

## NYC Food Standards Menu Template (for children under 5 with CACFP requirements)

### How to fill out the menu template:

**Meal: Breakfast/ Lunch - only fill out the rows for the necessary meals. The rows for meals not provided by the program can be left.**

**Grains and Meat/Meat alternate:** List the featured meal and any side components served at each meal. Include the serving size for all items.

- Be as descriptive as possible by including the type of protein used and the cooking method (i.e., roasted, baked, grilled), when applicable, for all menu items.
- Label all entrees featuring a whole or minimally processed plant protein with "WMPP".
- Label all whole-grain items with "WG".

**Vegetables and Fruits:** List all vegetables and fruits served.

- Vegetables are recommended but not required at breakfast.
- Include serving sizes in cups.

**Milk:** List all milk options served with meals.

- Include serving size in ounces (oz).

**Condiments:** List all condiments served with meals.

- Include the serving size.

**Beverages:** Water (required) and 100% juice/(optional).

- Include serving sizes in ounces.
- 100% Juice does not count toward the fruit or vegetable serving requirement.

**Meal - Snack:** Water (required) and at least 2 of the following 3 food categories: Vegetable and fruit, protein, and whole grain.

- Include serving sizes for all items.

**Follow the self-check on the last page to ensure the menu adheres to the Food Standards and CACFP guidelines.**

**For more information about the NYC Food Standards visit [nyc.gov/healthyworkplace](https://nyc.gov/healthyworkplace).**

# Sample Weekly Menu

Child Care Center Name

Week of August 25, 2025

		CACFP Required Minimum Quantities		Monday	Tuesday	Wednesday	Thursday	Friday
		Ages 1-2	Ages 3-5					
Breakfast	Grains or Meat/Meat alternate*	1/2 oz equivalent	1/2 oz equivalent	Oat O's Cereal WG ½ oz Boiled Egg 1	English Muffin WG 1oz Sunbutter 1 tbsp	Warm Cinnamon Oatmeal WG ½ oz	Whole Wheat Toast WG 1 oz slice Veggie Omelet 1 oz	Scrambled Egg 1 oz
	Fruit and/or Vegetable	1/4 cup	1/2 cup	Cantaloupe 1/4 c	Banana, medium 1/2	Blueberries 1/4 c	Orange Wedges 1/4 c	Sweet potato home fries 1/8 c Kiwi slices 1/8 c
	Milk	4 oz	6 oz	1% milk and plain soy milk, 4 oz	1% milk and plain soy milk, 4 oz	1% milk and plain soy milk, 4 oz	1% milk and plain soy milk, 4 oz	1% milk and plain soy milk, 4 oz
	Other Beverages	-	-	Water	Water	Water	Water	Water
	Condiments	-	-		Strawberry jam 1 tbsp			Ketchup 1 tbsp
Lunch	Grains/Breads	1/2 oz equivalent	1/2 oz equivalent	Whole wheat tortilla WG	Whole Wheat Pita WG	Whole grain corn tortilla WG	Spaghetti	Whole Wheat Bread WG
	Vegetables	1/8 cup	1/4 cup	Baby spinach 1/4 c	Sliced cherry tomatoes 1/4 c	Roasted squash 1/4 c	Steamed broccoli 1/4 c	Cucumber sticks 1/4 c
	Fruit or Vegetable	1/8 cup	1/4 cup	Peach slices 1/4 c	Mango cubes 1/4 c	Pear spears 1/4 c	Pineapple 1/4 c	Fresh plum 1/4 c
	Meat/Meat Alternate	1 oz equivalent	1 1/2 oz equivalents	Hummus 1/4 c WMPP	Tuna salad 1 ½ oz	Black beans 1/2 c with shredded cheese 1 tbsp WMPP	Turkey Meatballs 1 1/2 oz with marinara sauce	Grilled cheese sandwich 1 ½ oz
	Milk	4 oz	6 oz	1% milk and plain soy milk, 4 oz	1% milk and plain soy milk, 4 oz	1% milk and plain soy milk, 4 oz	1% milk and plain soy milk, 4 oz	1% milk and plain soy milk, 4 oz
	Other Beverages	-	-	Water	Water	Water	Water	Water
	Condiments	-	-			Salsa 1 tbsp		
Snack	Milk, fruit, vegetable, grains/breads, or meat/meat alternate	Include 2 out of 5 components. Only one of 2 components may be a beverage.		Whole wheat crackers WG ½ oz	Brown rice crackers WG ½ oz	Whole wheat pita triangles WG ½ oz	Whole wheat crackers WG ½ oz	Oat O's Cereal WG ½ oz
				Apple slices 1/2 c	Edamame 1/2 c	Red pepper slices 1/2 c	Fresh peach 1/2 c	Unsweetened applesauce 1/2 c
	Other Beverages	-	-	Water	Water	Water	Water	Water

\*For programs participating in CACFP, meat/meat alternate may be served in place of grains up to 3 times per week. Refer to the [CACFP meal pattern](#) for serving size requirements.

