

# Welcome!

## CACFP Menu Master Part 1

---

**Please follow these instructions for Blackboard to maximize your webinar experience.**

### 1 | Want a better internet connection?

**Do not use Internet Explorer.** Please exit and return using Google Chrome or Firefox. Internet Explorer is **not** compatible with Blackboard.

### 2 | Logging in

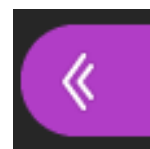
Please log in using your **first and last name**. This is so ADE can take attendance. If there is more than one person watching the webinar with you, please email the names and email addresses to [ContactHNS@azed.gov](mailto:ContactHNS@azed.gov) and we will register them.

### 3 | Audio and participation

Audio has been disabled for all participants.



Click the **arrow** icon to open the panel. Click the **chat** icon to access links to resources during the training and ask questions at the end.



# CACFP Menu Master Part 1

## WEBINAR SERIES

July 6, 2021

Training Hours: 1 Hour





# Meet Your Trainer

---

**Brittany Celebrano**

Health and Nutrition Services  
Program Specialist

# Arizona Department of Education (ADE)

---

This training was developed by the Arizona Department of Education (ADE) Health and Nutrition Services Division (HNS).

## Intended Audience

---

This training is intended for **organizations operating the Child and Adult Care Food Program (CACFP)**. All regulations are specific to operating the program under the direction of ADE.

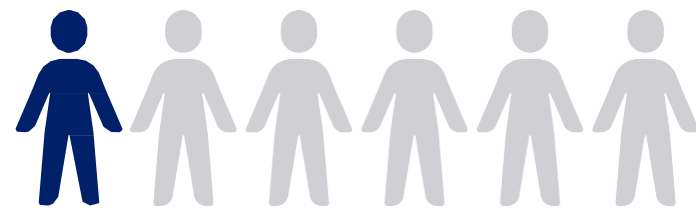
The CACFP Menu Master Series is designed to make operators aware of menu **requirements** and **best practices**. This in-depth 4-part series provides an opportunity for you to assess your own CACFP menu and supporting documentation, make changes to meet regulations and/or best practices, and explore recipes and resources!





# Menu Master Motivation

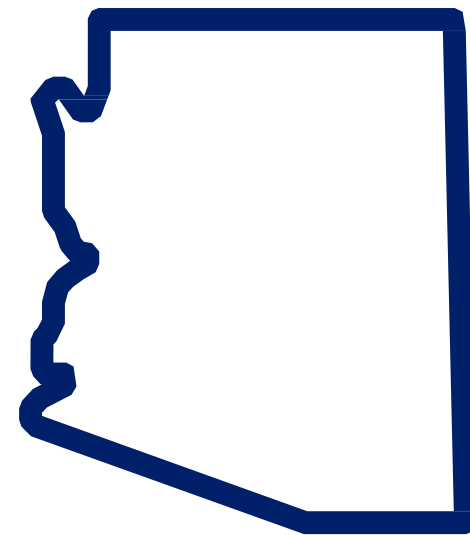
---



**1 in 6**

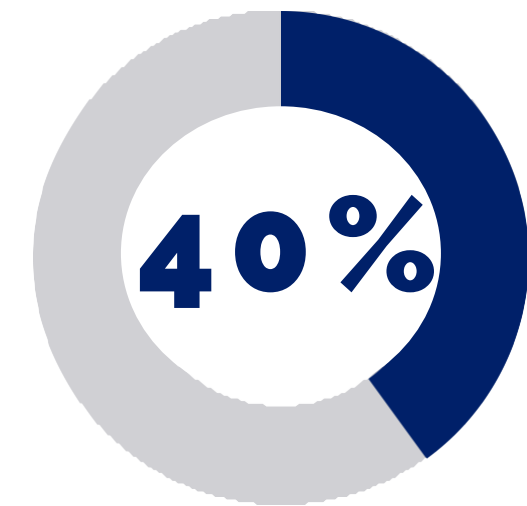
children face  
hunger in Arizona.

-Feeding America



**24,471,181**

CACFP meals and  
snacks were served in  
Arizona centers in FY19.



of centers reviewed in  
FY19 had menu errors  
that resulted in findings.

# CACFP Menu Binder

---

## Front Pocket

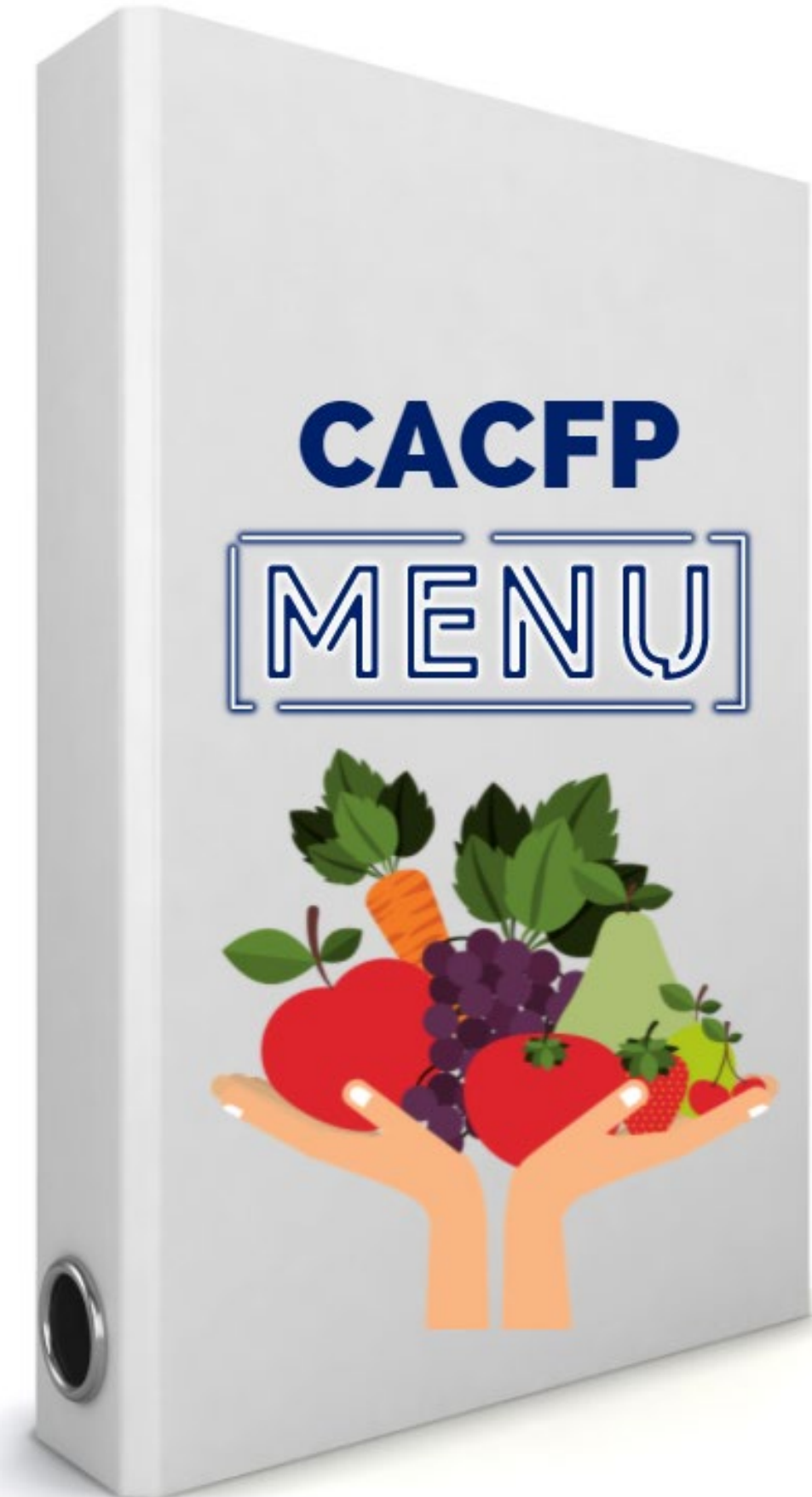
- Meal Pattern Posters (by age)

## Tabs and Sheet Protectors

- Tabs for menu documentation groups (WGR, Cereal, Yogurt, CN, Recipes)
- Helpful resources
- Empty sheet protectors for menu and menu documentation

## Back Pocket

- USDA Nibbles for Health Newsletters
- Local/Seasonal Resources



# Menu Master Series

---

## Workshop Style

- Your organization's current menu and labels
- Binder/Resources mailed to you by ADE (and emailed in PDF)
  - Menu Self-Assessment
  - Arizona Menu Best Practices

### **PART 1**

Meal Pattern,  
Grains

### **PART 2**

Fruit, Vegetables,  
Meat/MA

### **PART 3**

Fluid Milk, Sides  
and Snacks

### **PART 4**

Entrees, Required  
Statements,  
Communication

### **Ongoing**

Menu  
Maintenance

# Menu Requirements

## Menu Self-Assessment

All menu **requirements** are outlined in the Menu Self-Assessment document. A check mark indicates that the menu has been assessed and the requirement has been met. Every box should have a checkmark to ensure a compliant menu.

Every organization is required to complete the Menu Self-Assessment this year (FY21). During this webinar series, we will reference this document often.

## Menu Self Assessment

All organizations participating in the CACFP are responsible for maintaining a menu that meets the meal pattern requirements. Give yourself peace of mind by completing this self assessment! Place a checkmark next to each true statement. If any boxes remain un-checked, menu changes are needed.

