Karamu Nutrition Program Cycle Menu 3

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.							
NP -		Date	Date	Date	Date	Date	Date	Date	
	Food Group / Portion Sizes								
MPR2									
	Age 1-2 Age 3-5 Age 6-12	Template Number: CM3BR1	Template Number: CM3BR2a	Template Number: CM3BR3	Template Number: CM3BR4	Template Number: CM3BR5	Template Number: CM3BR6	Template Number: CM3BR7a	
	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)	
		Unflavored 1% Low-fat or	Unflavored 1% Low-fat or	Unflavored 1% Low-fat or	Unflavored 1% Low-fat or	Unflavored 1% Low-fat or	Unflavored 1% Low-fat or	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	Bananas	Peaches	Onions, Tomatoes, Peppers	Breakfast Smoothie with Bananas and Frozen Mixed Berries	Apples (*Apple French Toast Bake)	Apple Sauce	Potatoes (*Cheesy Potato Egg and Baco Bake)	
Ä	1/4C 1/2C 1/2C							Balloj	
	Grains	Total Cereal (WGR)	Grits (Enriched) & Whole Wheat Cinnamon Toast (WGR)	Cheese Omelette with Whole Wheat Toast (WGR)	Dannon Plain Low-Fat Yogurt	Whole Wheat Bread (WGR)	Biscuits	Cheddar Cheese & Eggs	
	1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.								
	Age 1-2 Age 3-5 Age 6-12	Template Number: CM3SN1	Template Number: CM3SN2	Template Number: CM3SN3	Template Number: CM3SN4	Template Number: CM3SN5	Template Number: CM3SN6	Template Number: CM3SN7	
?	Fluid Milk								
	1/2C 3/4C 1C	Dannon Plain Yogurt				Mozzarella Cheese		Shredded Chicken & Cheese	
	Protein	Daillion Flain Toguit				WOZZAIENA CHEESE		(for Quesadilla)	
	1oz 1.5oz 2oz								
Snack	Vegetable				Hummus	Marinara Sauce			
_ al	1/8C 1/4C 1/2C								
Sna	Fruit or Vegetable	Mangos	Raisins & Cranberries	Peaches			100% Grape Juice		
	1/8C 1/4C 1/4C								
	Grains		Chex Cereal (WGR)	Graham Crackers	Whole Grain Pita Chips (WGR)	English Muffin	Whole Wheat Gold Fish Crackers (WGR)	Whole Grain Tortilla Shells (WGR)	
	1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.								
	Age 1-2 Age 3-5 Age 6-12	Template Number: CM3LS1	Template Number: CM3LS2	Template Number: CM3LS3	Template Number: CM3LS4	Template Number: CM3LS5	Template Number: CM3LS6	Template Number: CM3LS7	
	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)	
5	Protein	Pan Fried Boneless Fish Filet	Black Beans (*Smokin Powerhouse Chili)	Sausage & Chicken	Chicken Breast	Chicken & Cheese (*Chicken Fajita)	Turkey Breast	Country Fried Steak	
	1oz 1.5oz 2oz								
S	Vegetable	Sweet Corn	Tomato Sauce, Diced Tomatoes	Carrots & Okra	Sweet Potatoe Fries	Salsa	Sweet Peas	Mashed Potatoes (topped with gravy)	
اعا	1/8C 1/4C 1/2C								
Lunch /	Fruit or Vegetable	Green Beans	Carrots	Tomatoes	Roasted Broccoli	Onions & Bell Peppers	Mixed Berries	Peas & Carrots	
	1/8C 1/4C 1/4C								
	Grains	Whole Wheat Sandwich Bread (WGR)	Whole Grain Saltine Crackers (WGR)	Brown Rice (WGR)	Whole Wheat Slider Bun (WGR)	Whole Grain Flour Tortilla (WGR)	Wild Rice (WGR)	Whole Grain Biscuits (WGR)	
			-						

	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.							
