

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	<u>Institution/Sponsoring Organization Contact</u> Interfaith Community Services of SC P O Box 8177 Columbia, SC 29202 803-252-8390
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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**

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:						
	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				

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
	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)						
		# of children served				

LUNCH

Choose 2 of these 5		# of children served					
	Unflavored whole milk 12-23 mos. Unflavored 1% or skim milk 24 mos. and up	Fresh Apples	Fluid Milk	Fresh Bananas	Raisins	Fluid Milk	Animal Crackers
	Meat/ Meat Alternate	Peanut Butter	WG Wheat Chex Cereal	Saltine Crackers	Blueberry Muffin		
	Vegetable						
	Fruit						
	Grain						

PM SNACK

*Canned fruits are served in 100% juice
**Yogurt no more than 23 grams sugar per 6 oz. serving

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:					
	Unflavored whole milk 12-23 mos. Unflavored 1% or skim milk 24 mos. and up	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk
	Fruit, Vegetable, or 100% juice	Fresh Bananas	*Pears	Fresh Orange Slices	Fresh Bananas
	Grain or Meat/Meat Alternate	WW Toast	WG Kix Cereal	WG Cheerios Cereal	WG Oatmeal
+ additional food (optional)					
# of children served					

BREAKFAST

	Unflavored whole milk 12-23 mos. Unflavored 1% or skim milk 24 mos. and up	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk
	Main Dish	Black Bean Tacos	100% ground Beef Sauce	HM Mac & Cheese	Bar B Q Chicken
	Vegetable	Corn	Romaine Let/Cukes	Broccoli	Green Beans
	Fruit or Vegetable	*Pineapple	Tomato Sauce	Field Peas	Sweet Potatoes
	Grain	WG Tortilla Shell	WG Noodles	WW Bread	WG Roll/Bread
+ additional food (optional)					
# of children served					

LUNCH

Choose 2 of these 5		# of children served			
	Unflavored whole milk 12-23 mos. Unflavored 1% or skim milk 24 mos. and up	Fresh Apples	Fluid Milk	Fresh Grapes	Fluid Milk
	Meat/ Meat Alternate	Peanut Butter	*Peaches	Animal Crackers	**Yogurt
	Vegetable				
	Fruit				
	Grain				
# of children served					

PM SNACK

*Canned fruits are served in 100% juice

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

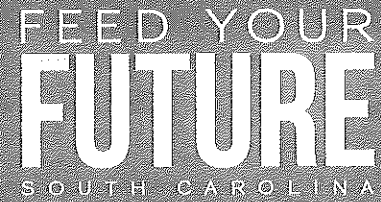
HOLIDAY MEAL REIMBURSEMENT FORM

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. _____	_____
_____ Independence Day	5. _____	_____
_____ Labor Day	6. _____	_____
_____ Columbus Day	7. _____	_____
_____ Veterans' Day	8. _____	_____
_____ Thanksgiving Day	9. _____	_____
_____ Christmas Day	10. _____	_____
_____ Other Holiday (Please Specify)	11. _____	_____
	12. _____	_____

Please attach additional pages if needed.



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

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This institution is an equal opportunity provider.