### Creditable Foods



- The menu is free from grain-based desserts (including breakfast bars)
- Breakfast cereal does not have more than 6 grams of sugar per dry ounce
- Yogurt does not have more than 23 grams of sugar per 6 ounces
- Menu items are not deep-fat fried on-site
- The correct type of unflavored milk is served to all participants
  - If flavored milk is served, it is fat-free and only for participants 6 years and older

### Daily Requirements



- One or more grain per day is whole grain-rich
- Juice is served no more than 1x per day
- All extras and spreads are listed on the menu
- Every **snack** contains at least two components
- Every **breakfast** contains fluid milk, grain, and a fruit and/or vegetable
  - A meat/meat alternate is served in place of a grain at breakfast 3 times or less per week
- Every **lunch** and **supper** contains fluid milk, grain, fruit, vegetable, and meat/meat alternate
  - If a vegetable is served instead of a fruit, two different kinds of vegetables are served

### Available Flexibilities for Adult Centers

- A serving of fluid milk is optional for suppers served to adult participants
- Yogurt can be served in place of fluid milk no more than 1 time per day
- If yogurt is served in place of milk, yogurt cannot be a meat alternate in the same meal



# Menu Best Practices

## Arizona Menu Best Practices

USDA and ADE have developed menu **best practices** to ensure participants receive the best nutrition possible while in care.

Incorporating just a few or all the best practices provides participants with nutritious meals and increases the quality of your menu.



The CACFP provides a unique opportunity to shape lifelong nutrition behavior. The Arizona Department of Education (ADE) and the United States Department of Agriculture (USDA) have best practices to ensure participants receive the best nutrition possible while in care. Incorporating just a few or all of the best practices provides participants with nutritious meals and increases the quality of your menu.

### USDA

- Make at least 1 of the 2 required snack components a vegetable or a fruit
- Serve only unflavored milk to all participants
- Offer a variety of fruits, especially whole fruits
- Limit serving processed meats to no more than one serving per week
- Provide 2 or more servings of whole grain-rich grains per day
- Serve only natural cheeses and choose low-fat or reduced-fat cheeses

### ARIZONA

- Serve lettuce with an additional vegetable for the vegetable component
- Limit 100% fruit or vegetable juice to twice per week or less ⚡ Empower Standard
- Increase variety! Limit crackers and breakfast cereal
- Limit combined entrées to three components or less to ensure a side at all meals
- Offer a variety of dark green, red, orange, and deep yellow vegetables, including root vegetables and dried peas & beans
- Source seasonal & local foods to feature on the menu
- Cook from scratch! Limit commercially processed or frozen entrées



#### Navigating Menu Changes

**Permanent Change:** You can change your menu at any time. Your assigned specialist is available for support but does not need to approve changes. Did you discover a new exciting entrée? Go for it!

**One-Time Change:** Find inspiration from your farmers market and feature local seasonal foods at any time. Just mark your one-time substitution on your posted menu.

# What to Expect

---

## Keep Close

1. Your current CACFP menu - all weeks
2. Your current CACFP menu supporting documentation - all weeks
3. Menu Self-Assessment Resource
4. Arizona Menu Best Practices Resource
5. Binder +/- or Virtual Resources (sent by ADE)

### Please:

- ask questions throughout the webinar
- review your menu and make changes when needed/wanted
- complete the 2 resources to track your progress (self-assessment and best practice)

## Homework

In between webinar sessions, you will work on your menu documentation.

Please reach out to me with any questions that come up.

[CACFP@azed.gov](mailto:CACFP@azed.gov)



# CACFP Meal Pattern and Menu



# CACFP Menu Posters

## USDA Posters by Age Group

USDA posters show a day of sample meals and snacks by age group. Hang posters at your site to show staff and families what CACFP provides in a day.

- Children Ages 1-2
- Children Ages 3-5
- Children Ages 6-18
- Adults

## Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP) Sample Meals for Children Ages 1-2

**What is in a Breakfast?**  
Milk (4 fl. oz. or ½ cup)  
Vegetables, Fruits, or Both (¼ cup)  
Grains (½ oz. eq.)  
*Optional: Meat/meat alternates may be served in place of the entire grain component up to 3 times per week at breakfast.*

**Sample Breakfast**  
½ cup Oatmeal  
¼ cup Sweet Potatoes  
½ cup 1 percent Unflavored Whole Milk (2 percent or Fat-Free (Skim) Milk)

**What is in a Lunch or Supper?**  
Milk (4 fl. oz. or ½ cup)  
Meats/Meat Alternates (1 oz. eq.)  
Vegetables (½ cup)  
Fruits (¼ cup)  
Grains (½ oz. eq.)

**Sample Lunch/Supper**  
½ cup 1 percent Unflavored Whole Milk (2 percent or Fat-Free (Skim) Milk)  
½ oz. eq. Grilled Cheese Sandwich (Made with Breakfast Bread and Cheese)  
½ cup Broccoli  
¼ cup Blueberries

**What is in a Snack?**  
Pick 2:  
Milk (4 fl. oz. or ½ cup)  
Meats/Meat Alternates (½ oz. eq.)  
Vegetables (½ cup)  
Fruits (½ cup)  
Grains (½ oz. eq.)  
*Offer and make water available all day.*

**Sample Snack**  
Yogurt Dip (Made with ½ cup (2 oz.) Yogurt)  
½ cup Bell Pepper Strips

*All grains served must be whole grain rich or enriched. Breakfast cereals may also be fortified. At least one grain served each day must be whole grain-rich.*

Note: Serving sizes are minimums.

Learn more about the CACFP meal patterns at <https://www.nutrition.usda.gov>

# Components

---

## Five Components

The CACFP Child and Adult Meal Pattern is made up of five components. Components are groups of creditable foods.

- Grain
- Meat and Meat Alternate
- Fruit
- Vegetable
- Fluid Milk



# Crediting Handbook

## USDA Handbook for CACFP

The Crediting Handbook for the Child and Adult Care Food Program (CACFP) reflects the updated CACFP meal pattern requirements, which became effective October 2017.

The handbook plays an important role in helping CACFP program operators to improve the health and nutrition of children and adults in the program, while promoting the development of good eating habits through nutrition education.

## CREDITING HANDBOOK FOR THE Child and Adult Care Food Program





# CACFP Meal Pattern

## Breakfast

Three components are required at breakfast.

### Standard

- Grain
- Fruit, Vegetable, or Portions of Both
- Fluid Milk

### Flexibility (up to 3 times each week)

- Meat/Meat Alternate
- Fruit, Vegetable, or Portions of Both
- Fluid Milk

## Breakfast Meal Pattern for the CACFP Child and Adult Care Food Program

Required Components at Breakfast: fluid milk, vegetables/fruits/portions of both, and a grain are required components at breakfast.		Flexibility: a meat/meat alternate may be served in place of the entire grain component up to 3 times per week.		
Food Components and Food Items	Required <i>minimum</i> serving size by age group			
	Ages 1-2	Ages 3-5	Ages 6-18*	Adults
Fluid Milk <sup>1</sup>	4 fl oz or 1/2 cup	6 fl oz or 3/4 cup	8 fl oz or 1 cup	8 fl oz or 1 cup <sup>1</sup>
Vegetables, Fruits, or Portions of Both <sup>2</sup>	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains (oz eq) <sup>3</sup>				
Bread	1/2 slice	1/2 slice	1 slice	2 slices
Bread products, i.e. biscuits, rolls, muffins	1/2 serving	1/2 serving	1 serving	2 servings
Cooked breakfast cereal <sup>4</sup> , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	1 cup
Ready-to-eat breakfast cereal <sup>4</sup> (dry, cold)				
Flakes or rounds	1/2 cup	1/2 cup	1 cup	2 cups
Puffed cereal	3/4 cup	3/4 cup	1-1/4 cup	2-1/2 cups
Granola	1/8 cup	1/8 cup	1/4 cup	1/2 cup
<b>Meat/Meat Alternates<sup>5</sup></b> <i>Optional. May be served in place of a grain no more than 3x per week.</i>	1/2 oz	1/2 oz	1 oz	2 oz
Beans or peas	1/8 cup	1/8 cup	1/4 cup	1/2 cup
Natural or processed cheese	1/2 oz	1/2 oz	1 oz	2 oz
Cottage or ricotta cheese	1/8 cup or 1 oz	1/8 cup or 1 oz	1/4 cup or 2 oz	1/2 cup or 4 oz
Eggs	1/4 large egg	1/4 large egg	1/2 large egg	1 large egg
Lean meat, poultry, or fish	1/2 ounce	1/2 ounce	1 oz	2 oz
Peanut butter, soy nut butter, or other nut/seed butters	1 tablespoon	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	1/8 cup or 1.1 oz with at least 2.5g of protein	1/8 cup or 1.1 oz with at least 2.5g of protein	1/4 cup or 2.2 oz with at least 5g of protein	1/2 cup or 4.4 oz with at least 10g of protein
Yogurt <sup>6</sup>	1/4 cup or 2 oz	1/4 cup or 2 oz	1/2 cup or 4 oz	1 cup or 8 oz

<sup>1</sup> Fluid milk served must be pasteurized. Whole milk must be served to participants ages 12-23 months. Children 24 months and older must be served 1% or fat-free milk. Participants ages 6 and older may be served flavored low-fat or fat-free milk, however, it is a high-sugar item. Adult participants may be served yogurt in place of milk once per day.

<sup>2</sup> Pasteurized full-strength juice may only be served once per day. As a best practice, juice should be limited to no more than twice per week and should not be served when milk is also being served.

<sup>3</sup> All grains served must be either enriched, whole grain-rich, bran or germ. At least one serving per day must be [whole grain-rich](#), [Grain-based desserts](#) do not count towards meeting the grains requirements.

<sup>4</sup> [Breakfast cereals](#), including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of sugar per dry oz.

<sup>5</sup> [Meat and meat alternates](#) may be used to meet the entire grains requirement a maximum of three times a week.

<sup>6</sup> [Yogurts](#) must contain no more than 23 grams of sugar per 6 ounces.

\* Serving sizes for participants ages 13-18 applies to emergency shelters and at-risk afterschool programs.



# CACFP Meal Pattern

## Lunch/Supper Meal Pattern for the CACFP Child and Adult Care Food Program

### Lunch & Supper

All five components are required at lunch & supper.

