

KNP#: \_\_\_\_\_

Provider Signature: \_\_\_\_\_

Claim Month: \_\_\_\_\_

Year: \_\_\_\_\_



# CACFP New Meal Pattern Menu with Best Practices

Courtesy of Iowa Department of Education

Meal / Date	DATE	DATE	DATE	DATE	DATE
<b>Breakfast</b> <ul style="list-style-type: none"> <li>Milk</li> <li>Vegetable, Fruit, or Both</li> <li>Grains</li> <li>Meat/Meat Alternate Sub for Grains (up to 3x/week)</li> </ul>	<ul style="list-style-type: none"> <li>1% or Skim Milk</li> <li>Pear Slices</li> <li><a href="#">Banana Muffin</a></li> </ul>	<ul style="list-style-type: none"> <li>1% or Skim Milk</li> <li>Raspberries</li> <li>Cheerios</li> </ul>	<ul style="list-style-type: none"> <li>1% or Skim Milk</li> <li>Crazy Clementine</li> <li>Oatmeal</li> </ul>	<ul style="list-style-type: none"> <li>1% or Skim Milk</li> <li>Blueberries</li> <li>Frosted Mini-Wheat Cereal</li> </ul>	<ul style="list-style-type: none"> <li>1% or Skim Milk</li> <li>Snazzy Sliced Peaches</li> <li>Scrambled Eggs</li> </ul>
<b>Snack (2 of 5)</b> <ul style="list-style-type: none"> <li>Milk</li> <li>Meat and Meat Alternate</li> <li>Vegetables</li> <li>Fruit</li> <li>Grains</li> </ul> (Provide water to drink)	<ul style="list-style-type: none"> <li>Fresh Pear</li> <li>Triscuit Crackers</li> </ul>	<b>Banana Stack:</b> <ul style="list-style-type: none"> <li>Banana Slice,</li> <li>Whole Grain Crackers w/Lowfat Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Lowfat Cottage Cheese</li> <li>Strawberries</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Hummus</a></li> <li>Fresh Baby Carrots and Broccoli Trees</li> </ul>	<b>Paint A Face:</b> <ul style="list-style-type: none"> <li>Plain Yogurt</li> <li>Whole Grain Tortilla</li> </ul> (Garnish with cereal, and raisins)
<b>Lunch / Supper</b> <ul style="list-style-type: none"> <li>Milk</li> <li>Meat or Meat Alternate</li> <li>Vegetables</li> <li>Fruit</li> <li>Grains</li> </ul>	<ul style="list-style-type: none"> <li>1% or Skim Milk</li> <li><a href="#">Meat Lasagna</a></li> <li>X-Ray Vision Carrots</li> <li>Kiwi Slices</li> </ul>	<ul style="list-style-type: none"> <li>1% or Skim Milk</li> <li><a href="#">Bean Burrito</a></li> <li><a href="#">Mexicali Corn</a></li> <li>Glamorous Grapes</li> <li>Whole Grain Tortilla</li> </ul>	<ul style="list-style-type: none"> <li>1% or Skim Milk</li> <li><a href="#">Chicken Stir-Fry</a></li> <li>Honeydew</li> <li>Brown Rice</li> </ul>	<ul style="list-style-type: none"> <li>1% or Skim Milk</li> <li><a href="#">Tuna Salad Sandwich</a></li> <li>Broccoli Salad</li> <li>Orange Slices</li> <li>Whole Grain Pita Bread</li> </ul>	<ul style="list-style-type: none"> <li>1% or Skim Milk</li> <li><a href="#">Beef-Vegetable Stew</a></li> <li>Celery Sticks</li> <li>Watermelon</li> <li>Corn Muffins</li> </ul>
<b>Snack (2 of 5)</b> <ul style="list-style-type: none"> <li>Milk</li> <li>Meat and Meat Alternate</li> <li>Vegetables</li> <li>Fruit</li> <li>Grains</li> </ul> (Provide water to drink)	<ul style="list-style-type: none"> <li>Mandarin Oranges</li> <li>Whole Grain</li> <li>Mini Bagel</li> </ul>	<ul style="list-style-type: none"> <li>Mozzarella String Cheese</li> <li>Tomato Slices</li> </ul>	<b>Gone Fishing:</b> <ul style="list-style-type: none"> <li>Plain Yogurt</li> <li>Fish Crackers and Pretzel Sticks</li> </ul> (children dip pretzel stick in yogurt to pick up fish crackers)	<ul style="list-style-type: none"> <li>Apple Smiles</li> <li><a href="#">Banana Bread Squares</a></li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Bean Dip</a></li> <li>Whole Grain Tortilla Chips</li> </ul>

