

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

- 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.

PRE-PRINTED MENU #5

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	L	SU	SN	B	L	SU	SN	B	L	SU
		1. Bananas 2. Cereal 3. Milk	1. Cheese 2. Juice	1. Tuna Salad 2. Crackers 3. a. Carrot Sticks b. Grapes 4. Milk	1. Granola Bars 2. Milk	1. Ham & Cheese 2. Tortilla Wrap 3. a. Lettuce/Tomatoes b. Apricots 4. Milk	1. Graham Crackers 2. Milk												
		1. Pears 2. Bagels 3. Milk	1. Pretzel 2. Cheese	1. Yogurt 2. PBJ Sandwich 3. a. Pineapple b. Tater Tots 4. Milk	1. Graham Crackers 2. Milk	1. Hotdogs 2. Buns 3. a. Baked Beans b. French Fries 4. Milk	1. Pretzels 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. BBQ Beef 2. Buns 3. a. Tomato Sauce b. Peaches 4. Milk	1. Poptart 2. Milk												
		1. Juice 2. Oatmeal 3. Milk	1. Yogurt 2. Peaches (side)	1. Sausage 2. Pancakes 3. a. Hashbrowns b. Oranges 4. Milk	1. Brownies 2. Milk	1. Comdogs 2. (Breeding) 3. a. French Fries b. Carrot Sticks 4. Milk	1. Muffins 2. Milk												
		1. Juice 2. Toast 3. Milk	1. Cookies 2. Milk	1. Hotdogs 2. Buns 3. a. Green Beans b. Pears 4. Milk	1. Bananas 2. Milk	1. Pep. & Cheese 2. Bagels 3. a. Tomato Sauce b. Fruit Cocktail 4. Milk	1. Granola Bars 2. Milk												
		1. Bananas 2. Cereal 3. Milk	1. Cheese 2. Crackers	1. Grilled Cheese 2. Bread 3. a. Tomato Soup b. Pears 4. Milk	1. Pretzels 2. Cheese	1. Turkey & Cheese 2. Crackers 3. a. Apples b. Carrot Sticks 4. Milk	1. Peanut Butter 2. Toast												
		1. Peaches 2. Waffles 3. Milk	1. Cookies 2. Milk	1. Tacos-Ground Beef 2. Tortillas 3. a. Lettuce/Tomatoes b. Kiwi 4. Milk	1. Soft Pretzels 2. Milk	1. Grilled Cheese 2. Bread 3. a. Tomato Soup b. Green Beans 4. Milk	1. Bagels 2. Milk												
		1. Oranges 2. Toast 3. Milk	1. Tortilla Chips 2. Cheese	1. Ham & Cheese 2. Bread 3. a. Apples b. Pork & Beans 4. Milk	1. Yogurt 2. Pineapple (side)	1. Eggs 2. Toast 3. a. Hashbrowns b. Peaches 4. Milk	1. Cookies 2. Milk												

YELLOW - PROVIDER COPY

WHITE - OFFICE COPY

*Denotes that optional recipes are available at www.4cchildcare.org

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PRE-PRINTED MENU #5

PAGE _____ OF _____

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- 3) Fluid Milk

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- 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)
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SNACKS - INCLUDE 2 OF THESE 4 FOOD GROUPS

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- 2) Juice* or Vegetable or Fruit
- 3) Bread or Cereal or Pasta or Rice (enriched or whole grain)
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		TIME SERVED						Please list children in same order on all pages										FOR OFFICE USE ONLY	
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									B	L	SU	SN	B	L	SU	SN	B	L	SU
		1. Pineapple 2. Toast 3. Milk	1. Cookies 2. Milk	1. Fish Sticks 2. Crackers 3. a. Celery b. Kiwi 4. Milk	1. Peanut Butter 2. Crackers	1. Grilled Cheese 2. Bread 3. a. Tomato Soup b. Fruit Cocktail 4. Milk	1. Nutrigrain Bars 2. Juice	Breakfast											
		1. Applesauce 2. English Muffins 3. Milk	1. Yogurt 2. Fruit Cup	1. Hotdogs 2. Buns 3. a. Pears b. Corn 4. Milk	1. Granola Bars 2. Juice	1. Ham & Cheese 2. Pizza Crust 3. a. Tomato Sauce b. Carrots Sticks 4. Milk	1. Pretzels 2. Cheese	Breakfast											
		1. Raisins 2. Oatmeal 3. Milk	1. Nutrigrain Bars 2. Juice	1. Tacos-Ground Beef 2. Tortillas 3. a. Lettuce/Tomatoes b. Bananas 4. Milk	1. Toast 2. Peanut Butter	1. Bologna 2. Bread 3. a. Peaches b. Cucumbers 4. Milk	1. Cottage Cheese 2. Pineapple	Breakfast											
		1. Juice 2. Cereal 3. Milk	1. Crackers 2. Milk	1. Ground Beef 2. Spaghetti 3. a. Tomato Sauce b. Green Beans 4. Milk	1. Yogurt 2. Plums	1. Eggs 2. Toast 3. a. Hashbrowns b. Apples 4. Milk	1. *Bicycles Asst. Fruit 2. Milk	Breakfast											
		1. Pears 2. Poptart 3. Milk	1. Cookies 2. Milk	1. Chicken Nuggets 2. Rice 3. a. Broccoli b. Apricots 4. Milk	1. Carrots & Celery 2. Peanut Butter	1. Hamburgers 2. Buns 3. a. Pickles b. Corn 4. Milk	1. Oranges 2. Milk	Breakfast											
		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. *Beanny Burritos 2. Tortillas 3. a. Salsa b. Kiwi 4. Milk	1. Tortilla Chips 2. Cheese	Breakfast											
		1. Hashbrowns 2. Toast 3. Milk	1. Apples 2. Milk	1. Ham & Cheese 2. Pizza Crust 3. a. Tomato Sauce b. Carrot Sticks 4. Milk	1. Toast 2. Juice	1. Fish Sticks 2. Bread 3. a. Tater Tots b. Peas 4. Milk	1. Donut Holes 2. Juice	Breakfast											
		1. Apples 2. Muffins 3. Milk	1. Graham Crackers 2. Milk	1. Bologna 2. Bread 3. a. Bananas b. Cucumbers 4. Milk	1. Cottage Cheese 2. Pineapple	1. Cheese Slices 2. PBJ Sandwich 3. a. Broccoli b. Carrots 4. Milk	1. *Monkey Milkshake Strawberries & Bananas 2. Crackers	Breakfast											

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