

Menu Checklist

The following checklist can be used to make sure your menus are in compliance with the CACFP requirements. The CACFP Meal Pattern found in Guidance Memorandum 12 must be used along with the checklist to ensure all requirements of the meal pattern are being met.

<p>Breakfast</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* <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>Other</p> <ul style="list-style-type: none"> <input type="checkbox"/> One grain item is whole grain or whole grain rich per day <input type="checkbox"/> Grain based desserts are not served <input type="checkbox"/> Ready to eat cereal contains less than 6 grams of sugar per dry ounce <input type="checkbox"/> Limit juice to once per day <input type="checkbox"/> Yogurt contains no more than 23 grams of sugar per 6 ounces

Are items on the menu for ALL meal services creditable? Check the following resources:

- Food Buying Guide Binder
- Crediting Handbook for the CACFP

Store-bought Combination Foods (chicken nuggets, fish sticks, pizza, etc.)

- The following documentation must be on file prior to these items being served as part of a creditable meal in the CACFP:
 - Child Nutrition (CN) Label **OR**
 - Product Formulation Statement

When will the menus be reviewed at your center and who will be responsible for reviewing the menus for CACFP Meal Pattern compliance?

All meals claimed for reimbursement must meet CACFP Meal Pattern requirements.