



Winter—Week 1	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern RECIPES & LINKS	<u>Pancakes</u>				<u>Breakfast Burrito w/ Salsa</u>
Vegetable, fruit or both	Diced Apples ^{NC}	Pear Halves	Diced Peaches	Banana Slices	Pineapple chunks
Meat /Meat Alternate* (optional)			Yogurt		Eggs, Cheese
Grains/Breads	WG Pancakes w/ Cinnamon	Oatmeal Squares w/ Brown Sugar [©]	Grits	Multigrain Cheerios [©]	WG Tortilla
Fluid Milk **	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Lunch or Supper Meal Pattern RECIPES & LINKS	<u>Sesame Asian Noodle Chicken Salad & Dressing</u>	<u>Cheeseburger</u>	<u>Turkey & Cheese Sandwich</u>	<u>Maple Salmon Fillet Local Harvest Bake^{NC}</u>	<u>Bean & Cheese Tacos</u>
Vegetable	Leafy Green Salad ^{NC}	Baked Sweet Potato Wedges ^{NC}	Carrot ^{NC} & Celery Sticks	Butternut Squash ^{NC} , Beets ^{NC} Sweet Potatoes ^{NC}	Corn, Spinach ^{NC} , & Tomatoes
Fruit	Cantaloupe	Grapes	Strawberries	Applesauce ^{NC}	Orange Wedges
Meat / Meat Alternate*	Chicken	Ground Beef, Cheese	Turkey Lunchmeat, Cheese	Salmon	Bean, Cheese
Grains/Breads	WG Pasta	WG Bun	WG Bread	Brown Rice	WG Tortilla
Fluid Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)			Vegetable Soup		
Snack Pattern RECIPES & LINKS		<u>Muscle Mix</u>			
Vegetable	Celery Sticks	Cherry Tomatoes	Pepper Sticks		Cucumber, Carrot sticks ^{NC} w/ honey mustard yogurt dip
Fruit			Cherry Tomatoes	Blueberries	
Meat / Meat Alternate*	Cheddar Cheese Cubes	String Cheese	Yogurt Dip	Cottage Cheese	
Grains/Breads	Triscuits [©]	Pretzel Sticks	WG Crackers		Mini Rice Cakes
Fluid Milk**					

Orange = Vitamin A

Green = Vitamin C

Purple = Vitamin A & C

NC = Seasonal NC Produce

***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-free Milk; Regulations state that **Milk substitutes** are provided to participants with medical or special dietary needs, with appropriate documentation.

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Winter—Week 2	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern					
RECIPES & LINKS					
Vegetable, fruit or both	Strawberries	Mandarin Oranges	Pineapple Chunks	Cinnamon Applesauce ^{NC}	Blueberries
Meat /Meat Alternate* (optional)	Low-fat Cottage Cheese		Quiche		American cheese Toasted on muffin
Grains/Breads	WG Mini Bagel	Cheerios©	WG Toast	WG Waffle	WG English Muffin
Fluid Milk **	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Lunch or Supper Meal Pattern					
RECIPES & LINKS	<u>BBQ Pulled Pork</u> <u>Cabbage Coleslaw</u> ^{NC} <u>Aztec Grain Salad</u>	<u>Chicken Alfredo w/ a Twist</u>	<u>Baked Cajun Fish</u>	<u>Bean & Cheese Quesadilla</u>	<u>Hawaiian Ham Coconut</u> <u>Rice</u> <u>Salad Dressing</u>
Vegetable	Butternut Squash, Cabbage	Collards ^{NC}	Steamed Carrots ^{NC}	Corn, Tomato, Romaine Salad	Spinach Salad ^{NC}
Fruit	Pineapple Wedges, Apples	Pears	Apple Rings ^{NC}	Kiwi	Sliced Peaches
Meat / Meat Alternate*	Pork	Chicken	Fish Fillet	Beans, Cheese	Ham
Grains/Breads	Brown rice	WG Bun, WG Pasta	WG Garlic Breadstick	WG Tortilla	WG Roll, Rice
Fluid Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)					
Snack Pattern					
RECIPES & LINKS					<u>Hummus</u>
Vegetable			Cucumber Sticks		Cherry Tomatoes
Fruit	Banana Halves	Applesauce		Strawberries	
Meat / Meat Alternate*	Cheese Stick		Cottage Cheese	Yogurt	Hummus
Grains/Breads	WG Crackers	Wheat Thins©			Pita Chips
Fluid Milk**					