# Menu Template

[Program Name]

[Menu Date]

		CACFP Required Minimum Quantities		Monday	Tuesday	Wednesday	Thursday	Friday
		Ages 1-2	Ages 3-5					
Breakfast	Grains or Meat/Meat alternate*	1/2 oz equivalent	1/2 oz equivalent					
	Fruit and/or Vegetable	1/4 cup	1/2 cup					
	Milk	4 oz	6 oz					
	Other Beverages	-	-					
	Condiments	-	-					
Lunch	Grains/Breads	1/2 oz equivalent	1/2 oz equivalent					
	Vegetables	1/8 cup	1/4 cup					
	Fruit or Vegetable	1/8 cup	1/4 cup					
	Meat/Meat Alternate	1 oz equivalent	1 1/2 oz equivalents					
	Milk	4 oz	6 oz					
	Other Beverages	-	-					
	Condiments	-	-					
Snack	Milk, fruit, vegetable, grains/breads, or meat/meat alternate	Include 2 out of 5 components. Only one of 2 components may be a beverage.						
	Other Beverages	-	-					

\*For programs participating in CACFP, meat/meat alternate may be served in place of grains up to 3 times per week. At least one grain serving per day must be whole grain rich. Refer to the [CACFP crediting guide](#) for category details and serving size requirements.

**Self check and Action Plan:** Assess if the menu meets all of the requirements listed in the table below to follow the NYC Food Standards or CACFP requirements. Document an action if needed.

<p><b>Instructions:</b> Use the status column to indicate if the Standard is met. Use the action column to list steps that need to be taken to meet compliance for any status marked "X"</p>	<p><b>Key</b>  <b>Y = Standard implemented</b>  <b>X = Standard not met</b>  <b>? = Unable to determine. Additional information needed.</b></p>
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Food Category	NYC Food Standards Meal and Snack Requirements for Programs Serving 1-2 Meals per Day	CACFP Required Minimum Quantities for Ages 1-2	CACFP Required Minimum Quantities for Ages 3-5	Status	Action
Grains	Half of all grains served must be whole grain. Cereal and sliced sandwich bread must be whole grain. Use "WG" to indicate all whole grains.	<b>1 oz equivalent total</b> 1/2 oz at breakfast* 1/2 oz lunch  * At breakfast, meat/meat alternate may be served in place of the entire grain component up to 3 times per week.	<b>1 oz equivalent total</b> 1/2 oz at breakfast* 1/2 oz lunch  * At breakfast, meat/meat alternate may be served in place of the entire grain component up to 3 times per week.		
Fruits and Vegetables	2 servings of fruits/vegetables at lunch and at dinner (if served). At least 1 serving of vegetables per day is dark green, red, orange, or other nonstarchy vegetables. At least 1 serving of fruit per day. 100% fruit juice does not count toward the daily fruit requirement.	<b>0.5 cup total</b> 1/4 cup fruit and/or vegetable at breakfast 1/8 cup vegetable at lunch 1/8 cup fruit or vegetable at lunch	<b>1 cup total</b> 1/2 cup fruit and/or vegetable at breakfast 1/4 cup vegetable at lunch 1/4 cup fruit or vegetable at lunch		
Meat/Meat Alternate	Plant-based protein: Require 2 or more servings of whole or minimally processed plant proteins at lunch and dinner (if served) per week. <ul style="list-style-type: none"> <li>At least 1 serving per meal type must be the primary protein</li> </ul>	<b>1 oz equivalents of meal/meat alternate</b>  Lean Meat, Poultry or Fish Tofu Cheese Yogurt Cottage cheese	<b>1 1/2 oz equivalents of meal/meat alternate</b>  Lean Meat, Poultry or Fish Tofu Cheese Yogurt Cottage cheese		

	<ul style="list-style-type: none"> <li>1 serving per meal type may be a primary protein, mixed entrée, or side dish.</li> </ul> <p>Beef: require no more than 1 serving of beef per week per meal type Require no processed meat.</p>	<p>Cooked dry beans, peas or lentils Egg Peanut Butter, Soy Nut Butter, other Nut or Seed Butter Peanuts, Nuts or Seeds</p>	<p>Cooked dry beans, peas or lentils Egg Peanut Butter, Soy Nut Butter, other Nut or Seed Butter Peanuts, Nuts or Seeds</p>		
Milk	<p>For people age 2 years and older, only 1% or nonfat milk with no added sweeteners. For children ages 12 months up to 2 years, only whole milk with no added sweeteners. Fluid milk substitute is fortified soy milk with &lt; 5g of added sugar per serving. Soy milk must be fortified with calcium, vitamin A, and vitamin D.</p>	<p>Require 4 oz of Fat-free or Low-fat (1%) Milk to be served at breakfast and lunch.  Whole milk is required for children up to 2 years of age.</p>	<p>Require 6 oz of Fat-free or Low-fat (1%) Milk to be served at breakfast and lunch.  Unflavored milk is required for children younger than 6 years old.</p>		
Beverages	<p>Water must be available at all meals. All beverages contain no added sweeteners. Require fruit juice be 100% with no added sweeteners. No juice for children age 2 and younger. If served, no more than 4 oz per serving per day of 100% juice for children ages 3–4.</p>	<p>No more than one serving of 100% juice may be served per day.</p>	<p>No more than one serving of 100% juice may be served per day.</p>		
Snacks	<p>At least 1 serving per week of fruits or vegetables. (100% fruit juice does not count toward this requirement.) Include at least 2 out of 3 categories at each snack: fruits/vegetables, grains, or protein. Require serving water at all snack times.</p>	<p>Include at least 2 out of 5 different components: milk, fruit, vegetable, grains/breads, or meat/meat alternate  Only one of 2 components may be a beverage.</p>			