

# Welcome! CACFP Menu Master Part 2

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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

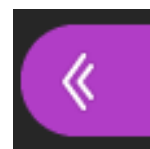
Please log in using your **first and last name**. This is so ADE can take attendance. If there is more than one person watching the webinar with you, please email the names and email addresses to [ContactHNS@azed.gov](mailto:ContactHNS@azed.gov) and we will register them.

## 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 2

## WEBINAR SERIES

July 13, 2021

Training Hours: 1 Hour





# Meet Your Trainer

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**Brittany Celebrano**

Health and Nutrition Services  
Program Specialist

# Arizona Department of Education (ADE)

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

## Intended Audience

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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!



# Homework check-in.

## 01 Whole Grain-Rich

Product labels 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.

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## 02 Breakfast Cereal

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

# Menu Master Series

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## Workshop Style

- Your organization's current menu and labels
- Resources and Binder mailed to you by ADE
  - 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

# Arizona Meal Quality

## Fruits and Vegetables: Best Practice Encourages Variety

- Serve a vegetable at least 2 times per day
- **Preparation:** Dried, Raw, Baked, Broiled, Canned, Mashed, Frozen, Steamed
- **Type:** Flower, Fruiting, Root, Leaf, Stalk
- **Flavor and Texture:** Juicy, Soft, Crisp, Tart, Sweet, Umami, Bland, Crunchy

## FRUITS AND VEGETABLES

BEST PRACTICE *Encourages* VARIETY

Serve a vegetable at least 2 times per day.



**COLOR**



**FLAVOR AND TEXTURE**  
 JUICY SOFT CRISP  
 TART SWEET  
 UMAMI BLAND CRUNCHY

*LET'S TALK JUICE!*



Juice can be served as the fruit component. There are minimum and maximum amounts that can be served.

*AMOUNT PER AGE*

*Maximum Frequency*

	M	T	W	TH	F
<b>LICENSING</b> Maximum 1x per day					
<b>CACFP</b> Maximum 1x per day					
<b>EMPOWER</b> 2x per week or less					
<b>GO NAPSACC</b> 2 times per week					
<b>AZ BEST PRACTICE</b>	JUICE IS NOT SERVED.				

# Fruit and Vegetable Resources



## Corn and Edamame Blend USDA Recipe for CACFP

This recipe consists of corn, edamame, carrots, sesame seeds, cilantro, coriander, and chili flakes.

**CACFP CREDITING INFORMATION**  
1/2 cup (4 fl oz spoodle) provides

Legume as Meat Alternate: 0.5 oz equivalent meat alternate and 1/4 cup vegetable.

OR



## Orange Glazed Carrots USDA Recipe for CACFP

These Orange Glazed Carrots have frozen carrots combined with orange juice concentrate, cranberries and spices.

**CACFP CREDITING INFORMATION**  
1/2 cup (No. 12 scoop) provides 1/4 cup vegetable.



## Italian Vegetable Medley

Italian seasoning, which typically includes rosemary, oregano, thyme, and marjoram, adds extra flavor to this easy veggie recipe.