#### Standard

- Grain
- Meat/Meat Alternate
- Fruit
- Vegetable
- Fluid Milk

#### Flexibility

- Remove fruit component and add a second **type** of vegetable

Food Components and Food Items	Required <i>minimum</i> serving size by age group			
	Ages 1-2	Ages 3-5	Ages 6-18 <sup>1</sup>	Adults
Fluid Milk <sup>2</sup>	4 fl oz or 1/2 cup	6 fl oz or 3/4 cup	8 fl oz or 1 cup	8 fl oz or 1 cup <sup>2</sup>
<b>Meat/Meat Alternates</b>	1 oz	1-1/2 oz	2 oz	2 oz
Lean meat, poultry, or fish	1 oz	1-1/2 oz	2 oz	2 oz
Tofu, soy product, or alternate protein products <sup>3</sup>	1 oz	1-1/2 oz	2 oz	2 oz
Cheese	1 oz	1-1/2 oz	2 oz	2 oz
Large egg	1/2	3/4	1	1
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup	1/2 cup
Peanut butter, soy nut butter, or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt <sup>4</sup>	4 oz or 1/2 cup	6 oz or 3/4 cup	8 oz or 1 cup	8 oz or 1 cup
Peanuts, soy nuts, tree nuts, or seeds <sup>5</sup>	1/2 oz	3/4 oz	1 oz	1 oz
<b>Grains (oz eq)<sup>8</sup></b>				
Bread	1/2 slice	1/2 slice	1 slice	2 slices
Bread products, i.e. biscuits, rolls, muffins	1/2 serving	1/2 serving	1 serving	2 servings
Cooked breakfast cereal <sup>9</sup> , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	1 cup
<b>Vegetables<sup>6</sup></b>	1/8 cup	1/4 cup	1/2 cup	1/2 cup
<b>Fruits<sup>6,7</sup></b>	1/8 cup	1/4 cup	1/4 cup	1/2 cup

<sup>1</sup> Fluid milk served must be pasteurized. Whole milk must be served to participants ages 12-23 months. Children 24 months and older must be served 1% or fat-free milk. Participants ages 6 and older may be served flavored low-fat or fat-free milk, however, it is a high-sugar item.

<sup>2</sup> ADULTS ONLY: Adult participants may be served yogurt in place of milk once per day. Milk is optional at supper.

<sup>3</sup> Alternate protein products must meet the requirements in [Appendix A to Part 226](#).

<sup>4</sup> [Yogurts](#) must contain no more than 23 grams of sugar per 6 ounces.

<sup>5</sup> No more than 50% of the meat/meat alternate requirement shall be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate at lunch and supper.

<sup>6</sup> Pasteurized full-strength juice may only be served once per day. As a best practice, juice should be limited to no more than twice per week and should not be served when milk is also being served.

<sup>7</sup> A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

<sup>8</sup> All grains served must be either enriched, whole grain-rich, bran or germ. At least one serving per day must be [whole grain-rich](#). [Grain-based desserts](#) do not count towards meeting the grains requirements.

<sup>9</sup> [Breakfast cereals](#), including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of sugar per dry oz.

<sup>\*</sup> Serving sizes for participants ages 13-18 applies to emergency shelters and at-risk afterschool programs.



# CACFP Meal Pattern

## Snack

Any two components are required at snack.

### Choose Two

- Grain
- Meat/Meat Alternate
- Fruit
- Vegetable
- Fluid Milk

## Snack Meal Pattern for the CACFP

### Child and Adult Care Food Program

Select at least two of the five components to serve at snack.

Food Components and Food Items	Required <i>minimum</i> serving size by age group			
	Ages 1-2	Ages 3-5	Ages 6-18*	Adults
<b>Fluid Milk<sup>1</sup></b>	4 fl oz or 1/2 cup	4 fl oz or 1/2 cup	8 fl oz or 1 cup	8 fl oz or 1 cup <sup>2</sup>
<b>Meat/Meat Alternates</b>	1/2 oz	1/2 oz	1 oz	1 oz
Lean meat, poultry, or fish	1/2 oz	1/2 oz	1 oz	1 oz
Tofu, soy product, or alternate protein products <sup>3</sup>	1/2 oz	1/2 oz	1 oz	1 oz
Cheese	1/2 oz	1/2 oz	1 oz	1 oz
Large egg	1/2	1/2	1/2	1/2
Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup	1/4 cup
Peanut butter, soy nut butter, or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Yogurt <sup>4</sup>	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup	4 oz or 1/2 cup
Peanuts, soy nuts, tree nuts, or seeds	1/2 oz	1/2 oz	1 oz	1 oz
<b>Grains (oz eq)<sup>4</sup></b>				
Bread	1/2 slice	1/2 slice	1 slice	1 slice
Bread products, i.e. biscuits, rolls, muffins	1/2 serving	1/2 serving	1 serving	1 serving
Cooked breakfast cereal <sup>7</sup> , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	1/2 cup
Ready-to-eat breakfast cereal <sup>7</sup> (dry, cold)				
Flakes or rounds	1/2 cup	1/2 cup	1 cup	1 cup
Puffed cereal	3/4 cup	3/4 cup	1-1/4 cup	1-1/4 cup
Granola	1/8 cup	1/8 cup	1/4 cup	1/4 cup
<b>Vegetables</b>	1/2 cup	1/2 cup	3/4 cup	1/2 cup
<b>Fruits</b>	1/2 cup	1/2 cup	3/4 cup	1/2 cup

<sup>1</sup> Fluid milk served must be pasteurized. Whole milk must be served to participants ages 12-23 months. Children 24 months and older must be served 1% or fat-free milk. Participants ages 6 and older may be served flavored low-fat or fat-free milk, however, it is a high-sugar item.

<sup>2</sup> ADULTS ONLY: Adult participants may be served yogurt in place of milk once per day.

<sup>3</sup> Alternate protein products must meet the requirements in [Appendix A to Part 226](#).

<sup>4</sup> [Yogurts](#) must contain no more than 23 grams of sugar per 6 ounces.

<sup>5</sup> Pasteurized full-strength juice may only be served once per day. As a best practice, juice should be limited to no more than twice per week and should not be served when milk is also being served.

<sup>6</sup> All grains served must be either enriched, whole grain-rich, bran or germ. At least one serving per day must be [whole grain-rich](#), [Grain-based desserts](#) do not count towards meeting the grains requirements.

<sup>7</sup> [Breakfast cereals](#), including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of sugar per dry oz.

\* Serving sizes for participants ages 13-18 applies to emergency shelters and at-risk afterschool programs.





## PURPOSE OF THE CACFP MENU

---

1. A plan for what to purchase, prepare, and serve.
2. A record of *exactly* what was served every day.
3. Validates the meal pattern has been met for each meal and snack.
4. Specifies which items have supporting documentation on file.
5. Informs parents/guardians what is served while in care (important for allergy identification).

# Menu Template

## Menu Template


Simplify menu development! Use the ADE menu template when creating your menu. It contains:

- Required Acronym Key
- Required Menu Statements
- Component Guide
- Space to input Organization Name, Week #, Date

**ADE encourages use of the menu template.**

Center Name: \_\_\_\_\_

Week of \_\_\_\_\_ to \_\_\_\_\_ (Select One) ▼

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff. 

	MON	TUES	WED	THURS	FRI
<b>BREAKFAST</b>					
Grain or Meat/Meat Alt					
Fruit/Vegetable					
Fluid Milk					
Extra					
<b>AM SNACK</b>					
Component 1					
Component 2					
Extra					
<b>LUNCH</b>					
Meat/Alternate					
Grain					
Vegetable					
Fruit or Vegetable					
Fluid Milk					
Extra					
<b>PM SNACK</b>					
Component 1					
Component 2					
Extra					

**Acronyms:**  
 WW: Whole Wheat  
 WGR: Whole Grain-Rich  
 HM: Homemade  
 CN: CN Labeled Food Item


**Identification of Mixed Foods**  
 (i.e. fruit salad: apples, peaches, banana)

**Required Disclaimers:**  
 All juices served are 100% juice.  
 Whole milk will be served to children 12-23 months. Children 24 months and older will be served 1% or fat-free milk.  
 How is water offered and made available to participants throughout the day? ▼

This institution is an equal opportunity provider.

Center Name: \_\_\_\_\_

Week of \_\_\_\_\_ to \_\_\_\_\_ (Select One) ▼

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff. 

	MON	TUES	WED	THURS	FRI
<b>BREAKFAST</b>					
Grain or Meat/Meat Alt					
Fruit/Vegetable					
Fluid Milk					
Extra					
<b>AM SNACK</b>					
Component 1					
Component 2					
Extra					
<b>LUNCH</b>					
Meat/Alternate					
Grain					
Vegetable					
Fruit or Vegetable					
Fluid Milk					
Extra					
<b>PM SNACK</b>					
Component 1					
Component 2					
Extra					

**Acronyms:**  
 WW: Whole Wheat  
 WGR: Whole Grain-Rich  
 HM: Homemade  
 CN: CN Labeled Food Item

**Identification of Mixed Foods**  
 (i.e. fruit salad: apples, peaches, banana)

**Required Disclaimers:**  
 All juices served are 100% juice.  
 Whole milk will be served to children 12-23 months. Children 24 months and older will be served 1% or fat-free milk.  
 How is water offered and made available to participants throughout the day? ▼

This institution is an equal opportunity provider.



# Navigating Menu Changes

---

## Permanent Change

You can change your menu at any time. Your assigned specialist is available for support but does not need to approve changes. Did you discover a new exciting entrée? Go for it!

## One-Time Change

Find inspiration from your farmers market and feature local seasonal foods. Mark your one-time substitution on your posted menu, to record exactly what was served.



# Menu Quality Arizona

## Meal Quality

All foods are in nutrient-dense forms, lean or low-fat, and prepared without added fats, sugars, or salt.

## Menu Quality

A variety of foods served across the week and day.

# MEAL QUALITY ARIZONA

Food plays an important role in child development. This document represents requirements and best practices for developing menus and providing meals that support healthy growth and development.

**MEAL Quality** means all foods are in nutrient-dense forms, lean or low fat, and prepared without added fats, sugars, or salt.

