

Menu Ideas for NC CACFP Adult Meal Service with Limited Food Options

Fruits	Vegetables	Meat/Meat Alternates	Grains
<u>Canned</u> Apricots Grapefruit Fruit Cocktail Mandarin Oranges Melon Medley Mixed Fruit Peaches Pears Pineapple Tropical Fruit <u>Other</u> Applesauce Craisins Dried Apricots Fruit cups Raisins 100% Fruit Juices <u>Portable</u> <u>Fresh Fruits</u> Bananas Oranges Peaches Pears	<u>Canned</u> Asparagus Beets Carrots Collards Corn Green Beans Mixed Vegetables Mushrooms Peas Pumpkin Spinach Sweet Potatoes Tomatoes (diced, sauce) <u>Other</u> 100% Vegetable Juices <u>Easy Prep</u> <u>Fresh</u> <u>Vegetables</u> Potatoes Salad greens Squash Sweet Potatoes	Baked Beans Black Beans Black Eyed Peas Canned Chicken Canned Chili Canned Salmon Canned Tuna Canned Turkey Cheese Chickpeas Eggs Hummus Kidney Beans Lentils Nuts Nut butters (peanut butter, almond butter, etc.) Pinto Beans Refried Beans Soy butter Sunflower butter White Beans (Cannellini, Navy, etc.) Yogurt**	Animal Crackers Bagels Bread Cereals (Cheerios, Kix, etc.)* Crackers (Ritz, Saltines, etc.) Cracker packs (Toast-Chee, Lance, etc.) English Muffins Goldfish Graham Crackers Grits Muffins Oatmeal Pancakes Pasta Pita (soft) Quinoa Rice Tortillas Waffles

*Please ensure that all cereals (including granola) meet the requirement of containing 6g sugar or less per ounce. For a list of healthier cereal choices, please see our tip sheet called "Healthy Cereal Choices for Use in the CACFP."

**Please ensure that all yogurts meet the requirement of containing 23g sugar or less per 6 ounce serving.

Please note the following:

- This is not meant to be an all-inclusive list.
- If you have access to fresh, whole fruits/vegetables, we encourage you to serve these items. Due to their perishability, prioritize serving fresh vegetables and fruits before serving canned varieties.
- Seasoning tip for canned meat and beans: can be flavored with seasoning packets and dressings.
- If available, jellies and jams can be offered as meal enhancements.

The menu below is meant to provide a SAMPLE menu based on utilizing items in the above list.
Please note that you may make substitutions based on what is available to your facility.

Adult Menu

CACFP Agreement Number



Institution Name: _____

Month and Year: _____

Food Group		Date:	Monday	Tuesday	Wednesday	Thursday	Friday
8 fl. oz. 1/2 cup 2 oz. eq. 2 oz. meat/fish or tofu; or 1 egg; or 8 oz. yogurt; or 2 oz. cheese; or 1/2 cup beans	Fluid Milk ^{1,2}	Breakfast					
	Vegetable /Fruit ³						
	Grains ⁴						
	Meat/ Meat Alternates						
8 fl. oz. 1/2 cup 1/2 cup 2 oz. eq. 2 oz. meat/fish or tofu; or 1 egg; or 8 oz. yogurt; or 2 oz. cheese; or 1/2 cup beans	Fluid Milk ^{1,2}	Lunch / Supper					
	Vegetable ³						
	Vegetable /Fruit ³						
	Grains ⁴						
	Meat/ Meat Alternates						
Choose Two Food Groups for Snack 8 fl. oz. 1/2 cup 1/2 cup 1 oz. eq. 1 oz. meat/fish or tofu; or 1/2 egg; or 4 oz. yogurt; or 1 oz. cheese; or 1/4 cup beans	Fluid Milk ^{1,2}	Snack					
	Vegetable ³						
	Fruit ³						
	Grains ⁴						
	Meat/ Meat Alternates						
		a.m.					
		p.m.					

¹**Fluid Milk:** Unflavored or flavored fat-free (skim) or low-fat (1%) is served at breakfast and lunch. **Non-dairy beverages** may be served with appropriate documentation. Milk is optional for suppers served to adult participants. ²6 oz of **Yogurt** may be substituted for 8 oz fluid milk once per day when yogurt is not served as a meat alternate in the same meal. ³**Juice**, if served, is pasteurized full-strength (100%) juice. ⁴**WG, WW, and WGR** indicate whole grain-rich foods.

This institution is an equal opportunity provider.