



Week of Nov. 6th-10th, 2017

Summer North Carolina CACFP Seasonal Menus



**Appletree
Day Care, Inc.**



**Appletree Child Development
Center, Inc.**

Spring/ Summer---Cycle 1	Monday Date: 11/06/2017	Tuesday Date: 11/07/2017	Wednesday Date: 11/08/2017	Thursday Date: 11/09/2017	Friday Date: 11/10/2017
Breakfast Meal Pattern					
Vegetable or Fruit	Baked Apples	Fresh Pear slices ^{NC}	Banana Slices	Applesauce	Apple Wedges ^{NC}
Vegetable					
Meat or Meat Alternative (optional)					
Grains/Bread	Blueberry Muffins	Whole Wheat Buttered Toast	Cereal	Biscuits	French Toast
Milk, fluid	Milk ² , Milk ³	Milk ² , Milk ³	Milk ² , Milk ³	Milk ² , Milk ³	Milk ² , Milk ³
Other Foods (optional)				Jelly	Syrup
Lunch or Supper Meal Pattern					
Vegetable or Fruit	Applesauce	Diced Peaches	Cucumber Slices	Orange Wedges	Pineapple Tidbits
Vegetable	French Style Green Beans	Field Peas	Cooked Carrots	Lettuces*, Cheese	Veg. Baked Beans
Meat or Meat Alternative	Chicken Sticks	Homemade Macaroni & Cheese	Beef Sticks	Taco's w/ Ground Turkey Meat	Chicken Filet Sandwiches
Grains/Breads	Whole Wheat Bread		Whole Wheat Bread	Shells Corn	Whole Wheat Bun
Milk, fluid	Milk ² , Milk ³	Milk ² , Milk ³	Milk ² , Milk ³	Milk ² , Milk ³	Milk ² , Milk ³
Other Foods (optional)			Ranch Dressing		
Snack Meal Pattern (choose 2 below)					
Fruit	Fresh Pears		Apple slices		
Vegetable					
Meat or Meat Alternative	String Cheese	Cheese Dip	Cheese	Soy Butter & Grape	
Grains/Breads		Pretzels	Ritz Crackers	Whole wheat Bread	Gold Fish
Milk, fluid	Water	Grape Juice	Apple Juice	Water	Grape Juice

¹Meat or Meat Alternate: Can be served in place of grains/breads up to three times per week at breakfast

²Milk: 1 yr old: Unflavored whole milk; 2-5 yr old: unflavored skim or 1% low-fat milk; 6 yr old and older: unflavored skim or 1% low-fat milk; flavored skim/fat-free milk

³Milk: Lactaid Milk (1%), Lactose, Soy 8th cont, Organic 1%

These cycle menus are designed to promote dietary variety, support seasonal, locally grown foods and comply with USDA Child and Adult Care Food Program (CACFP) guidelines. Use along with the CACFP Meal Patterns and the Food Buying Guide for Child Nutrition Programs (<http://www.fns.usda.gov/tn/foodbuying-guide-child-nutrition-programs>).

This institution is an equal opportunity provider.

Revised 10/25/2017



Week of Nov. 13th-17th, 2017

Summer North Carolina CACFP Seasonal Menus



**Appletree Day
Care, Inc.**



**Appletree Child Development
Center, Inc.**

Spring/Summer----Cycle 2	Monday Date: 11/13/2017	Tuesday Date: 11/14/2017	Wednesday Date: 11/15/2017	Thursday Date: 11/16/2017	Friday Date: 11/17/2017
Breakfast Meal Pattern					
Vegetable or Fruit	Diced Pears	Banana Slices	Sliced Pears	Orange Wedges	Mandarin Oranges
Vegetable					
Meat or Meat Alternative (optional)				Sausage	
Grains/Bread	Cinnamon Biscuits	English Muffins	Bagels	Pancake Wraps	Whole Wheat Toast
Milk, fluid	Milk ² , Milk ³	Milk ² , Milk ³	Milk ² , Milk ³	Milk ² , Milk ³	Milk ² , Milk ³
Other Foods (optional)			Cream Cheese		Jelly
Lunch or Supper Meal Pattern					
Vegetable or Fruit	Orange Wedges	Pineapple Tidbits	Diced Peaches	Applesauce	Sliced Apples
Vegetable	Field Peas	Veg. Baked Beans	Sweet Peas	Corn	Carrot Sticks
Meat or Meat Alternative	Chicken Nuggets	Cheese Burgers	Cod Fish	Sloppy Joes	Chicken Salad
Grains/Breads	Whole Wheat Bread	Whole Wheat Bun	Whole Wheat Bread	Whole Wheat Bun	Tortilla Shells
Milk, fluid	Milk ² , Milk ³	Milk ² , Milk ³	Milk ² , Milk ³	Milk ² , Milk ³	Milk ² , Milk ³
Other Foods (optional)					
Snack Meal Pattern (choose 2 below)					
Fruit				Fresh Pears	
Vegetable		Carrot Sticks w/ Ranch			
Meat or Meat Alternative				String Cheese	
Grains/Breads	Graham Crackers	Oyster Crackers	Vanilla Goldfish		Assorted Crackers
Milk, fluid	Apple Juice	Water	Grape Juice	Water	Fruit Punch

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Week of Nov. 20th-24th, 2017


