

Winter Seasonal Menus + Standardized Recipes

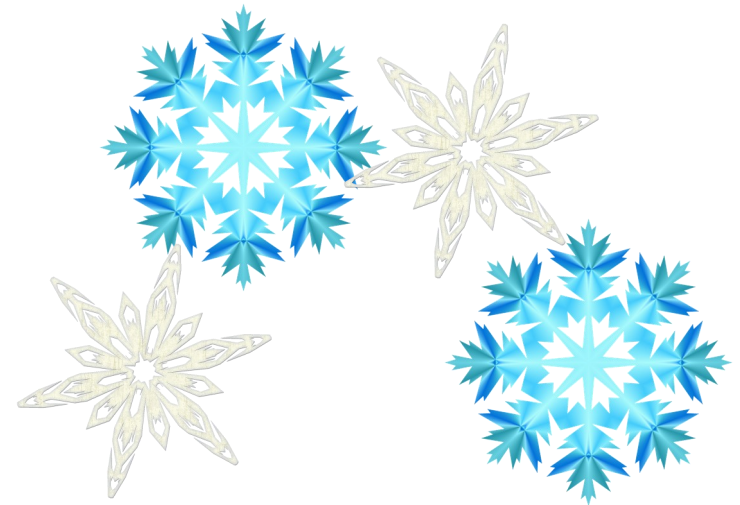


Standardized Recipes

- Baked Apple Cinnamon Oatmeal
- Barbecue Beef Sliders
- Meatballs and Marinara
- Ground Turkey Wraps
- Mini Salmon Loaves
- Brown Rice Pilaf
- Baked Carrot Fries with Yogurt Sunflower Seed Butter Dip
- Ropa Vieja
- Chicken Alfredo w/ a Twist
- Baked Tilapia
- Winter Greens
- Bean & Cheese Quesadilla
- Grilled Ham, Cheese and Tomato Sandwich
- Salad Dressing
- Herb Bagel Bites
- Honey Lime Chicken
- Whipped Sweet Potatoes
- Greens and Beans Soup
- Rice Vegetable Casserole
- Underground Candy
- Chicken Flatbread Pizza
- Stir-Fry Pork
- Roasted Fish Crispy Slaw Wrap
- Chicken Stir Fry
- Chic' Penne
- Barbecued Chicken
- Local Harvest Bake
- Baked Sweet Potatoes and Apples

What's in Season in North Carolina?

- Apples
- Beets
- Bok choy
- Cabbage
- Carrots
- Collards
- Greens
- Kale
- Lettuce
- Peanuts
- Pecans
- Spinach
- Sweet Potatoes
- Turnips



Institution Name:

Agreement #:

NC CACFP Seasonal Menus—**WINTER**



Winter—Week 1	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern					
RECIPES & LINKS	<u>Baked Apple Cinnamon Oatmeal</u>				
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable/Fruit	Apples ^{NC}	Raspberries	Diced Peaches	Banana Slices	Strawberries
Grains	Oatmeal w/ Cinnamon	Cheerios		WG English Muffin	WG Waffle
Meat/Meat Alternates**			Yogurt		
Other Foods (optional)					
Lunch or Supper Meal Pattern					
RECIPES & LINKS	<u>Barbecue Beef Sliders</u>	<u>Meatballs and Marinara</u>	<u>Ground Turkey Wraps</u>	<u>Mini Salmon Loaves</u>	<u>Brown Rice Pilaf</u>
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable	Sweet Potato Fries ^{NC}	Leafy Greens Salad ^{NC} and Marinara Sauce	Carrot ^{NC} and Peas	Sautéed Kale ^{NC} and Onion	Onion, Mushrooms, Peppers, Tomato Paste and Spinach ^{NC}
Vegetable/Fruit	Cantaloupe	Grapes	Strawberries	Apple Slices ^{NC}	Dried Cranberries and Orange Wedges
Grains	WG Roll	WG Linguine Noodles	WW Tortilla	WG Couscous, WW Bread Crumbs	Brown Rice
Meat/Meat Alternates	Beef	Beef Meatball	Ground Turkey, Cheddar Cheese	Salmon	Chicken
Other Foods (optional)					
Snack Meal Pattern (Choose Two Food Groups for Snack)					
RECIPES & LINKS					<u>Baked Carrot Fries</u> <u>Yogurt Sunflower Seed Butter Dip</u>
Fluid Milk*					
Vegetable	Celery Sticks	Cherry Tomatoes	Pepper Sticks		Baked Carrot Fries
Fruit				Blueberries	
Grains		WG Triscuits	WG Pretzels	Multigrain Cheerios	Yogurt Dip (Greek yogurt and sunflower seed butter)
Meat/Meat Alternates	Cheddar Cheese Cubes				
Other Foods (optional)					

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

NC = Seasonal NC Produce

Updated 01/2025

***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.

These cycle menus are designed to promote dietary variety, support seasonal, locally grown foods and comply with USDA Child and Adult Care Food Program (CACFP) guidelines. Use along with the CACFP Meal Patterns, the [Food Buying Guide for Child Nutrition Programs](#), and the [Crediting Handbook for the CACFP](#). This institution is an equal opportunity provider.



