



Week of Mar. 26th-30th 2018

# Fall

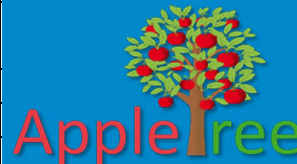
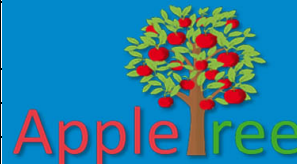

## North Carolina CACFP Seasonal Menus



**Appletree Day  
Care, Inc.**



**Appletree Child Development  
Center, Inc.**

| Fall---Cycle 1                      | Monday<br>Date: 3/26/18              | Tuesday<br>Date: 3/27/18             | Wednesday<br>Date: 3/28/18           | Thursday<br>Date: 3/29/18            | Friday<br>Date: 3/30/18   |
|-------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|---|
| Breakfast Meal Pattern              |                                      |                                      |                                      |                                      |   |
| Vegetable or Fruit                  | Apple Wedges                         | Sliced Pears                         | Raisins                              | Orange Wedges                        | <br><b>Appletree</b> Will be<br>Closed March 30th<br>For |
| Vegetable                           |                                      |                                      |                                      |                                      |   |
| Meat or Meat Alternative (optional) |                                      |                                      |                                      |                                      |   |
| Grains/Bread                        | Pancakes                             | Grits                                | Oatmeal                              | Waffles                              |   |
| Milk, fluid                         | Milk2 ,Milk3                         | Milk2 ,Milk3                         | Milk2 ,Milk3                         | Milk2 ,Milk3                         |   |
| Other Foods (optional)              |                                      | Butter                               |                                      |                                      |   |
| Lunch or Supper Meal Pattern        |                                      |                                      |                                      |                                      |   |
| Vegetable or Fruit                  | Applesauce                           | Peaches                              | Pineapple Tidbits                    | Diced Pears                          | <br><b>Appletree</b> Will be<br>Closed March 30th<br>For |
| Vegetable                           | Sweet Potatoes                       | Sweet Peas                           | Carrots                              | Green Beans                          |   |
| Meat or Meat Alternative            | Chicken Sticks                       | Teriyaki Beef Dippers                | Swedish Meatballs                    | Roasted Turkey                       |   |
| Grains/Breads                       | Whole Grain Bread                    | Mac & Cheese                         | Rice                                 | Mashed Potatoes                      |   |
| Milk, fluid                         | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> |   |
| Other Foods (optional)              |                                      |                                      | Gravy                                | Gravy                                |   |
| Snack Meal Pattern (choose 2 below) |                                      |                                      |                                      |                                      |   |
| Fruit                               |                                      |                                      | Apple Slices                         | Fresh pears                          | <br><b>GOOD FRIDAY</b>                                  |
| Vegetable                           |                                      |                                      |                                      |                                      |   |
| Meat or Meat Alternative            |                                      |                                      | Soy Butter & Grape Jelly             | String Cheese                        |   |
| Grains/Breads                       | Ritz Crackers                        | Vanilla Gold Fish                    | Whole Wheat Bread                    |                                      |   |
| Milk, fluid                         | Apple Juice                          | Grape Juice                          | Water                                | Water                                |   |

