





# 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.

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

## Requirements for children one year and older

### BREAKFAST - ALL ITEMS

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

### LUNCH/SUPPER - ALL ITEMS

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

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

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

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

# PRE-PRINTED MENU #3

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

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

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

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

		TIME SERVED						Please list children in same order on all pages				FOR OFFICE USE ONLY		
DAY	DATE	BREAKFAST	A.M. SNACK	LUNCH	AFTERNOON SNACK	SUPPER	EVENING SNACK	CHILD'S FIRST/LAST NAME					Tier 1	Tier 2
													B _____	B _____
													L _____	L _____
													SU _____	SU _____
													SN _____	SN _____
		1. Juice 2. Cereal 3. Milk	1. Pears 2. Milk	1. Grilled Cheese 2. Bread 3. a. Tomato Soup b. Fruit Cocktail 4. Milk	1. Pretzels 2. Cheese	1. Green Eggs & Ham 2. Toast 3. a. Green Grapes b. Honeydew Melon 4. Milk	1. Cupcakes 2. Milk							
		1. Hashbrowns 2. Toast 3. Milk	1. Fruit Cup 2. Milk	1. Ham and Cheese 2. Pizza Crust 3. a. Tomato Sauce b. Carrot Sticks 4. Milk	1. Granola Bars 2. Juice	1. Hamburgers 2. Buns 3. a. Pickles b. Corn 4. Milk	1. Oranges 2. Milk							
		1. Apples 2. Muffins 3. Milk	1. Graham Crackers 2. Milk	1. Bologna 2. Bread 3. a. Apricots b. Cucumbers 4. Milk	1. Cottage Cheese 2. Pineapple	1. *Farm BBQ (Beef) 2. Biscuits 3. a. Green Beans b. Peaches 4. Milk	1. Toast 2. Milk							
		1. Bananas 2. Cereal 3. Milk	1. Cheese 2. Juice	1. Tuna Salad 2. Crackers 3. a. Carrot Sticks b. Celery 4. Milk	1. Granola Bars 2. Milk	1. Fish Sticks 2. Bread 3. a. Tater Tots b. Peas 4. Milk	1. Cereal 2. Milk							
		1. Pears 2. Bagels 3. Milk	1. Pretzels 2. Cheese	1. Yogurt 2. PBJ Sandwich 3. a. Pineapple b. Mixed Vegetables 4. Milk	1. Graham Crackers 2. Milk	1. Cheese Slices 2. PBJ Sandwich 3. a. Broccoli b. Carrots 4. Milk	1. *Cucumber Crocodile 2. Milk							
		1. Strawberries 2. Waffles 3. Milk	1. Crackers 2. Grapes	1. Chicken Nuggets 2. Biscuits 3. a. Corn b. Apples 4. Milk	1. Cottage Cheese 2. Pears	1. Ham 2. Bread 3. a. Peaches b. Pork & Beans 4. Milk	1. Pretzels 2. Cheese							
		1. Juice 2. Oatmeal 3. Milk	1. Yogurt 2. Peaches (side)	1. Sausage 2. Pancakes 3. a. Hashbrowns b. Oranges 4. Milk	1. Milk (Hot Chocolate) 2. Cinnamon Toast	1. Tacos-Ground Beef 2. Tortillas 3. a. Lettuce/Tomato b. Kiwi 4. Milk	1. *Leprechaun Cookies 2. Milk							
		1. Juice 2. Toast 3. Milk	1. Cookies 2. Milk	1. Hotdogs 2. Buns 3. a. Pickles b. Pears 4. Milk	1. Bananas 2. Milk	1. Grilled Cheese 2. Bread 3. a. Tomato Soup b. Green Beans 4. Milk	1. Yogurt 2. Pineapple (side)							

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

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