**MENU Quality** means there is variety across the week and the day.



Nutrition requirements for licensing are closely aligned to the CACFP meal pattern requirements. Providers must serve the required snacks and meals based on hours and time of attendance.

There are **5** components



GRAINS



FLUID MILK



MEAT/MEAT ALTERNATES (M/MA)



VEGETABLES



FRUIT

### BREAKFAST

#### Required

- GRAINS
- FRUIT
- FLUID MILK

#### Optional Substitutions

- MEAT/MEAT ALTERNATES INSTEAD OF GRAIN
- VEGETABLES INSTEAD OF FRUIT

### LUNCH/SUPPER

#### Required

- GRAINS
- MEAT/MEAT ALTERNATES
- FRUIT
- VEGETABLES
- FLUID MILK

#### Optional Substitutions

- SECOND VEGETABLE INSTEAD OF FRUIT

### SNACKS

#### Required Pick 2

- GRAINS
- MEAT/MEAT ALTERNATES
- FRUIT
- VEGETABLES
- FLUID MILK

### Important Notes

Licensing allows meat/meat alternate to substitute for the grain at any meal/snack up to 3x per week.

CACFP allows meat/meat alternate to substitute for the grain at breakfast only up to 3x per week.



# Menu Check

- Every breakfast contains a fluid milk, grain, and a fruit and/or vegetable.
- A meat/meat alternate is served in place of a grain at breakfast 3 times or less per week.

**Menu:** Make change(s) if needed.

**Menu Self-Assessment:**



## Menu Self Assessment

All organizations participating in the CACFP are responsible for maintaining a menu that meets the meal pattern requirements. Give yourself peace of mind by completing this self assessment! Place a checkmark next to each true statement. If any boxes remain un-checked, menu changes are needed.

### Creditable Foods



- The menu is free from grain-based desserts (including breakfast bars)
- Breakfast cereal does not have more than 6 grams of sugar per dry ounce
- Yogurt does not have more than 23 grams of sugar per 6 ounces
- Menu items are not deep-fat fried on-site
- The correct type of unflavored milk is served to all participants
- If flavored milk is served, it is fat-free and only for participants 6 years and older

### Daily Requirements



- One or more grain per day is whole grain-rich
- Juice is served no more than 1x per day
- All extras and spreads are listed on the menu
- Every **snack** contains at least two components
- Every **breakfast** contains fluid milk, grain, and a fruit and/or vegetable
- A meat/meat alternate is served in place of a grain at breakfast 3 times or less per week
- Every **lunch** and **supper** contains fluid milk, grain, fruit, vegetable, and meat/meat alternate
- If a vegetable is served instead of a fruit, two different kinds of vegetables are served

### Available Flexibilities for Adult Centers

- A serving of fluid milk is optional for suppers served to adult participants
- Yogurt can be served in place of fluid milk no more than 1 time per day
- If yogurt is served in place of milk, yogurt cannot be a meat alternate in the same meal



# Menu Check

- Every lunch and supper contains fluid milk, grain, fruit, vegetable, and meat/meat alternate.
- If a vegetable is served instead of a fruit, two different kinds of vegetables are served.

**Menu:** Make change(s) if needed.

**Menu Self-Assessment:**



## Menu Self Assessment

All organizations participating in the CACFP are responsible for maintaining a menu that meets the meal pattern requirements. Give yourself peace of mind by completing this self assessment! Place a checkmark next to each true statement. If any boxes remain un-checked, menu changes are needed.

### Creditable Foods



- The menu is free from grain-based desserts (including breakfast bars)
- Breakfast cereal does not have more than 6 grams of sugar per dry ounce
- Yogurt does not have more than 23 grams of sugar per 6 ounces
- Menu items are not deep-fat fried on-site
- The correct type of unflavored milk is served to all participants
- If flavored milk is served, it is fat-free and only for participants 6 years and older

### Daily Requirements



- One or more grain per day is whole grain-rich
- Juice is served no more than 1x per day
- All extras and spreads are listed on the menu
- Every **snack** contains at least two components
- Every **breakfast** contains fluid milk, grain, and a fruit and/or vegetable
- A meat/meat alternate is served in place of a grain at breakfast 3 times or less per week
- Every **lunch** and **supper** contains fluid milk, grain, fruit, vegetable, and meat/meat alternate
- If a vegetable is served instead of a fruit, two different kinds of vegetables are served

### Available Flexibilities for Adult Centers

- A serving of fluid milk is optional for suppers served to adult participants
- Yogurt can be served in place of fluid milk no more than 1 time per day
- If yogurt is served in place of milk, yogurt cannot be a meat alternate in the same meal



# Menu Check

- Every snack contains at least two components.

**Menu:** Make change(s) if needed.

**Menu Self-Assessment:**



## Menu Self Assessment

All organizations participating in the CACFP are responsible for maintaining a menu that meets the meal pattern requirements. Give yourself peace of mind by completing this self assessment! Place a checkmark next to each true statement. If any boxes remain un-checked, menu changes are needed.

### Creditable Foods



- The menu is free from grain-based desserts (including breakfast bars)
- Breakfast cereal does not have more than 6 grams of sugar per dry ounce
- Yogurt does not have more than 23 grams of sugar per 6 ounces
- Menu items are not deep-fat fried on-site
- The correct type of unflavored milk is served to all participants
- If flavored milk is served, it is fat-free and only for participants 6 years and older

### Daily Requirements



- One or more grain per day is whole grain-rich
- Juice is served no more than 1x per day
- All extras and spreads are listed on the menu
- Every **snack** contains at least two components
- Every **breakfast** contains fluid milk, grain, and a fruit and/or vegetable
  - A meat/meat alternate is served in place of a grain at breakfast 3 times or less per week
- Every **lunch** and **supper** contains fluid milk, grain, fruit, vegetable, and meat/meat alternate
  - If a vegetable is served instead of a fruit, two different kinds of vegetables are served

### Available Flexibilities for Adult Centers

- A serving of fluid milk is optional for suppers served to adult participants
- Yogurt can be served in place of fluid milk no more than 1 time per day
- If yogurt is served in place of milk, yogurt cannot be a meat alternate in the same meal

# Grain Component





# Grain Resources

**USDA** United States Department of Agriculture  
Food and Nutrition Service

## Adding Whole Grains to Your Child and Adult Care Food Program Menu

Whole grain-rich foods are an important part of your menu in the Child and Adult Care Food Program (CACFP). Foods that are whole grain-rich are filled with vitamins, minerals, fiber, and other nutrients that help kids and adults stay healthy.

### How often do I have to serve whole grains in the CACFP?

Each day, at least one of the grain components of a meal or snack must be "whole grain-rich." Whole grain-rich food items must be offered at least once per day, not once per meal/snack. In the CACFP, whole grain-rich means that at least half the grain ingredients in a food are whole grains, and any remaining grains are enriched grains, bran, or germ. This is required for CACFP child and adult meal patterns only. There is no whole grain-rich requirement for infants.

**If you serve meals and snacks to the same group of children or adults during the day:**

- ✓ Serve whole grain-rich items for the grain component at one of the meals or snack each day.

**If you serve meals and snacks to different groups of children or adults during the same day (for example, morning and afternoon sessions):**

- ✓ Serve whole grain-rich items for the grain component to one of the groups of children or adults each day.

**If you serve only snacks:**

- ✓ You do not have to serve a grain component at snack. But if you do, it must be whole grain-rich.

**If you serve only breakfast and want to serve a meat or meat alternate:**

- ✓ You do not need to serve a grain, because you are replacing the grain component with a meat or meat alternate. You may do this up to three times per week. On the days when a meat or meat alternate is not served, you must serve whole grain-rich items for the grain component. If you decide to serve a grain as an "extra" food that does not count toward the CACFP meal pattern requirements, then the grain does not have to be whole grain-rich.

**If your at-risk afterschool site or adult day care serves breakfast, lunch, or supper using Offer Versus Serve:**

- ✓ All grain items offered at the meal you wish to count towards the whole grain-rich requirement must be whole grain-rich.

Can I serve a grain-based dessert if it is whole grain-rich?  
✗ Grain-based desserts, even those made with whole grains, cannot count towards the grain component of a CACFP meal or snack. There are many other tasty whole grain-rich foods that you can add to your menus.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.

**USDA** United States Department of Agriculture  
Food and Nutrition Service

## Identifying Whole Grain-Rich

The USDA CACFP requires that at least one serving of grains each day contains a whole grain-rich component. Foods that meet the whole grain-rich criteria are foods that contain at least 50% whole grains and the remaining grains in the food are enriched, or are 100% whole grain.

Here are a few ways to help identify if a product is whole grain-rich. As long as the product meets at least ONE of THESE SIX METHODS, described below, it is considered whole grain-rich.

### #1 FOOD IS LABELED WHOLE WHEAT & MEETS FDA'S STANDARD OF IDENTITY

Certain bread and pasta products specifically labeled "Whole Wheat" on the package and which conform to an FDA Standard of Identity can be considered whole grain-rich.

An FDA STANDARD OF IDENTITY is a set of rules for what a certain product must contain or may contain to legally be labeled with that product name.

**ONLY** breads and pastas with these exact product names conform to FDA Standard of Identity and can be considered whole grain-rich using this method:

<b>BREADS</b>	• whole wheat bread	• graham rolls	<b>PASTAS</b>	• whole wheat macaroni
	• entire wheat bread	• whole wheat buns		• whole wheat spaghetti
	• graham bread	• entire wheat buns		• whole wheat vermicelli
	• whole wheat rolls	• graham buns		• whole wheat macaroni product

**NOTE:** Manufacturers may label their food with similar terms to FDA's Standard of Identity. Watch for terms such as "whole grain," "made with whole grain," "made with whole wheat," or "contains whole grains." These terms do not indicate an FDA Standard of Identity for whole wheat products.

### #2 FOOD IS FOUND ON ANY STATE AGENCY'S WIC-APPROVED WHOLE GRAIN FOOD LIST

**WIC**  
Women • Infants • Children

The product is found on ANY State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole grain food list. Any grain product found on a State agency's WIC-approved whole grain food list meets CACFP whole grain-rich criteria.

