Nourishing our little ones

BISMILLAH DAYCARE · WEEKLY FOOD MENU

Ages 6 weeks to 5 years

FAITH. WONDER. NOURISHMENT. BELONGING.



Bismillah Daycare

Washington, DC · All meals and snacks are included

Menus follow the CACFP meal pattern. Please share your child's allergies, intolerances, and feeding needs with us before the first day.

Food is care made visible



Meals are designed to help children feel steady, satisfied, and curious about real food. Clean halal ingredients, greens every day, abundant vegetables, fruit, legumes, whole grains, and simple proteins make nourishment part of the conscious start.

100% halal meat

Purchase from verified halal sources; keep labels and invoices; store and prepare to prevent cross-contact.

Plants lead the plate

Offer dark greens and another vegetable daily, plus varied whole fruit.

Whole-food rhythm

Use oats, quinoa, brown rice, barley, whole-grain bread/pita, beans, lentils, eggs, yogurt, chicken, and beef.

No junk-food culture

No candy, soda, sweet drinks, routine fried foods, or food rewards. Minimize highly processed foods and added sugar.

Responsive feeding

Adults decide what, when, and where. Children decide whether and how much to eat from what is offered. Never pressure or force.

Water all day

Make water readily available indoors and outdoors; milk is served as required at meals.

> A child may need many calm exposures before accepting a new food. We keep offering without bargaining, hiding shame, or calling a child “picky.”

The menu follows Child and Adult Care Food Program (CACFP) structure: age-appropriate portions, two distinct fruit/vegetable components at lunch, at least one whole grain-rich item daily, and lower-sugar choices.[6]

Monday and Tuesday build color, greens, and steady energy

For children 12 months and older. Serve age-appropriate unflavored milk at breakfast and lunch. Smoothies contain no juice or added sugar; standardize recipes and document creditable amounts before counting them toward CACFP components.

Monday · Green beginnings

Breakfast	Spinach scrambled eggs; whole-grain toast; blueberry-banana-spinach yogurt smoothie.
Morning snack	Ripe pear pieces + plain yogurt.
Lunch	Lemon-herb halal chicken; brown rice; roasted broccoli and carrots; orange segments.
Afternoon snack	Tahini-free chickpea spread; soft whole-grain pita; peeled cucumber prepared for age.

Contains: egg, milk, wheat. **Prep:** Roast a tray of chicken/vegetables and cook rice in one batch; blend six small smoothies just before breakfast.

Tuesday · Bright roots and grains

Breakfast	Zucchini egg muffins; warm quinoa-oat porridge; strawberry-kale milk smoothie.
Morning snack	Soft cinnamon apples + natural cheese.
Lunch	Mild halal beef kofta crumbles; quinoa; steamed green beans and roasted red pepper; soft peach slices.
Afternoon snack	Mashed avocado on soft whole-grain toast fingers.

Contains: egg, milk, wheat. **Prep:** Bake egg muffins and kofta on sheet pans; cook extra quinoa for breakfast and lunch; omit whole skewers and hard raw pieces.

Daily smoothie guide. Use a small portion sized to the child, one fruit + one mild green + plain yogurt or age-appropriate milk + water/ice as needed. Keep it spoonable or cup-thick, not a meal replacement. For an allergy substitution, follow the child's written plan and confirm CACFP crediting.

Wednesday and Thursday keep preparation simple and batch-friendly

Wednesday · Legume power

Breakfast	Tomato-spinach omelet strips; whole-grain pita; mango-spinach plain-yogurt smoothie.
Morning snack	Banana + sunflower-seed butter spread thinly on soft oat toast.
Lunch	Red lentil and mashed-chickpea stew; brown-basmati rice blend; finely chopped collard greens; ripe pear.
Afternoon snack	Plain yogurt + mashed or quartered soft berries, prepared for age.

Contains: egg, milk, wheat; check sunflower product for cross-contact. **Prep:** Make one pot of stew; mash beans for younger children; freeze extra portions in dated containers.

Thursday · Garden tray

Breakfast	Broccoli egg and brown-rice bowl; pineapple-kale-yogurt smoothie.
Morning snack	Unsweetened applesauce + low-sugar whole-grain oat mini muffin.
Lunch	Sheet-pan halal chicken meatballs; quinoa-whole-wheat couscous blend; soft zucchini and peas; melon.
Afternoon snack	Roasted sweet-potato wedges + cottage cheese.

Contains: egg, milk, wheat. **Prep:** Use one sheet pan for meatballs and vegetables; use Wednesday’s cooked grains if food-safety storage rules are met.

Flavor profile. Use gentle herbs and spices - garlic, parsley, dill, cinnamon, cumin, turmeric, lemon - with low sodium. Offer sauce on the side when a child is learning a flavor.

Friday closes the week with comfort, vegetables, and gratitude

Friday · Warmth and community

Breakfast	Mild shakshuka-style egg with finely chopped tomato and spinach; whole-grain toast; berry-beet-spinach milk smoothie.
Morning snack	Soft kiwi and banana + natural cheese.
Lunch	Halal beef and mashed-chickpea vegetable stew over barley-brown rice; soft cauliflower and spinach; unsweetened soft peaches.
Afternoon snack	White-bean herb spread; soft whole-grain pita; steamed carrot batons.

