



# Spring Seasonal Menus + Standardized Recipes

## Standardized Recipes

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| <ul style="list-style-type: none"> <li>• Baked Cod Olé</li> <li>• Barbecued Turkey on a Roll</li> <li>• Bean Tostada</li> <li>• Chicken and Egg Noodle Soup</li> <li>• Chinese-Style Vegetables with Tofu</li> <li>• Corn and Edamame Blend (Child)</li> <li>• Corn and Edamame Blend (Adults)</li> </ul> | <ul style="list-style-type: none"> <li>• Creamy Coleslaw</li> <li>• Cuban Black Beans and Rice</li> <li>• Kale Chips</li> <li>• Pancakes</li> <li>• Pizza Crust</li> <li>• Salisbury Steak</li> <li>• Scrambled Eggs</li> <li>• Tropical Bean Salad</li> <li>• Volcanic Meatloaf</li> </ul> |
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## What's in Season in North Carolina?

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|--|---|
| <ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Blueberries</li> <li>• Bok Choy</li> <li>• Broccoli</li> <li>• Green Cabbage</li> <li>• Collards</li> <li>• Green Peas</li> <li>• Greens</li> <li>• Kale</li> <li>• Lettuce</li> <li>• Mustard Greens</li> </ul> | <ul style="list-style-type: none"> <li>• Napa</li> <li>• Peanuts</li> <li>• Radishes</li> <li>• Romaine</li> <li>• Snow Peas</li> <li>• Snow Pea Tips</li> <li>• Spinach</li> <li>• Squash—Yellow</li> <li>• Strawberries</li> <li>• Sweet Potatoes</li> <li>• Turnips</li> <li>• Zucchini</li> </ul> |
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Institution Name:

Agreement #:

NC CACFP Seasonal Menus—**SPRING**



Spring—Week 1	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	Sliced Strawberries <sup>NC</sup>	Blueberries <sup>NC</sup>	Orange Slices	Sliced Apples	Mandarin
Grains	Cheerios® Cereal (WG)	WG Oatmeal			WG Mini Bagel
Meat/Meat Alternates**			Yogurt	Hard Boiled Eggs	
Other Foods (optional)					Sunflower Butter
<b>Lunch or Supper Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>		<u>Salisbury Steak</u>	<u>Creamy Coleslaw</u>		<u>Scrambled Eggs</u>
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable	Steamed Broccoli <sup>NC</sup>	Cooked Spinach <sup>NC</sup>	Green Cabbage <sup>NC</sup> , Purple Cabbage, Carrots, Green onions	Snow Peas <sup>NC</sup>	Sweet Potato Wedges <sup>NC</sup>
Vegetable/Fruit	Sliced Tomato	Strawberries <sup>NC</sup> and Blueberries <sup>NC</sup>	Honeydew Melon	Carrots	Watermelon Wedges
Grains	WG Bread	WG Dinner Roll	WG Bread	Brown Rice	WG English Muffin
Meat/Meat Alternates	Cheese	Turkey, Ground Beef	Chicken	Baked Pork Tenderloin	Eggs
Other Foods (optional)	Mayo				
<b>Snack Meal Pattern (Choose Two Food Groups for Snack)</b>					
<b>RECIPES &amp; LINKS</b>					
Fluid Milk*					Milk*
Vegetable	Steamed Edamame	Steamed Asparagus <sup>NC</sup>	Roasted Beets <sup>NC</sup>		Roasted Chickpeas
Fruit	Banana Slices		Navel Orange	Blueberries <sup>NC</sup>	
Grains				WG Oatmeal	
Meat/Meat Alternates		Dip (Greek Yogurt & Ranch Seasoning)			
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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Spring—Week 2	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
<b>Breakfast Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>	<u>Scrambled Eggs</u>				<u>Pancakes</u>
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable/Fruit	Tangerine	Banana Slices	Blueberries <sup>NC</sup>	Plums	Apples with Cinnamon
Grains		Cheerios® Cereal		WG Grits	WW Pancake
Meat/Meat Alternates**	Eggs		Cheese Cubes		
Other Foods (optional)				Cinnamon Sugar	Syrup
<b>Lunch or Supper Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>	<u>Chinese-Style Vegetables with Tofu</u>	<u>Baked Cod Olé</u>		<u>Tropical Bean Salad</u>	<u>Volcanic Meatloaf</u>
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable	Broccoli <sup>NC</sup> , Yellow-Squash <sup>NC</sup> , Red Bell Peppers, Carrots	Tomatoes, Onions, Cilantro	Baked Sweet Potato Wedges <sup>NC</sup>	Lettuce <sup>NC</sup> , Tomato	Lettuce <sup>NC</sup> Salad
Vegetable/Fruit	Orange	Strawberries <sup>NC</sup>	Watermelon Slices	Mango	Lentils, Tomato Sauce
Grains	Brown Rice	WG Dinner Roll	WG Hot Dog Bun	Quinoa (WG)	WG Dinner Roll
Meat/Meat Alternates	Tofu	Cod	Turkey Hot Dog	Black Beans	Ground Beef, Mozzarella Cheese
Other Foods (optional)			Ketchup and Mustard		Ranch Dressing
<b>Snack Meal Pattern (Choose Two Food Groups for Snack)</b>					
<b>RECIPES &amp; LINKS</b>					<u>Kale Chips</u>
Fluid Milk*		Milk*			Milk*
Vegetable		Baked Zucchini <sup>NC</sup> Chips	Sliced Bell Peppers		Kale <sup>NC</sup> Chips
Fruit	Green & Red Sliced Grapes		Banana Slices	Strawberries <sup>NC</sup>	
Grains					
Meat/Meat Alternates	Cheese Cubes			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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Spring—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	Banana Slices	Sliced Orange	Sliced Grapes	Kiwi Fruit Slices	Blueberries <sup>NC</sup>
Grains	Bite Size Frosted Shredded Wheat® Cereal (WG)		Cherrios® Cereal (WG)		WG English Muffin
Meat/Meat Alternates**		Hard Boiled Eggs		Cottage Cheese	
Other Foods (optional)					Jelly
<b>Lunch or Supper Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>	<u>Barbecued Turkey on a Roll</u>	<u>Pancakes, Scrambled Eggs</u>		<u>Corn and Edamame Blend (child)</u> <u>Corn and Edamame Blend (Adults)</u>	<u>Veggie Pizza</u> <u>Pizza Crust</u>
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable	Lettuce Leaf <sup>NC</sup> , Onions, Tomato paste	Cooked Spinach <sup>NC</sup>	Collards <sup>NC</sup>	Onions, Corn, Carrots, Cilantro	Steamed Broccoli <sup>NC</sup>
Vegetable/Fruit	Clementine	Plums	Blueberries <sup>NC</sup>	Strawberry <sup>NC</sup> Slices	Peach Slices
Grains	WG Bun	Pancake w/ WW Flour	WG Roll	Quinoa (WG)	Pizza Crust
Meat/Meat Alternates	Ground Turkey	Eggs	Chicken Strips	Edamame	Low-Fat Cheddar Cheese
Other Foods (optional)					
<b>Snack Meal Pattern (Choose Two Food Groups for Snack)</b>					
<b>RECIPES &amp; LINKS</b>					
Fluid Milk*		Milk*			
Vegetable				Snow Peas <sup>NC</sup>	Steamed Asparagus <sup>NC</sup>
Fruit	Apple Wedges and Raisins	Sliced Strawberries <sup>NC</sup>	Peaches		
Grains					
Meat/Meat Alternates	Sunflower Butter		Yogurt	Cheese Cubes	Dip (Greek Yogurt & Ranch Seasoning)
Other Foods (optional)					