**NOTE:** Complete product guides identifying all WIC creditable food products can be found on State agency websites.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.

**USDA** United States Department of Agriculture  
Food and Nutrition Service

## Identifying Whole Grain-Rich Foods for the Child and Adult Care Food Program Using the Ingredient List

The **ingredient list** is printed on the food packaging of products. This list includes information on flours, grains, and other ingredients that are in the product. On the ingredient list, the ingredients are listed in order of quantity. If a whole grain is listed first, you know there is more of that whole grain than anything else in the food.

In the United States Department of Agriculture's Child and Adult Care Food Program (CACFP), you can identify grains that are whole grain-rich by looking at the first three grain ingredients that appear on the ingredient list. This method is known as the **Rule of Three**. If the ingredient list does not include three grain ingredients, you only have to look at the grain ingredients that are present. Some whole grain-rich foods may have only one grain ingredient.

In the CACFP, at least one offering of grains per day must be whole grain-rich for children and adults. Grain-based desserts may not count towards the grain component in the CACFP, even if the grain-based dessert is whole grain-rich.

### Step-by-Step Guide To Identifying Whole Grain-Rich Foods Using the Rule of Three

1. Find the ingredient list
2. Simplify the ingredient list
3. Look at the first ingredient
4. Look at the second grain ingredient
5. Look at the third grain ingredient

**1. Find the ingredient list**

This ingredient list is for bread. In this example, you would look at the full ingredient list to determine if the bread is whole grain-rich.

**INGREDIENTS:** Whole-wheat flour, water, yeast, brown sugar, wheat gluten, contains 2% or less of each of the following: salt, dough conditioners, soybean oil, vinegar, cultured wheat flour, citric acid.

The ingredient list shown here is for a frozen cheese pizza. Because pizza is a combination food, you can see the ingredients for all the foods within the cheese pizza, such as the crust, cheese, and sauce, are listed within one ingredient list. In this example, you would look at the ingredients for the crust, to determine if the grain component of this food is whole grain-rich.

**INGREDIENTS: Crust:** Whole-wheat flour, enriched wheat flour, bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, wheat bran, water, soybean oil, distearyl baking powder, yeast, salt, dough conditioners, wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives.

**Shredded mozzarella cheese:** Pasteurized part skim milk, cheese, cultures, salt, enzymes. **Sauce:** Water, tomato paste, pizza seasoning, modified food starch.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.

**USDA** United States Department of Agriculture  
Food and Nutrition Service

## Choose Breakfast Cereals That Are Lower in Sugar

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must not have more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this sugar limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the sugar limit by using the Nutrition Facts label and following the steps below:

### Yummy Brand Cereal

Use the Nutrition Facts label to find the Serving Size, in grams (g), of the cereal.

Find the Total Sugars line. Look at the number of grams (g) next to Total Sugars.

Use the serving size identified in Step 1 to find the serving size of the cereal in the table below.

Serving Size*	Total Sugars
If the serving size is:	Total sugars must not be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

In the table, look at the number to the right of the serving size amount, under the "Total Sugars" column.

If the cereal has that amount of sugar, or less, the cereal meets the sugar limit.

**Test Yourself:**

Does the cereal above meet the sugar limit?  
(Check your answer on the next page)

Serving Size: \_\_\_\_\_  
Total Sugars: \_\_\_\_\_  
 Yes  No

\*Serving sizes here refer to those commonly found for breakfast cereals.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.

**USDA** United States Department of Agriculture

## Grain-Based Desserts in the Child and Adult Care Food Program

Kids need the vitamins, minerals, and other nutrients in foods such as fruits, vegetables, whole grains, low-fat dairy, and lean protein foods. Too often, kids are filling up on foods high in added sugars and low in nutrients.

As of October 1, 2017, grain-based desserts no longer count toward the grain component of meals and snacks offered through the Child and Adult Care Food Program (CACFP). This small change helps reduce the amount of added sugars kids eat in child care.

### What Are Grain-Based Desserts?

The chart below lists some common grain-based desserts:

Grain-Based Desserts (Not Reimbursable in the CACFP):	Not Grain-Based Desserts (Reimbursable in the CACFP):
<ul style="list-style-type: none"> <li>• Brownies</li> <li>• Cakes, including coffee cake and cupcakes</li> <li>• Cereal bars, breakfast bars, and granola bars</li> <li>• Cookies, including vanilla wafers</li> <li>• Doughnuts, any kind</li> <li>• Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies</li> <li>• Gingerbread</li> <li>• Ice cream cones</li> <li>• Marshmallow cereal treats</li> <li>• Pie crusts of dessert pies, cobblers, and fruit turnovers</li> <li>• Sweet bread puddings</li> <li>• Sweet biscotti, such as those made with fruits, chocolate, icing, etc.</li> <li>• Sweet croissants, such as chocolate-filled</li> <li>• Sweet pita chips, such as cinnamon-sugar flavored</li> <li>• Sweet rice puddings</li> <li>• Sweet scones, such as those made with fruits, icing, etc.</li> <li>• Sweet rolls, such as cinnamon rolls</li> <li>• Toaster pastries</li> </ul>	<ul style="list-style-type: none"> <li>• Banana bread, zucchini bread, and other quick breads</li> <li>• Cereals that meet the sugar limit and are whole grain-rich, enriched, and/or fortified</li> <li>• Cornbread</li> <li>• Crackers, all types</li> <li>• French Toast</li> <li>• Pancakes</li> <li>• Pie crusts of savory pies, such as vegetable pot pie and quiche</li> <li>• Plain croissants</li> <li>• Plain or savory pita chips</li> <li>• Savory biscotti, such as those made with cheese, vegetables, herbs, etc.</li> <li>• Savory bread puddings, such as those made with cheese, vegetables, herbs, etc.</li> <li>• Savory rice puddings, such as those made with cheese, herbs, etc.</li> <li>• Savory scones, such as those made with cheese, vegetables, herbs, etc.</li> <li>• Teething biscuits, crackers, and toasts</li> <li>• Tortillas and tortilla chips</li> <li>• Waffles</li> </ul>

Whole grain-rich and homemade grain-based desserts are also not creditable in the CACFP.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.

Whole Grain-Rich

Breakfast Cereal

Non-Creditable Desserts



# Creditable Grains

---

All grain products served in the CACFP must be made with the following to be creditable:

- Enriched or whole grain meal or flour;
- Bran; or
- Germ.

## What does it mean to be enriched?

- Enriched grain is first ingredient
- Food is labeled “enriched”
- Cereal is labeled “fortified” or has a list of vitamins and minerals in the ingredients list





# Whole Grain Rich (WGR)

---

## One WGR Grain Required Daily

Foods that meet the whole grain-rich criteria are foods that contain at least 50% whole grain and the remaining grains are creditable (enriched, bran, germ, or whole).

**At least one serving of grains per day must be whole grain-rich. It must be labeled “WGR” on the menu (e.g., WGR Crackers)**





# Adding WGR to Menu

## We serve one group daily:

At minimum, serve 1 WGR item at any meal or snack.

## We serve two groups daily:

At minimum, serve 1 WGR item to one of the groups.

## We serve only snack:

If a grain is served, it must be WGR.

## We serve only breakfast:

Yes, you can serve a M/MA instead of the grain up to 3 times per week. On days when a grain is served, the grain must be WGR.

## Adding Whole Grains to Your Child and Adult Care Food Program Menu

Whole grain-rich foods are an important part of your menu in the Child and Adult Care Food Program (CACFP). Foods that are whole grain-rich are filled with vitamins, minerals, fiber, and other nutrients that help kids and adults stay healthy.

### How often do I have to serve whole grains in the CACFP?

Each day, at least one of the grain components of a meal or snack must be "whole grain-rich." Whole grain-rich food items must be offered at least once per day, not once per meal/snack. In the CACFP, whole grain-rich means that at least half the grain ingredients in a food are whole grains, and any remaining grains are enriched grains, bran, or germ. This is required for CACFP child and adult meal patterns only. There is no whole grain-rich requirement for infants.



#### If you serve meals and snacks to the same group of children or adults during the day:

- ✓ Serve whole grain-rich items for the grain component at one of the meals or snack each day.

#### If you serve only breakfast and want to serve a meat or meat alternate:

- ✓ You do not need to serve a grain, because you are replacing the grain component with a meat or meat alternate. You may do this up to three times per week. On the days when a meat or meat alternate is not served, you must serve whole grain-rich items for the grain component. If you decide to serve a grain as an "extra" food that does not count toward the CACFP meal pattern requirements, then the grain does not have to be whole grain-rich.

#### If you serve meals and snacks to different groups of children or adults during the same day (for example, morning and afternoon sessions):

- ✓ Serve whole grain-rich items for the grain component to one of the groups of children or adults each day.

#### If your at-risk afterschool site or adult day care serves breakfast, lunch, or supper using Offer Versus Serve:

- ✓ All grain items offered at the meal you wish to count towards the whole grain-rich requirement must be whole grain-rich.

#### If you serve only snacks:

- ✓ You do not have to serve a grain component at snack. But if you do, it must be whole grain-rich.



#### Can I serve a grain-based dessert if it is whole grain-rich?

- ✗ Grain-based desserts, even those made with whole grains, cannot count towards the grain component of a CACFP meal or snack. There are many other tasty whole grain-rich foods that you can add to your menus.

# Identifying WGR

## Six Methods

Any one of the following six options may be used to determine if a grain product meets the whole grain-rich criteria:

1. Whole Wheat + FDA Standard of Identity
2. WIC-Approved Whole Grain Food List
3. FDA Statement
4. Rule of Three (Ingredients List)
5. NSLP Whole Grain-Rich Criteria Met
6. Manufacturer Documentation

## Identifying Whole Grain-Rich

The USDA CACFP requires that at least one serving of grains each day contains a whole grain-rich component. Foods that meet the whole grain-rich criteria are foods that contain at least 50% whole grains and the remaining grains in the food are enriched, or are 100% whole grain.

