



# Fall Seasonal Menus + Standardized Recipes



## Standardized Recipes

- Baked Batatas
- Baked Cod Ole
- Baked French Toast
- BBQ Chicken
- Bean Tostada
- Black Bean Hummus
- Granola
- Greens and Beans Soup
- Grilled Cheese and Tomato Soup
- Fruit on Waffle Rafts
- Jerk Fish in a Pita Pocket
- Mac N Cheese
- Pancakes
- Pumpkin Pie Smoothie
- Roasted Chickpeas
- Spinach Egg Bake
- Stir-Fried Green Rice, Eggs, and Ham
- Sweet & Sassy Chicken
- Taco Pie with Salad Topping
- Turkey Burgers with Tzatziki Sauce
- Volcanic Meatloaf

## What's in Season in North Carolina?

- Apples
- Beets
- Blackberries
- Bok choy
- Cabbage
- Cherry Tomatoes
- Collards
- Cucumbers
- Figs
- Green Onions
- Greens
- Indian Corn
- Kale
- Lettuce
- Muscadine Grapes
- Mushrooms
- Mustard Greens
- Napa
- Peaches
- Peanuts
- Pears
- Pecans
- Persimmons
- Pumpkins
- Radishes
- Raspberries
- Romaine
- Snap Beans
- Snow Peas
- Snow Pea Tips
- Spinach
- Squash—Yellow
- Sweet Corn
- Sweet Potatoes
- Tomatoes
- Turnips
- Zucchini



Institution Name:

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NC CACFP Seasonal Menus—**FALL**



Fall—Week 1	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
<b>Breakfast Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>			<u>Pancakes</u>		
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable/Fruit	Spinach <sup>NC</sup>	Bananas	Apple slices <sup>NC</sup>	Raspberries <sup>NC</sup>	Pear slices <sup>NC</sup>
Grains		Frosted Mini-Wheats	WG Pancakes	WW English Muffins	Honey Bunches of Oats Whole Grain Honey Crunch (WG)
Meat/Meat Alternates**	Egg				
Other Foods (optional)				SunButter	
<b>Lunch or Supper Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>		<u>Mac N Cheese</u>	<u>BBQ Chicken</u>	<u>Volcanic Meatloaf</u>	
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable	Broccoli	Collards <sup>NC</sup>	Corn <sup>NC</sup>	Spinach <sup>NC</sup> salad	Sweet Potatoes <sup>NC</sup>
Vegetable/Fruit	Applesauce	Pineapple Tidbits	Beets <sup>NC</sup>	Pear <sup>NC</sup> slices	Salsa
Grains	Brown Rice	WG Macaroni	Biscuit	WW Toast	Quinoa
Meat/Meat Alternates	Porkchops	Cheese	Chicken	Lentils and Ground Beef	Beans and Cheese
Other Foods (optional)					
<b>Snack Meal Pattern (Choose Two Food Groups for Snack)</b>					
<b>RECIPES &amp; LINKS</b>		<u>Baked Batatas</u>		<u>Black Bean Hummus</u>	
Fluid Milk*					
Vegetable		Sweet potatoes <sup>NC</sup>		Cherry Tomatoes <sup>NC</sup>	Cucumber sticks <sup>NC</sup>
Fruit	Blackberries <sup>NC</sup>	Apples <sup>NC</sup>	Raspberries <sup>NC</sup>		
Grains					
Meat/Meat Alternates	Yogurt		String Cheese	Hummus	Cottage Cheese
Other Foods (optional)					

WG, WW, and WGR indicate whole grain-rich foods.

NC = Seasonal NC Produce

\***Fluid Milk:** 1 year old: Unflavored whole milk; **2-5 years old:** Unflavored fat-free (skim) or unflavored low-fat (1%) milk; **6 years and older:** Unflavored fat-free (skim) or unflavored low-fat (1%) milk, flavored fat-free (skim) or low-fat (1%) milk. **Breastmilk** may substitute for cow's milk at any age. **Non-dairy beverages** may be served with appropriate documentation.