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

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Spring—Week 4	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
<b>Breakfast Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>	<u>Scrambled Eggs</u>		<u>Pancakes</u>		
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable/Fruit	Grape Slices	Strawberry <sup>NC</sup> Slices	Pear Slices	Diced Peaches	Blueberries <sup>NC</sup>
Grains		WG Bread	WW Pancakes	WG Toast	
Meat/Meat Alternates**	Eggs				Yogurt
Other Foods (optional)			Syrup		
<b>Lunch or Supper Meal Pattern</b>					
<b>RECIPES &amp; LINKS</b>		<u>Creamy Coleslaw</u>	<u>Cuban Black Beans and Rice</u>	<u>Chicken and Egg Noodle Soup</u>	<u>Bean Tostada</u>
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable	Baked Sweet Potato <sup>NC</sup>	Green Cabbage <sup>NC</sup> , Purple Cabbage, Carrots, Green Onions	Collards <sup>NC</sup>	Onions, Cabbage <sup>NC</sup> , Spinach <sup>NC</sup> , Green Onions	Onions, Green Bell Peppers, Lettuce <sup>NC</sup> , Tomatoes
Vegetable/Fruit	Steamed Asparagus <sup>NC</sup>	Melon	Peaches	Strawberries <sup>NC</sup>	Mandarin Oranges
Grains	Quinoa (WG)	WW Roll	Brown Rice	Egg Noodles	WG Yellow Corn Tostada Shells
Meat/Meat Alternates	Baked Pork Tenderloin	BBQ Pork	Black Beans	Chicken Breast	Pinto Beans, Cheddar Cheese
Other Foods (optional)					
<b>Snack Meal Pattern (Choose Two Food Groups for Snack)</b>					
<b>RECIPES &amp; LINKS</b>					<u>Kale Chips</u>
Fluid Milk*					Milk*
Vegetable	Baked Zucchini <sup>NC</sup> Chips			Roasted Green Peas <sup>NC</sup>	Kale <sup>NC</sup> Chips
Fruit		Raisins	Blueberries <sup>NC</sup>	Sliced Apples	
Grains		WG Pretzels			
Meat/Meat Alternates	Cheese Sticks		Low-Fat Yogurt		
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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