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Winter—Week 2	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	Mandarin Oranges	Pineapple Chunks	Apple Slices ^{NC}	Blueberries
Grains	WG Mini Bagel	Cheerios [©]	WG Toast	WG Waffle	WG English Muffin
Meat/Meat Alternates**					
Other Foods (optional)					
Lunch or Supper Meal Pattern					
RECIPES & LINKS	<u>Ropa Vieja</u>	<u>Chicken Alfredo w/ a Twist</u>	<u>Baked Tilapia Winter Greens</u>	<u>Bean & Cheese Quesadilla</u>	<u>Grilled Ham, Cheese and Tomato Sandwich Salad Dressing</u>
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable	Onions, Peppers, Tomato paste	Collard ^{sNC}	Kale ^{NC}	Spinach ^{NC} , Corn	Spinach Salad ^{NC} and Tomato
Vegetable/Fruit	Blueberries	Pears	Apple Rings ^{NC}	Kiwi	Sliced Peaches
Grains	Brown Rice	WG Pasta	WG Garlic Breadstick	WG Tortilla	WW Bread
Meat/Meat Alternates	Beef	Chicken	Tilapia	Beans, Cheese	Ham and Cheese
Other Foods (optional)					
Snack Meal Pattern (Choose Two Food Groups for Snack)					
RECIPES & LINKS		<u>Herb Bagel Bites</u>			
Fluid Milk*					
Vegetable					Cherry Tomatoes
Fruit	Banana Slices	Apple Slices ^{NC}		Strawberries	
Grains		WG Bagel	WG Pita Chips		Animal Crackers
Meat/Meat Alternates	Peanut Butter		Hummus	Yogurt	
Other Foods (optional)					

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Winter—Week 3	MONDAY Date:	TUESDAY Date:	WEDNESDAY Date:	THURSDAY Date:	FRIDAY Date:
Breakfast Meal Pattern					
RECIPES & LINKS					
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable/Fruit	Orange Wedges	Apple Halves ^{NC}	Banana	Raspberry and Blackberry	Sliced Peaches
Grains	Berry Berry Kix [©]	Cinnamon Oatmeal	WG English Muffin	WG Waffle	
Meat/Meat Alternates**					Hard Boiled Egg
Other Foods (optional)					
Lunch or Supper Meal Pattern					
RECIPES & LINKS	<u>Honey Lime Chicken Whipped Sweet Potatoes</u>	<u>Greens and Beans Soup</u>	<u>Rice Vegetable Casserole</u>	<u>Underground Candy</u>	<u>Chicken Flatbread Pizza</u>
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable	Sweet Potatoes ^{NC}	Sweet Potato ^{NC} , Collards ^{NC} , Tomato, Onion	Kale ^{NC} , Onions, Mushrooms	Carrots ^{NC} , Sweet Potatoes ^{NC} , Turnips ^{NC} , Rutabagas, Parsnips	Spinach ^{NC} , Onion, Tomato
Vegetable/Fruit	Grapes	Melon Rounds	Nectarines	Applesauce ^{NC}	Strawberries
Grains	WG Couscous	WG Roll	Brown Rice	Quinoa	WG Flatbread/Naan
Meat/Meat Alternates	Chicken	Garbanzo Beans	Cheese	Pork Chop	Chicken, Cheese, Greek Yogurt
Other Foods (optional)					
Snack Meal Pattern (Choose Two Food Groups for Snack)					
RECIPES & LINKS					
Fluid Milk*					
Vegetable		Celery & Carrot Sticks ^{NC}	Baked Sweet Potato Sticks ^{NC}		
Fruit	Raspberries			Banana Slices	Apple Slices ^{NC}
Grains	WG Triscuits	Cheerios		WG Crackers	Graham Crackers
Meat/Meat Alternates			Dip (Greek yogurt and ranch seasoning)		
Other Foods (optional)					

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Winter—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	Melon Mix	Plums	Pear Slices	Strawberries	Grapes
Grains	Oatmeal	Enriched Cheesy Grits	WG Mini Bagel	WG Pancakes	Shredded Wheat Honey Nut®
Meat/Meat Alternates**					
Other Foods (optional)					
Lunch or Supper Meal Pattern					
RECIPES & LINKS	<u>Stir-Fry Pork</u>	<u>Roasted Fish Crispy Slaw Wrap</u>	<u>Chicken Stir Fry</u>	<u>Chic' Penne</u>	<u>Barbecued Chicken Local Harvest Bake</u>
Fluid Milk*	Milk*	Milk*	Milk*	Milk*	Milk*
Vegetable	Carrots ^{NC} Onion, Broccoli	Bokchoy ^{NC} , Cabbage ^{NC} , Carrots ^{NC} , Lettuce ^{NC} , Avocado, Cilantro	Onions, Broccoli and Carrots ^{NC} , Cilantro, Red Bell Peppers	Broccoli, Cherry Tomatoes	Butternut Squash, Beets ^{NC} , Sweet Potatoes ^{NC}
Vegetable/Fruit	Apple Slices ^{NC}	Banana Slices	Blueberries, 100% Pineapple Juice	Diced Peaches	Honeydew
Grains	Brown Rice	WW Tortilla	Brown Rice	WG Pasta	WW Pita Bread
Meat/Meat Alternates	Pork	Fish	Chicken, Edamame	Chicken and Cheese	Chicken
Other Foods (optional)					
Snack Meal Pattern (Choose Two Food Groups for Snack)					
RECIPES & LINKS				<u>Baked Sweet Potatoes and Apples</u>	
Fluid Milk*					
Vegetable	Carrot Sticks ^{NC}	Snow Peas	Tomatoes	Sweet Potatoes ^{NC}	
Fruit				Apple slices ^{NC} , Cranberries	Applesauce ^{NC}
Grains	WG Pita Chips		WG Tortilla Chips		
Meat/Meat Alternates		Baked Chickpeas			String Cheese
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

Updated 01/2025