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

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# NC CACFP Seasonal Menus—FALL



Fall—Week 2	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
<b>Breakfast Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>				<u>Pancakes</u>	
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable/Fruit	Apple slices <sup>NC</sup>	Blackberries <sup>NC</sup>	Bananas	Pears <sup>NC</sup>	Sweet potatoes <sup>NC</sup>
Grains	WW English Muffin	Oatmeal	Berry Berry Kix (WG)	WG Pancakes	
Meat/Meat Alternates**					Yogurt
Other Foods (optional)					Cinnamon
<b>Lunch or Supper Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>	<u>Stir-Fried Green Rice, Eggs, and Ham</u>	<u>Jerk Fish in a Pita Pocket</u>	<u>Greens and Beans Soup</u>	<u>Taco Pie with Salad Topping</u>	<u>Grilled Cheese and Tomato Soup</u>
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable	Beets <sup>NC</sup>	Tomatoes <sup>NC</sup> and Spinach <sup>NC</sup>	Collards <sup>NC</sup> and Sweet potatoes <sup>NC</sup>	Romaine Lettuce <sup>NC</sup> and Tomatoes <sup>NC</sup>	Tomato <sup>NC</sup> Soup
Vegetable/Fruit	Peaches <sup>NC</sup>	Mango	Apples <sup>NC</sup>	Pineapple Tidbits	Raspberries
Grains	Brown Rice	WG Pitas	WW Toast	WG Tortilla & Brown Rice	WW Bread
Meat/Meat Alternates	Eggs and Turkey Ham	Tilapia	Garbanzo Beans	Ground Beef and Cheese	Cheese
Other Foods (optional)					
<b>Snack Meal Pattern (Choose Two Food Groups for Snack)</b>					
<b>RECIPES &amp; LINKS</b>			<u>Fruit on Waffle Rafts</u>	<u>Pumpkin Pie Smoothie</u>	<u>Roasted Chickpeas</u>
Fluid Milk*					
Vegetable	Carrots			Pumpkin	Chickpeas
Fruit		Pear slices <sup>NC</sup>	Apples <sup>NC</sup> and Raisins		
Grains			WG Waffles		WG Pitas
Meat/Meat Alternates	Hummus	Cottage Cheese		Vanilla Yogurt	
Other Foods (optional)					

WG, WW, and WGR indicate whole grain-rich foods.

NC = Seasonal NC Produce

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

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# NC CACFP Seasonal Menus—FALL



Fall—Week 3	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
<b>Breakfast Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>					
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable/Fruit	Apple slices <sup>NC</sup>	Persimmons <sup>NC</sup>	Pear slices <sup>NC</sup>	Bananas	Pineapple Tidbits
Grains	Oatmeal	WG Waffle	Berry Berry Kix (WG)	WG Mini Bagles	
Meat/Meat Alternates**					Cottage Cheese
Other Foods (optional)	Walnuts			SunButter	
<b>Lunch or Supper Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>	<u><a href="#">Baked Cod Ole</a></u>	<u><a href="#">Spinach Egg Bake</a></u>	<u><a href="#">Sweet &amp; Sassy Chicken</a></u>	<u><a href="#">Baked French Toast</a></u>	
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable	Salsa with Tomatoes <sup>NC</sup> and Onions	Spinach	Corn <sup>NC</sup>	Hashbrowns	Sweet potatoes <sup>NC</sup>
Vegetable/Fruit	Refried Beans	Applesauce	Snow Peas <sup>NC</sup>	Raspberries <sup>NC</sup>	Collards <sup>NC</sup>
Grains	WG Corn Tortillas	Biscuit	Quinoa	WG Bread	WG Bun
Meat/Meat Alternates	Tilapia	Eggs	Chicken	Eggs	Chicken Patty
Other Foods (optional)					
<b>Snack Meal Pattern (Choose Two Food Groups for Snack)</b>					
<b>RECIPES &amp; LINKS</b>					
Fluid Milk*				Milk*	
Vegetable	Bell Pepper slices		Cherry Tomatoes <sup>NC</sup>		
Fruit		Blackberries <sup>NC</sup>		Peaches <sup>NC</sup>	Pear <sup>NC</sup> slices
Grains					
Meat/Meat Alternates	Hard-Boiled Eggs	Vanilla Yogurt	Cottage Cheese		String Cheese
Other Foods (optional)					

