



Spring—Week 1	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern					
RECIPES & LINKS		<u>Oatmeal Muffin Squares</u>			
Vegetable, fruit or both	Pineapple	Blueberries ^{NC}	Orange Slices	Apricots	Banana Slices
Meat /Meat Alternate* (optional)	Cottage Cheese		Yogurt	Eggs	American Cheese slice
Grains/Breads	Cheerios©		Honey Kix©	Oatmeal	WG Mini Bagel
Fluid Milk **	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Lunch or Supper Meal Pattern					
RECIPES & LINKS	<u>Open Face Grilled Cheese & Tomato Sandwich</u>	<u>Chicken Patty Sandwich</u>	<u>Beef Turkey Loaf</u>	<u>Pork Tenderloin, Oven Roasted & Sliced</u> <u>Brown Rice Pilaf</u>	<u>Scrambled Eggs</u>
Vegetable	Steamed Broccoli ^{NC} , Tomato	Sugar Snap Peas	Cooked Spinach ^{NC}	Peas ^{NC} & Carrots	Potato Wedges
Fruit	Strawberries ^{NC}	Honeydew Melon	Watermelon Wedges	Fresh Sliced Apples	Mixed Berries ^{NC}
Meat / Meat Alternate*	Cheese	Chicken	Turkey, Ground Beef	Pork Tenderloin	Eggs
Grains/Breads	WG Bread	WG Bun	WG Dinner Roll	Brown Rice	WG English Muffin
Fluid Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Snack Pattern					
RECIPES & LINKS					
Vegetable		Carrot Sticks			
Fruit	Strawberries ^{NC} , and Peaches		Banana Slices	Blueberries ^{NC}	Apple Wedges
Meat / Meat Alternate*	Yogurt, Low-fat, Plain	String Cheese			
Grains/Breads			WG Crackers	WG English Muffin	Mini Rice Cakes
Fluid Milk**					

Orange = Vitamin A

Green = Vitamin C

Purple = Vitamin A & C

NC = Seasonal NC Produce

Updated 7/2018

***Meat or Meat Alternate:** Can be served in place of grain/breads up to 3 times per week at breakfast

****Milk: 1 year 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 Regulations state that **Milk substitutes** are provided to participants with medical or special dietary needs, with appropriate documentation.

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 (<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>). guidance, webinars, and resource tools can be found at <http://nutritionnc.com/snp/index.htm>. NCDHHS is an equal opportunity employer and provider.





Spring—Week 2	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern					
RECIPES & LINKS					<u>Pancake</u>
Vegetable, fruit or both	Tangerine	Apple	Blueberries^{NC}	Tomato Juice	Warm Cinnamon Apple Slices
Meat /Meat Alternate* (optional)					
Grains/Breads	WG Toast w/ Jelly	Cheerios	WG Waffle	Grits w/ Cinnamon Sugar	Pancake w/ WG Flour
Fluid Milk **	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Lunch or Supper Meal Pattern					
RECIPES & LINKS	<u>Tuna Fish Sandwich</u>	<u>Cheese Quesadilla Triangles</u>	<u>Turkey Hot Dog</u>	<u>Turkey Vegetable Soup</u>	<u>Ground Beef Spaghetti</u>
Vegetable	Romaine^{NC} Lettuce w/ Cherry Tomatoes-halved salad	Broccoli^{NC}	Baked Sweet Potato Wedges^{NC}	Celery, Onions, Corn, Carrots, Green Beans, Frozen Peas	Cucumber Tomato Salad
Fruit	Blueberries^{NC}	Strawberries^{NC}	Watermelon Slices	Mandarin Oranges & Pineapple Tidbits	Sliced Pears
Meat / Meat Alternate*	Canned Tuna	Cheese	Turkey Hot Dog	Ground Turkey	Ground Beef
Grains/Breads	WG Bread	WG Tortilla	WG Hot Dog Bun	WG Crackers	WW Spaghetti
Fluid Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)	Salad Dressing		Ketchup & Mustard		
Snack Pattern					
RECIPES & LINKS					
Vegetable		Zucchini Slices^{NC}		Carrot Sticks w/ Ranch Dip	
Fruit	Green & Red Grapes		Banana Slices and Raisins		Strawberries^{NC}
Meat / Meat Alternate*		Cheese spread	Vanilla Yogurt		
Grains/Breads	Triscuit© Crackers	Apple Cinnamon Rice Cakes		Wheat Thins©	Whole Grain Roll

