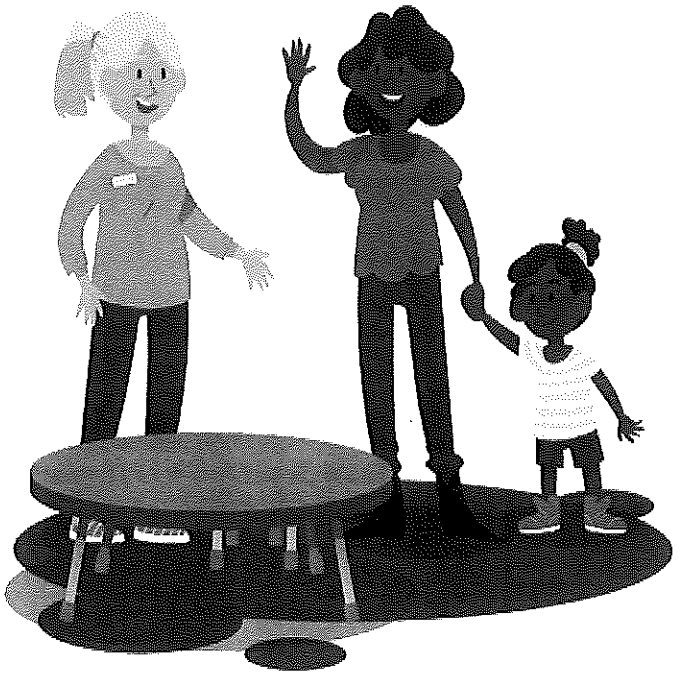
Good nutrition today means a stronger tomorrow!

Building for the Future with CACFP

This day care receives support from the Child and Adult Care Food Program to serve healthy meals to your children.



Meals served here must meet USDA's nutrition standards.

Questions? Concerns?

South Carolina Department of Social Services Child and Adult Care Food Program P O Box 1520 Columbia, SC 29202-1520 (803) 898-0959 cacfp@dss.sc.gov	Institution/Sponsoring Organization Contact Interfaith Community Services of SC P O Box 8177 Columbia, SC 29202 803-252-8390

Complaints about the operation of the CACFP may be made to the South Carolina Department of Social Services, CACFP office by calling (803) 898-0959 or emailing cacfp@dss.sc.gov.

Learn more about CACFP at USDA's website:

https://www.fns.usda.gov/

USDA is an equal opportunity provider, employer and lender.

United States Department of Agriculture
Food and Nutrition Service FNS-317
November 2019

Interfaith Community Services of SC

KEEP ON FILE
IN THE HOME

CHILD CARE FOOD PROGRAM MENU FORM

Day Care Home
WATER OFFERED TO CHILDREN THROUGHOUT THE DAY

Pre-Approved:
Date:

MONTH: November YEAR: 20XX PROVIDERS NAME: SAMPLE MENU Week 1

	CALENDAR DATE:					
BREAKFAST	Unflavored whole milk 12-23 mos. Unflavored 1% or skim milk 24 mos. and up	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk
	Fruit, Vegetable, or 100% juice	*Pineapple	*Pears	Fresh Oranges	Fresh Apple Slices	*Mandarin Oranges
	Grain or Meat/Meat Alternate	WW Toast	Scrambled Eggs	WG Cheerios Cereal	WG English Muffin	**Yogurt
	+ additional food (optional)					
	# of children served					
LUNCH	Unflavored whole milk 12-23 mos. Unflavored 1% or skim milk 24 mos. and up	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk
	Main Dish	Baked Chicken	Turkey Franks	Turkey/Cheese	100% Ground Beef Patty	HM Grilled Cheese
	Vegetable	Baked Fries	Fresh Carrots	Broccoli	Green Beans	Baked Beans
	Fruit or Vegetable	Sweet Peas	Peaches*	Pineapple*	Baked Tater Tots	Fresh Grapes
	Grain	Brown Rice	WG Bun	WW Bread	Brown Rice	WW Bread
	+ additional food (optional)					
	Choose 2 of these 5 # of children served					
PM SNACK	Unflavored whole milk 12-23 mos. Unflavored 1% or skim milk 24 mos. and up	Fresh Apples / Peanut Butter	Fluid Milk / WG Wheat Chex Cereal	Fresh Bananas / Saltine Crackers	Raisins / Blueberry Muffin	Fluid Milk / Animal Crackers
	Meat/ Meat Alternate					
	Vegetable					
	Fruit					
	Grain					
	# of children served					

