



# Kent Regional 4C CACFP

I certify that the information submitted is accurate in all respects; that it is given in connection with the receipt of federal funds and that deliberate misrepresentation may result in state or federal prosecution.

PRINT NAME \_\_\_\_\_

Claim Month: \_\_\_\_\_ Year: \_\_\_\_\_

# \_\_\_\_\_ CHILD CARE LICENSE NUMBER

PROVIDER SIGNATURE \_\_\_\_\_

## PRE-PRINTED MENU #2

PAGE \_\_\_\_\_ OF \_\_\_\_\_

### Requirements for children one year and older

#### BREAKFAST - ALL ITEMS

- 1) Juice or Fruit or Vegetable
- 2) Cereal or Bread or Pasta or Rice (enriched or whole grain)
- 3) Fluid Milk

#### LUNCH/SUPPER - ALL ITEMS

- 1) Protein: Meat or Poultry or Fish or Egg or Peanut Butter or Cheese or Yogurt
- 2) Cereal or Bread or Pasta or Rice (enriched or whole grain)
- 3) (a) and (b) Vegetables and/or Fruits: 2 Fruits or 2 Vegetables or 1 Fruit and 1 Vegetable
- 4) Fluid Milk

#### SNACKS - INCLUDE 2 OF THESE 4 FOOD GROUPS

- 1) Fluid Milk\*
- 2) Juice\* or Vegetable or Fruit
- 3) Bread or Cereal or Pasta or Rice (enriched or whole grain)
- 4) Protein (See Lunch and Supper)

\* Juice may not be served if milk is the only other food.

		TIME SERVED						Please list children in same order on all pages										FOR OFFICE USE ONLY	
D A Y	D A T E	BREAKFAST	A.M. SNACK	LUNCH	AFTERNOON SNACK	SUPPER	EVENING SNACK	CHILD'S FIRST/LAST NAME									Tier 1	Tier 2	
									B	L	SU	SN	B	L	SU	SN	B	L	SU
		1. Applesauce 2. Pancakes 3. Milk	1. Granola Bars 2. Milk	1. Pep. & Cheese 2. English Muffins 3. a. Tomato Sauce b. Oranges 4. Milk	1. Graham Crackers 2. Milk	1. Tuna Casserole 2. Noodles 3. a. Peas b. Peaches 4. Milk	1. Cookies 2. Milk												
		1. Oranges 2. Toast 3. Milk	1. Cookies 2. Juice	1. Yogurt 2. PBJ Sandwich 3. a. Carrot Sticks b. Fruit Cocktail 4. Milk	1. Tortilla Chips 2. Cheese	1. Beef Goulash 2. Macaroni 3. a. Tomato Sauce b. Green Beans 4. Milk	1. Toast 2. Peanut Butter												
		1. Pears 2. English Muffins 3. Milk	1. Cottage Cheese 2. Peaches	1. Ground Beef 2. Spaghetti 3. a. Tomato Sauce b. Bananas 4. Milk	1. Fruit & Grain Bars 2. Milk	1. Corn dogs 2. (Breading) 3. a. French Fries b. Corn 4. Milk	1. Pears 2. Milk												
		1. Raisins 2. Oatmeal 3. Milk	1. Peanut Butter 2. Toast	1. Hotdogs 2. Buns 3. a. Green Beans b. Tangerines 4. Milk	1. Yogurt 2. Crackers	1. Fish Sticks 2. Spaghettios 3. a. Carrots b. Peaches 4. Milk	1. Cinnamon Toast 2. Milk												
		1. Pears 2. Cereal 3. Milk	1. Cereal Bars 2. Milk	1. Chicken Nuggets 2. Rice 3. a. Peas & Carrots b. Peaches 4. Milk	1. Graham Crackers 2. Milk	1. Pinto Beans 2. Flour Tortillas 3. a. Lettuce/Tomatoes b. Broccoli 4. Milk	1. Crackers 2. Juice												
		1. Apples 2. Pancakes 3. Milk	1. Cheese 2. Crackers	1. Tuna Casserole 2. Noodles 3. a. Peas b. Peaches 4. Milk	1. Cookies 2. Milk	1. Ground Beef 2. Spaghetti 3. a. Tomato Sauce b. Lettuce Salad 4. Milk	1. Cottage Cheese 2. Pears												
		1. Grapefruit 2. Muffins 3. Milk	1. Cereal Bars 2. Milk	1. Pork BBQ 2. Buns 3. a. French Fries b. Broccoli 4. Milk	1. Pretzels 2. Juice	1. Sausage 2. French Toast 3. a. Hash Browns b. Pineapple 4. Milk	1. Granola Bars 2. Milk												
		1. Fruit Cocktail 2. French Toast 3. Milk	1. Muffins 2. Milk	1. Polish Sausage 2. Buns 3. a. Baked Beans b. Coleslaw 4. Milk	1. Carrot & Celery Sticks 2. Peanut Butter	1. Beef Stew 2. Garlic Bread 3. a. Carrots/Potatoes b. Lettuce Salad 4. Milk	1. Bagels 2. Milk												

YELLOW - PROVIDER COPY

WHITE - OFFICE COPY

\*Denotes that optional recipes are available at [www.4childcare.org](http://www.4childcare.org)