**CACFP CREDITING INFORMATION**  
1/4 cup provides 1/4 cup vegetable.

**SOURCE**  
Team Nutrition CACFP Multicultural Recipe Project.



# Fruit Component

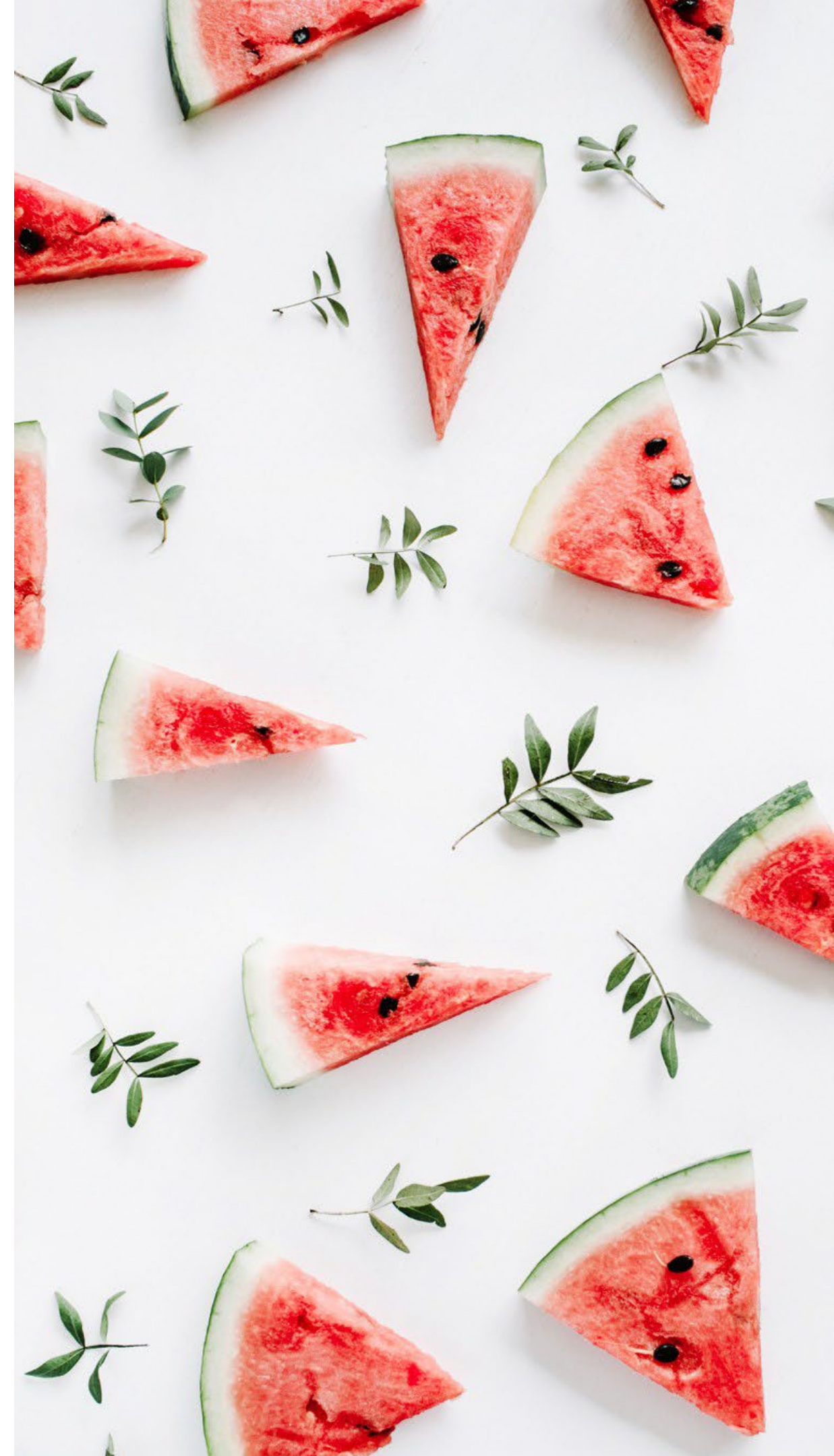


# Creditable Fruits

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A serving of fruits that contribute to the meal pattern includes:

- Fresh fruits
- Frozen fruits
- Dried fruits
- Canned fruits
- Full-strength fruit juice



# Crediting Coconut

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**Fresh or frozen coconut:** Credits toward the fruit component based on volume served

**Dried coconut:** Credits toward the fruit component at twice the volume served

- Coconut water, labeled as containing 100% juice, can credit toward the fruit component as juice per volume served.
- Coconut flour and coconut oil do not credit toward any component.



# Crediting Smoothies

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Smoothies may be offered at any meal or snack.

## Individual Ingredients

- Creditable fluid **milk** credits as the milk component
- Creditable **yogurt** (and soy yogurt) credits as the meat alternate component
- Pureed **fruits** and **vegetables** (fresh, frozen, or canned) credit as juice with the appropriate component
- **Extra ingredients** (like peanut butter and oats) can be added but do not credit toward the meal pattern requirements



# Crediting Smoothies

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## Crediting Smoothies

- **Fruit/Veg (Juice) + Milk** can credit as fruit or vegetable (juice) and milk.
  - At snack, it can credit as either fruit or vegetable (juice) or milk. A separate, second component must be served in addition to the smoothie.
- **Milk + Yogurt** can credit as milk and meat alternate.
- **Yogurt + Fruit/Veg (Juice)** can credit as meat alternate and fruit or vegetable (juice).



# Crediting Smoothies

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All smoothies on the menu must identify what items credit toward the meal pattern. For example:

- Berry Smoothie (yogurt, blueberries/raspberries)
- Berry Smoothie (milk) + apple slices

## Smoothie Documentation

- Product Formulation Statement or CN Label (if commercially prepared)
- Standardized Recipe (if homemade)



# Reduce the Juice

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**Fruit or vegetable juice can only be served as a reimbursable component of a meal 1x per day.**

Only full-strength juice is creditable. Full-strength juice is labeled “contains 100% juice” and does not contain words like cocktail, beverage, or drink.

- 100% Fruit Juice: Credits as fruit component
- 100% Vegetable Juice: Credits as vegetable component
- 100% Fruit and Vegetable Juice Blend: Credits as either the fruit or vegetable component (based on which is the most prominent ingredient).

Reminder: Fruit in a smoothie credits as juice.



# Menu Check

- Juice is served no more than 1x per day.

**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



# Buy Local & Seasonal

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It is best practice to feature local and seasonal foods on your CACFP Menu. When changes are made, the menu must be updated.

**Buy Local:** No standard definition. Local foods can be foods produced or processed within:

- a county or specific geographic scope (e.g., 100-200 miles from your site)
- the state of Arizona

**Buy Seasonal:** Align your menu with the harvesting and gathering of different foods when food is at its' peak flavor. The time of harvest is different around the State:

- Example: Sweet corn is available June/July in Central and Southern Arizona but July/August in Northern Arizona.



# Farmers Market by County

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Local foods can be purchased from grocery stores, farmers markets, and farms. If you are interested in finding a local farmers market:

- Locate your county
- Find the address and days/times when a market is happening in your area!

