

Karamu Nutrition Program

 <b>MPR2</b>		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
		Age 1-2   Age 3-5   Age 6-12							
<b>Karamu Cycle Menu #2 (Rev 01-22)</b>	<b>Breakfast</b>	<b>Fluid Milk</b>	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)
		1/2C   3/4C   1C	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)
		<b>Vegetable or Fruit</b>	Banana	Honeydew Melon	Applesauce	Mandarin Oranges	Pears	Hashbrowns	Diced Potatos & Onions
		1/4C   1/2C   1/2C							
		<b>Grains</b>	Corn Flakes	Cream of Wheat (Enriched Farina)	Biscuits	Whole Wheat Cheese Toast	Oatmeal	English Muffin	Bagel
	1/2 Oz.Eq.   1/2 Oz.Eq.   1 Oz.Eq.								
	<b>AM Snack</b>	<b>Fluid Milk, Protein, Vegetable, Fruit, or Grain (Serve 2 of 5)</b>	Peanut Butter	All Meat Bologna	Fruit Cocktail	Scrambled Eggs	Diced Ham, Shredded Cheese	Cheese (melted on toast)	Deli Turkey Slices
			Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Toast	Whole Grain Tortilla	Whole Wheat Toast	Whole Wheat Bread
	<b>Lunch</b>	<b>Fluid Milk</b>	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)
		1/2C   3/4C   1C	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)
		<b>Protein</b>	Turkey & Cheese Sandwich	Ground Beef & Low Fat Cheddar Cheese	Cheese (for grilled cheese sandwich)	Chicken Wings (Baked or fried off-site)	Baked Fish Fillets (Fresh or Frozen)	Pork Chops (Baked or pan fried)	Egg & Cheese Omelet
		1oz   1.5oz   2oz							
		<b>Vegetable</b>	Lettuce, Tomato	Lettuce, Tomato	Baked French Fries	Broccoli	Sweet Peas	Lima Beans	Hashbrowns
		1/8C   1/4C   1/2C							
		<b>Fruit or Vegetable</b>	Pork n Beans	Refried Beans	Watermelon Chunks	Sweet Potatoes	Corn	Peaches	Applesauce
	1/8C   1/4C   1/4C								
	<b>Grains</b>	Whole Wheat Bread	Whole Wheat Bread or Whole Grain Soft Tortilla	Whole Wheat Bread or Whole Wheat Buns	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Toast	Whole Wheat Toast
	1/2 Oz.Eq.   1/2 Oz.Eq.   1 Oz.Eq.								
	<b>PM Snack</b>	<b>Fluid Milk, Protein, Vegetable, Fruit, or Grain (Serve 2 of 5)</b>	Peanut Butter	All Meat Bologna	Fruit Cocktail	Scrambled Eggs	Diced Ham, Shredded Cheese	Cheese (melted on toast)	Deli Turkey Slices
			Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Toast	Whole Grain Tortilla	Whole Wheat Toast	Whole Wheat Bread
	<b>Supper</b>	<b>Fluid Milk</b>	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)
		1/2C   3/4C   1C	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)
		<b>Protein</b>	Turkey & Cheese Sandwich	Ground Beef & Cheese	Cheese (for grilled cheese sandwich)	Chicken Wings (Baked or fried off-site)	Baked Fish Fillets (Fresh or Frozen)	Pork Chops (Baked or skillet fried)	Egg & Cheese Omelet
		1oz   1.5oz   2oz							
		<b>Vegetable</b>	Lettuce, Tomato	Lettuce, Tomato	Baked French Fries	Broccoli	Sweet Peas	Lima Beans	Hashbrowns
		1/8C   1/4C   1/2C							
		<b>Fruit or Vegetable</b>	Pork n Beans	Refried Beans	Watermelon Chunks	Sweet Potatoes	Corn	Peaches	Applesauce
	1/8C   1/4C   1/4C								
<b>Grains</b>	Whole Wheat Bread	Whole Wheat Bread or Whole Grain Soft Tortilla	Whole Wheat Bread or Whole Wheat Buns	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Toast	Whole Wheat Toast	
1/2 Oz.Eq.   1/2 Oz.Eq.   1 Oz.Eq.									
<b>EV Snack</b>	<b>Fluid Milk, Protein, Vegetable, Fruit, or Grain (Serve 2 of 5)</b>	Peanut Butter	All Meat Bologna	Fruit Cocktail	Scrambled Eggs	Diced Ham, Shredded Cheese	Cheese (melted on toast)	Deli Turkey Slices	
		Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Toast	Whole Grain Tortilla	Whole Wheat Toast	Whole Wheat Bread	



