




Summer Seasonal Menus + Standardized Recipes

Child & Adult Care Food Program



Standardized Recipes

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| <ul style="list-style-type: none"> • Maple Lime Quinoa Berry Bowl • Bean Burrito Bowl • Parmesan Chicken Tenders • Zucchini Lasagna • Vegetable Frittata • Red, White, and Blue Parfait • Melon Mint Salad • Raspberry Grape Salad • Grilled Cheese, Ham, Tomato Sandwich • Creamy Coleslaw • Beef Goulash • Baked Cod Ole • Porcupine Sliders • BBQ Chicken Salad | <ul style="list-style-type: none"> • Pizza Green Beans • Pancakes • Mediterranean Quinoa Salad • Chicken Curry Casserole • Chicken Alfredo with a Twist • Smokin' Powerhouse Chili • Stir-Fried Green Rice, Eggs, Ham • Tuna Salad • Mini Meatloaf Patty • Carrot Raisin Salad • Collard Greens • Green Beans with Potato and Smoked Turkey • Jerk Fish Wrap |
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What's in Season in North Carolina?

- Apples
- Beets
- Blackberries
- Blueberries
- Bok choy
- Butterbeans
- Cabbage
- Cantaloupe
- Carrots
- Cherry Tomatoes
- Collards
- Cucumbers
- Eggplant
- Figs
- Garlic
- Green Onions
- Greens
- Herbs
- Honeydew Melon
- Kale
- Muscadine Grapes
- Mushrooms
- Mustard Greens

- Napa
- Nectarines
- Okra
- Onions
- Peaches
- Peanuts
- Pears
- Peppers
- Plums
- Potatoes
- Radishes
- Raspberries
- Snap Beans
- Snow Peas
- Sprite Melon
- Squash-Yellow
- Strawberries
- Sweet Corn
- Sweet Potatoes
- Tomatoes/Tomatillos
- Turnips
- Watermelon
- Zucchini



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NC CACFP Seasonal Menus—**SUMMER**



Summer—Week 1	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern					
RECIPES & LINKS	Maple Lime Quinoa Berry Bowl				
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable/Fruit	Blueberries ^{NC} , Strawberries ^{NC} , Blackberries ^{NC}	Sliced Pears ^{NC}	Strawberries ^{NC}	Sliced Apples ^{NC}	Sliced Pears ^{NC}
Grains	Quinoa	WG Waffle	Cheerios®	Enriched Grain Grits	WG Toast
Meat/Meat Alternates**					
Other Foods (optional)		Syrup			
Lunch or Supper Meal Pattern					
RECIPES & LINKS	Bean Burrito Bowl	Parmesan Chicken Tenders	Zucchini Lasagna		Vegetable Frittata
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable	Tomatoes ^{NC} & Green Onion ^{NC}	Mashed Sweet Potatoes ^{NC}	Zucchini ^{NC} and Onion ^{NC}	Red, Green & Yellow Pepper Platter ^{NC}	Mushrooms ^{NC} , Onions ^{NC} , Peppers ^{NC} , Spinach
Vegetable/Fruit	Nectarines ^{NC}	Muscadine Grapes ^{NC}	Cantaloupe ^{NC}	Watermelon ^{NC}	Plums ^{NC}
Grains	Brown Rice	Brown Rice	WG Lasagna Noodles	WG Bread	WG Roll
Meat/Meat Alternates	Bean, Cheese	Chicken	Cheese	Turkey Lunch Meat, Cheese	Cheese
Other Foods (optional)				Dip (Greek Yogurt & Ranch Seasoning)	
Snack Meal Pattern (Choose Two Food Groups for Snack)					
RECIPES & LINKS	Red, White, and Blue Parfait				
Fluid Milk*					
Vegetable		Snow Peas ^{NC}		Celery Sticks	
Fruit	Watermelon ^{NC} and Blackberries ^{NC}	Bananas	Honeydew Melon ^{NC}	Peaches ^{NC}	Apple Slices ^{NC}
Grains	WG Pretzels		Rice Cakes		WG Crackers
Meat/Meat Alternates					
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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Summer—Week 2	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern					
RECIPES & LINKS		<u>Melon Mint Salad</u>		<u>Raspberry Grape Salad</u>	
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable/Fruit	Strawberries ^{NC}	Melon Mix ^{NC}	Blueberries ^{NC}	Raspberries ^{NC}	Peach Slices ^{NC}
Grains	WG Mini-Bagel	Kix [©]	Oatmeal		Nutty Nuggets [©]
Meat/Meat Alternates**				Scrambled Eggs	
Other Foods (optional)	Jelly				
Lunch or Supper Meal Pattern					
RECIPES & LINKS	<u>Grilled Cheese, Ham, and Tomato Sandwich</u> <u>Creamy Coleslaw</u>	<u>Beef Goulash</u>	<u>Baked Cod Ole</u>	<u>Porcupine Sliders</u>	<u>BBQ Chicken Salad</u> <u>Pizza Green Beans</u>
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable	Cabbage ^{NC} , Tomatoes ^{NC} , Green Onion ^{NC}	Romaine, Cucumber ^{NC} , Tomato ^{NC} , Onion ^{NC}	Zucchini ^{NC} & Yellow Squash ^{NC} , Onion ^{NC} , Tomatoes ^{NC}	Corn on the Cob ^{NC}	Green Beans ^{NC}
Vegetable/Fruit	Watermelon ^{NC}	Very Berry Salad ^{NC}	Orange Wedges	Plums ^{NC}	Strawberries ^{NC}
Grains	WG Bread	WG Noodles	Fish Fillet	Ground Turkey	WG Dinner Roll
Meat/Meat Alternates	Cheese, Deli Ham (reduced-sodium)	Beef	WG Couscous	WG Bun	Chicken
Other Foods (optional)		Lowfat Dressing			
Snack Meal Pattern (Choose Two Food Groups for Snack)					
RECIPES & LINKS					
Fluid Milk*					
Vegetable		Carrots Sticks ^{NC}	Cherry Tomatoes ^{NC}		
Fruit	Peach Slices ^{NC}			Blueberries ^{NC}	Plums ^{NC}
Grains	WG Tortilla Chips	WG Pretzels			Cheerios [©]
Meat/Meat Alternates			Cheese Slices	Yogurt	
Other Foods (optional)					