FARMERS' MARKETS  
*By County*

===== FRESH PRODUCE =====  
JUST AROUND THE CORNER



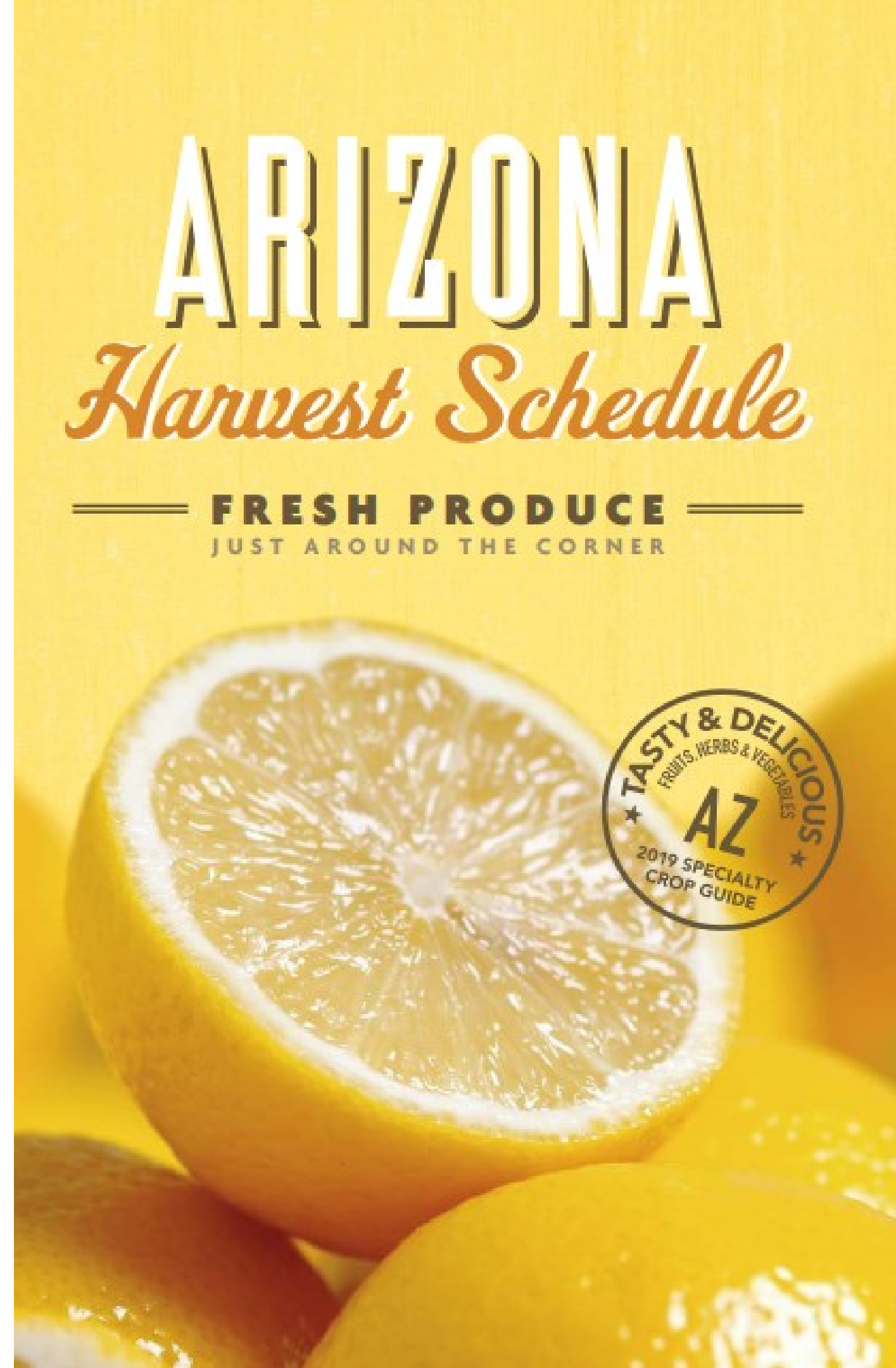
# Arizona Harvest Schedule

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Discover what grows in Arizona throughout the year! Locate the current month at the top of the page, and any items with a dot indicate what is currently growing and available in our State!

For example:

- **January:** Oranges
- **March:** Brussel Sprouts
- **May:** Carrots
- **July:** Summer Squash
- **September:** Melons
- **November:** Granny Smith Apples



# Fruit Component Best Practices

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- Make 1 of the 2 required snack components a vegetable or a fruit
- Limit 100% fruit or vegetable juice to twice per week or less (Empower Standard)
- Source seasonal and local foods to feature on the menu.

## Fruit

- Offer a variety of fruits, especially whole fruits.



# Menu Check



## Best Practices

- Make 1 of the 2 required snack components a vegetable or a fruit.
- Limit 100% fruit or vegetable juice to twice per week or less (Empower Standard).
- Source seasonal and local foods to feature on the menu.
- Offer a variety of fruits, especially whole fruits.

Menu Best Practices: 

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.

A top-down view of several triangular slices of watermelon with red flesh and black seeds, scattered on a white background. Interspersed among the watermelon slices are small, delicate green sprigs with tiny leaves. The word "Questions" is written across the center in a large, black, cursive script font.