Here are a few ways to help identify if a product is whole grain-rich. As long as the product meets **AT LEAST ONE OF THESE SIX METHODS**, described below, it is considered whole grain-rich.

### #1 FOOD IS LABELED WHOLE WHEAT & MEETS FDA'S STANDARD OF IDENTITY WGR<sup>1</sup>

Certain bread and pasta products specifically labeled "Whole Wheat" on the package and which conform to an FDA Standard of Identity can be considered whole grain-rich.

An FDA STANDARD OF IDENTITY is a set of rules for what a certain product must contain or may contain to legally be labeled with that product name.

**ONLY** breads and pastas with these exact product names conform to FDA Standard of Identity and can be considered whole grain-rich using this method:

#### BREADS

- whole wheat bread
- entire wheat bread
- graham bread
- whole wheat rolls
- entire wheat rolls

- graham rolls
- whole wheat buns
- entire wheat buns
- graham buns

#### PASTAS

- whole wheat macaroni
- whole wheat spaghetti
- whole wheat vermicelli
- whole wheat macaroni product

**NOTE:** Manufacturers may label their food with similar terms to FDA's Standard of Identity. Watch for terms such as, "whole grain," "made with whole grain," "made with whole wheat," or "contains whole grains." These terms do not indicate an FDA Standard of Identity for whole wheat products.



### #2 FOOD IS FOUND ON ANY STATE AGENCY'S WIC-APPROVED WHOLE GRAIN FOOD LIST WGR<sup>2</sup>

## WIC

Women • Infants • Children

The product is found on **ANY** State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole grain food list. Any grain product found on a State agency's WIC-approved whole grain food list meets CACFP whole grain-rich criteria.

**NOTE:** Complete product guides identifying all WIC creditable food products can be found on State agency websites.



Visit us at [www.cacfp.org](http://www.cacfp.org) for more information. This institution is an equal opportunity provider.





# Using the Ingredient List

## Method: Rule of Three (Ingredients List)

**Step 1:** Find the ingredients list.

**Step 2:** Simplify the ingredients list.

*Cross out disregard ingredients and non-grain ingredients.*

**Step 3:** Look at the 1<sup>st</sup> grain ingredient.

*It must be whole grain.*

**Step 4:** Look at the 2<sup>nd</sup> grain ingredient.

*It must be creditable (whole, enriched, bran, germ).*

**Step 5:** Look at the 3<sup>rd</sup> grain ingredient.

*It must be creditable (whole, enriched, bran, germ).*

## Identifying Whole Grain-Rich Foods for the Child and Adult Care Food Program Using the Ingredient List

The **ingredient list** is printed on the food packaging of products. This list includes information on flours, grains, and other ingredients that are in the product. On the ingredient list, the ingredients are listed in order of quantity. If a whole grain is listed first, you know there is more of that whole grain than anything else in the food.

In the United States Department of Agriculture's Child and Adult Care Food Program (CACFP), you can identify grains that are whole grain-rich by looking at the first three grain ingredients that appear on the ingredient list. This method is known as the *Rule of Three*. If the ingredient list does not include three grain ingredients, you only have to look at the grain ingredients that are present. Some whole grain-rich foods may have only one grain ingredient.

In the CACFP, at least one offering of grains per day must be whole grain-rich for children and adults. Grain-based desserts may not count towards the grain component in the CACFP, even if the grain-based dessert is whole grain-rich.

### Step-by-Step Guide To Identifying Whole Grain-Rich Foods Using the *Rule of Three*



#### 1. Find the ingredient list ▶



This ingredient list is for bread. In this example, you would look at the full ingredient list to determine if the bread is whole grain-rich.

**INGREDIENTS:** Whole-wheat flour, water, yeast, brown sugar, wheat gluten, contains 2% or less of each of the following: salt, dough conditioners, soybean oil, vinegar, cultured wheat flour, citric acid.

The ingredient list shown here is for a frozen cheese pizza. Because pizza is a combination food, you can see the ingredients for all the foods within the cheese pizza, such as the crust, cheese, and sauce, are listed within one ingredient list. In this example, you would look at the ingredients for the crust, to determine if the grain component of this food is whole grain-rich.

**INGREDIENTS:** **Crust:** Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives. **Shredded mozzarella cheese:** Pasteurized part skim milk, cheese, cultures, salt, enzymes. **Sauce:** Water, tomato paste, pizza seasoning, modified food starch.



# Menu Check

- One or more grain per day is whole grain-rich (WGR).
- All whole grain-rich items are labeled "WGR."

**Menu:** Make change(s) if needed.

**Menu Self-Assessment:**



## Menu Self Assessment

All organizations participating in the CACFP are responsible for maintaining a menu that meets the meal pattern requirements. Give yourself peace of mind by completing this self assessment! Place a checkmark next to each true statement. If any boxes remain un-checked, menu changes are needed.

### Creditable Foods



- The menu is free from grain-based desserts (including breakfast bars)
- Breakfast cereal does not have more than 6 grams of sugar per dry ounce
- Yogurt does not have more than 23 grams of sugar per 6 ounces
- Menu items are not deep-fat fried on-site
- The correct type of unflavored milk is served to all participants
- If flavored milk is served, it is fat-free and only for participants 6 years and older

### Daily Requirements



- One or more grain per day is whole grain-rich
- Juice is served no more than 1x per day
- All extras and spreads are listed on the menu
- Every **snack** contains at least two components
- Every **breakfast** contains fluid milk, grain, and a fruit and/or vegetable
  - A meat/meat alternate is served in place of a grain at breakfast 3 times or less per week
- Every **lunch** and **supper** contains fluid milk, grain, fruit, vegetable, and meat/meat alternate
  - If a vegetable is served instead of a fruit, two different kinds of vegetables are served

### Available Flexibilities for Adult Centers

- A serving of fluid milk is optional for suppers served to adult participants
- Yogurt can be served in place of fluid milk no more than 1 time per day
- If yogurt is served in place of milk, yogurt cannot be a meat alternate in the same meal



# Menu Check

- One or more grain per day is whole grain-rich (WGR).
- All whole grain-rich items are labeled "WGR."

**Menu:** Make change(s) if needed.

**Menu Self-Assessment:**



## Child and Adult Care Food Program Menu Self Assessment

All organizations participating in the CACFP are responsible for maintaining a menu that meets the meal pattern requirements. Give yourself peace of mind by completing this self assessment! Place a checkmark next to each true statement. If any boxes remain un-checked, menu changes are needed.

### Designations



- All homemade items are labeled "HM"
- All processed meat/grain items are labeled "CN" or "PFS"
- All whole grain-rich items are labeled "WGR"

### Required Statements



- Required:** "This institution is an equal opportunity provider."
- Required:** "Whole milk is served to children 12-23 months. Children 24 months and older are served 1% or fat free milk."
  - Adult Centers: "All participants are served low-fat or fat-free milk."
- Required:** Description of how water is made available throughout the day.
- If Serving Juice:** "All juices served are 100% juice."
- If Serving Mixed Items:** Identify the main ingredients in mixed items, such as "Fruit cocktail - pineapple, cherry, peach, pear."

### Menu Binder

The following documentation must be kept on file for these five categories of foods:



- Whole Grain-Rich:** Product label and method documentation
- Breakfast Cereal:** Product label, nutrition facts label, and ingredients list
- Yogurt:** Product label and nutrition facts label
- Convenience Meat/Grain Item:** CN Label or Product Formulation Statement
- Homemade Item:** Recipe Best Practice

# WGR Documentation

---

**The following documentation is required for all items labeled “WGR” on the menu:**

1. Product Label

2. Method Documentation

- “Whole Wheat” statement on the label (bread and pasta products only)
- Any State agency’s WIC-approved whole grain food list
- Label that includes one of the FDA-approved Health Statements
- Ingredients List
- One or more acceptable forms of Whole Grain-Rich documentation for the National School Lunch Program
- Manufacturer Documentation or Standardized Recipe



# Menu Binder Check

## Homework Assignment #1

- Product label and method documentation are kept on file for every item labeled WGR on the menu.

Menu Binder: Check labels

Menu Self-Assessment:



## Child and Adult Care Food Program Menu Self Assessment

All organizations participating in the CACFP are responsible for maintaining a menu that meets the meal pattern requirements. Give yourself peace of mind by completing this self assessment! Place a checkmark next to each true statement. If any boxes remain un-checked, menu changes are needed.

### Designations



- All homemade items are labeled "HM"
- All processed meat/grain items are labeled "CN" or "PFS"
- All whole grain-rich items are labeled "WGR"

### Required Statements



- Required:** "This institution is an equal opportunity provider."
- Required:** "Whole milk is served to children 12-23 months. Children 24 months and older are served 1% or fat free milk."
  - Adult Centers: "All participants are served low-fat or fat-free milk."
- Required:** Description of how water is made available throughout the day.
- If Serving Juice:** "All juices served are 100% juice."
- If Serving Mixed Items:** Identify the main ingredients in mixed items, such as "Fruit cocktail - pineapple, cherry, peach, pear."

### Menu Binder

The following documentation must be kept on file for these five categories of foods:



- Whole Grain-Rich:** Product label and method documentation
- Breakfast Cereal:** Product label, nutrition facts label, and ingredients list
- Yogurt:** Product label and nutrition facts label
- Convenience Meat/Grain Item:** CN Label or Product Formulation Statement
- Homemade Item:** Recipe Best Practice



# Breakfast Cereal

---

## Sugar Limits

All breakfast cereals served in the CACFP must not have more than 6 grams of sugar per dry ounce of cereal.

- **Option 1:** Assess Nutrition Facts Label
- **Option 2:** Choose a cereal on any State agency's WIC-Approved cereal list.
- **Option 3:** ADE Breakfast Cereal Shopping Guide





# Choose Breakfast Cereal Low in Sugar



## Choose Breakfast Cereals That Are Lower in Sugar

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must not have more than **6 grams of sugar** per dry ounce.