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Spring—Week 3	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern					
RECIPES & LINKS					
Vegetable, fruit or both	Banana Slices	Pineapple Orange Juice	Apricots in Juice	Kiwi Fruit Slices	Blueberries ^{NC} or Mixed Frozen Berries
Meat /Meat Alternate* (optional)			Scrambled Eggs	Cheese Cubes	
Grains/Breads	Bite Sized Frosted Shredded Wheat©	Cheerios©	Raisin Toast	WG Mini Bagel	WG English Muffin w/ Jelly
Fluid Milk **	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Lunch or Supper Meal Pattern					
RECIPES & LINKS	Hamburger	Crunchy Coated Baked Cod Peppy Quinoa, Creamy Ranch	Stir Fry Fajita Children with Squash & Corn	Sweet Potato & Black Bean Stew + Cheese Cubes,	Veggie Pizza Pizza Crust
Vegetable	Lettuce Leaf ^{NC} & Tomato Slices	Raw Broccoli Florets ^{NC}	Butternut Squash, Bell Peppers, diced tomatoes and Corn	Sweet Potato ^{NC}	Spinach ^{NC} , Tomato
Fruit	Clementine	Plums	Pineapple Tidbits	Strawberry Slices ^{NC}	Peach Slices
Meat / Meat Alternate*	Ground Beef	Cod Fillet	Chicken Strips	Black Beans, Cheese	Low-Fat Cheddar Cheese
Grains/Breads	WG Bun	WG Bun	Steamed Brown Rice	WG Goldfish Crackers	Pizza Crust
Fluid Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)		Ranch Dressing		French Dressing	
Snack Pattern					
RECIPES & LINKS					
Vegetable			Snow Peas ^{NC}		Carrot Sticks
Fruit	Apple Wedges & Raisins	Strawberries		Canned Peaches	
Meat / Meat Alternate*	Sunflower Butter		Cheese Cubes	Yogurt	String Cheese
Grains/Breads		Wheat Thins©			

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Spring—Week 4	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern					
RECIPES & LINKS	<u>Baked Scrambled Eggs</u>	<u>French Toast Strips</u>	<u>Pancake</u>		
Vegetable, fruit or both	Grape Slices	Strawberry Slices ^{NC}	Pear Slices	Diced Peaches	Blueberries ^{NC}
Meat /Meat Alternate* (optional)	Eggs				American Cheese
Grains/Breads	Grits	WG Bread	Pancake w/ WG Flour	Oatmeal	WG Toast
Fluid Milk **	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Lunch or Supper Meal Pattern					
RECIPES & LINKS	<u>Baked Chicken Baked Sweet Potatoes & Apples</u>	<u>Barbequed Pork Sandwich</u>	<u>Sloppy Joe Turkey Meat</u>	<u>Vegetable Chili w/ Beans Salad Dressing</u>	<u>Tuna Noodle Casserole</u>
Vegetable	Baked Sweet Potato ^{NC}	Cabbage ^{NC} and Carrot Coleslaw	Collard Greens ^{NC}	Spring Mix Salad ^{NC} , Green Peppers, Tomatoes, Onion	Green Beans
Fruit	Apples	Melon Mix	Strawberries ^{NC}	Peaches	Mandarin Oranges
Meat / Meat Alternate*	Chicken breast	Pork	Ground Turkey	Kidney Beans, Cheddar	Canned Tuna
Grains/Breads	Egg noodles,	WW Roll	WW Pita	Cornbread, Bulgur Wheat	WG Pasta
Fluid Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)				Salad Dressing	
Snack Pattern					
RECIPES & LINKS	<u>Three bean Salad</u>				
Vegetable				Bell Pepper and carrot Sticks	
Fruit	Grape juice	Banana Slices	Strawberries ^{NC}		Apple Juice
Meat / Meat Alternate*	Beans		Cheese wedge	Yogurt dip	
Grains/Breads	Baked WG Tortilla Chips	WG Pretzels	WG Triscuits		Wheat Thins
Fluid Milk**					

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