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

<sup>2</sup>Milk: 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

<sup>3</sup>Milk: 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



# Fall

## North Carolina CACFP Seasonal Menus

Week of April 2nd-6th 2018



### Appletree Day Care, Inc.



### Appletree Child Development Center, Inc.

| Fall----Cycle 2                            | Monday<br>Date: 4/2/18               | Tuesday<br>Date: 4/3/18              | Wednesday<br>Date: 4/4/18            | Thursday<br>Date: 4/5/18             | Friday<br>Date: 4/6/18               |
|--|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| <b>Breakfast Meal Pattern</b>              |                                      |                                      |                                      |                                      |                                      |
| <b>Vegetable or Fruit</b>                  | Diced Pears                          | Fresh Pears                          | Orange Wedges                        | Apple Wedges                         | Mandarin Oranges                     |
| <b>Vegetable</b>                           |                                      |                                      |                                      |                                      |                                      |
| <b>Meat or Meat Alternative (optional)</b> |                                      |                                      |                                      |                                      |                                      |
| <b>Grains/Bread</b>                        | Whole Wheat Bagels                   | Whole Wheat French Toast             | Cheese Toast                         | Grits                                | Buttered Whole Wheat Toast           |
| <b>Milk, fluid</b>                         | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> |
| <b>Other Foods (optional)</b>              | Cream cheese                         | Syrup                                |                                      | Butter                               |                                      |
| <b>Lunch or Supper Meal Pattern</b>        |                                      |                                      |                                      |                                      |                                      |
| <b>Vegetable or Fruit</b>                  | Applesauce                           | Pineapple Tidbits                    | Mixed Fruit                          | Diced peaches                        | Apple Wedges                         |
| <b>Vegetable</b>                           | Field Peas                           | Star Potatoes                        | Cabbage                              | Sweet Peas                           | Green beans                          |
| <b>Meat or Meat Alternative</b>            | Chicken Nuggets                      | Cheese Burgers                       | Meatloaf Patties                     | Chicken                              | Turkeyroni                           |
| <b>Grains/Breads</b>                       | Whole Wheat Bread                    | Whole Wheat Bun                      | Mashed Potatoes                      | Rice                                 | Macaroni                             |
| <b>Milk, fluid</b>                         | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> |
| <b>Other Foods (optional)</b>              |                                      |                                      |                                      |                                      |                                      |
| <b>Snack Meal Pattern (choose 2 below)</b> |                                      |                                      |                                      |                                      |                                      |
| <b>Fruit</b>                               |                                      |                                      |                                      |                                      |                                      |
| <b>Vegetable</b>                           |                                      |                                      |                                      | Carrots w/ Ranch                     |                                      |
| <b>Meat or Meat Alternative</b>            | Cheese                               |                                      | Cream Cheese                         | Cheese Cubes                         |                                      |
| <b>Grains/Breads</b>                       | Saltines                             | Gold Fish                            | Whole Wheat Bagel                    |                                      | Assorted Medley Crackers             |
| <b>Milk, fluid</b>                         | Grape Juice                          | Orange Juice                         | White Grape Juice                    | Water                                | Fruit Punch                          |

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

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<sup>3</sup>Milk: Lactaid Milk (1%), Lactose, Soy 8th cont, Organic 1%

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Revised 1/8/2018



Week of April 9th-13th 2018

# Fall North Carolina CACFP Seasonal Menus



**Appletree Day  
Care, Inc.**



**Appletree Child Development  
Center, Inc.**

| Fall---Cycle 3                             | Monday<br>Date: 4/9/18               | Tuesday<br>Date: 4/10/18             | Wednesday<br>Date: 4/11/18             | Thursday<br>Date: 4/12/18            | Friday<br>Date: 4/13/18              |
|--|--------------------------------------|--------------------------------------|--|--------------------------------------|--------------------------------------|
| <b>Breakfast Meal Pattern</b>              |                                      |                                      |  |                                      |                                      |
| <b>Vegetable or Fruit</b>                  | Apple Wedges                         | Sliced Banana's                      | Mixed Fruit                            | Fresh pears                          | Mandarin Oranges                     |
| <b>Vegetable</b>                           |                                      |                                      |  |                                      |                                      |
| <b>Meat or Meat Alternative (optional)</b> |                                      |                                      |  |                                      |                                      |
| <b>Grains/Bread</b>                        | Grits                                | Pillsbury Biscuits                   | Buttered Whole Wheat Toast             | Blueberry Muffins                    | Whole Wheat French Toast             |
| <b>Milk, fluid</b>                         | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup>   | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> |
| <b>Other Foods (optional)</b>              | Butter                               | Jelly                                |  |                                      | Syrup                                |
| <b>Lunch or Supper Meal Pattern</b>        |                                      |                                      |  |                                      |                                      |
| <b>Fruit</b>                               |                                      | Diced peaches                        | Apple Wedges                           | Diced peaches                        | Orange Wedges                        |
| <b>Vegetable</b>                           | Green beans                          | Sweet Peas                           | Veg. Baked Beans                       | Pinto beans                          | Field Peas                           |
| <b>Meat or Meat Alternative</b>            | Meat sauce                           | Salisbury Steaks                     |  | Whole Grain Bun                      | Chic Popcorn Smackers                |
| <b>Grains/Breads</b>                       | Ravioli                              | Whole Grain Rice                     | Cheese Quesadilla Whole Grain Tortilla | Chicken Filet                        | Whole Grain Mashed Potatoes          |
| <b>Milk, fluid</b>                         | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup>   | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> |
| <b>Other Foods (optional)</b>              |                                      | Gravy                                |  |                                      |                                      |
| <b>Snack Meal Pattern (choose 2 below)</b> |                                      |                                      |  |                                      |                                      |
| <b>Fruit</b>                               |                                      |                                      |  |                                      |                                      |
| <b>Vegetable</b>                           |                                      |                                      |  |                                      | Carrots* w/ Ranch Dressing           |
| <b>Meat or Meat Alternative</b>            |                                      |                                      | Cheese Sauce                           | Turkey & Cheese                      |                                      |
| <b>Grains/Breads</b>                       | Gold fish                            | Elf Grahams                          | Pretzels                               | Tortilla Wrap                        | Oyster Crackers                      |
| <b>Milk, fluid</b>                         | Apple juice                          | Grape Juice                          | Fruit Punch                            | Grape Juice                          | Water                                |