*Canned fruits are served in 100% juice

**Yogurt no more than 23 grams sugar per 6 oz. serving

Interfaith Community Services of SC

KEEP ON FILE
IN THE HOME

CHILD CARE FOOD PROGRAM MENU FORM

Day Care Home
WATER OFFERED TO CHILDREN THROUGHOUT THE DAY

Pre-Approved:
Date:

MONTH: _____ YEAR: _____ PROVIDERS NAME: SAMPLE MENU Week 2

	CALENDAR DATE:					
BREAKFAST	Unflavored whole milk 12-23 mos. Unflavored 1% or skim milk 24 mos. and up	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk
	Fruit, Vegetable, or 100% juice	Fresh Bananas	*Pears	Fresh Orange Slices	Fresh Bananas	*Mandarin Oranges
	Grain or Meat/Meat Alternate	WW Toast	WG Kix Cereal	WG Cheerios Cereal	WG Oatmeal	WG Bagel
	+ additional food (optional)					
	# of children served					
LUNCH	Unflavored whole milk 12-23 mos. Unflavored 1% or skim milk 24 mos. and up	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk
	Main Dish	Black Bean Tacos	100% ground Beef Sauce	HM Mac & Cheese	Bar B Q Chicken	Peanut Butter/Cheese Wedge
	Vegetable	Corn	Romaine Let/Cukes	Broccoli	Green Beans	Fresh Celery Sticks
	Fruit or Vegetable	*Pineapple	Tomato Sauce	Field Peas	Sweet Potatoes	Fresh Grapes
	Grain	WG Tortilla Shell	WG Noodles	WW Bread	WG Roll/Bread	WW Bread
	+ additional food (optional)					
	# of children served					
PM SNACK	**Choose 2 of these 5**					
	Unflavored whole milk 12-23 mos. Unflavored 1% or skim milk 24 mos. and up	Fresh Apples / Peanut Butter	Fluid Milk / *Peaches	Fresh Grapes / Animal Crackers	Fresh Apple Slices / **Yogurt	Fluid Milk / Graham Crackers
	Meat/ Meat Alternate					
	Vegetable					
	Fruit					
	Grain					
	# of children served					

*Canned fruits are served in 100% juice

**Yogurt no more than 23 grams sugar per 6 oz. serving

HOLIDAY MEAL REIMBURSEMENT FORM

Instructions: Please check the appropriate holiday, then list the children present that day and have the parent sign next to their child's name. ***It is necessary for each child served on a holiday to be listed with the parent's signature.*** All forms should be submitted with your menus in order to be reimbursed for holiday meals. Late forms will not be accepted.

PROVIDER: _____

HOLIDAY	CHILD'S NAME	PARENT'S SIGNATURE
_____ New Year's Day	1. _____	_____
_____ Martin Luther King Jr.'s Birthday	2. _____	_____
_____ Presidents' Day	3. _____	_____
_____ Memorial Day	4. _____	_____
	5. _____	_____
_____ Independence Day	6. _____	_____
_____ Labor Day	7. _____	_____
_____ Columbus Day	8. _____	_____
	9. _____	_____
_____ Veterans' Day	10. _____	_____
_____ Thanksgiving Day	11. _____	_____
_____ Christmas Day	12. _____	_____

Please attach additional pages if needed.

_____ _____
Other Holiday (Please Specify)

dhec
Healthy People. Healthy Communities.

WIC Women, Infants & Children | FEED YOUR FUTURE SOUTH CAROLINA

WIC has the answers to all of these questions:

- What kind of food should your children be eating?
- Where can your children get immunizations (shots)?
- How can you learn more about breastfeeding?

WIC helps:

- **Women:** Pregnant, recently pregnant, breastfeeding, or who have a new baby
- **Infants:** Newborn to age 1
- **Children:** Ages 1 to 5

Even if you are working, you might be eligible for healthy foods and personalized nutrition information.

To apply for WIC or make an appointment, call 1-855-4-SCDHEC (1-855-472-3432).

Visit www.scdhec.gov/wic.

WIC INCOME ELIGIBILITY GUIDELINES
Effective July 1, 2022 to June 30, 2023

FAMILY SIZE	INCOME (185% POVERTY)		
	YEARLY	MONTHLY	WEEKLY
1	$25,142	$2,096	$484
2	$33,874	$2,823	$652
3	$42,606	$3,551	$820
4	$51,338	$4,279	$988
5	$60,070	$5,006	$1,156
6	$68,802	$5,734	$1,324
7	$77,534	$6,462	$1,492
8	$86,266	$7,189	$1,659
For each additional family member add:	$8,732	$728	$168

ML-025416 6/21