# Questions

# Vegetable Component



# Creditable Vegetables

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A serving of vegetables that contributes to the meal pattern includes:

- Fresh vegetables
  - *Including potatoes, tomatoes, and avocado*
- Frozen vegetables
- Dried vegetables
- Canned vegetables
- Cooked dry beans and peas (legumes)
- Full-strength vegetable juice





# Crediting Beans and Peas

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Beans and peas credit as either a vegetable or a meat alternate, but not both in the same meal.

Two *different* beans or peas can be offered at a meal, and one can credit as a meat alternate and the other as a vegetable.

## **Example:**

Full Serving Peas = Vegetable

Pinto Beans (in a burrito) = Meat Alternate



# Crediting Pasta Products Made from Beans and Peas

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Pasta products made of 100% bean or pea flour(s) may credit toward the vegetable component:

- 1/2 cup vegetable pasta = 1/2 cup vegetable

Pasta products made of vegetable flour *and other non-vegetable ingredients* may credit toward vegetable component:

- based on actual volume of vegetable flour per serving (Product Formulation Statement)



# Unrecognizable Vegetables

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## Unrecognizable = Not Visible

Pureed vegetables may contribute to the CACFP meal pattern requirements if the dish also provides an adequate amount (1/8 cup or more) of visible vegetables.

Example: Puree Carrots in Macaroni and Cheese

- Pureed or mashed carrots credit toward vegetable component if there is at least an 1/8 cup of another visible vegetable per portion (such as broccoli).

**Goal: Children can identify the components of a healthy meal.**



# Tomato Paste, Puree, and Sauce

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Tomato paste, puree, and sauce credits toward the vegetable component.

- Tomato Paste: 1 tablespoon =  $\frac{1}{4}$  cup vegetable
- Tomato Puree: 2 tablespoons =  $\frac{1}{4}$  cup vegetable
- Tomato Sauce: 4 tablespoons =  $\frac{1}{4}$  cup vegetable

## Menu Examples:

- Soup
- Dipping Sauce (for zucchini sticks)
- Pizza Sauce



# Vegetable Flexibility

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## Lunch/Supper

At lunch and supper, a second vegetable can credit toward the fruit component. If this flexibility is used, the menu must show two different vegetables.

*Sweet potato and white potatoes are considered the same vegetable from an operational standpoint.*



# Combination Mixed Vegetables

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Combination mixed vegetables (such as peas and carrots) can be used to meet the requirement of serving 1 or 2 vegetables at lunch and supper.

- **1 Vegetable:** When quantities of each unknown
- **2 Vegetables:** When quantities of both are at least 1/8 cup and manufacturer documentation or a recipe is on file



# Menu Check

- At lunch and supper, if a vegetable is served instead of a fruit, two different kinds of vegetables are served.

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

- Do you want to add this flexibility?
- Check to make sure if it's used, it is a *second* type of vegetable.

**Menu Self-Assessment:**



## Menu Self Assessment

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### Daily Requirements



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- Every **snack** contains at least two components
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- A serving of fluid milk is optional for suppers served to adult participants
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- Make 1 of the 2 required snack components a vegetable or a fruit
- Limit 100% fruit or vegetable juice to twice per week or less (Empower Standard)
- Source seasonal and local foods to feature on the menu.

## Vegetable

- Serve lettuce with an additional vegetable for the vegetable component
- Offer a variety of dark green, red, orange, and deep yellow vegetables, including root vegetables and dried peas and beans.





# Menu Check



## Best Practices

- Make 1 of the 2 required snack components a vegetable or a fruit.
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# Vegetable Recipes

## USDA Standardized Recipes

Check your recipe packet for a few sample vegetable side dishes. More recipes can be found on the USDA recipe website:

<https://www.fns.usda.gov/tn/standardized-recipes-cacfp>

1. Discover a new recipe to include on the menu
2. Make change on the menu
3. Place recipe in the Recipe Tab of Menu Binder



### Corn and Edamame Blend USDA Recipe for CACFP

This recipe consists of corn, edamame, carrots, sesame seeds, cilantro, coriander, and chili flakes.

**CACFP CREDITING INFORMATION**  
½ cup (4 fl oz spoodle) provides

Legume as Meat Alternate: 0.5 oz equivalent meat alternate and ¼ cup vegetable.

OR



### Orange Glazed Carrots USDA Recipe for CACFP

These Orange Glazed Carrots have frozen carrots combined with orange juice concentrate, cranberries and spices.

**CACFP CREDITING INFORMATION**  
½ cup (No. 12 scoop) provides ¼ cup vegetable.



### Zucchini Sticks With Red Sauce USDA Recipe for CACFP

Sliced zucchini is coated with a bread-crumbs mixture, baked, and served with a tomato-based dipping sauce.

**CACFP CREDITING INFORMATION**  
¾ cup zucchini sticks (a rounded 3 fl oz spoodle/about 2–3 zucchini sticks) and 2 Tbsp tomato sauce provides ½ cup vegetable.



### Italian Vegetable Medley

Italian seasoning, which typically includes rosemary, oregano, thyme, and marjoram, adds extra flavor to this easy veggie recipe.

