Karamu Nutrition Program Cycle Menu 4

KNP#:	Provider/Center Name:	Claim Month / Year:
NINF #		

Part	••	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.							
MPRC	(NP)		Date						Date
Page		Food Group / Portion Sizes							
	MPR2								
Uniformed 15 Londin or St. Condin or St. Con	1111111	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
Description 1,50-245 of 10 10 10 10 10 10 10 1			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)
Common C									Unflavored 1% Low-fat or
Petron Description Petron Description Descriptio	st	1/2C 3/4C 1C	Skim Fat-free (2 to 12 yrs)	Skim Fat-free (2 to 12 yrs)	Skim Fat-free (2 to 12 yrs)	Skim Fat-free (2 to 12 yrs)	Skim Fat-free (2 to 12 yrs)	Skim Fat-free (2 to 12 yrs)	Skim Fat-free (2 to 12 yrs)
Common C	a	1,20 0,10 10	Pear Slices	Apple Sauce	Clementines	Blueberries	Bananas	Raspberries	Pineapple Tidbits
Common C	eak	Vegetable or Fruit						,	
Oraline Oralin	P.	1/4C 1/2C 1/2C							
Provided			French Toast Sticks	Scrambled Eggs				-	Sliced Hard Boiled Eggs
Age 2 Improve Number CMMSN: Improve Number CMM		1/2 Oz.Eg. 1/2 Oz.Eg. 1 Oz.Eg.							
Protein 10 15x 15x 2x Vegetable 10 15x 15x 2x	_ 🗖	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
Protein 1 tot 1.5 to 2.5 tot 1 tot 1.5 tot 2.5 tot 1 tot 2.5 tot	#								
Total 1562 2022 Vegetable	5	1/26 3/46 16	All Meat Bologna	Real Cheese					Cheese (for Ouesadilla)
Trick Total Table Tabl	len	Protein	7 til Wedt Bologna	real offices					Onosso (ioi Quesadilla)
Vegetable Vegetable Fruit or Vegetable Whole Viheal Pasta (WGR) Whole Viheal Pasta (WGR) Winder Orange Plus Vihole Vinder) Whole Vinder Pasta (WGR) Winder Vinder Vinder) Whole Vinder Vind	2	107 1 507 207							
Pears 100% Apple Juice Apple Slices Sweet Strawberries Fruit or Vegetable Whole Wheat Bread (WGR) Whole Wheat Macaroni Noodles (WGR) Whole Wheat Totallia (WGR) Whole Wheat Totallia (WGR) Whole Wheat Macaroni Noodles (WGR) Whole Wheat Totallia (WGR) Whole Wheat Totallia (WGR) Whole Wheat Totallia (WGR) Whole Wheat Totallia (WGR) Whole Wheat Rolli (WGR)	<u> </u>	102 1.302 202				Fresh Carrot Spears and Broccoli			
Pears 100% Apple Juice Apple Slices Sweet Strawberries	S S	Vegetable				· · · · · · · · · · · · · · · · · · ·			
Fruit or Vegetable 1/8C 1/4C		1/8C 1/4C 1/2C							
Grains Whole Wheat Bread (WGR) Whole Wheat Macaroni Noodles (WGR) Triscuit Crackers (WGR) Winder Winder (WGR) Winder Winder (WGR) Winder Winder (WGR) Winder Winder (WGR) Wind	S S				Pears	100% Apple Juice	Apple Slices	Sweet Strawberries	
Grains Whole Wheat Bread (WGR) Whole Wheat Macaroni Noodles (WGR) Triscuit Crackers (WGR) Will Parcakes (WGR) Whole Wheat Tortilla (WGR)	lgo	Fruit or Vegetable							
Whole Wheat Bread (WGR) Whole Wheat Macaroni Noodles (WGR) Window (WGR) W	ا ا	1/8C 1/4C 1/4C							