Contains: egg, milk, wheat. **Prep:** Brown beef, then finish the stew in one pot. Reserve a low-sodium child portion before adjusting adult seasoning.

One-person kitchen system · up to six children

Friday
Draft menu; check allergy plans; order verified halal meat and produce.

Sunday
Wash produce; cook one grain; make bean spread; label containers.

Daily opening
Start one batch item; portion smoothie ingredients; record temperatures.

After service
Record menu/amounts, cool safely, date leftovers, sanitize.

Smart batch staples

- Cooked brown rice or quinoa
- Roasted mixed vegetables
- Plain lentil/chickpea base
- Sheet-pan chicken or meatballs
- Washed smoothie greens
- Unsweetened applesauce/soft fruit

Easy substitutions

- Egg → white-bean mash or approved tofu scramble
- Dairy → documented approved substitute
- Wheat → quinoa, brown rice, certified alternative
- Sesame → tahini-free bean spread
- Meat → lentils/beans in creditable amount
- Texture → mash, shred, soften, or finely chop

Age-appropriate portions protect nutrition and autonomy

The quantities below are CACFP minimums for children ages 1–5; prepare enough for seconds without pressuring children to clean their plates. Verify current program guidance and each packaged product's crediting before implementation.[7]

Meal/component	Ages 1–2	Ages 3–5
Breakfast milk	1/2 cup	3/4 cup
Breakfast fruit/vegetable	1/4 cup	1/2 cup
Breakfast grain	1/2 oz eq	1/2 oz eq
Lunch milk	1/2 cup	3/4 cup
Lunch meat/meat alternate	1 oz eq	1 1/2 oz eq
Lunch vegetable	1/8 cup	1/4 cup
Lunch fruit or second vegetable	1/8 cup	1/4 cup
Lunch grain	1/2 oz eq	1/2 oz eq
Snack: choose 2 components	Milk 1/2 cup · meat alternate 1/2 oz eq · vegetable 1/2 cup · fruit 1/2 cup · grain 1/2 oz eq	

Milk by age

Age 1: unflavored whole milk. Ages 2–5: unflavored low-fat (1%) or fat-free milk, unless an approved medical accommodation applies.

Whole grain daily

At least one grain serving across the day is whole grain-rich. Grain-based desserts do not count.

Smoothie caution

Measure each ingredient. A blended drink does not automatically credit as all components. Keep a standardized recipe and menu record.

Child cues

Offer the minimum serving, allow more when available, and respect hunger and fullness cues. Never force-feed.

"Oz eq" means ounce equivalent. Egg or other meat alternate may replace the breakfast grain up to three times weekly under CACFP; this menu generally includes a separate whole grain alongside egg.

Infants follow individualized feeding, not the preschool menu

Birth–5 months

Serve breastmilk and/or iron-fortified infant formula according to the child's written plan and hunger cues. Hold infants for bottle feeding; never prop bottles. The family and program document handling, labeling, storage, and feeding instructions.

About 6–11 months, when developmentally ready

Continue breastmilk/formula and introduce appropriate textures of iron-rich foods, vegetables, fruit, and creditable grains in coordination with the family. "Six months" is a guide, not an automatic readiness date. Introduce foods one at a time according to the child's written plan and current health guidance.

Safe infant practices

- No smoothies as a substitute for breastmilk/formula
- No honey before 12 months
- No juice for infants
- No infant cereal in bottles
- No whole nuts, spoonfuls of nut butter, or hard pieces
- Seat upright and supervise actively

Developmental texture ladder

- Smooth puree or naturally soft mash
- Mashed food with soft lumps
- Very soft, appropriately sized pieces
- Shredded or finely chopped family foods
- Progress only with demonstrated readiness and family agreement

Documentation. Use the current CACFP infant meal pattern and the child's health-care instructions. Breastmilk/formula amounts and solid-food components differ by age and readiness.[8]

Every plate begins with an individual safety plan

Allergen control

The nine major U.S. food allergens are milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, and sesame. The sample menu commonly uses milk, egg, and wheat; some substitutions may introduce soy or sesame.

Before enrollment

Obtain written allergy/intolerance information, symptoms, emergency actions, medication orders, and approved substitutions. Distinguish allergy from preference while respecting both.

Before every service

Check labels every time; use separate utensils and surfaces; prevent hand-to-food cross-contact; identify each child's plate; keep emergency medication accessible as authorized.

During meals

Seat and actively supervise. Children eat while upright. Do not allow walking, playing, or reclining with food.

After a reaction

Follow the child's emergency plan immediately, activate emergency response as directed, notify family, document, and review controls.

Choking prevention

- Quarter grapes and small round tomatoes lengthwise.
- Cook hard vegetables and fruit until soft; grate or finely chop when needed.
- Shred meats; remove every bone.
- Mash whole beans for younger toddlers.
- Never serve whole nuts, popcorn, hard candy, gum, or thick spoonfuls of nut butter.
- Modify texture to the individual child, not age alone.

CDC lists uncut grapes/tomatoes, hard raw produce, whole nuts, thick nut/seed butter, large meat/cheese pieces, hot dogs/sausages, popcorn, and similar foods as choking hazards for young children.[9]

Medical and religious accommodations. Follow current OSSE/CACFP documentation rules. Medical disability substitutions may carry specific provider responsibilities; nonmedical preferences may affect reimbursability.[10]