Kiddie's Delights

KNP#:_____ **Provider/Center Name:**_____ **Claim Month / Year:** _____

MPR3		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.						
			Date	**Date**	**Date**	**Date**	**Date**	**Date**	**Date**
		Food Group / Portion Sizes							
Karamu Nutrition Program	Breakfast	Age 1-2 | Age 3-5 | Age 6-12							
		Fluid Milk	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat))	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)
		1/2C | 3/4C | 1C							
		Vegetable or Fruit	Fruit Cocktail	Bananas	Peaches	Strawberries	Applesauce	Fruit Cocktail	Strawberries (fresh or frozen)
		1/4C | 1/2C | 1/2C							
		Grains	Whole Wheat Toast(WG)	*Cheerios (Regular or Multigrain)(WGR)	Waffles	Whole Wheat Toast (WGR) with eggs	Whole Wheat Pasta/Noodles(WGR)	Whole Wheat Toast (WGR)	Whole Wheat Toast (WGR)
		1/2 Oz.Eq. | 1/2 Oz.Eq. | 1 Oz.Eq.							
	Lunch / Supper	Age 1-2 | Age 3-5 | Age 6-12							**Great Value Strawberry Yogurt**
		Fluid Milk	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat))	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)
		1/2C | 3/4C | 1C							
		Protein	Chicken, cooked, frozen, Diced or Pulled	Hamburger	Turkey Ham, fully cooked, chilled or frozen	Cheese - American	Cheese - American	Fish Fillets	Cheese - Mozzarella
		1oz | 1.5oz | 2oz							
		Vegetable	Carrots - Baby	Tater Tots	Whole Kernel Corn	Tomato Soup	Lettuce And Tomato	Green Beans	Corn
		1/8C | 1/4C | 1/2C							
		Fruit or Vegetable	Kiwi	Applesauce	Watermelon	Fruit Cocktail	Apple Slices	Peaches	Lettuce And Tomato
		1/8C | 1/4C | 1/4C							
		Grains	Whole Wheat Pasta/Noodles (WGR)	Whole Wheat Hamburger Bun (WGR)	Brown Rice (WGR)	Whole Wheat Bread (WGR)	Whole Wheat Toast (WGR)	Whole Wheat Bread (WGR)	Whole Wheat Toast (WGR)
		1/2 Oz.Eq. | 1/2 Oz.Eq. | 1 Oz.Eq.							
	Snack	Age 1-2 | Age 3-5 | Age 6-12			**Fiesta Cheese Blend & Corn, Tortilla Chips on the side**	**with Baked Fries**	**with Baked beans**	**with tator Tots**	**with Tomato Sauce**
		Fluid Milk							
		1/2C | 3/4C | 1C							
		Protein	Hot Dogs - Hebrew National 100% Kosher Beef Franks,	Cheese - Cheddar			Peanut Butter	Peanut Butter	Cheese - Cheddar,
		1oz | 1.5oz | 2oz							
		Vegetable							
		1/8C | 1/4C | 1/2C							
		Fruit or Vegetable			Pears	Pineapple			
		1/8C | 1/4C | 1/4C							
		Grains	Whole Wheat Hot Dog Bun (WGR)	Whole Wheat Pasta/Noodles (WGR)	Triscuits (WGR)	Graham Crackers	Whole Wheat Bread (WGR)	Pretzel (Hard Or Soft)	Wheat Thins (WGR)
		1/2 Oz.Eq. | 1/2 Oz.Eq. | 1 Oz.Eq.							

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HSR refers to Healthy School Recipes available at https://healthyschoolrecipes.com/
WG / WGR = Whole Grain Rich (Food is 100% whole grain or at least 50% whole grain and 50% enriched grain)