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<b>Breakfast</b> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Vegetable, Fruit, or Both</li> <li>• Grains</li> <li>• Meat/Meat Alternate Sub for Grains (up to 3x/week)</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• Kiwi</li> <li>• Whole Grain English Muffin</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• Blueberries</li> <li>• Hard Boiled Egg</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• Frozen Strawberries</li> <li>• Whole Grain Waffle (Use strawberries to top waffle as an alternative to syrup)</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• Bodacious Banana</li> <li>• Total Cereal</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• Applesauce</li> <li>• Whole Grain French Toast Sticks (Use applesauce to top french toast as an alternative to syrup)</li> </ul>
<b>Snack (2 of 5)</b> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Meat and Meat Alternatives</li> <li>• Vegetables</li> <li>• Fruit</li> <li>• Grains</li> </ul> (Provide water to drink)	<ul style="list-style-type: none"> <li>• Red Grapes</li> <li>• <a href="#">Oatmeal Muffin Square</a></li> </ul>	<ul style="list-style-type: none"> <li>• Sweet Strawberries</li> <li>• Whole Grain</li> <li>• <a href="#">Oven Baked Pancakes</a></li> </ul>	<ul style="list-style-type: none"> <li>• Apple Slices</li> <li>• Whole Grain Goldfish Crackers</li> </ul>	Avocado Smile: <ul style="list-style-type: none"> <li>• Avocado Slice</li> <li>• Grape Tomatoes</li> <li>• Whole Grain Tortilla</li> <li>• Lowfat Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Plain Yogurt</li> <li>• Fresh Berries</li> </ul>
<b>Lunch / Supper</b> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Meat or Meat Alternate</li> <li>• Vegetables</li> <li>• Fruit</li> <li>• Grains</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• <a href="#">Bean Taco</a> w/ Shredded Romaine Lettuce</li> <li>• Chopped Tomato</li> <li>• Fresh Orange</li> <li>• Whole Grain</li> <li>• Corn Tortilla</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• <a href="#">Oven Baked Parmesan Chicken</a></li> <li>• Peas</li> <li>• Watermelon</li> <li>• <a href="#">Cornbread</a></li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• <a href="#">Chili Con Carne with Beans</a></li> <li>• Celery Sticks</li> <li>• Perky Pear Halves</li> <li>• Whole Wheat Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• <a href="#">Egg Salad</a></li> <li>• Get Big Green Beans</li> <li>• Apricots</li> <li>• Whole Grain Pita Bread</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• <a href="#">Fish Nuggets</a></li> <li>• Baked Sweet Potato</li> <li>• Plump Plum</li> <li>• Whole Grain Corn Tortilla</li> </ul>
<b>Snack (2 of 5)</b> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Meat and Meat Alternatives</li> <li>• Vegetables</li> <li>• Fruit</li> <li>• Grains</li> </ul> (Provide water to drink)	<ul style="list-style-type: none"> <li>• Natural Cheddar Cheese</li> <li>• Cantaloupe</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Black Bean Hummus</a></li> <li>• Whole Grain Pita Wedges</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Creamy Dip</a></li> <li>• Cucumber Slices, Carrot Sticks, and Whole Wheat Triscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Amazing Apple Circles</li> <li>• Pretzel Sticks (core apples and cut circle slices)</li> </ul>	<ul style="list-style-type: none"> <li>• String Cheese</li> <li>• Kiwi</li> </ul>

