

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.							
Food Group / Portion Sizes		Date	Date	Date	Date	Date	Date	Date	
Karamu Nutrition Program Cycle Menu #3 (Rev Jan 22)	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 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)
	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 Bacon Bake)	
	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	
	Fluid Milk	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
	Protein	Dannon Plain Yogurt				Mozzarella Cheese		Shredded Chicken & Cheese (for Quesadilla)	
	Vegetable				Hummus	Marinara Sauce			
	Fruit or Vegetable	Mangos	Raisins & Cranberries	Peaches			100% Grape Juice		
	Grains		Chex Cereal (WGR)	Graham Crackers	Whole Grain Pita Chips (WGR)	English Muffin	Whole Wheat Gold Fish Crackers (WGR)	Whole Grain Tortilla Shells (WGR)	
	Fluid Milk	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
	Protein	Pan Fried Boneless Fish Filet	Black Beans (*Smokin Powerhouse Chili)	Sausage & Chicken	Chicken Breast	Chicken & Cheese (*Chicken Fajita)	Turkey Breast	Country Fried Steak	
	Vegetable	Sweet Corn	Tomato Sauce, Diced Tomatoes	Carrots & Okra	Sweet Potatoe Fries	Salsa	Sweet Peas	Mashed Potatoes (topped with gravy)	
	Fruit or Vegetable	Green Beans	Carrots	Tomatoes	Roasted Broccoli	Onions & Bell Peppers	Mixed Berries	Peas & Carrots	
	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)	

*For Serving Suggestion, Refer to USDA Recipe Available at www.karamu.org/recipe



MPR2

Karamu Nutrition Program Cycle Menu #3 (Rev Jan 22)

CAFCP 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
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 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	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 Bacon Bake)
Grains 1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.	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
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							
Protein 1oz 1.5oz 2oz	Dannon Plain Yogurt				Mozzarella Cheese		Shredded Chicken & Cheese (for Quesadilla)
Vegetable 1/8C 1/4C 1/2C				Hummus	Marinara Sauce		
Fruit or Vegetable 1/8C 1/4C 1/4C	Mangos	Raisins & Cranberries	Peaches			100% Grape Juice	
Grains 1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.		Chex Cereal (WGR)	Graham Crackers	Whole Grain Pita Chips (WGR)	English Muffin	Whole Wheat Gold Fish Crackers (WGR)	Whole Grain Tortilla Shells (WGR)
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 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)
Protein 1oz 1.5oz 2oz	Pan Fried Boneless Fish Filet	Black Beans (*Smokin Powerhouse Chili)	Sausage & Chicken	Chicken Breast	Chicken & Cheese (*Chicken Fajita)	Turkey Breast	Country Fried Steak
Vegetable 1/8C 1/4C 1/2C	Sweet Corn	Tomato Sauce, Diced Tomatoes	Carrots & Okra	Sweet Potatoe Fries	Salsa	Sweet Peas	Mashed Potatoes (topped with gravy)
Fruit or Vegetable 1/8C 1/4C 1/4C	Green Beans	Carrots	Tomatoes	Roasted Broccoli	Onions & Bell Peppers	Mixed Berries	Peas & Carrots
Grains 1/2 Oz.Eq. 1/2 Oz.Eq. 1 Oz.Eq.	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)

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