**CACFP CREDITING INFORMATION**  
¼ cup provides ¼ cup vegetable.

**SOURCE**  
Team Nutrition CACFP Multicultural Recipe Project.



# Questions

# Meat/Meat Alternate Component



# Meat/MA Resources



## Serving Meat and Meat Alternates at Breakfast

Breakfasts in the Child and Adult Care Food Program (CACFP) include milk, vegetables and/or fruits, and grains. You can also serve meat and/or meat alternates instead of grains at breakfast up to 3 times per week. This option gives you more choices for menu planning.

Here's how to include meat or meat alternates as part of a reimbursable breakfast meal:

- Substitute 1 ounce equivalent of meat/meat alternate for 1 serving of grains; or
- Substitute 1 ounce equivalent of meat/meat alternate for 1 ounce equivalent of grains.



Once equivalents are a way to measure amounts of food. In the CACFP, 1 ounce equivalent of a meat or meat alternate is equal to 2 tablespoons of peanut butter, ¼ of a large egg, or 1 ounce of lean meat, poultry, or fish. If you want to serve meat/meat alternates more than 3 days a week, you must offer them as additional foods, which do not count toward the reimbursable meal.

### A Closer Look at Menu Planning

If you plan to offer a meat or meat alternate at breakfast in place of grains, it must replace the entire required amount of grains. The table below shows the minimum amount of a meat or meat alternate you would need to serve in place of grains at breakfast.

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
Minimum amount of meat/meat alternates required when served instead of grains at breakfast	½ ounce equivalent	1 ounce equivalent	2 ounce equivalents
	is equal to:	is equal to:	is equal to:
Beans or peas (cooked)	¼ cup	¼ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	¼ cup (1 ounce)	¼ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	¼ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

Note: When you serve beans and peas as a vegetable, they cannot also count as a meat alternate in the same meal.

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



## Choose Yogurts That Are Lower in Sugar

All yogurts served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this sugar limit. It is easy to find them by using the Nutrition Facts label and following the steps below.

- 1 Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), of the yogurt.
- 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 yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Total Sugars Grams (g)
If the serving size is:	If the serving size is:	Total sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

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

Nutrition Facts	
4 servings per container	
Serving size 8 oz (227g)	
Amount per serving	
<b>Calories 130</b>	
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 180mg	7%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	17%
<b>Total Sugars 9g</b>	
Includes 0g Added Sugars 0%	
Protein 10g	
Vitamin D 20mcg	10%
Calcium 257mg	20%
Iron 0mg	0%
Potassium 344mg	8%

**Test Yourself:**

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

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

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

Yes  No



TIP: If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.

\*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP.

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



### CACFP Shopping Guide -Yogurt

The following yogurts meet the sugar requirements in the CACFP.

## Breakfast Portions

## Yogurt

# Creditable Meat/Meat Alternates (MA)

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- Lean Meat, Poultry
- Fish, Shellfish
- Cheese, Cottage Cheese
- Pasteurized/Commercial Queso Blanco/Queso Fresco
- Eggs (whole)
- Tofu
- Yogurt
- Nuts/Seeds\*, Nut/Soy Nut/Seed Butter
- Cooked Dry Beans or Peas, Hummus

\*Nuts and seeds may fulfill no more than one-half of the meat alternate component required for a reimbursable meal.



# Crediting Specific Meat Alternates

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- Yogurt
- Beans and peas
- Pasta made with 100% legume flour
- Dried and semi-dried meat, poultry, seafood
- Tempeh



# Yogurt

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## Sugar Limits

All yogurts served in the CACFP must not have more than 23 grams of sugar per 6 ounces.

- **Option 1:** Assess Nutrition Facts Label
- **Option 2:** ADE Yogurt Shopping Guide

**Adult Centers:** 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.





# Choose Yogurts Low in Sugar

## Choose Yogurts That Are Lower in Sugar

All yogurts served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this sugar limit. It is easy to find them by using the Nutrition Facts label and following the steps below.



**1** Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), of the yogurt.

**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 yogurt in the table below.

Nutrition Facts	
4 servings per container	
Serving size 8 oz (227g)	
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 21g	7%
Dietary Fiber 4g	17%
<b>Total Sugars</b> 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 10g	
Vitamin D 2mcg	10%
Calcium 257mg	20%
Iron 0mg	0%
Potassium 344mg	8%

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Total Sugars Grams (g)
If the serving size is:	If the serving size is:	Total sugars must not be more than:
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3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

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

**TIP:** If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Total Sugars Grams (g)
If the serving size is:	If the serving size is:	Total sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

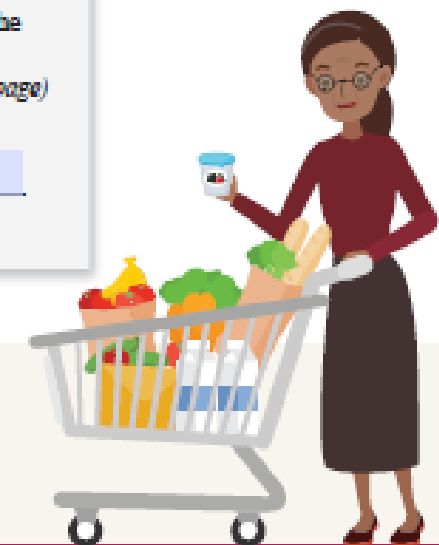
### Test Yourself:

Does the yogurt 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 store-bought yogurts. Homemade yogurt is not creditable in the CACFP.