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Winter—Week 3	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern RECIPES & LINKS					
Vegetable, fruit or both	Orange Wedges	Apple Halves ^{NC}	Banana	Very Berry Salad	Sliced Peaches
Meat /Meat Alternate* (optional)			American cheese toasted on muffin		Hard Boiled Egg
Grains/Breads	Berry Berry Kix [©]	Cinnamon Oatmeal	WG English Muffin	WG Waffle	Bite-sized Frosted Shredded Wheat [©]
Fluid Milk **	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)					
Lunch or Supper Meal Pattern RECIPES & LINKS	<u>Sweet & Sassy Chicken</u>	<u>Three Bean Taco Salad</u>	Turkey Meatballs w/sauce	Pork Chops	<u>Grilled Tuna Melt Sandwich</u>
Vegetable	Roasted Sweet Potatoes ^{NC}	Spinach ^{NC} , Tomatoes, Corn	Steamed Broccoli	Steamed Collard Greens ^{NC}	Green Beans ^{NC}
Fruit	Grapes	Melon Rounds	Nectarines	Applesauce ^{NC}	Strawberries ^{NC}
Meat / Meat Alternate*	Chicken	Beans	Ground Turkey	Pork Chop	Canned Tuna, Cheese
Grains/Breads	WG Pasta	Brown Rice & Tortilla Shell	WG Penne	Brown Rice	WG Bread
Fluid Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)		Salsa	Parmesan Cheese		Vegetable Soup
Snack Pattern RECIPES & LINKS					
Vegetable		Celery & Carrot Sticks ^{NC}	Baked Sweet Potato Sticks ^{NC}		
Fruit	Raspberries			Banana Slices	Apple Slices ^{NC}
Meat / Meat Alternate*	Cottage Cheese	Yogurt Dip	Shredded Cheddar Cheese		Sunflower Seed Butter
Grains/Breads		WG Crackers	Triscuits	WG Crackers	
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Winter—Week 4	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern					
RECIPES & LINKS					
Vegetable, fruit or both	Melon Mix	Plums	Pear Slices	Strawberries	Grapes
Meat /Meat Alternate* (optional)	Cottage Cheese	Low-Fat Cheddar Cheese	Hard Boiled Egg		
Grains/Breads	Oatmeal	Cheesy Grits	WG Mini Bagel	Pancakes	Shredded Wheat Honey Nut©
Fluid Milk **	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)			Jelly		
Lunch or Supper Meal Pattern					
RECIPES & LINKS	Grilled Cheese & Tomato Sandwich Vegetable Soup	Turkey & Bean Chili Cornbread	Chicken Stir Fry	Meat & Cheese Lasagna	Baked Fish Scandia
Vegetable	Celery, Onion, Corn, Green Beans, Tomato	Peppers, Tomatoes, Onions	Bokchoy ^{NC} , Onions, Peppers, Carrots ^{NC}	Spinach ^{NC} , Tomato, Carrot Salad ^{NC}	Baked Potato Wedges
Fruit	Apple Slices ^{NC}	Banana Slices	Blueberries	Diced Peaches	Honeydew
Meat / Meat Alternate*	Cheese	Ground Turkey, Bean	Chicken	Ground Beef, Cheese	Fish Fillet
Grains/Breads	WG Bread	Cornbread	Brown Rice	WG Bread Stick, Pasta	WG Dinner Roll
Fluid Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**	Unflavored Milk**
Other Foods (optional)				Low Fat Dressing	
Snack Pattern					
RECIPES & LINKS		Hummus	Fresh Salsa		
Vegetable	Carrot Sticks ^{NC}	Snow Peas	Tomatoes		
Fruit				Orange Slices	Applesauce ^{NC}
Meat / Meat Alternate*	Cheddar cheese wedge	Hummus		Yogurt	String Cheese
Grains/Breads	Triscuits	WG Pita	Tortilla Chips	Granola	
Fluid Milk**					

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Institution Name:

Agreement #:

NC CACFP Seasonal Menus—**WINTER**



To personalize these menus electronically, enter your center name, institution number, and date boxes for each week

- 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 (cuts 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](#)
- Step 4—Purchasing: NC CACFP Meal Planning Success Guide
- 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/index.htm>
- [Farm to Preschool Toolkit—From the ASAP \(Appalachian Sustainable Agriculture Program\)](#)
- Where's your Local Farmers Market or roadside stand?
- [Local Food Directory: NC 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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