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

NC = Seasonal NC Produce

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NC CACFP Seasonal Menus—**SUMMER**



Summer—Week 3	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern					
RECIPES & LINKS				<u>Pancakes</u>	
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable/Fruit	Blueberries ^{NC}	Pear Slices ^{NC}	Strawberries ^{NC}	Apples ^{NC} w/ cinnamon	Honeydew Melon ^{NC}
Grains	Granola	WG Bagel		Pancakes	Crunchy Oat Squares [©]
Meat/Meat Alternates**	Yogurt		Scrambled Eggs		
Other Foods (optional)					
Lunch or Supper Meal Pattern					
RECIPES & LINKS	<u>Mediterranean Quinoa Salad</u>	<u>Chicken Curry Casserole</u>	<u>Chicken Alfredo with a Twist</u>	<u>Smokin' Powerhouse Chili</u>	<u>Stir-Fried Green Rice, Eggs, and Ham</u>
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable	Garlic ^{NC} , Peppers ^{NC} , Onions ^{NC} , Cherry Tomatoes ^{NC}	Carrots ^{NC} , Celery, Onions ^{NC}	Cucumber ^{NC} and Radish ^{NC} Salad	Tomatoes ^{NC} , Sweet Potatoes ^{NC} , Peppers ^{NC} , Carrots ^{NC} , Onion ^{NC}	Onion ^{NC} , Spinach
Vegetable/Fruit	Watermelon Rounds ^{NC}	Nectarine Slices ^{NC}	Peach Slices ^{NC}	Grapes ^{NC}	Blueberries ^{NC} Blackberries ^{NC}
Grains	Quinoa	Brown Rice	WG Pasta	Quinoa	Brown Rice
Meat/Meat Alternates	Grilled Chicken	Yogurt	Chicken Breast	Black Beans	Eggs and Turkey Ham
Other Foods (optional)			Italian Dressing		
Snack Meal Pattern (Choose Two Food Groups for Snack)					
RECIPES & LINKS					
Fluid Milk*					
Vegetable			Carrot ^{NC} Sticks		Cucumber ^{NC} Sticks
Fruit	Plums ^{NC}	Raspberries ^{NC}		Raisins ^{NC}	
Grains	Savory Chex Mix	WG Pretzels		Goldfish Crackers	
Meat/Meat Alternates			Dip (Greek Yogurt & Ranch Seasoning)	Peanuts ^{NC}	Hummus
Other Foods (optional)					

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Summer—Week 4	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern					
RECIPES & LINKS					
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable/Fruit	Strawberries ^{NC}	Grapes ^{NC}	Melon Mix ^{NC}	Blueberries ^{NC}	Pear Halves ^{NC}
Grains	WW English Muffin	WG Waffles	Oatmeal		Frosted Wheat©
Meat/Meat Alternates**				Plain Low-Fat Yogurt	
Other Foods (optional)	Jelly				
Lunch or Supper Meal Pattern					
RECIPES & LINKS	<u>Tuna Salad</u>	<u>Mini Meatloaf Patty Carrot Raisin Salad</u>	<u>Collard Greens</u>	<u>Green Beans with Potato and Smoked Turkey</u>	<u>Jerk Fish Wrap</u>
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable	Lettuce ^{NC} , Celery, Tomatoes ^{NC} , and Onions ^{NC}	Carrots ^{NC}	Collard Greens ^{NC}	Potatoes ^{NC} and Green Beans ^{NC}	Tomatoes ^{NC} & Spinach ^{NC}
Vegetable/Fruit	Nectarine Slices ^{NC}	Pineapple, Raisins, Apples ^{NC}	Plums ^{NC}	Watermelon Rounds ^{NC}	Mangos, Pineapple
Grains	WG Min Roll	Corn Bread	Brown Rice	WG Bun	WG Tortilla
Meat/Meat Alternates	Canned Tuna	Ground Beef	Chicken Breast	Turkey	Tilapia
Other Foods (optional)					
Snack Meal Pattern (Choose Two Food Groups for Snack)					
RECIPES & LINKS					
Fluid Milk*					
Vegetable		Green Beans ^{NC}			Salsa
Fruit	Watermelon Rounds ^{NC}		Apple Slices ^{NC}	Blueberries ^{NC}	
Grains	WG Pretzels			Chex Cereal	WG Tortilla Chips
Meat/Meat Alternates		Low-Fat Cheddar Cheese	Almond Butter		
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