**CACFP New Meal Pattern Menu with Best Practices**

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>• 1% or Skim Milk</td>
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</tbody>
</table>
  • Milk | • Pear Slices | • Raspberries | • Crazy Clementine | • Blueberries | • Snazzy Sliced Peaches |
  • Vegetable, Fruit, or Both | • Banana Muffin | • Cheerios | • Oatmeal | • Frosted Mini-Wheat Cereal | • Scrambled Eggs |
  • Grains | | | | | |
  • Meat/Meat Alternate Sub for Grains (up to 3x/week) | | | | | |
  • Fresh Pear | | | | | |
  • Triscuit Crackers | | | | | |
| **Snack (2 of 5)** | • 1% or Skim Milk | • 1% or Skim Milk | • 1% or Skim Milk | | |
  • Milk | • Meat Lasagna | • Tuna Salad Sandwich | • Hummus | | |
  • Meat and Meat Alternate | • X-Ray Vision Carrots | • Bean Burrito | • Fresh Baby Carrots and Broccoli Trees | | |
  • Vegetables | • Kiwi Slices | • Mexicali Corn | | Paint A Face: |
  • Fruit | • Glamorous Grapes | • Honeydew | • Plain Yogurt | | |
  • Grains | • Whole Grain Tortilla | • Brown Rice | • Whole Grain Tortilla | | |
| **Lunch** | • 1% or Skim Milk | • 1% or Skim Milk | • 1% or Skim Milk | • 1% or Skim Milk | • 1% or Skim Milk |
  • Milk | • Meat Lasagna | • Tuna Salad Sandwich | • Beef-Vegetable Stew | • Meat or Meat Alternate | |
  • Meat or Meat Alternate | • X-Ray Vision Carrots | • Bean Burrito | • Celery Sticks | • Vegetables | |
  • Vegetables | • Kiwi Slices | • Mexicali Corn | • Watermelon | • Fruit | |
  • Fruit | • Glamorous Grapes | • Honeydew | • Corn Muffins | • Grains | |
  • Grains | • Whole Grain Tortilla | • Brown Rice | | (Provide water to drink) | |
| **Snack (2 of 5)** | • Mandarin Oranges | • Mozzarella String Cheese | • Gone Fishing: | • Apple Smiles | • Bean Dip |
  • Milk | • Whole Grain | • Tomato Slices | • Plain Yogurt | • Banana Bread Squares | |
  • Meat and Meat Alternate | • Mini Bagel | | • Fish Crackers and Pretzel Sticks (children dip pretzel stick in yogurt to pick up fish crackers) | | |
  • Vegetables | | | | | |
  • Fruit | | | | | |
  • Grains | | | | | |
  • Grains | | | | (Provide water to drink) | |

*Use the CACFP Meal Pattern to Determine Serving Sizes*

February 2017
# CACFP New Meal Pattern Menu with Best Practices

## WEEK 2

### Breakfast
- **Monday**
  - 1% or Skim Milk
  - Kiwi
  - Whole Grain English Muffin
- **Tuesday**
  - 1% or Skim Milk
  - Blueberries
  - Hard Boiled Egg
- **Wednesday**
  - 1% or Skim Milk
  - Frozen Strawberries
  - Whole Grain Waffle
  - (Use strawberries to top waffle as an alternative to syrup)
- **Thursday**
  - 1% or Skim Milk
  - Bodacious Banana
  - Total Cereal
- **Friday**
  - 1% or Skim Milk
  - Applesauce
  - Whole Grain French Toast Sticks
  - (Use applesauce to top French toast as an alternative to syrup)

**Use the CACFP Meal Pattern to Determine Serving Sizes**

### Snack (2 of 5)
- **Monday**
  - Red Grapes
  - Oatmeal Muffin Square
- **Tuesday**
  - Sweet Strawberries
  - Whole Grain
  - Oven Baked Pancakes
- **Wednesday**
  - Apple Slices
  - Whole Grain Goldfish Crackers
- **Thursday**
  - Avocado Smile:
    - Avocado Slice
    - Grape Tomatoes
    - Whole Grain Tortilla
    - Lowfat Cream Cheese
- **Friday**
  - Plain Yogurt
  - Fresh Berries