1/2 Cz.Eq. 1/2 C			Whole Wheat Bread	Whole Wheat Macaroni Noodles	Triscuit Crackers		Wole Grain Goldfish Crackers	Mini Pancakes	Whole Wheat Tortilla
1/2 Cz.Eq. 1/2 C	. 0	Grains	(WGR)	(WGR)	(WGR)		(WGR)		(WGR)
Fluid Milk Unflavored 1% Low-fat or Skim Fat-free (2 to 12 yrs) Protein Toz 1.5oz 2oz TilkC 1.44C 1.44C Truit or Vegetable Truit or Vege	₩ <u>₩</u>								
Fluid Milk Unflavored 1% Low-fat or Skim Fat-free (2 to 12 yrs) Protein Toz 1.5oz 2oz TilkC 1.44C 1.44C Truit or Vegetable Truit or Vege	₹		Template Number: CM4I S1	Template Number: CM/LS2	Template Number: CM/I S3	Template Number: CM/I S/I	Template Number: CM/LS5	Template Number: CM/LS6	Template Number: CM/LS7
Fluid Milk Unflavored 1% Low-fat or Skim Fat-free (2 to 12 yrs) Protein Diced Chicken & Cheese ("Chic Penne)	ž I I	Age 1-2 Age 3-5 Age 6-12	·	· ·	·	·	· ·		
Total 1.5oz 2oz Baby Carrots Baked Tater Tots Whole Kernel Sweet Corn Green Beans Baked French Fries Creamed Corn Broccoli		Fluid Milk	, · · ·	` · · ·	` ,		` * '		, , ,
Total 1.50z 20z Baby Carrots Baked Tater Tots Whole Kernel Sweet Corn Green Beans Baked French Fries Creamed Corn Broccoli	[]	1/20 2/40 40							
Toz 1.5oz 2oz Baby Carrots Baked Tater Tots Whole Kernel Sweet Corn Green Beans Baked French Fries Creamed Corn Broccoli	<u> </u>	1/26 3/46 16			` ,	, , ,	` ' '		, , ,
T/8C 1/4C 1/4C Whole Wheat Pasta Whole Grain Hamburger Bun (WGR) (WGR) Whole Wheat Bread (WGR)	조 기	Protein		Ground Boor Fally		Over Bailed BBQ Officient	•	Bakea Officient Breast Othps	(*Crunchy Hawaiian Chicken Wrap)
T/8C 1/4C 1/4C 1/4C 1/4C 1/4C 1/4C 1/4C 1/4C Whole Wheat Pasta (WGR) Whole Grain Hamburger Bun (WGR) WGR) Brown Rice (WGR) Whole Wheat Bread (WGR) Whole Wheat Rolls (WGR) (WGR) (WGR) (WGR) (WGR) (WGR)	be	1oz 1.5oz 2oz							
Tight Tigh	d	- 11	Baby Carrots	Baked Tater Tots	Whole Kernel Sweet Corn	Green Beans	Baked French Fries	Creamed Corn	Broccoli
T/8C 1/4C 1/4C Whole Wheat Pasta Whole Grain Hamburger Bun (WGR) (WGR) Whole Wheat Bread (WGR)	/Si	Vegetable	,						
T/8C 1/4C 1/4C 1/4C 1/4C 1/4C 1/4C 1/4C 1/4C Whole Wheat Pasta (WGR) Whole Grain Hamburger Bun (WGR) WGR) Whole Wheat Bread (WGR) Whole Wheat Rolls (WGR) (WGR) (WGR) (WGR) (WGR) (WGR)	بخ	1/8C 1/4C 1/2C							
Time	u		Kiwi Slices	Apple Sauce	Watermelon	Mandarin Orange Slices	Lettuce, Tomatoes, & Pickle Slices	Pineapple Slices	Carrots
Grains Whole Wheat Pasta (WGR) Whole Grain Hamburger Bun (WGR) Brown Rice (WGR) Whole Wheat Bread (WGR) Whole Wheat Rolls (WGR) Whole Wheat Rolls (WGR) Whole Wheat Rolls (WGR) (WGR) Whole Wheat Rolls (WGR) (WGR)	Lu	Fruit or Vegetable							
Grains (WGR) (WGR) (WGR) (WGR) (WGR) (WGR) (WGR)		1/8C 1/4C 1/4C							
4/9.00 For 14/9.00 For 14/00 For		Grains		_					
* * * * * * * * * * * * * * * * * * *		1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.							