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MPR3		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.						
			Date	**Date**	**Date**	**Date**	**Date**	**Date**	**Date**
		Food Group / Portion Sizes							
Karamu Nutrition Program	Breakfast	Age 1-2 | Age 3-5 | Age 6-12							
		Fluid Milk	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat))	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)
		1/2C | 3/4C | 1C							
		Vegetable or Fruit	Applesauce	Peaches	Bananas	Fruit Cocktail	Strawberries	Pineapple Tidbits	Peaches
		1/4C | 1/2C | 1/2C							
		Grains	Whole Wheat Toast (WGR)	Waffles	Cheerios (Regular or Multigrain) (WGR)	Cheerios (Regular or Multigrain) (WGR)	Oatmeal (WGR)	Whole Wheat Toast (WGR)	Waffles
		1/2 Oz.Eq. | 1/2 Oz.Eq. | 1 Oz.Eq.						with Scrambled Eggs	
	Lunch / Supper	Age 1-2 | Age 3-5 | Age 6-12							
		Fluid Milk	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)
		1/2C | 3/4C | 1C							
		Protein	Turkey Sausage	Hot Dogs-Great Value All Beef Franks	Ham	Chicken Ground	Ham	Chicken	Beef Ground
		1oz | 1.5oz | 2oz							
		Vegetable	Hash Browns	Baked Beans	Baked French Fries	Lettuce And Tomato	Peas	Stir-Fry Vegetables	Baked Beans
		1/8C | 1/4C | 1/2C							
		Fruit or Vegetable	Fruit Cocktail	Pineapple	Apple Slices	Pineapple	Fruit Cocktail	Blueberries,	Tater Tots
		1/8C | 1/4C | 1/4C							
		Grains	Whole Wheat Toast (WGR)	Whole Wheat Toast (WGR)	Whole Wheat Bread (WGR)	Whole Wheat Pasta/Noodles (WGR)	Whole Wheat Pasta/Noodles (WGR)	Whole Wheat Bread (WGR)	Whole Wheat Bread (WGR)
		1/2 Oz.Eq. | 1/2 Oz.Eq. | 1 Oz.Eq.							
	Snack	Age 1-2 | Age 3-5 | Age 6-12			**pair with pork n beans and cheese slice**			**Veggie Stir-Fry (HSR)**	
		Fluid Milk							
		1/2C | 3/4C | 1C							
		Protein		Peanut Butter	Cheese - Cheddar	Peanut Butter	Cheese - Cheddar	Cheese - American	
		1oz | 1.5oz | 2oz							
		Vegetable							
		1/8C | 1/4C | 1/2C							
		Fruit or Vegetable	100% Apple Juice				Apple Slices	Mandarin Oranges	100% Apple Juice
		1/8C | 1/4C | 1/4C							
		Grains	Sun Chips (WGR)	Graham Crackers	Whole Wheat Toast (WGR)	Whole Wheat Toast (WGR)			Sun Chips (WGR)
		1/2 Oz.Eq. | 1/2 Oz.Eq. | 1 Oz.Eq.						**with whole wheat toast**	

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KNP MPR3		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.						
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		Food Group / Portion Sizes							
Karamu Nutrition Program	Breakfast	Age 1-2 | Age 3-5 | Age 6-12							
		Fluid Milk	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat))	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)
		1/2C | 3/4C | 1C							
		Vegetable or Fruit	Bananas	Peaches	Strawberries	Bananas	Strawberries (fresh or frozen)	Mandarin Oranges	Fruit Cocktail
		1/4C | 1/2C | 1/2C							
		Grains	Whole Wheat Toast (WGR)	Waffles	Whole Wheat Toast (WGR)	Cheerios (Regular or Multigrain) (WGR)	Whole Wheat Bread (WGR)	Oatmeal - Instant (WGR)	Whole Wheat Toast (WGR)
		1/2 Oz.Eq. | 1/2 Oz.Eq. | 1 Oz.Eq.							
	Lunch / Supper	Age 1-2 | Age 3-5 | Age 6-12			**with Scrambled Eggs**		**Yogurt - Great Value - Strawberry**		
		Fluid Milk	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)	Milk (Unflavored Whole (1YR), 2%,1%, Nonfat)
		1/2C | 3/4C | 1C							
		Protein	Ham	Chicken - Boneless/Skinless	Chicken Ground	Eggs, Scrambled with Shredded Cheddar Cheese	Ham & Cheddar Cheese	Hot Dogs-Great Value All Beef Franks	Chicken Ground
		1oz | 1.5oz | 2oz							
		Vegetable	Baked Beans	Corn	Green Beans	Hash Browns	Baked Beans	Pork 'N Beans	Peas
		1/8C | 1/4C | 1/2C							
		Fruit or Vegetable	French Fries	Pineapple	Lettuce And Tomato	Applesauce	Fruit Cocktail	Baked French Fries	Mandarin Oranges
		1/8C | 1/4C | 1/4C							
		Grains	Whole Wheat Bread (WGR)	Whole Wheat Tortilla (WGR)	Whole Wheat Pasta/Noodles (WGR)	Whole Wheat Toast (WGR)	Whole Wheat Bread (WGR)	Whole Wheat Bread (WGR)	Whole Wheat Pasta/Noodles (WGR)
		1/2 Oz.Eq. | 1/2 Oz.Eq. | 1 Oz.Eq.							
	Snack	Age 1-2 | Age 3-5 | Age 6-12	**with cheddar cheese slices and peaches**	**Pulled chicken, fiesta cheese blend, refried beans**	**Chicken Alfredo with a Twist (HSR)**		**Sunchips on the side**	**Topped with chili**	**with Sharp Cheddar Cheese**
		Fluid Milk							
		1/2C | 3/4C | 1C							
		Protein	Yogurt - Great Value - Strawberry	American Cheese (Deluxe)		Peanut Butter			Ham
		1oz | 1.5oz | 2oz							
		Vegetable							
		1/8C | 1/4C | 1/2C							
		Fruit or Vegetable			100% Apple Juice	Apple Slices	Pineapple	Blueberries	
		1/8C | 1/4C | 1/4C							
		Grains	Goldfish Crackers	Whole Wheat Bread (WGR)	Sun Chips (WGR)		Graham Crackers	Graham Crackers	Wheat Thins (WGR)
		1/2 Oz.Eq. | 1/2 Oz.Eq. | 1 Oz.Eq.							

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