# ADE Yogurt Shopping Guide



**CACFP Shopping Guide -Yogurt**  
The following yogurts meet the sugar requirements in the CACFP.



**CACFP Shopping Guide -Yogurt**  
The following yogurts meet the sugar requirements in the CACFP.



**CACFP Shopping Guide -Yogurt**  
The following yogurts meet the sugar requirements 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

- Yogurt does not have more than 23 grams of sugar per 6 ounces.

## Menu:

- Make a list of all yogurt served.
- Check labels to validate it meets the sugar requirement.

## 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

# Yogurt Documentation

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

- Product Label
- Nutrition Facts Label



# Menu Binder Check

## Homework Assignment #1

- Product labels and nutrition facts labels are kept on file for every yogurt 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 Beans and Peas

---

Beans and peas credit as either a vegetable or a meat alternate, but not both in the same meal.

Two *different* beans or peas can be offered at a meal, and one can credit as a meat alternate and the other as a vegetable.

## **Example:**

Full Serving Peas = Vegetable

Pinto Beans (in a burrito) = Meat Alternate



# Crediting Pasta Products Made from Legume Flour

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Legume (beans and peas) pasta can credit as a meat alternate if:

- a serving provides at least 0.25 oz eq. of meat alternate.
- it can be visually recognized as a meat or meat alternate by being offered with an *additional* meat or meat alternate item, such as tofu, cheese, or meat.

½ cup 100% legume flour pasta = 2 oz eq. meat alternate

**Required documentation:** CN Label or Product Formulation Statement



# Crediting Dried and Semi-Dried Meat, Poultry, Seafood Products

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## Meat Component

**Required Documentation:** CN Label or Product Formulation Statement Required

- **Rule 1:** The creditable meat ingredient listed on the PFS must match or have a similar description:
  1. As the ingredient list on the product label.
  2. To a food item in the Food Buying Guide for CNPs
- **Rule 2:** The creditable amount cannot exceed the finished weight of the product





# Crediting Tempeh

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## Meat Alternate

Tempeh with ingredients limited to soybeans, legumes, water, tempeh culture, vinegar, seasonings, and herbs:

- Credit 1 ounce of tempeh as 1 ounce equivalent of meat alternate

Tempeh with ingredients such as brown rice, seeds, vegetables:

- Credit toward meat alternate, grain, and/or vegetable component as applicable. CN label or Product Formulation Statement required.