### Lunch
- **Monday**
  - 1% or Skim Milk
  - Bean Taco with Shredded Romaine Lettuce
  - Chopped Tomato
  - Fresh Orange
  - Whole Grain
  - Corn Tortilla
- **Tuesday**
  - 1% or Skim Milk
  - Oven Baked Parmesan Chicken
  - Peas
  - Watermelon
  - Cornbread
- **Wednesday**
  - 1% or Skim Milk
  - Chili Con Carne with Beans
  - Celery Sticks
  - Perky Pear Halves
  - Whole Wheat Crackers
- **Thursday**
  - 1% or Skim Milk
  - Egg Salad
  - Get Big Green Beans
  - Apricots
  - Whole Grain Pita Bread
- **Friday**
  - 1% or Skim Milk
  - Fish Nuggets
  - Baked Sweet Potato
  - Plum
  - Whole Grain Corn Tortilla

### Snack (2 of 5)
- **Monday**
  - Natural Cheddar Cheese
  - Cantaloupe
- **Tuesday**
  - Black Bean Hummus
  - Whole Grain Pita Wedges
- **Wednesday**
  - Creamy Dip
  - Cucumber Slices, Carrot Sticks, and Whole Wheat Triscuits
- **Thursday**
  - Amazing Apple Circles
  - Pretzel Sticks
  - (core apples and cut circle slices)
- **Friday**
  - String Cheese
  - Kiwi

February 2017
<table>
<thead>
<tr>
<th>WEEK 3</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>1% or Skim Milk</td>
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<tr>
<td>● Milk</td>
<td>● Orange Slices</td>
<td>● Mixed Berries</td>
<td>● Red Apple</td>
<td>● Grapefruit</td>
<td>● 1% or Skim Milk</td>
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<tr>
<td>● Vegetable, Fruit, or Both</td>
<td>● Whole Wheat Toast</td>
<td>● Cheerios</td>
<td>● Whole Grain Bagel</td>
<td>● Whole Corn Taco Shell</td>
<td>● Whole Corn Taco Shell</td>
</tr>
<tr>
<td>● Grains</td>
<td>(up to 3x/week)</td>
<td></td>
<td>● Lowfat Cream Cheese</td>
<td>● Excellent Egg Taco</td>
<td>● Salsa</td>
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<tr>
<td>Snack (2 of 5)</td>
<td>Bean Dip</td>
<td>Cottage Cheese</td>
<td>Plain Yogurt</td>
<td>Mozzarella String Cheese</td>
<td>Sun Nut Butter</td>
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<tr>
<td>● Milk</td>
<td>Whole Grain Tortilla Chips</td>
<td>Perfect Peaches</td>
<td>Frozen Berries</td>
<td>Mandarin Oranges</td>
<td>Apple Slices</td>
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<tr>
<td>● Meat and Meat Alternate</td>
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<tr>
<td>● Vegetables</td>
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<tr>
<td>● Fruit</td>
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<tr>
<td>● Grains</td>
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<td>(Provide water to drink)</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>1% or Skim Milk</td>
<td>1% or Skim Milk</td>
<td>Hand Warmer:</td>
<td>1% or Skim Milk</td>
<td>1% or Skim Milk</td>
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<tr>
<td>● Milk</td>
<td>Spaghetti and Meat Sauce</td>
<td>Sweet and Sassy Chicken</td>
<td>1% or Skim Milk</td>
<td>Baked Scrambled Eggs</td>
<td>1% or Skim Milk</td>
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<tr>
<td>● Meat or Meat Alternate</td>
<td>Broccoli</td>
<td>Creamed Corn</td>
<td>Grated Cheese</td>
<td>Oven Fries</td>
<td>with Brown Rice</td>
</tr>
<tr>
<td>● Vegetables</td>
<td>Apricot Halves</td>
<td>Cutie Clementine</td>
<td>Broccoli/ Cauliflower</td>
<td>Honeydew</td>
<td>Carrot Sticks</td>
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<tr>
<td>● Fruit</td>
<td>Brown Rice</td>
<td></td>
<td>Quick Baked Potato</td>
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<td>Fresh Pears</td>
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<tr>
<td>● Grains</td>
<td></td>
<td></td>
<td>Chilled Pear Slices</td>
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<td></td>
<td>Whole Wheat Roll</td>
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<tr>
<td>Snack (2 of 5)</td>
<td>String Cheese</td>
<td>Mouse Faces:</td>
<td>Hummus</td>
<td>Kiwi Wedges</td>
<td>Yogurt</td>
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<tr>
<td>● Milk</td>
<td>Fresh Strawberries</td>
<td>Lowfat Yogurt</td>
<td>Red and Green Pepper Strips</td>
<td>Whole Grain Mini Bagel</td>
<td>Banana Slices</td>
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<tr>
<td>● Meat and Meat Alternate</td>
<td></td>
<td>Raisins (eyes)</td>
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<tr>
<td>● Vegetables</td>
<td>Apple Slice (smile)</td>
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<tr>
<td>● Fruit</td>
<td>Banana (nose &amp; ears)</td>
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<tr>
<td>● Grains</td>
<td>Whole Grain Tortilla</td>
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<td>(Provide water to drink)</td>
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*Use the CACFP Meal Pattern to Determine Serving Sizes*
## CACFP New Meal Pattern Menu with Best Practices