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NP)		Date	Date	Date	Date	Date	Date	Date
	Food Group / Portion Sizes							
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	Unflavored Whole (1 yr) Unflavored 1% Low-fat or	Unflavored Whole (1 yr) Unflavored 1% Low-fat or	Unflavored Whole (1 yr) Unflavored 1% Low-fat or	Unflavored Whole (1 yr) Unflavored 1% Low-fat or	Unflavored Whole (1 yr) Unflavored 1% Low-fat or	Unflavored Whole (1 yr) Unflavored 1% Low-fat or
st	1/2C 3/4C 1C	Skim Fat-free (2 to 12 yrs)	Skim Fat-free (2 to 12 yrs)	Skim Fat-free (2 to 12 yrs)	Skim Fat-free (2 to 12 yrs)	Skim Fat-free (2 to 12 yrs)	Skim Fat-free (2 to 12 yrs)	Skim Fat-free (2 to 12 yrs)
Breakfast	Vegetable or Fruit	Pear Slices	Apple Sauce	Clementines	Blueberries	Bananas	Raspberries	Pineapple Tidbits
Ä	1/4C 1/2C 1/2C							
	Grains	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
-	1/2 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 1/2C 3/4C 1C							
⊇ I I	1/20 3/40 10	All Meat Bologna	Real Cheese					Cheese (for Quesadilla)
	Protein	All Weat Bologna	ineal officese					Officese (for Quesauma)
v t	1oz 1.5oz 2oz							
Snack	Vegetable				Fresh Carrot Spears and Broccoli (with melted cheddar cheese)			
티	1/8C 1/4C 1/2C							
Sna	Fruit or Vegetable			Pears	100% Apple Juice	Apple Slices	Sweet Strawberries	
2 I I	4/00 4/40 4/40							
	1/8C 1/4C 1/4C	Whole Wheat Bread (WGR)	Whole Wheat Macaroni Noodles (WGR)	Triscuit Crackers (WGR)		Wole Grain Goldfish Crackers (WGR)	Mini Pancakes	Whole Wheat Tortilla (WGR)
אמנדן	1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.							
	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	Unflavored Whole (1 yr) Unflavored 1% Low-fat or	Unflavored Whole (1 yr) Unflavored 1% Low-fat or	Unflavored Whole (1 yr) Unflavored 1% Low-fat or	Unflavored Whole (1 yr) Unflavored 1% Low-fat or	Unflavored Whole (1 yr) Unflavored 1% Low-fat or	Unflavored Whole (1 yr) Unflavored 1% Low-fat or
<u> </u>	1/2C 3/4C 1C	Skim Fat-free (2 to 12 yrs)	Skim Fat-free (2 to 12 yrs)	Skim Fat-free (2 to 12 yrs)	Skim Fat-free (2 to 12 yrs)	Skim Fat-free (2 to 12 yrs)	Skim Fat-free (2 to 12 yrs)	Skim Fat-free (2 to 12 yrs)
	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 W
اق ق	1oz 1.5oz 2oz							
Supper	Vegetable	Baby Carrots	Baked Tater Tots	Whole Kernel Sweet Corn	Green Beans	Baked French Fries	Creamed Corn	Broccoli
ا ا	1/8C 1/4C 1/2C							
Lunch /	Fruit or Vegetable	Kiwi Slices	Apple Sauce	Watermelon	Mandarin Orange Slices	Lettuce, Tomatoes, & Pickle Slices	Pineapple Slices	Carrots
	1/8C 1/4C 1/4C							
	Grains	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)
-	1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.							