There are many types of cereal that meet this sugar limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the sugar limit by using the Nutrition Facts label and following the steps below:

- 1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
- 2 Find the **Total Sugars** line. Look at the number of grams (g) next to Total Sugars.
- 3 Use the serving size identified in Step 1 to find the serving size of the cereal in the table below.

Serving Size*	Total Sugars
If the serving size is:	Total sugars must not be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

- 4 In the table, look at the number to the right of the serving size amount, under the "Total Sugars" column.  
If the cereal has that amount of sugar, or less, the cereal meets the sugar limit.

### Yummy Brand Cereal

Nutrition Facts	
15 servings per container	
Serving size $\frac{3}{4}$ cup (30g)	
Amount per serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
<b>Total Sugars</b> 5g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 3g	

### Test Yourself:

Does the cereal above meet the sugar limit?  
(Check your answer on the next page)

Serving Size: \_\_\_\_\_

Total Sugars: \_\_\_\_\_

Yes  No

\*Serving sizes here refer to those commonly found for breakfast cereals.

Serving Size*	Total Sugars
If the serving size is:	Total sugars must not be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams





# ADE Breakfast Cereal Shopping Guide



## CACFP Shopping Guide - Breakfast Cereal

The following cereals meet the sugar requirements & are whole grain-rich in the CACFP.



## CACFP Shopping Guide - Breakfast Cereal

The following cereals meet the sugar requirements & are whole grain-rich in the CACFP.



This list is subject to change and is not all-inclusive or intended to endorse a specific brand.  
 This project was funded using U.S. Department of Agriculture grant funds.  
 This institution is an equal opportunity provider and employer.



# Menu Check

- Breakfast cereal does not have more than 6 grams of sugar per dry ounce.

## Menu:

1. Make a list of all breakfast cereal on the menu.
2. Write down gram serving size and grams of sugar.
3. Check the chart to validate that each cereal meets the sugar requirement.
4. Remove/replace cereal if needed.

## Menu Self-Assessment:



## Menu Self Assessment

All organizations participating in the CACFP are responsible for maintaining a menu that meets the meal pattern requirements. Give yourself peace of mind by completing this self assessment! Place a checkmark next to each true statement. If any boxes remain un-checked, menu changes are needed.

### Creditable Foods



- The menu is free from grain-based desserts (including breakfast bars)
- Breakfast cereal does not have more than 6 grams of sugar per dry ounce
- Yogurt does not have more than 23 grams of sugar per 6 ounces
- Menu items are not deep-fat fried on-site
- The correct type of unflavored milk is served to all participants
- If flavored milk is served, it is fat-free and only for participants 6 years and older

### Daily Requirements



- One or more grain per day is whole grain-rich
- Juice is served no more than 1x per day
- All extras and spreads are listed on the menu
- Every **snack** contains at least two components
- Every **breakfast** contains fluid milk, grain, and a fruit and/or vegetable
  - A meat/meat alternate is served in place of a grain at breakfast 3 times or less per week
- Every **lunch** and **supper** contains fluid milk, grain, fruit, vegetable, and meat/meat alternate
  - If a vegetable is served instead of a fruit, two different kinds of vegetables are served

### Available Flexibilities for Adult Centers

- A serving of fluid milk is optional for suppers served to adult participants
- Yogurt can be served in place of fluid milk no more than 1 time per day
- If yogurt is served in place of milk, yogurt cannot be a meat alternate in the same meal

# Breakfast Cereal Documentation

The following documentation is required for all breakfast cereal listed on the menu:

- Product Label
- Nutrition Facts Label
- Ingredients List

**Pro Tip:** Cut out the long side of the cereal box, which has all 3 pieces of required documentation!

**KIX**

**Nutrition Facts**  
Serving Size 1 1/4 cup (33g)  
Servings Per Container about 10

Amount Per Serving	Kix	with 1% skim milk
<b>Calories</b>	120	160
Calories from Fat	10	10
<b>Total Fat</b> 1g*	1%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	0%	1%
<b>Sodium</b> 190mg	8%	10%
<b>Potassium</b> 50mg	2%	2%
<b>Total Carbohydrate</b> 27g	9%	11%
Dietary Fiber 2g	7%	7%
Sugars 3g		
Other Carbohydrate 22g		
<b>Protein</b> 2g		
<b>Vitamin A</b>	10%	15%
<b>Vitamin C</b>	10%	10%
<b>Calcium</b>	10%	25%
<b>Iron</b>	45%	45%
<b>Vitamin D</b>	10%	20%
<b>Thiamin</b>	25%	25%
<b>Riboflavin</b>	25%	35%
<b>Niacin</b>	25%	25%
<b>Vitamin B<sub>6</sub></b>	25%	25%
<b>Folic Acid</b>	50%	50%
<b>Vitamin B<sub>12</sub></b>	25%	30%
<b>Phosphorus</b>	4%	15%
<b>Magnesium</b>	4%	8%
<b>Zinc</b>	25%	25%

**Ingredients:** Whole Grain Corn, Corn Meal, Sugar, Salt, Brown Sugar Syrup, Baking Soda, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

**Vitamins and Minerals:** Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A, B Vitamin (niacinamide), Vitamin B<sub>6</sub> (pyridoxine hydrochloride), Vitamin B<sub>2</sub> (riboflavin), Vitamin B<sub>1</sub> (thiamin mononitrate), Vitamin A (palmitate), A, B Vitamin (folic acid), Vitamin B<sub>12</sub>, Vitamin D.

DISTRIBUTED BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55412 USA

**& We save the world by Making Food People Love** We welcome your questions and comments [www.gm.com](http://www.gm.com) 1.800.828.2544

© General Mills  
Patent: generalmills.com/patent

Exchange 16 Grams Based on Academy of Nutrition and Dietetics and American Diabetes Association criteria.  
This package is not to weight, eat by volume. You can be exposed to more weight than through some cutting of contents normally occur during shipment and handling.  
† Reference 000 22000000  
Produced with Genetic Engineering Learn more at Ask.GeneralMills.com

**life** **QUAKER**

**Cinnamon**

**Nutrition Facts**  
Serving Size 3/4 Cup (30g)  
Servings Per Container about 16

Amount Per Serving	Cereal	With 1% skim milk
<b>Calories</b>	120	160
Calories from Fat	15	15
<b>Total Fat</b> 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
<b>Cholesterol</b> 0mg	0%	1%
<b>Sodium</b> 150mg	5%	8%
<b>Potassium</b> 50mg	2%	2%
<b>Total Carbohydrate</b> 25g	8%	10%
Dietary Fiber 2g	8%	8%
Soluble Fiber 1g		
Sugars 5g		
Other Carbohydrate 15g		
<b>Protein</b> 5g		
<b>Vitamin A</b>	0%	4%
<b>Vitamin C</b>	0%	0%
<b>Calcium</b>	10%	25%
<b>Iron</b>	40%	40%
<b>Thiamin</b>	25%	30%
<b>Riboflavin</b>	25%	40%
<b>Niacin</b>	25%	25%
<b>Vitamin B<sub>6</sub></b>	25%	30%
<b>Folic Acid</b>	100%	100%
<b>Phosphorus</b>	10%	20%
<b>Zinc</b>	25%	30%

**Ingredients:** Whole grain oat flour, sugar, salt, whole wheat flour, rice flour, calcium carbonate, salt, dextrose, dicalcium phosphate, caramel color, reduced iron, niacinamide, zinc oxide, lecithin, yellow 6, BHT (preservative), yellow 5, red 40, natural flavor, thiamin mononitrate, pyridoxine hydrochloride, riboflavin, folic acid, vitamin B<sub>12</sub>.

DISTRIBUTED BY THE QUAKER OATS COMPANY P.O. BOX 049003 CHICAGO, IL 60604-9000 U.S.A.

**Wheat Chex**

**Nutrition Facts**  
Serving Size 3/4 cup (47g)  
Servings Per Container about 8

Amount Per Serving	Wheat Chex	with 1% cup skim milk
<b>Calories</b>	160	200
Calories from Fat	10	10
<b>Total Fat</b> 1g*	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	0%	1%
<b>Sodium</b> 270mg	11%	14%
<b>Potassium</b> 170mg	5%	11%
<b>Total Carbohydrate</b> 39g	13%	15%
Dietary Fiber 6g	24%	24%
Soluble Fiber 1g		
Sugars 5g		
Other Carbohydrate 28g		
<b>Protein</b> 5g		
<b>Vitamin A</b>	10%	15%
<b>Vitamin C</b>	10%	10%
<b>Calcium</b>	10%	25%
<b>Iron</b>	80%	80%
<b>Vitamin D</b>	10%	25%
<b>Thiamin</b>	25%	30%
<b>Riboflavin</b>	25%	35%
<b>Niacin</b>	25%	25%
<b>Vitamin B<sub>6</sub></b>	25%	25%
<b>Folic Acid</b>	100%	100%
<b>Vitamin B<sub>12</sub></b>	25%	35%
<b>Phosphorus</b>	15%	30%
<b>Magnesium</b>	10%	15%
<b>Zinc</b>	35%	40%

**Ingredients:** Whole Grain Wheat, Sugar, Salt, Molasses, Baking Soda, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

**Vitamins and Minerals:** Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A, B Vitamin (niacinamide), Vitamin B<sub>6</sub> (pyridoxine hydrochloride), Vitamin B<sub>2</sub> (riboflavin), A, B Vitamin (folic acid), Vitamin B<sub>1</sub> (thiamin mononitrate), Vitamin A (palmitate), Vitamin B<sub>12</sub>, Vitamin D.

DIST. BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55412 USA  
P 2008000007 556 2008000007

**Partially Produced with Genetic Engineering**  
Learn more at Ask.GeneralMills.com



# Menu Binder Check

## Homework Assignment #2

- Product label, nutrition facts label, and ingredients list are kept on file for every breakfast cereal listed on the menu.

