruit, or Whole Wheat Bread Whole Wheat Bread Sun Chips® (Any flavor) Whole Wheat Bread Whole Wheat Bread Whole Wheat Cinnamon Whole Wheat Bread Grain (Serve 2 of 5) Toast (Toasted)

| *              | CACFP Child Me |   | 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. |  |  |  |  |  |  |
|----------------|----------------|---|--|--|--|--|--|--|--|
| KNP            |                | Food Group / Portion Sizes                          | Date   | Date   | Date   | Date   | Date   | Date   | Date   |
| MPF            | ₹2             | Age 1-2   Age 3-5   Age 6-12                        |  |  |  |  |  |  |  |
|                | Breakfast      | Fluid Milk  | 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)                                |
|                |                | 1/2C   3/4C   1C                                    | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs)   | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs) | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs) | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs) | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs) | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs) | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs) |
|                |                | Vegetable or Fruit                                  | Banana   | Navel Orange Slices                                    | Sliced Apples  | Peaches  | Applesauce   | Mandarin Oranges                                       | Pears  |
|                |                | <b>Grains</b><br>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   |
|                |                | 112 OZ.Zq.   112 OZ.Zq.   1 OZ.Zq.                  | Low Fat Dannon Plain   | Peanut Butter  | Fresh Salsa (Home made                                 | Turkey Slices & Cheddar                                | All Meat Bologna                                       | Applesauce   | Cheese   |
| (i)            | AM Snack       | Fluid Milk, Protein,<br>Vegetable, Fruit, or        | Yogurt with Fruit Cocktail   | r danat Battor   | or produce aisle)                                      | Cheese Cubes   | 7 iii Wood Bologila                                    | присоция   | Choose   |
|                |                | Grain (Serve 2 of 5)                                | Whole Wheat Bread  | Whole Wheat Bread                                      | Sun Chips® (Any flavor)                                | Whole Wheat Bread                                      | Whole Wheat Bread                                      | Whole Wheat Cinnamon<br>Toast                          | Whole Wheat Bread<br>(Toasted)                         |
| -22)           | -              | Fluid Milk  | 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)                                |
| (Rev 01-       |                | 1/2C   3/4C   1C                                    | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs)   | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs) | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs) | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs) | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs) | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs) | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs) |
|                |                | Protein   | Beef & Bean Chili  | Meatloaf (Ground Beef)                                 | Ham & Cheese Omlette                                   | Salmon Patty   | Cheese (for Quesadilla)                                | Ground Turkey Patty                                    | Deli Roast Beef Slices                                 |
| 1 %            | Ę              | 1oz   1.5oz   2oz                                   | Daliad Datata /Tannad with   | Colod (Lotting Towards                                 | Diand Datatana 9 Oniona                                | Calad/ Latticas Carrets 9                              | Pinto Beans  | Lattica Tamata Dialila                                 | Camata 9 Daga  |
| Menu #1 (I     | Lunch          | Vegetable   | 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   |
|                |                | 1/8C   1/4C   1/2C                                  | , , , , , , , , , , , , , , , , , , ,  | ,  | D'and Tamalana   |  | 0  | Dalard Danas   | Tataa Tata   |
|                |                | Fruit or Vegetable                                  | Salad w/ Lettuce, Tomato & Cucumbers   | Mixed Greens   | Diced Tomatoes   | Peaches  | Corn   | Baked Beans  | Tater Tots   |
|                |                | Grains  | Whole Wheat Bread  | Whole Wheat Bread                                      | Whole Wheat Bread<br>(Toasted)                         | Whole Wheat Bread                                      | Whole Wheat Bread or<br>Whole Grain ENR Tortilla       | Whole Wheat Bread or<br>Whole Grain ENR Bun            | (Whole Wheat Bread)                                    |
|                | PM Snack       | 1/2 Oz.Eq.   1/2 Oz.Eq.   1 Oz.Eq.                  | Low Fat Dannon Plain   | Deenst Dutter  | ` ,  | Turkey Slices & Cheddar                                |  |  | Cheese   |
| Cycle          |                | Fluid Milk, Protein,                                | Yogurt with Fruit Cocktail   | Peanut Butter  | Fresh Salsa (Home made or produce aisle)               | Cheese Cubes   | All Meat Bologna                                       | Applesauce   | Cheese   |
|                |                | 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<br>Toast                          | Whole Wheat Bread<br>(Toasted)                         |
|                |                | Fluid Milk  | 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)                                |
| Karamu         | Supper         | 1/2C   3/4C   1C                                    | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs)   | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs) | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs) | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs) | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs) | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs) | Unflavored 1%-Lowfat or Skim-<br>Fatfree (2 to 12 yrs) |
| (ar            |                | Protein   | Beef & Been Chili  | Meatloaf (Ground Beef)                                 | Ham & Cheese Omlette                                   | Salmon Patty   | Cheese (for Quesadilla)                                | Ground Turkey Patty                                    | Deli Roast Beef Slices                                 |
| _ <del>_</del> |                | 1oz   1.5oz   2oz                                   | Baked Potato (Topped with  | Salad (Lettuce, Tomatoes,                              | Diced Potatoes & Onions                                | Salad w/ Lettuce, Carrots, &                           | Pinto Beans  | Lettuce, Tomato, Pickle                                | Carrots & Peas   |
|                |                | <b>Vegetable</b><br>1/8C   1/4C   1/2C              | chili and cheese)  | Cucumbers)   | Diced Folatoes & Official                              | Cucumbers  | FIIIIO Dealis  | Lettuce, Tomato, Fickie                                | Carrots & Feas   |
|                |                | Fruit or Vegetable                                  | Salad w/ Lettuce, Tomato &   | Mixed Greens   | Diced Tomatoes   | Peaches  | Corn   | Baked Beans  | Tater Tots   |
|                |                | 1/8C   1/4C   1/4C                                  | Cucumbers  |  |  |  |  |  |  |
|                |                | Grains  | Whole Wheat Bread  | Whole Wheat Bread                                      | Whole Wheat Bread                                      | Whole Wheat Bread                                      | Whole Wheat Bread or                                   | Whole Wheat Bread or                                   | (Whole Wheat Bread)                                    |
|                |                | 1/2 Oz.Eq.   1/2 Oz.Eq.   1 Oz.Eq.                  |  |  | (Toasted)  |  | Whole Grain ENR Tortilla                               | Whole Grain ENR Bun                                    |  |
|                | EV Snack       | Fluid Milk, Protein,                                | Low Fat Dannon Plain<br>Yogurt with Fruit Cocktail   | Peanut Butter  | Fresh Salsa (Home made or produce aisle)               | Turkey Slices & Cheddar<br>Cheese Cubes                | All Meat Bologna                                       | Applesauce   | Cheese   |
|                |                | 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<br>Toast                          | Whole Wheat Bread<br>(Toasted)                         |