

Karamu Nutrition Program Cycle Menu 4

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			
Karamu Nutrition Program Cycle Menu #4	MPR2	Age 1-2 Age 3-5 Age 6-12	Template Number: CM4BR1	Template Number: CM4BR2	Template Number: CM4BR3	Template Number: CM4BR4	Template Number: CM4BR5	Template Number: CM4BR6	Template Number: CM4BR7		
	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	Pear Slices	Apple Sauce	Clementines	Blueberries	Bananas	Raspberries	Pineapple Tidbits			
	Vegetable or Fruit	French Toast Sticks	Scrambled Eggs	Oatmeal (WGR)	Frosted Mini Wheats (WGR)	Cheerios (Regular or Multigrain) (WGR)	Whole Grain English Muffin (WGR)	Sliced Hard Boiled Eggs			
	1/4C 1/2C 1/2C	Grains	1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.	Age 1-2 Age 3-5 Age 6-12	Template Number: CM4SN1	Template Number: CM4SN2	Template Number: CM4SN3	Template Number: CM4SN4	Template Number: CM4SN5	Template Number: CM4SN6	Template Number: CM4SN7
	Fluid Milk	All Meat Bologna	Real Cheese	Fresh Carrot Spears and Broccoli (with melted cheddar cheese)	Pears	100% Apple Juice	Apple Slices	Sweet Strawberries	Cheese (for Quesadilla)		
	1/2C 3/4C 1C	Protein	1oz 1.5oz 2oz	Whole Wheat Bread (WGR)	Whole Wheat Macaroni Noodles (WGR)	Triscuit Crackers (WGR)	Wole Grain Goldfish Crackers (WGR)	Mini Pancakes	Whole Wheat Tortilla (WGR)		
	Vegetable	Whole Wheat Pasta (WGR)	Whole Grain Hamburger Bun (WGR)	Brown Rice (WGR)	Whole Wheat Bread (WGR)	Mini Whole Wheat Rolls (WGR)	Whole Wheat Roll (WGR)	Whole Wheat Tortilla (WGR)			
	1/8C 1/4C 1/2C	Fruit or Vegetable	1/8C 1/4C 1/4C	Age 1-2 Age 3-5 Age 6-12	Template Number: CM4LS1	Template Number: CM4LS2	Template Number: CM4LS3	Template Number: CM4LS4	Template Number: CM4LS5	Template Number: CM4LS6	Template Number: CM4LS7
	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	Protein	Diced Chicken & Cheese (*Chic Penne)	Ground Beef Patty	Eggs & Turkey Ham (*Stir Fried Green Rice, Eggs, Ham)	Oven Baked BBQ Chicken	Ground Turkey (*Porcupine Sliders)	Baked Chicken Breast Strips	Diced Chicken (*Crunchy Hawaiian Chicken Wrap)		
	Vegetable	Baby Carrots	Baked Tater Tots	Whole Kernel Sweet Corn	Green Beans	Baked French Fries	Creamed Corn	Broccoli			
1oz 1.5oz 2oz	Fruit or Vegetable	Kiwi Slices	Apple Sauce	Watermelon	Mandarin Orange Slices	Lettuce, Tomatoes, & Pickle Slices	Pineapple Slices	Carrots			
1/8C 1/4C 1/2C	Grains	1/8C 1/4C 1/4C	1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.								



CACFP Child Menu

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Date **Date** **Date** **Date** **Date** **Date** **Date**

Food Group / Portion Sizes

MPR2

Karamu Nutrition Program Cycle Menu #4

Breakfast

Snack

Lunch / Supper

Age 1-2 Age 3-5 Age 6-12	Template Number: CM4BR1	Template Number: CM4BR2	Template Number: CM4BR3	Template Number: CM4BR4	Template Number: CM4BR5	Template Number: CM4BR6	Template Number: CM4BR7
Fluid Milk Unflavored Whole (1 yr) Unflavored 1% Low-fat or Skim Fat-free (2 to 12 yrs) 1/2C 3/4C 1C	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 1/4C 1/2C 1/2C	Pear Slices	Apple Sauce	Clementines	Blueberries	Bananas	Raspberries	Pineapple Tidbits
Grains 1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.	French Toast Sticks	Scrambled Eggs	Oatmeal (WGR)	Frosted Mini Wheats (WGR)	Cheerios (Regular or Multigrain) (WGR)	Whole Grain English Muffin (WGR)	Sliced Hard Boiled Eggs
Age 1-2 Age 3-5 Age 6-12	Template Number: CM4SN1	Template Number: CM4SN2	Template Number: CM4SN3	Template Number: CM4SN4	Template Number: CM4SN5	Template Number: CM4SN6	Template Number: CM4SN7
Fluid Milk 1/2C 3/4C 1C							
Protein 1oz 1.5oz 2oz	All Meat Bologna	Real Cheese					Cheese (for Quesadilla)
Vegetable 1/8C 1/4C 1/2C				Fresh Carrot Spears and Broccoli (with melted cheddar cheese)			
Fruit or Vegetable 1/8C 1/4C 1/4C			Pears	100% Apple Juice	Apple Slices	Sweet Strawberries	
Grains 1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.	Whole Wheat Bread (WGR)	Whole Wheat Macaroni Noodles (WGR)	Triscuit Crackers (WGR)		Wole Grain Goldfish Crackers (WGR)	Mini Pancakes	Whole Wheat Tortilla (WGR)
Age 1-2 Age 3-5 Age 6-12	Template Number: CM4LS1	Template Number: CM4LS2	Template Number: CM4LS3	Template Number: CM4LS4	Template Number: CM4LS5	Template Number: CM4LS6	Template Number: CM4LS7
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Protein 1oz 1.5oz 2oz	Diced Chicken & Cheese (*Chic Penne)	Ground Beef Patty	Eggs & Turkey Ham (*Stir Fried Green Rice, Eggs, Ham)	Oven Baked BBQ Chicken	Ground Turkey (*Porcupine Sliders)	Baked Chicken Breast Strips	Diced Chicken (*Crunchy Hawaiian Chicken Wrap)
Vegetable 1/8C 1/4C 1/2C	Baby Carrots	Baked Tater Tots	Whole Kernel Sweet Corn	Green Beans	Baked French Fries	Creamed Corn	Broccoli
Fruit or Vegetable 1/8C 1/4C 1/4C	Kiwi Slices	Apple Sauce	Watermelon	Mandarin Orange Slices	Lettuce, Tomatoes, & Pickle Slices	Pineapple Slices	Carrots
Grains 1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.	Whole Wheat Pasta (WGR)	Whole Grain Hamburger Bun (WGR)	Brown Rice (WGR)	Whole Wheat Bread (WGR)	Mini Whole Wheat Rolls (WGR)	Whole Wheat Roll (WGR)	Whole Wheat Tortilla (WGR)