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<b>Breakfast</b> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Vegetable, Fruit, or Both</li> <li>• Grains</li> <li>• Meat/Meat Alternate Sub for Grains (up to 3x/week)</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• Orange Slices</li> <li>• Whole Wheat Toast</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• Mixed Berries</li> <li>• Cheerios</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• Red Apple</li> <li>• Whole Grain Bagel</li> <li>• Lowfat Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• Succulent Strawberries</li> <li>• Oatmeal</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• Grapefruit</li> <li>• Whole Corn Taco Shell</li> <li>• <a href="#">Excellent Egg Taco</a></li> <li>• Salsa</li> </ul>
<b>Snack (2 of 5)</b> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Meat and Meat Alternate</li> <li>• Vegetables</li> <li>• Fruit</li> <li>• Grains</li> </ul> (Provide water to drink)	<ul style="list-style-type: none"> <li>• <a href="#">Bean Dip</a></li> <li>• Whole Grain Tortilla Chips</li> </ul>	<ul style="list-style-type: none"> <li>• Cottage Cheese</li> <li>• Perfect Peaches</li> </ul>	<ul style="list-style-type: none"> <li>• Plain Yogurt</li> <li>• Frozen Berries</li> </ul>	<ul style="list-style-type: none"> <li>• Mozzarella String Cheese</li> <li>• Mandarin Oranges</li> </ul>	<ul style="list-style-type: none"> <li>• Sun Nut Butter</li> <li>• Apple Slices</li> </ul>
<b>Lunch / Supper</b> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Meat or Meat Alternate</li> <li>• Vegetables</li> <li>• Fruit</li> <li>• Grains</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• <a href="#">Spaghetti and Meat Sauce</a></li> <li>• Broccoli</li> <li>• Apricot Halves</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• <a href="#">Sweet and Sassy Chicken</a></li> <li>• Creamed Corn</li> <li>• Cutie Clementine</li> <li>• Brown Rice</li> </ul>	Hand Warmer: <ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• Grated Cheese</li> <li>• Broccoli/ Cauliflower</li> <li>• <a href="#">Quick Baked Potato</a></li> <li>• Chilled Pear Slices</li> <li>• <a href="#">Whole Wheat Roll</a></li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• <a href="#">Baked Scrambled Eggs</a></li> <li>• <a href="#">Oven Fries</a></li> <li>• Honeydew</li> <li>• Whole Grain Pancakes</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim</li> <li>• <a href="#">Bean Burrito Bowl</a> with Brown Rice</li> <li>• Carrot Sticks</li> <li>• Fresh Pears</li> </ul>
<b>Snack (2 of 5)</b> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Meat and Meat Alternate</li> <li>• Vegetables</li> <li>• Fruit</li> <li>• Grains</li> </ul> (Provide water to drink)	<ul style="list-style-type: none"> <li>• String Cheese</li> <li>• Fresh Strawberries</li> </ul>	Mouse Faces: <ul style="list-style-type: none"> <li>• Lowfat Yogurt</li> <li>• Raisins (eyes)</li> <li>• Apple Slice (smile)</li> <li>• Banana (nose &amp; ears)</li> <li>• Whole Grain Tortilla</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Hummus</a></li> <li>• Red and Green Pepper Strips</li> </ul>	<ul style="list-style-type: none"> <li>• Kiwi Wedges</li> <li>• Whole Grain Mini Bagel</li> <li>• Light Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Banana Slices</li> </ul>