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

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Revised 1/08/2018



Week of April 16th-20th 2018

**Fall**

## North Carolina CACFP Seasonal Menus



**Appletree Day  
Care, Inc.**



**Appletree Child Development  
Center, Inc.**

| Fall---Cycle 4                             | Monday<br>Date: 4/16/18              | Tuesday<br>Date: 4/17/18             | Wednesday<br>Date: 4/18/18           | Thursday<br>Date: 4/19/18            | Friday<br>Date: 4/20/18              |
|--|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| <b>Breakfast Meal Pattern</b>              |                                      |                                      |                                      |                                      |                                      |
| <b>Vegetable or Fruit</b>                  | Raisins                              | Apple Wedges                         | Baked Apples                         | Diced Pears                          | Mandarin Oranges                     |
| <b>Vegetable</b>                           |                                      |                                      |                                      |                                      |                                      |
| <b>Meat or Meat Alternative (optional)</b> |                                      |                                      |                                      |                                      |                                      |
| <b>Grains/Bread</b>                        | Oatmeal                              | Whole Wheat Bagels                   | Pillsbury biscuits                   | Buttered English Muffins             | Apple Cinnamon Cereal                |
| <b>Milk, fluid</b>                         | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> |
| <b>Other Foods (optional)</b>              |                                      | Cream Cheese                         | Jelly                                |                                      |                                      |
| <b>Lunch or Supper Meal Pattern</b>        |                                      |                                      |                                      |                                      |                                      |
| <b>Vegetable or Fruit</b>                  | Diced Peaches                        | Pineapple Tidbits                    | Mixed Fruit                          | Applesauce                           | Orange Wedges                        |
| <b>Vegetable</b>                           | Veg. Baked Beans                     | Toss Salad                           | Sweet Peas                           | Collards Greens                      | Garden Veg. Soup                     |
| <b>Meat or Meat Alternative</b>            | Cod Sticks                           |                                      | Meat Sauce                           | Beef Sticks                          | Turkey & Cheese                      |
| <b>Grains/Breads</b>                       | Whole Grain Rolls                    | Cheese Pizza                         | Spaghetti                            | Whole Grain Bread                    | Whole Grain Bread                    |
| <b>Milk, fluid</b>                         | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> | Milk <sup>2</sup> ,Milk <sup>3</sup> |
| <b>Other Foods (optional)</b>              |                                      | Ranch Dressing                       |                                      |                                      |                                      |
| <b>Snack Meal Pattern (choose 2 below)</b> |                                      |                                      |                                      |                                      |                                      |
| <b>Fruit</b>                               | Curious George Fruit Snacks          |                                      |                                      |                                      |                                      |
| <b>Vegetable</b>                           | Carrot Sticks w/ Ranch               |                                      |                                      |                                      |                                      |
| <b>Meat or Meat Alternative</b>            |                                      |                                      |                                      |                                      | Cheese                               |
| <b>Grains/Breads</b>                       |                                      | Vanilla Gold Fish                    | Graham Crackers                      | Cheez-its                            | Ritz Crackers                        |
| <b>Milk, fluid</b>                         | Orange juice                         | Grape Juice                          | Apple Juice                          | Fruit Punch                          | Grape Juice                          |

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

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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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