

CACFP is an indicator of quality child care.

January

Best Practices Monthly Meal Planning

BEST PRACTICE: *Limit serving processed meats to no more than one serving per week.*

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

PM SNACK

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February

Best Practices Monthly Meal Planning

BEST PRACTICE: Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week.

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

PM SNACK

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March

Best Practices Monthly Meal Planning

BEST PRACTICE: *Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice.*

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

PM SNACK

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April

Best Practices Monthly Meal Planning

BEST PRACTICE: Avoid serving non-creditable foods that are sources of added sugars, such as sweet toppings (e.g., honey, jam, syrup), mix-in ingredients sold with yogurt (e.g., honey, candy, or cookie pieces), and sugar sweetened beverages (e.g., fruit drinks or sodas).

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

PM SNACK



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May Best Practices Monthly Meal Planning

BEST PRACTICE: *Serve only lean meats, nuts, and legumes.*

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

PM SNACK

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June

Best Practices Monthly Meal Planning

BEST PRACTICE: *Incorporate seasonal and locally produced foods into meals.*

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

PM SNACK

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July

Best Practices Monthly Meal Planning

BEST PRACTICE: *Serve only unflavored milk to all participants.*

With your group, think of menu suggestions that add flavor to the menu while serving unflavored milk.

AM SNACK

PM SNACK

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August

Best Practices Monthly Meal Planning

BEST PRACTICE: *Limit serving purchased pre-fried foods to no more than one serving per week.*

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

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September

Best Practices Monthly Meal Planning

BEST PRACTICE: Make at least 1 of the 2 required components of a snack a vegetable or a fruit.

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

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LUNCH/SUPPER

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October

Best Practices Monthly Meal Planning

BEST PRACTICE: Support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care and offer a quiet, private area that is comfortable and sanitary for mothers who come to the center or day care home to breastfeed.

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

PM SNACK

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November

Best Practices Monthly Meal Planning

BEST PRACTICE: *Serve only natural cheeses and choose low-fat or reduced-fat cheeses.*

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

PM SNACK

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December

Best Practices Monthly Meal Planning

BEST PRACTICE: Provide at least two servings of whole grain-rich grains per day.

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

PM SNACK