MPR2

**CACFP Child Menu**

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Food Group / Portion Sizes	Date	Date	Date	Date	Date	Date	Date	Date
Age 1-2   Age 3-5   Age 6-12								
<b>Fluid Milk</b> 1/2C   3/4C   1C	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 Whole (1 yr)
	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)
	<b>Vegetable or Fruit</b> 1/4C   1/2C   1/2C	Banana	Hashbrowns	Applesauce	Mandarin Oranges	Peaches	Melon (Honeydew and/or Canteloupe)	Diced Potatoes & Onions
	<b>Grains</b> 1/2 Oz.Eq.   1/2 Oz.Eq.   1 Oz.Eq.	Home Made French Toast	Pancakes	Cream of Wheat (Enriched Farina)	Whole Wheat Cheese Toast	Waffles	Rice	Whole Wheat Cheese Toast
	<b>Fluid Milk, Protein, Vegetable, Fruit, or Grain (Serve 2 of 5)</b>	Peanut Butter	All Meat Bologna	Fruit Cocktail	Scrambled Eggs	Diced Ham, Shredded Cheese	Cheese (melted on toast)	Deli Turkey Slices
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Toast	Whole Grain Tortilla	Whole Wheat Toast	Whole Wheat Bread	
<b>Fluid Milk</b> 1/2C   3/4C   1C	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 Whole (1 yr)
	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)
	<b>Protein</b> 1oz   1.5oz   2oz	Ham & Cheese Sandwich	Navy Beans with Ham Chunks	Canned Tuna	Ground Beef & Cheese (over Spaghetti)	Pulled or Chunk Chicken (for Tacos)	Ground Beef or Turkey Meatloaf	Pulled Pork Shoulder
	<b>Vegetable</b> 1/8C   1/4C   1/2C	Salad w/ Lettuce, Tomato & Cucumbers	Spinach	Lettuce, Tomato, Pickle	Salad w/ Lettuce, Carrots & Radishes	Lettuce, Tomato & Salsa	Mashed Potatoes	Baked Beans
	<b>Fruit or Vegetable</b> 1/8C   1/4C   1/4C	Fruit Cocktail	Diced Potato & Onions	Carrots & Celery	Pineapple Chunks or Slices	Refried Beans	Blackeyed Peas	Baked French Fries
	<b>Grains</b> 1/2 Oz.Eq.   1/2 Oz.Eq.   1 Oz.Eq.	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Garlic Toast	Whole Wheat Bread or Whole Grain Soft Tortilla	Whole Wheat Bread	Whole Wheat Bread
	<b>Fluid Milk, Protein, Vegetable, Fruit, or Grain (Serve 2 of 5)</b>	Peanut Butter	All Meat Bologna	Fruit Cocktail	Scrambled Eggs	Diced Ham, Shredded Cheese	Cheese (melted on toast)	Deli Turkey Slices
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Tortilla	Whole Wheat Toast	Whole Wheat Bread	
<b>Fluid Milk</b> 1/2C   3/4C   1C	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 Whole (1 yr)
	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)	Unflavored 1%-Lowfat or Skim-Fatfree (2 to 12 yrs)
	<b>Protein</b> 1oz   1.5oz   2oz	Ham & Cheese Sandwich	Navy Beans with Ham Chunks	Canned Tuna	Ground Beef & Cheese (in Spaghetti)	Pulled or Chunk Chicken (for Tacos)	Ground Beef or Turkey Meatloaf	Pulled Pork Shoulder
	<b>Vegetable</b> 1/8C   1/4C   1/2C	Salad w/ Lettuce, Tomato & Cucumbers	Spinach	Lettuce, Tomato, Pickle	Salad w/ Lettuce, Carrots & Radishes	Lettuce, Tomato & Salsa	Mashed Potatoes	Baked Beans
	<b>Fruit or Vegetable</b> 1/8C   1/4C   1/4C	Fruit Cocktail	Diced Potato & Onions	Carrots & Celery	Pineapple Chunks or Slices	Refried Beans	Blackeyed Peas	Baked French Fries
	<b>Grains</b> 1/2 Oz.Eq.   1/2 Oz.Eq.   1 Oz.Eq.	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Garlic Toast	Whole Wheat Bread or Whole Grain Soft Tortilla	Whole Wheat Bread	Whole Wheat Bread
	<b>Fluid Milk, Protein, Vegetable, Fruit, or Grain (Serve 2 of 5)</b>	Peanut Butter	All Meat Bologna	Fruit Cocktail	Scrambled Eggs	Diced Ham, Shredded Cheese	Cheese (melted on toast)	Deli Turkey Slices
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Tortilla	Whole Wheat Toast	Whole Wheat Bread	

**Karamu Cycle Menu #2 (Rev 01-22)**

Breakfast

AM Snack

Lunch

PM Snack

Supper

EV Snack