IP)		Date	Date	Date	Date	Date	Date	Date		
	Food Group / Portion Sizes									
R2										
	Age 1-2 Age 3-5 Age 6-12	Template Number: CM3BR1	Template Number: CM3BR2a	Template Number: CM3BR3	Template Number: CM3BR4	Template Number: CM3BR5	Template Number: CM3BR6	Template Number: CM3BR7a		
		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)		
	Fluid Milk	Unflavored 1% Low-fat or	Unflavored 1% Low-fat or	Unflavored 1% Low-fat or	Unflavored 1% Low-fat or	Unflavored 1% Low-fat or	Unflavored 1% Low-fat or	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	.,25 0,10 10	Bananas	Peaches	Onions, Tomatoes, Peppers	Breakfast Smoothie with Bananas	Apples	Apple Sauce	Potatoes		
<u></u>	Vegetable or Fruit				and Frozen Mixed Berries	(*Apple French Toast Bake)		(*Cheesy Potato Egg and Bac		
9	4/40 4/00 4/00							Bake)		
	1/4C 1/2C 1/2C	Total Cereal	Grits (Enriched) & Whole Wheat	Cheese Omelette with	Dannon Plain Low-Fat Yogurt	Whole Wheat Bread	Biscuits	Cheddar Cheese & Eggs		
	Grains	(WGR)	Cinnamon Toast (WGR)	Whole Wheat Toast (WGR)	Dannorri am Low-rat roguit	(WGR)	Discuits	Offeddal Offeese & Lygs		
		((
	1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.									
-	Age 1-2 Age 3-5 Age 6-12	Template Number: CM3SN1	Template Number: CM3SN2	Template Number: CM3SN3	Template Number: CM3SN4	Template Number: CM3SN5	Template Number: CM3SN6	Template Number: CM3SN7		
-	Fluid Milk 1/2C 3/4C 1C									
-	1/20 3/40 10	Dannon Plain Yogurt			+	Mozzarella Cheese		Shredded Chicken & Cheese		
	Protein	Barmon Flam Fogure				WOZZGIONA ONOCOO		(for Quesadilla)		
								,		
_	1oz 1.5oz 2oz									
	Vanatabla				Hummus	Marinara Sauce				
송	Vegetable									
Snack	1/8C 1/4C 1/2C									
S	· · ·	Mangos	Raisins & Cranberries	Peaches			100% Grape Juice			
	Fruit or Vegetable									
-	4/00 4/40 4/40									
-	1/8C 1/4C 1/4C		Chex Cereal	Graham Crackers	Whole Grain Pita Chips	English Muffin	Whole Wheat Gold Fish Crackers	Whole Grain Tortilla Shells		
	Grains		(WGR)	Granam Grackers	(WGR)	English Wallin	(WGR)	(WGR)		
			, ,		(- /		,	(-)		
	1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.									
-	Age 1-2 Age 3-5 Age 6-12	Template Number: CM3LS1	Template Number: CM3LS2	Template Number: CM3LS3	Template Number: CM3LS4	Template Number: CM3LS5	Template Number: CM3LS6	Template Number: CM3LS7		
	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)		
_		Unflavored 1% Low-fat or	Unflavored 1% Low-fat or	Unflavored 1% Low-fat or	Unflavored 1% Low-fat or	Unflavored 1% Low-fat or	Unflavored 1% Low-fat or	Unflavored 1% Low-fat or		
-	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	Pan Fried Boneless Fish Filet	Black Beans (*Smokin Powerhouse Chili)	Sausage & Chicken	Chicken Breast	Chicken & Cheese (*Chicken Fajita)	Turkey Breast	Country Fried Steak		
	Tiotem		(Sillokili Fowerilouse Cillii)			(Chicken Fajita)				
lğ	1oz 1.5oz 2oz									
Supper		Sweet Corn	Tomato Sauce, Diced Tomatoes	Carrots & Okra	Sweet Potatoe Fries	Salsa	Sweet Peas	Mashed Potatoes		
S	Vegetable							(topped with gravy)		
h/	1/8C 1/4C 1/2C									
2		Green Beans	Carrots	Tomatoes	Roasted Broccoli	Onions & Bell Peppers	Mixed Berries	Peas & Carrots		
Lunch /	Fruit or Vegetable					• • • • • • • • • • • • • • • • • • • •				
_	1/8C 1/4C 1/4C	Whole Wheet Candidah Drass	Whole Crain Coltine Constant (MCD)	Drown Dies	Whole Wheet Clider Divis	Whole Crain Flant Tartill-	Wild Diag	Whole Crain Discuit-		
	Grains	Whole Wheat Sandwich Bread (WGR)	Whole Grain Saltine Crackers (WGR)	Brown Rice (WGR)	Whole Wheat Slider Bun (WGR)	Whole Grain Flour Tortilla (WGR)	Wild Rice (WGR)	Whole Grain Biscuits (WGR)		
	Olumo	(VVGR)		(WGN)	(WGR)	(WGN)	(VVGN)	(NOK)		
	1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.	1								