



With the New Meal Patterns that go into effect October 1, 2017, we know it can be hard to determine which food products are #cacfpcreditable. We aim to work with manufacturers to offer an online database of creditable products. Stay tuned as we develop this resource for the entire CACFP Community including providers, centers, Head Start, afterschool meal programs, sponsors, purchasing agents and manufacturers.

Sample Cycle Menu *How do we know if it's creditable?*

Here is a sample cycle menu to help you plan your calendar with creditable recipes that meet the New Meal Pattern guidelines.

Visit us @ cacfp.org/childnutritiontoday for full recipes, serving sizes and other CACFP creditable information.

		MONDAY DAY 1	TUESDAY Day 2	WEDNESDAY Day 3	THURSDAY Day 4	FRIDAY Day 5
BREAKFAST	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit/Vegetable	Mandarin Oranges	Bananas	Strawberries	Hashbrowns	Peaches
	Grain/Meat ⁺	Whole Grain Oatmeal	Waffles	Whole Grain Cereal	Ham Steak	Pancakes
LUNCH	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit / Vegetable*	Honeydew	Sliced Grapes	Sliced Apples	Cantaloupe	Bell Pepper Slices
	Vegetable	Carrots	Steamed Broccoli	Spinach	Jicama	Baked Sweet Potato Wedges
	Grain	English Muffin	Whole Grain Roll	Spaghetti	Whole Grain Brown Rice	Whole Grain Bun
	Meat/Meat Alternate	Eggs	Baked Turkey Breast	Meatballs	Baked Fish	Hamburger
SNACK	Milk	--	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	--	--
	Fruit	Strawberry	--	--	--	Mixed Berries
	Vegetable	--	Beets	--	Refried Beans	--
	Grain	Graham Cracker	--	--	Tortilla	--
	Meat/Meat Alternate	--	--	Peanut Butter with crackers	--	Yogurt
		DAY 6	DAY 7	DAY 8	DAY 9	Day 10
BREAKFAST	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit/Vegetable	Raisins	Applesauce	Orange Slices	Tomato	Bananas
	Grain/Meat ⁺	Cereal	Blueberry Muffin	Cream of Wheat	Eggs	Whole Grain Cereal
LUNCH	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit / Vegetable*	Mixed Fruit	Watermelon	Cantaloupe	Tangerines	Green Beans
	Vegetable	Cucumber	Celery Sticks	Roasted Cauliflower	Yellow Squash	Zucchini
	Grain	Bread Stick	Whole Grain Rice Cakes	Whole Grain Crackers	Noodles	Roll
	Meat/Meat Alternate	Yogurt	Peanut Butter	Cheese Stick	Roast Beef Slices	Grilled Chicken
SNACK	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	--	--	--	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit	--	Pineapple	--	--	Pears
	Vegetable	--	Carrots	Snap Peas	--	
	Grain	Whole Grain Bagels	--	--	Whole Grain Tortilla	
	Meat/Meat Alternate	--	--	Tuna Wrap	Cheese	

⁺ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

* The fruit component at lunch may be substituted by an additional vegetable.

Sample Infant Cycle Menu



Here is a sample cycle menu for infants, 6 to 11 months old, to help you plan your calendar with creditable recipes that meet the New Meal Pattern guidelines.

	0-5 MONTHS	6-11 MONTHS		MONDAY DAY 1	TUESDAY Day 2	WEDNESDAY Day 3	THURSDAY Day 4	FRIDAY Day 5
BREAKFAST	4 - 6 oz.	6 - 8 oz.	Milk	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	--	2 tbs.	Fruit/Vegetable	Mashed Banana	Mashed or Cubed Avocado	Applesauce	Pureed Mangoes	Pureed Peaches
	--	0-4 oz.	Grain/Meat	Infants Rice Cereal	Scrambled Eggs	Puffed Cereal	Infants Oatmeal	Plain Yogurt
LUNCH	4 - 6 oz.	6 - 8 oz.	Milk	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	--	2 tbs.	Fruit / Vegetable	Mashed Cauliflower	Mashed Green Beans	Mashed Carrots	Pureed Pears	Mashed Peas
	--	0-4 oz.	Grain/Meat	Finely Chopped Chicken	1/2 slice WGR bread	Finely Chopped Turkey	Infant Rice Cereal	Cottage Cheese
SNACK	4 - 6 oz.	2 - 4 oz.	Milk	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	--	2 tbs.	Fruit / Vegetable	Seedless Watermelon	Mashed Sweet Potato	Mashed Kiwi	Mashed Broccoli	Mashed Zucchini
	--	0-4 oz.	Grain/Meat	Teething Biscuit	Puffed Cereal	Crackers	Teething Biscuit	Crackers

All foods are subject to the individual infant and their own developmental readiness to consume that food item.

Important

1. Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
2. Infant formula and dry infant cereal must be iron-fortified.
3. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
4. A serving of grains must be whole grain-rich, enriched meal, or enriched flour.
5. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
6. Fruit and vegetable juices must not be served.



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