**February 2017**

### WEEK 4

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<th></th>
<th>MONDAY</th>
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<td>Milk</td>
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<td></td>
<td>Vegetable, Fruit, or Both</td>
<td>Applesauce</td>
<td>Raspberries</td>
<td>Banana</td>
<td>Apricot Halves</td>
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<td>Grains</td>
<td>Blueberry Muffin Squares</td>
<td>Plain Yogurt</td>
<td>Egg on Whole Grain English Muffin</td>
<td>Baked French Toast Strips</td>
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<td>(up to 3x/week)</td>
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<tr>
<td><strong>Snack (2 of 5)</strong></td>
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<tr>
<td></td>
<td>Milk</td>
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<tr>
<td></td>
<td>Meat and Meat Alternate</td>
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<td>Grains</td>
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<td><strong>Lunch</strong></td>
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<td>Milk</td>
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<td>1% or Skim Milk</td>
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<td></td>
<td>Meat or Meat Alternate</td>
<td>Bean Soup</td>
<td>New Macaroni and Cheese</td>
<td>Oven Fried Chicken</td>
<td>Hamburger</td>
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<td>Vegetables</td>
<td>Broccoli Salad</td>
<td>Hard Boiled Egg</td>
<td>Cucumber Slices</td>
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<td></td>
<td>Fruit</td>
<td>Orange Smiles</td>
<td>Carrot Sticks</td>
<td>Applesauce</td>
<td>Lettuce and Tomato Slices</td>
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<tr>
<td></td>
<td>Grains</td>
<td>Whole Wheat Roll</td>
<td>Fresh Blueberries</td>
<td>Brown Rice</td>
<td>Whole Grain Tomato Slices</td>
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<tr>
<td><strong>Snack (2 of 5)</strong></td>
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<td>Meat and Meat Alternate</td>
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<td>Grains</td>
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*Use the CACFP Meal Pattern to Determine Serving Sizes*
Greater Variety of Vegetables and Fruits
● The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
● Juice is limited to once per day.
● **Best Practices:**
  ○ Make at least 1 of the 2 required components of a snack a vegetable or fruit.
  ○ Serving a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more than juice.
  ○ Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week.
  ○ Incorporate seasonal and locally produced foods into meals.

More Whole Grains
● At least one serving of grains per day must be whole grain-rich;
● Grain-based desserts no longer count towards the grain component; and
● **Ounce equivalents (oz eq) are used to determine the amount of creditable grains** (starting October 1, 2019).
● **Best Practice:** Provide at least two servings of whole grain-rich grains per day.

More Protein Options
● Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
● Tofu counts as a meat alternate.
● **Best Practices:**
  ○ Serve only lean meats, nuts, and legumes.
  ○ Limit serving processed meats to no more than one serving per week.
  ○ Serve only natural cheeses and choose low-fat or reduced fat-cheeses.

Less Added Sugar
● Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
● Breakfast cereals must contain no more than 6 grams of sugar per dry ounce. **All Iowa WIC Approved Cereals are creditable.**
● **Best Practice:** Avoid serving non-creditable foods that are sources of added sugars, such as sweet toppings (e.g. honey, jam, syrup), mix-in ingredients sold with yogurt, and sugar-sweetened beverages (e.g. fruit drinks or sodas).

Making Every Sip Count
● Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years and older and adults; and
● Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs.
● **Best Practices:**
  ○ Serve only unflavored milk to all participants.
  ○ If flavored milk is provided (6 years and older), only serve flavored milk that contains no more than 22 grams of sugar/8oz.