

Menu Checklist

Use this checklist to ensure menus comply with CACFP meal requirements.
Refer to Guidance Memorandum 12: CACFP Meal Requirements: 1-18 Years.

<p>1. 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>2. 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, eggs, beans, etc.) <input type="checkbox"/> Fruit (<i>a vegetable may be served in place of fruit</i>) <input type="checkbox"/> Vegetable <input type="checkbox"/> Grain/Bread/Pasta
<p>3. 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, etc.) 	<p>4. Other Requirements</p> <ul style="list-style-type: none"> <input type="checkbox"/> One grain item served each day is whole grain or whole grain rich <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"/> Juice is not served at more than one meal or snack per day <input type="checkbox"/> Yogurt contains no more than 23 grams of sugar per 6 ounces <input type="checkbox"/> Foods are creditable

<p>5. Menu Requirements</p> <p>Keep a copy of one menu for each meal/snack claimed on file with monthly claim documents.</p> <p style="text-align: center;">Menus must include:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dates <input type="checkbox"/> Documented meal substitutions / changes <input type="checkbox"/> Type of milk (fat content by age group and if flavored) <input type="checkbox"/> Specific: <ul style="list-style-type: none"> ○ Whole grain-rich items ○ Fruits and vegetables ○ Cereal names <p>Best practice: Identify all food components on the menu. For example, instead of listing “Tacos” write out “Beef Tacos” or “Tacos (beef and whole grain soft tortilla)”</p>	<p>6. Product Documentation</p> <p>To credit the following items to the CACFP meal pattern, product labels must be kept on file. The label must include the front of the package, nutrition facts, and ingredient list</p> <ul style="list-style-type: none"> <input type="checkbox"/> Breakfast cereals <input type="checkbox"/> Yogurt <input type="checkbox"/> Whole grain-rich foods <input type="checkbox"/> Tofu <p style="text-align: center;">Child Nutrition (CN) Labels and Product Formulation Statements (PFS)</p> <p>To credit store-bought combination foods (chicken nuggets, pizza, meatballs etc.) a CN label or PFS must be on file.</p> <ul style="list-style-type: none"> <input type="checkbox"/> CN label or PFS on file for all store-bought combination foods
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