

Winter Seasonal Menus + Standardized Recipes

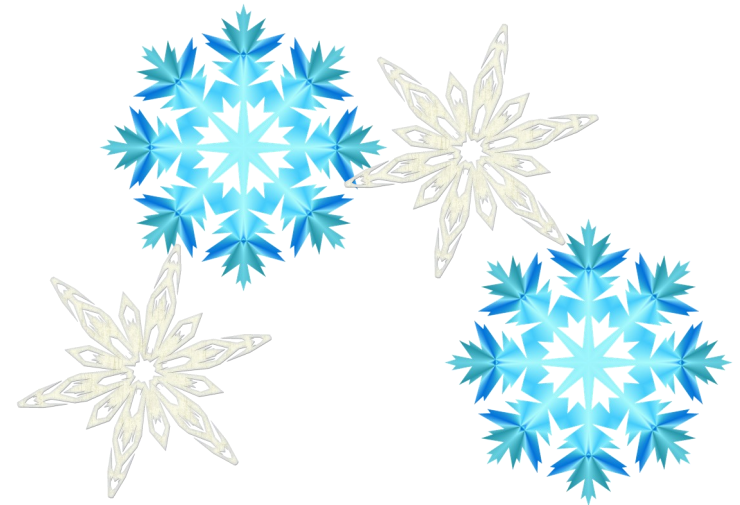


Standardized Recipes

- 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 08/2022

***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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Updated 08/2022

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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 08/2022

