



Week of Jan 29th-Feb 2nd 2018

Fall

North Carolina CACFP Seasonal Menus



**Appletree Day
Care, Inc.**



**Appletree Child Development
Center, Inc.**

Fall---Cycle 1	Monday Date: 1/29/18	Tuesday Date: 1/30/18	Wednesday Date: 1/31/18	Thursday Date: 2/1/18	Friday Date: 2/2/18
Breakfast Meal Pattern					
Vegetable or Fruit	Apple Wedges	Sliced Pears	Raisins	Orange Wedges	Applesauce
Vegetable					
Meat or Meat Alternative (optional)					
Grains/Bread	Pancakes	Grits	Oatmeal	Waffles	Buttered 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)		Butter			
Lunch or Supper Meal Pattern					
Vegetable or Fruit	Applesauce	Peaches	Pineapple Tidbits	Diced Pears	Apple Wedges
Vegetable	Sweet Potatoes	Sweet Peas	Carrots	Green Beans	Broccoli W/ Cheese Soup
Meat or Meat Alternative	Chicken Sticks	Teriyaki Beef Dippers	Swedish Meatballs	Roasted Turkey	Turkey
Grains/Breads	Whole Grain Bread	Mac & Cheese	Rice	Mashed Potatoes	Whole Grain 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)			Gravy	Gravy	Cheese
Snack Meal Pattern (choose 2 below)					
Fruit			Apple Slices	Fresh pears	
Vegetable					
Meat or Meat Alternative			Soy Butter & Grape Jelly	String Cheese	
Grains/Breads	Ritz Crackers	Vanilla Gold Fish	Whole Wheat Bread		Chex Mix
Milk, fluid	Apple Juice	Grape Juice	Water	Water	Orange 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 1/8/2018



Week of Feb 5th-9th 2018

Fall

North Carolina CACFP Seasonal Menus



**Appletree Day
Care, Inc.**



**Appletree Child Development
Center, Inc.**

Fall----Cycle 2	Monday Date: 2/5/18	Tuesday Date: 2/6/18	Wednesday Date: 2/7/18	Thursday Date: 2/8/18	Friday Date: 2/9/18
Breakfast Meal Pattern					
Vegetable or Fruit	Diced Pears	Fresh Pears	Orange Wedges	Apple Wedges	Mandarin Oranges
Vegetable					
Meat or Meat Alternative (optional)					
Grains/Bread	Whole Wheat Bagels	Whole Wheat French Toast	Cheese Toast	Grits	Buttered 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	Syrup		Butter	
Lunch or Supper Meal Pattern					
Vegetable or Fruit	Applesauce	Pineapple Tidbits	Mixed Fruit	Diced peaches	Apple Wedges
Vegetable	Field Peas	Star Potatoes	Cabbage	Sweet Peas	Green beans
Meat or Meat Alternative	Chicken Nuggets	Cheese Burgers	Meatloaf Patties	Chicken	Turkeyroni
Grains/Breads	Whole Wheat Bread	Whole Wheat Bun	Mashed Potatoes	Rice	Macaroni
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					
Vegetable				Carrots w/ Ranch	
Meat or Meat Alternative	Cheese		Cream Cheese	Cheese Cubes	
Grains/Breads	Saltines	Gold Fish	Whole Wheat Bagel		Assorted Medley Crackers
Milk, fluid	Grape Juice	Orange Juice	White Grape Juice	Water	Fruit Punch

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Revised 1/8/2018



Week of Feb 12th-16th 2018

Fall North Carolina CACFP Seasonal Menus



**Appletree Day
Care, Inc.**



**Appletree Child Development
Center, Inc.**

Fall---Cycle 3	Monday Date: 2/12/18	Tuesday Date: 2/13/18	Wednesday Date: 2/14/18	Thursday Date: 2/15/18	Friday Date: 2/16/18
Breakfast Meal Pattern					
Vegetable or Fruit	Apple Wedges	Sliced Banana's	Mixed Fruit	Fresh pears	Mandarin Oranges
Vegetable					
Meat or Meat Alternative (optional)					
Grains/Bread	Grits	Pillsbury Biscuits	Buttered Whole Wheat Toast	Blueberry Muffins	Whole Wheat 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)	Butter	Jelly			Syrup
Lunch or Supper Meal Pattern					
Fruit		Diced peaches	Apple Wedges	Diced peaches	Orange Wedges
Vegetable	Green beans	Sweet Peas	Veg. Baked Beans	Pinto beans	Field Peas
Meat or Meat Alternative	Meat sauce	Salisbury Steaks		Whole Grain Bun	Chic Popcorn Smackers
Grains/Breads	Ravioli	Whole Grain Rice	Cheese Quesadilla Whole Grain Tortilla	Chicken Filet	Whole Grain Mashed Potatoes
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)		Gravy			
Snack Meal Pattern (choose 2 below)					
Fruit					
Vegetable					Carrots* w/ Ranch Dressing
Meat or Meat Alternative			Cheese Sauce	Turkey & Cheese	
Grains/Breads	Gold fish	Elf Grahams	Pretzels	Tortilla Wrap	Oyster Crackers
Milk, fluid	Apple juice	Grape Juice	Fruit Punch	Grape Juice	Water

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Revised 1/08/2018



Week of Feb 19th-23rd 2018

Fall

North Carolina CACFP Seasonal Menus



**Appletree Day
Care, Inc.**



**Appletree Child Development
Center, Inc.**

Fall---Cycle 4	Monday Date: 2/19/18	Tuesday Date: 2/20/18	Wednesday Date: 2/21/18	Thursday Date: 2/22/18	Friday Date: 2/23/18
Breakfast Meal Pattern					
Vegetable or Fruit	Raisins	Apple Wedges	Baked Apples	Diced Pears	Mandarin Oranges
Vegetable					
Meat or Meat Alternative (optional)					
Grains/Bread	Oatmeal	Whole Wheat Bagels	Pillsbury biscuits	Buttered English Muffins	Apple Cinnamon Cereal
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	Diced Peaches	Pineapple Tidbits	Mixed Fruit	Applesauce	Orange Wedges
Vegetable	Veg. Baked Beans	Toss Salad	Sweet Peas	Collards Greens	Garden Veg. Soup
Meat or Meat Alternative	Cod Sticks		Meat Sauce	Beef Sticks	Turkey & Cheese
Grains/Breads	Whole Grain Rolls	Cheese Pizza	Spaghetti	Whole Grain Bread	Whole Grain 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			
Snack Meal Pattern (choose 2 below)					
Fruit	Curious George Fruit Snacks				
Vegetable	Carrot Sticks w/ Ranch				
Meat or Meat Alternative					Cheese
Grains/Breads		Vanilla Gold Fish	Graham Crackers	Cheez-its	Ritz Crackers
Milk, fluid	Orange juice	Grape Juice	Apple Juice	Fruit Punch	Grape Juice

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Revised 1/8/2018



Fall

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](#)

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