**Menu Binder:** Check labels

**Menu Self-Assessment:**



## Child and Adult Care Food Program Menu Self Assessment

All organizations participating in the CACFP are responsible for maintaining a menu that meets the meal pattern requirements. Give yourself peace of mind by completing this self assessment! Place a checkmark next to each true statement. If any boxes remain un-checked, menu changes are needed.

### Designations



- All homemade items are labeled "HM"
- All processed meat/grain items are labeled "CN" or "PFS"
- All whole grain-rich items are labeled "WGR"

### Required Statements



- Required:** "This institution is an equal opportunity provider."
- Required:** "Whole milk is served to children 12-23 months. Children 24 months and older are served 1% or fat free milk."
  - Adult Centers: "All participants are served low-fat or fat-free milk."
- Required:** Description of how water is made available throughout the day.
- If Serving Juice:** "All juices served are 100% juice."
- If Serving Mixed Items:** Identify the main ingredients in mixed items, such as "Fruit cocktail - pineapple, cherry, peach, pear."

### Menu Binder

The following documentation must be kept on file for these five categories of foods:



- Whole Grain-Rich:** Product label and method documentation
- Breakfast Cereal:** Product label, nutrition facts label, and ingredients list
- Yogurt:** Product label and nutrition facts label
- Convenience Meat/Grain Item:** CN Label or Product Formulation Statement
- Homemade Item:** Recipe Best Practice

# Crediting Popcorn

---

Popcorn is a whole grain food and a good source of fiber. Because of high volume portions, it is recommended to pair popcorn with another creditable grain.

**¼ oz eq.** = ¾ cup popcorn

**½ oz eq.** = 1 ½ cup popcorn

**1 oz eq.** = 3 cup popcorn

Best practice to limit toppings such as salt, caramel, cheese and butter. Note: Popcorn may be a choking hazard for some participants.





# Crediting Hominy, Corn Masa, Masa Harina

---

## Hominy

- $\frac{1}{4}$  cup vegetable =  $\frac{1}{4}$  cup canned, drained hominy or cooked, whole hominy (from dried hominy)
- 1 oz eq. WGR =  $\frac{1}{2}$  cup cooked or 1 oz (28 grams) dry hominy grits

## Corn Masa, Masa Harina, Corn Flour, and Cornmeal

Credits by weight toward the grain component.

- Corn that is not “whole” or “enriched” or is not treated with lime (nixtamalized) does not credit as a grain.

*Note: Regular corn credits as a vegetable.*



# Grain-Based Desserts

## Desserts are not allowed in CACFP

Cereal bars, breakfast bars, granola bars are considered desserts in the CACFP. These are common menu errors!

**Allowable:** Banana bread, french toast, pancakes, graham crackers, animal crackers, muffins. These are not grain-based desserts.

## Grain-Based Desserts in the Child and Adult Care Food Program

Kids need the vitamins, minerals, and other nutrients in foods such as fruits, vegetables, whole grains, low-fat dairy, and lean protein foods. Too often, kids are filling up on foods high in added sugars and low in nutrients.

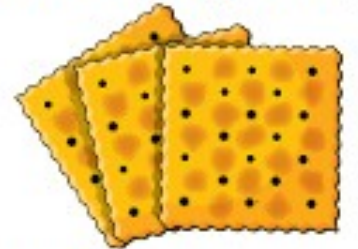
As of October 1, 2017, grain-based desserts no longer count toward the grain component of meals and snacks offered through the Child and Adult Care Food Program (CACFP). This small change helps reduce the amount of added sugars kids eat in child care.

### What Are Grain-Based Desserts?

The chart below lists some common grain-based desserts:



Grain-Based Desserts (Not Reimbursable in the CACFP):	Not Grain-Based Desserts (Reimbursable in the CACFP):
<ul style="list-style-type: none"> <li>• Brownies</li> <li>• Cakes, including coffee cake and cupcakes</li> <li>• Cereal bars, breakfast bars, and granola bars</li> <li>• Cookies, including vanilla wafers</li> <li>• Doughnuts, any kind</li> <li>• Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies</li> <li>• Gingerbread</li> <li>• Ice cream cones</li> <li>• Marshmallow cereal treats</li> <li>• Pie crusts of dessert pies, cobblers, and fruit turnovers</li> <li>• Sweet bread puddings</li> <li>• Sweet biscotti, such as those made with fruits, chocolate, icing, etc.</li> <li>• Sweet croissants, such as chocolate-filled</li> <li>• Sweet pita chips, such as cinnamon-sugar flavored</li> <li>• Sweet rice puddings</li> <li>• Sweet scones, such as those made with fruits, icing, etc.</li> <li>• Sweet rolls, such as cinnamon rolls</li> <li>• Toaster pastries</li> </ul>	<ul style="list-style-type: none"> <li>• Banana bread, zucchini bread, and other quick breads</li> <li>• Cereals that meet the sugar limit and are whole grain-rich, enriched, and/or fortified</li> <li>• Cornbread</li> <li>• Crackers, all types</li> <li>• French Toast</li> <li>• Muffins</li> <li>• Pancakes</li> <li>• Pie crusts of savory pies, such as vegetable pot pie and quiche</li> <li>• Plain croissants</li> <li>• Plain or savory pita chips</li> <li>• Savory biscotti, such as those made with cheese, vegetables, herbs, etc.</li> <li>• Savory bread puddings, such as those made with cheese, vegetables, herbs, etc.</li> <li>• Savory rice puddings, such as those made with cheese, vegetables, etc.</li> <li>• Savory scones, such as those made with cheese, vegetables, herbs, etc.</li> <li>• Teething biscuits, crackers, and toasts</li> <li>• Tortillas and tortilla chips</li> <li>• Waffles</li> </ul>



**Whole grain-rich and homemade grain-based desserts are also not creditable in the CACFP.**



# Menu Check

- The menu is free from grain-based desserts (including breakfast bars).

**Menu:** Make change(s) if needed.

**Menu Self-Assessment:**



## Menu Self Assessment

All organizations participating in the CACFP are responsible for maintaining a menu that meets the meal pattern requirements. Give yourself peace of mind by completing this self assessment! Place a checkmark next to each true statement. If any boxes remain un-checked, menu changes are needed.

### Creditable Foods



- The menu is free from grain-based desserts (including breakfast bars)
- Breakfast cereal does not have more than 6 grams of sugar per dry ounce
- Yogurt does not have more than 23 grams of sugar per 6 ounces
- Menu items are not deep-fat fried on-site
- The correct type of unflavored milk is served to all participants
- If flavored milk is served, it is fat-free and only for participants 6 years and older

### Daily Requirements



- One or more grain per day is whole grain-rich
- Juice is served no more than 1x per day
- All extras and spreads are listed on the menu
- Every **snack** contains at least two components
- Every **breakfast** contains fluid milk, grain, and a fruit and/or vegetable
  - A meat/meat alternate is served in place of a grain at breakfast 3 times or less per week
- Every **lunch** and **supper** contains fluid milk, grain, fruit, vegetable, and meat/meat alternate
  - If a vegetable is served instead of a fruit, two different kinds of vegetables are served

### Available Flexibilities for Adult Centers

- A serving of fluid milk is optional for suppers served to adult participants
- Yogurt can be served in place of fluid milk no more than 1 time per day
- If yogurt is served in place of milk, yogurt cannot be a meat alternate in the same meal

# Menu Check



The CACFP provides a unique opportunity to shape lifelong nutrition behavior. The Arizona Department of Education (ADE) and the United States Department of Agriculture (USDA) have best practices to ensure participants receive the best nutrition possible while in care. Incorporating just a few or all of the best practices provides participants with nutritious meals and increases the quality of your menu.

## Grain Best Practices

- Provide two or more serving of whole grain-rich grains per day.
- Increase variety! Limit crackers and breakfast cereal.

Menu Best Practices:



## USDA

- Make at least 1 of the 2 required snack components a vegetable or a fruit
- Serve only unflavored milk to all participants
- Offer a variety of fruits, especially whole fruits
- Limit serving processed meats to no more than one serving per week
- Provide 2 or more servings of whole grain-rich grains per day
- Serve only natural cheeses and choose low-fat or reduced-fat cheeses

## ARIZONA

- Serve lettuce with an additional vegetable for the vegetable component
- Limit 100% fruit or vegetable juice to twice per week or less ⚡ Empower Standard
- Increase variety! Limit crackers and breakfast cereal
- Limit combined entrées to three components or less to ensure a side at all meals
- Offer a variety of dark green, red, orange, and deep yellow vegetables, including root vegetables and dried peas & beans
- Source seasonal & local foods to feature on the menu
- Cook from scratch! Limit commercially processed or frozen entrées



### Navigating Menu Changes

**Permanent Change:** You can change your menu at any time. Your assigned specialist is available for support but does not need to approve changes. Did you discover a new exciting entrée? Go for it!

**One-Time Change:** Find inspiration from your farmers market and feature local seasonal foods at any time. Just mark your one-time substitution on your posted menu.





Questions

# Menu Master Series: Part 1 Wrap Up

---

## My organization's menu now:

- Contains all required components for every meal and snack
- Contains only creditable grains (and no grain-based desserts!)
- Lists one whole grain-rich (WGR) item every day
- Only serves cereals that meet the sugar limits

### **PART 1**

Meal Pattern,  
Grains

### **PART 2**

Fruit, Vegetables,  
Meat/MA

### **PART 3**

Fluid Milk, Sides  
and Snacks

### **PART 4**

Entrees, Required  
Statements,  
Communication

### **Ongoing**

Menu  
Maintenance



# This week's homework.

## 01 Whole Grain-Rich

Product label and method documentation are kept on file for all WGR items. Keep documentation in **WGR tab** of binder. Check off this line of the menu self-assessment.

---

## 02 Breakfast Cereal

Product labels, nutrition facts labels, and ingredients lists are kept on file for all cereals on the menu. Keep documentation in **Cereal tab** of binder. Check off this line of the menu self-assessment.

# Thank you!

**Please type any additional questions you have into the chat box.**

Two business days after attending this live webinar, you can log into EMS to complete the survey and receive your training certificate.





This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
2. fax: (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.