Summer North Carolina CACFP Seasonal Menus

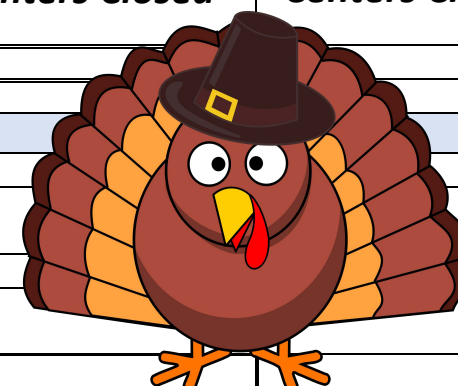


**Appletree Day
Care, Inc.**



**Appletree Child Development
Center, Inc.**

Spring/Summer---Cycle 3	Monday Date: 11/20/2017	Tuesday Date: 11/21/2017	Wednesday Date: 11/22/2017	Thursday Date: 11/23/2017	Friday Date: 11/24/2017
Breakfast Meal Pattern					
Vegetable or Fruit	Applesauce	Sliced Bananas	Raisins		
Vegetable					
Meat or Meat Alternative (optional)		Cheese			
Grains/Bread	Biscuits	Whole Wheat Toast	French Toast Sticks	Centers Closed	Centers Closed
Milk, fluid	Milk ² , Milk ³	Milk ² , Milk ³	Milk ² , Milk ³		
Other Foods (optional)	Jelly		Syrup		
Lunch or Supper Meal Pattern					
Fruit	Mixed Fruit	Cranberry Sauce	Applesauce		
Vegetable	Green Beans	Mashed Potatoes, Green Beans	Toss Salad		
Meat or Meat Alternative	Mini Corn Dogs	Turkey	Spagetti w/Meat Sauce		
Grains/Breads	Whole Wheat Bread	Rolls  Stuffing			
Milk, fluid	Milk ² , Milk ³	Milk ² , Milk ³	Milk ² , Milk ³		
Other Foods (optional)		Gravy			
Snack Meal Pattern (choose 2 below)					
Fruit					
Vegetable		Carrots w/ranch Dressing			
Meat or Meat Alternative			Cream Cheese		
Grains/Breads	Gold Fish	Oyster Crackers	Whole Grain Bagels		
Milk, fluid	Apple Juice	Water	Orange Juice		



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Revised 10/25/2017



Week of Nov. 27th-Dec 1st, 2017

Summer North Carolina CACFP Seasonal Menus



**Appletree Day
Care, Inc.**



**Appletree Child Development
Center, Inc.**

Spring/Summer---Cycle 4	Monday Date: 11/27/2017	Tuesday Date: 11/28/2017	Wednesday Date: 11/29/2017	Thursday Date: 11/30/2017	Friday Date: 12/01/2017
Breakfast Meal Pattern					
Vegetable or Fruit	Sliced Pears	Sliced Bananas	Raisins	Applesauce	Mandarin Oranges
Vegetable					
Meat or Meat Alternative (optional)					
Grains/Bread	Waffle Sticks	Whole Wheat Buttered Toast	Cheerios	Pancakes	English Muffins
Milk, fluid	Milk ² , Milk ³	Milk ² , Milk ³	Milk ² , Milk ³	Milk ² , Milk ³	Milk ² , Milk ³
Other Foods (optional)					
Lunch or Supper Meal Pattern					
Vegetable or Fruit	Apple Wedges	Pineapples Tidbits	Orange Wedges	Peaches	Apple Wedges
Vegetable	Black Eye Peas	Toss Salad	Stars Potatoes	Sweet Peas	Carrot Sticks, Dill Pickle's
Meat or Meat Alternative	Chicken Nuggets	Cheese Pizza	Turkey	Swedish Meatballs	Turkey
Grains/Breads	Macaroni Salad		Tortilla Shell	Rice	Whole Wheat Bread
Milk, fluid	Milk ² , Milk ³	Milk ² , Milk ³	Milk ² , Milk ³	Milk ² , Milk ³	Milk ² , Milk ³
Other Foods (optional)		Ranch Dressing		Gravy	Cheese, Chips
Snack Meal Pattern (choose 2 below)					
Fruit					Raisins
Vegetable		Carrots Sticks			Celery
Meat or Meat Alternative	Cheese	Cheese Cubes w/Ranch Dressing	Cheese Dip	Turkey & Cheese	Soy Butter
Grains/Breads	Saltines		Pretzels	Tortilla Shell	
Milk, fluid	Grape Juice	Water	Fruit Punch	Apple Juice	Water

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Summer North Carolina CACFP Seasonal Menus



- To personalize these menus electronically, enter your center name here: _____
- These menus are designed to inspire programs to use seasonal, locally grown foods when possible.
- Recipes for the items listed in **bold** on the menu are linked to USDA-approved standardized recipes.
- Many foods can be **choking hazards** for children under four years of age. Please be sure to cut, steam, or mash them as appropriate. Avoid these foods altogether for children under age four: *nuts and seeds, hot dogs, whole grapes, chunks of meat or cheese, hard chunks of raw vegetables or fruits (cut into thin strips before serving)*. Encourage children to chew completely before swallowing to ensure safety.
- Want to find out what's in season in North Carolina? Download this colorful chart:
 - [What's in Season? North Carolina Fruit and Vegetable Availability](#)
- Like to learn more about Farm to Preschool? **Gardening and Farm to Preschool Resources** can be found on the North Carolina Nutrition Services Branch website: <http://nutritionnc.com/snp/kesmm.htm>
 - [Farm to Preschool Toolkit](#) – From the ASAP (Appalachian Sustainable Agriculture Program)
- Where's your Local Farmers Market?
 - [Local Food Directories: National Farmers Market Directory](#)
- Selecting Cereal to Meet the New Meal Pattern
 - [Healthier Cereal Choices for use in the North Carolina CACFP](#)

Orange = Vitamin A Green = Vitamin C Purple = Vitamin A & C NC = Seasonal NC Produce

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