

Menu Checklist

The following checklist can be used to make sure your menus are in compliance with the CACFP requirements. This checklist complies with the new meal pattern requirement.



<p>Breakfast (Required 3 items)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fluid Milk <input type="checkbox"/> Fruit or Vegetable or 100% Fruit or Vegetable Juice <input type="checkbox"/> Grain/Bread/Cereal <input type="checkbox"/> Meat/Meat Alternate* (<i>Meat is optional at Breakfast</i>) <i>You must serve Milk, Fruit or vegetable and Grain/Bread.</i> <p><i>*Meat/Meat Alternate may replace the Grains component for a maximum of three times per week</i></p>	<p>Lunch/Supper</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fluid Milk <input type="checkbox"/> Meat (beef, chicken, pork, fish, etc.) or Meat Alternate (cheese, yogurt, eggs, beans, etc.) <input type="checkbox"/> Fruit <input type="checkbox"/> Vegetable (<i>Two vegetables may be served but not two fruits</i>) <input type="checkbox"/> Grain/Bread/Cereal/Pasta
<p>Snack: Select two of the following components</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fluid Milk <input type="checkbox"/> Fruit or 100% Fruit Juice <input type="checkbox"/> Vegetable or 100% Vegetable Juice <input type="checkbox"/> Grain/Bread/Cereal <input type="checkbox"/> Meat (beef, chicken, pork, fish, etc.) or Meat Alternate (cheese, yogurt, beans, tofu, etc.) <p><i>*Cannot Serve two Liquids (i.e. Milk & Juice)</i></p>	<p>Other</p> <ul style="list-style-type: none"> <input type="checkbox"/> Homemade items are clearly stated on the menu (e.g., "homemade meat sauce," "homemade chicken soup"). <input type="checkbox"/> Menu clearly describes specific product served. (i.e. States the brand of the product. Other examples include: "cheddar cheese" and "baked turkey breast <input type="checkbox"/> Menu must document when WG items are served (One grain per day is required) <input type="checkbox"/> Grain based desserts are not served (<i>No cookies, cakes, doughnuts, pop-tarts, granola bars ...etc.</i>). <input type="checkbox"/> Ready to eat cereal, instant, & regular hot cereals contains less than 6 grams of sugar per dry ounce <input type="checkbox"/> Limit juice to three times week & no more than once per day <input type="checkbox"/> Yogurt contains no more than 23 grams of sugar per 6 ounces <input type="checkbox"/> The menu for infant's ages 0-5 months contains only breastmilk or formula.
<p>Menus include a good variety of:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Color - in the foods themselves or in a garnish; <input type="checkbox"/> Texture - soft, crisp, firm, starchy; <input type="checkbox"/> Shape - different sized pieces and shapes of food; <input type="checkbox"/> Flavor - bland and tart or mild and strong flavored foods; <input type="checkbox"/> Temperature - hot and cold foods; and Form - fresh, canned, raw, and cooked forms of food <input type="checkbox"/> Local AR Produce is included on menu <input type="checkbox"/> Homemade recipe on menu (Best practice 1-2 x week) <input type="checkbox"/> The participants' cultural and ethnic food practices have been considered <input type="checkbox"/> No deep-fat frying of foods on-site occurs <input type="checkbox"/> Processed meats: should only be served once in a two week cycle. 	<p>Compliance /Things to Remember</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do you have Store-bought Combination Foods (chicken nuggets, fish sticks, pizza, etc.) on your menu? If so the following documentation must be on file prior to these items being served as part of a creditable meal in the CACFP: <i>o Child Nutrition (CN) Label OR</i> <i>o Product Formulation Statement</i> <input type="checkbox"/> Are items on the menu for ALL meal services creditable? Check the following resources: <i>o Food Buying Guide Binder</i> <i>o Crediting Handbook for the CACFP</i> <input type="checkbox"/> For all Homemade dishes you must have an approved recipe on file. <input type="checkbox"/> Dr. Note is required for non-equivalent milks (i.e. almond, coconut, rice cashew, hemp)