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<b>Snack (2 of 5)</b> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Meat and Meat Alternate</li> <li>• Vegetables</li> <li>• Fruit</li> <li>• Grains</li> </ul> (Provide water to drink)	<ul style="list-style-type: none"> <li>• Sweet Strawberries</li> <li>• Triscuit Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Natural Colby Jack Cheese</li> <li>• Fabulous Fresh Grapes</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Dip for Fresh Vegetables</a></li> <li>• Baby Carrots and Broccoli Trees</li> </ul>	<ul style="list-style-type: none"> <li>• Cheddar Cheese</li> <li>• Whole Wheat Bread (Toasted)</li> </ul>	<ul style="list-style-type: none"> <li>• Pineapple</li> <li>• Whole Grain Goldfish Crackers</li> </ul>
<b>Lunch / Supper</b> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Meat or Meat Alternate</li> <li>• Vegetables</li> <li>• Fruit</li> <li>• Grains</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• <a href="#">Bean Soup</a></li> <li>• <a href="#">Broccoli Salad</a></li> <li>• Orange Smiles</li> <li>• <a href="#">Whole Wheat Roll</a></li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• <a href="#">New Macaroni and Cheese</a></li> <li>• Hard Boiled Egg</li> <li>• Carrot Sticks</li> <li>• Fresh Blueberries</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• <a href="#">Oven Fried Chicken</a></li> <li>• Cucumber Slices</li> <li>• Applesauce</li> <li>• Brown Rice</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim Milk</li> <li>• <a href="#">Tuna Melt</a></li> <li>• Red Pepper Strips</li> <li>• Kiwi</li> <li>• Whole Grain English Muffin</li> </ul>	<ul style="list-style-type: none"> <li>• 1% or Skim</li> <li>• Hamburger</li> <li>• <a href="#">Baked Beans</a></li> <li>• Lettuce and Tomato Slices</li> <li>• Magnificent Mango</li> <li>• Whole Grain Bun</li> </ul>
<b>Snack (2 of 5)</b> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Meat and Meat Alternate</li> <li>• Vegetables</li> <li>• Fruit</li> <li>• Grains</li> </ul> (Provide water to drink)	<ul style="list-style-type: none"> <li>• Cottage Cheese</li> <li>• Peaches</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Salsa</a></li> <li>• Whole Grain Tortilla Chips</li> </ul>	<ul style="list-style-type: none"> <li>• Mozzarella String Cheese</li> <li>• Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>• Vanilla Yogurt with Cinnamon</li> <li>• Green Apple Slices</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Juice</li> <li>• Whole Grain Mini Bagel w/ light cream cheese</li> </ul>

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# CACFP New Meal Pattern Menu with Best Practices

## Greater Variety of Vegetables and Fruits

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- Juice is limited to once per day.
- *Best Practices:*
  - *Make at least 1 of the 2 required components of a snack a vegetable or fruit.*
  - *Serving a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more than juice.*
  - *Provide at least one serving each of [dark green vegetables](#), [red and orange vegetables](#), [beans and peas \(legumes\)](#), [starchy vegetables](#), and [other vegetables](#) once per week.*
  - *Incorporate seasonal and locally produced foods into meals.*

## More Whole Grains

- At least one serving of grains per day must be whole grain-rich;
- Grain-based desserts no longer count towards the grain component; and
- [Ounce equivalents \(oz eq\) are used to determine the amount of creditable grains](#) (starting October 1, 2019).
- *Best Practice: Provide at least two servings of whole grain-rich grains per day.*

## More Protein Options

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- Tofu counts as a meat alternate.
- *Best Practices:*
  - *Serve only lean meats, nuts, and legumes.*
  - *Limit serving processed meats to no more than one serving per week.*
  - *Serve only natural cheeses and choose low-fat or reduced fat-cheeses.*

## Less Added Sugar

- Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce. [All Iowa WIC Approved Cereals are creditable.](#)
- *Best Practice: Avoid serving non-creditable foods that are sources of added sugars, such as sweet toppings (e.g. honey, jam, syrup), mix-in ingredients sold with yogurt, and sugar-sweetened beverages (e.g. fruit drinks or sodas).*

## Making Every Sip Count

- Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years and older and adults; and
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs.
- *Best Practices:*
  - *Serve only unflavored milk to all participants.*
  - *If flavored milk is provided (6 years and older), only serve flavored milk that contains no more than 22 grams of sugar/8oz.*

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