# CN Labels & Product Formulation Statements

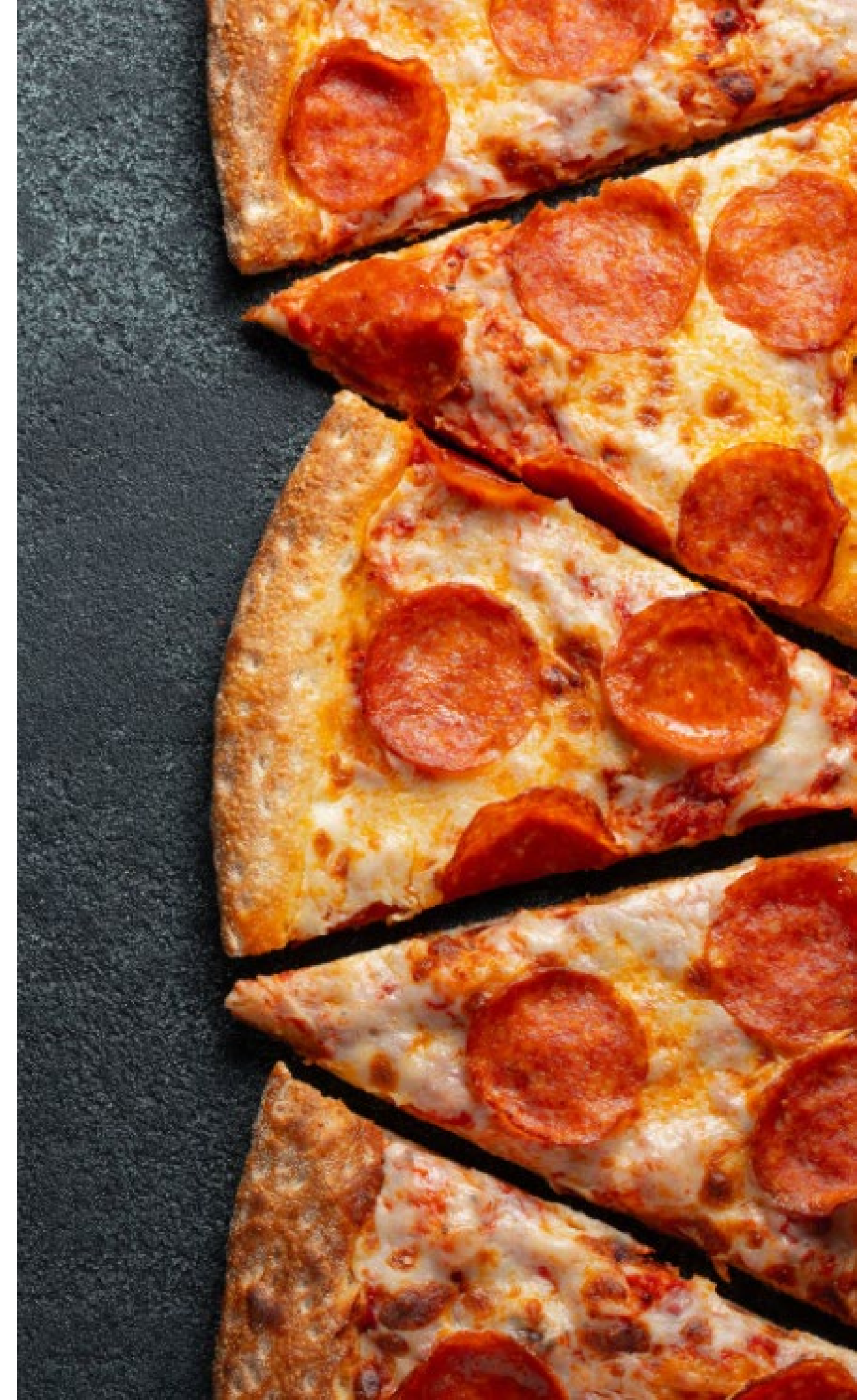
---

A CN Label or Product Formulation Statement is required for all main dish products that contribute to the meat and meat alternate component.

## Examples\*:

- Cheese or Meat Pizza
- Meat, Cheese, or Bean Burrito
- Fish Sticks
- Chicken Nuggets
- Corn Dogs

*\*The Crediting Handbook contains more information on which items require this documentation.*



# CN Labels & Product Formulation Statements

## Sample CN Label

**CN Label**

**1 Chicken Stir-Fry Bowl**

Ingredient Statement:

**2** Chicken, brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices.

**3 CN**

XXXXXX

Each 4.5 oz Chicken Stir-Fry Bowl provides 1.5 oz eq meat, 1.0 oz eq grains, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, and ⅓ cup other vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 09/16).

**CN**

Net Wt.: 18 pounds

**CN**

Chicken Wok Company  
1234 Kluck Street • Poultry, PA 1235

**4** 

**1** Product Name

**2** Ingredient Statement


**3** CN Logo

**4** Inspection Legend

**CN Label Requirements**


It is important to know, the CN Logo (the box with CN on each side that surrounds the meal pattern contribution statement) is one of the four integral parts of a label, which includes the product name, ingredient statement, and inspection legend. All four parts must be on the product carton in order for the CN label to be valid.

## Sample Product Formulation Statement



### FACT SHEET

The following nutrient information for our product is based on the certified portion size as stated on CN Label.



**PROCESSOR NAME:** Pilgrim's Pride Corp. - Gold Kist Farms Brand

**PRODUCT NAME:** CN "PhD" Homestyle WG Breaded Chicken Bites


**CODE NUMBER:** 6116 Case Wt: 30# Donated Food/Case 31.25 Standard Yield 96%

Servings/Case: 120 SERVING SIZE: 3.9 OZ 4-.975 oz Nuggets= 1 serv Contribution: 2 MMA Serv. 1 Grain Serv\*  
\*Calculation for grains based on 16 grams creditable per ounce.

UPC Code: 75632061163 Gr. Cs. Wt: 31.73 Case Cube: 1.23 Case Dim: 17.1L x 13.1W x 12.6H Pallet: 8T x 8H Cs/Pallet: 64 Shelf Life: 365 days

**BID DESCRIPTIONS**

Whole Grain Breaded fully cooked CN labeled chicken bites produced from USDA 100103 commodity natural proportion white and dark meat commodity chicken. **No added soy products, dairy or dried whole egg.** Bites to be batter breaded with Whole Grain enriched wheat flour and modified crumb style breader for optimum oven performance and extended holding time. 4 nuggets @ 0.975 oz. each guaranteed by CN Label to provide 2 oz. meat/meat alternative and 1 grain serving. Product to provide zero grams trans fat.



**NUTRIENT INFORMATION**

\*Percent Daily Values based on 2000 calorie diet.

Basic Components			Vitamins *		
Calories (kcal)	280	Carbohydrates (g)	15	Vitamin A	4%
Fat (g)	17	Dietary Fiber (g)	2	Vitamin C	180%
Saturated Fat (g)	4	Total Sugars (g)	0	Minerals *	
Trans Fatty Acid (g)	0	Protein (g)	18	Sodium (mg)	340
Cholesterol (mg)	65			Calcium	2%
				Iron	6%

*Camden Robbins* R.D., SNS 11/28/18

Camden Robbins, R.D., SNS K-12 School Nutritionist Date

# Menu Check

- All processed meat/grain items are labeled "CN" or "PFS."


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

**Menu Self-Assessment:** N/A or 

## 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

# Menu Binder Check

## Homework Assignment #2

- CN Label or Product Formulation Statement are on file for every processed meat/grain item listed on the menu.

**Menu Binder:** Check labels.

**Menu Self-Assessment:** N/A or



## 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

# Meat/MA Flexibilities

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A meat/meat alternate is not required to be served at breakfast.

**Optional Meal Pattern Flexibility:** A meat/meat alternate may be used to meet the entire grains requirement a maximum of 3 times per week at breakfast. One ounce of meat/meat alternate is equal to one ounce equivalent of grains.