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# NC CACFP Seasonal Menus—FALL



Fall—Week 4	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
<b>Breakfast Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>	<u>Granola</u>				
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable/Fruit	Pear <sup>NC</sup> slices	Blackberries <sup>NC</sup>	Cucumbers <sup>NC</sup>	Apple <sup>NC</sup> slices	Raspberries <sup>NC</sup>
Grains	WG Granola Cereal	Cheerios (WG)	WG Bagle	Cinnamon Oatmeal	Grits
Meat/Meat Alternates**					
Other Foods (optional)					
<b>Lunch or Supper Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>	<u>Bean Tostada</u>	<u>Turkey Burgers with Tzatziki Sauce</u>			
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable	Tomato <sup>NC</sup> , onion <sup>NC</sup> , green pepper, and lettuce <sup>NC</sup>	Tomato <sup>NC</sup> , cucumber <sup>NC</sup> , and spinach	Cabbage <sup>NC</sup> and Carrots	Radishes <sup>NC</sup>	Spinach <sup>NC</sup> , Celery, and Onions
Vegetable/Fruit	Pineapple Tidbits	Apple <sup>NC</sup> slices	Sweet Potato <sup>NC</sup> wedges	Pear <sup>NC</sup> slices	Mashed Sweet Potatoes <sup>NC</sup>
Grains	WG Tostada shells	WW Pita	Wonton Wrappers	WG Rotini	WG Mini Roll
Meat/Meat Alternates	Pinto Beans	Ground Turkey	Ground Turkey and Eggs	Chicken	Ground Turkey
Other Foods (optional)					
<b>Snack Meal Pattern (Choose Two Food Groups for Snack)</b>					
<b>RECIPES &amp; LINKS</b>					
Fluid Milk*					
Vegetable	Cucumbers <sup>NC</sup>			Snow Peas <sup>NC</sup>	
Fruit		Pear <sup>NC</sup> slices	Blackberries and Raspberries		Apple <sup>NC</sup> slices
Grains				Goldfish Crackers	
Meat/Meat Alternates	Hummus	Cheese Slices	Vanilla Yogurt		SunButter
Other Foods (optional)					

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These menus are designed to inspire programs to use seasonal, locally grown foods when possible.

## Instructions

1. Enter your Institution Name, Agreement Number, and the season. Then, fill in the date boxes for each week.
2. Enter menu items for meal components in the white boxes (example: corn, WG tortilla, black beans) and enter the recipe title in the green boxes above each meal time (Example: Veggie Quesadilla).
3. Optional: Insert hyperlinks to online standardized recipes for quick access to recipes.

## More Resources

- 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](#)
- Where's your local farmers market or roadside stand?
  - [Local Food Directory: NC Farmers Market Directory](#)
- NC Fresh Produce Purchasing and Prep Guides: These user-friendly guides calculate how much fresh produce to purchase and prepare to meet the CACFP meal pattern minimum required serving sizes. Plug in how many children are in each age group (1-2 years, 3-5 years, and 6-18 years), and the tool will calculate how many pounds of various types of produce to buy and serve.
  - [NC Fresh Produce Purchasing and Prep Guides – Tools for Childcare Providers](#)
- Caring for young children? The Farm to Preschool Toolkit provides great information
  - [Farm to Preschool Toolkit \(2nd Edition, 2020\)—From the Appalachian Sustainable Agriculture Program \(ASAP\)](#)
- Gardening and Farm to Preschool Resources can be found on the NC CACFP website

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