# Adding Meat/MA at Breakfast

## Portions and Breakfast Ideas

- Yogurt Parfait (Yogurt/Fruit) + Fluid Milk
- Egg Scramble (Egg/Veggies) + Fluid Milk
- Banana and Peanut Butter + Fluid Milk
- Egg, Cheese, Ham and Pepper Scramble + Fluid Milk

## Serving Meat and Meat Alternates at Breakfast

Breakfasts in the Child and Adult Care Food Program (CACFP) include milk, vegetables and/or fruits, and grains. You can also serve meat and/or meat alternates instead of grains at breakfast up to 3 times per week. This option gives you more choices for menu planning.



Here's how to include meat or meat alternates as part of a reimbursable breakfast meal:

- Substitute 1 ounce equivalent of meat/meat alternate for 1 serving of grains; or
- Substitute 1 ounce equivalent of meat/meat alternate for 1 ounce equivalent of grains.

Ounce equivalents are a way to measure amounts of food. In the CACFP, 1 ounce equivalent of a meat or meat alternate is equal to 2 tablespoons of peanut butter, ½ of a large egg, or 1 ounce of lean meat, poultry, or fish. If you want to serve meat/meat alternates more than 3 days a week, you must offer them as additional foods, which do not count toward the reimbursable meal.

### A Closer Look at Menu Planning

If you plan to offer a meat or meat alternate at breakfast in place of grains, it must replace the entire required amount of grains. The table below shows the minimum amount of a meat or meat alternate you would need to serve in place of grains at breakfast.

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
Minimum amount of meat/meat alternates required when served instead of grains at breakfast	½ ounce equivalent	1 ounce equivalent	2 ounce equivalents
	is equal to:	is equal to:	is equal to:
Beans or peas (cooked)	¼ cup	¼ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	¼ cup (1 ounce)	¼ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	¼ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

*Note: When you serve beans and peas as a vegetable, they cannot also count as a meat alternate in the same meal.*

# Meat/MA Breakfast Recipes

## Add or Change Meat/MA at Breakfast

- Hash Brown Stacker
- Breakfast Pizza with Hashbrown Crust
- Breakfast Burrito with Salsa
- Spinach Egg Bake



### Hash Brown Stacker USDA Recipe for CACFP

Our Hashbrown Stacker is a fun (gluten free) take on the traditional hamburger. A hash brown is topped with lean ground beef and all the traditional burger toppings.

**CACFP CREDITING INFORMATION**  
1 Hash Brown Stacker provides 1 oz meat/meat alternate and ¼ cup vegetable.



### Breakfast Pizza With Hashbrown Crust USDA Recipe for CACFP

A sensible, savory, delicious, and nutritious Breakfast Pizza With Hashbrown Crust. Traditional lean turkey sausage is blended with eggs and peppers and served on a hash brown crust.

**CACFP CREDITING INFORMATION**  
One piece provides 1 oz equivalent meat/meat alternate and ¼ cup vegetable.



### Breakfast Burrito With Salsa USDA Recipe for CACFP

Enjoy a bountiful Southwest breakfast burrito! A warmed grainy whole wheat tortilla holds whipped frozen, thawed eggs with sweet corn and crispy green bell peppers, onion, fresh tomato, and low-fat cheese, topped off with a low-sodium salsa.

**CACFP CREDITING INFORMATION**  
1 burrito provides 2 oz equivalent meat alternate, ¼ cup vegetable, and 1.5 oz equivalent grains.



### Spinach Egg Bake

An egg bake, also known as a frittata, is an easy-to-prepare dish that provides a perfect opportunity to encourage children to eat vegetables. Eggs are used in frittata-like dishes in many parts of the world. In some parts of Europe, it is rarely served in restaurants but commonly prepared in the home.

**CACFP CREDITING INFORMATION**  
1 piece provides 2 oz equivalent meat alternate and ¼ cup vegetable.

**SOURCE**  
Team Nutrition CACFP Multicultural Recipe Project.



# Menu Check

- At breakfast, a meat/meat alternate is served in place of a grain 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

# Meat and Meat Alternate Best Practices

---

- Limit serving processed meats to no more than one serving per week.
- Serve only natural cheeses and choose low-fat or reduced-fat cheeses.



# Menu Check



## Best Practices

- Limit serving processed meats to no more than one serving per week.
- Serve only natural cheeses and choose low-fat or reduced-fat cheeses.

Menu Best Practices:



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.

A horizontal row of five eggs is shown against a plain white background. From left to right, there are four brown eggs and one white egg. The word "Questions" is written in a black, elegant cursive font across the middle of the eggs, with the letters overlapping the eggs and each other.

Questions

# Menu Master Series: Part 2 Wrap Up

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## My organization's menu now:

- Contains only creditable fruit, vegetables, and meat/meat alternate foods
- Correctly uses the breakfast + lunch/supper meal pattern flexibilities
- Only serves yogurt that meets the sugar limits
- Limits juice to one time per day
- May include new recipes and 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

# This week's homework.

## 01 Yogurt

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

---

## 02 CN Labels and Product Formulation Statements

CN Labels or Product Formulation Statements are kept on file for all processed meat/grain items. Keep documentation in **CN Label 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.



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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).

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