

Welcome! CACFP Menu Master Part 3

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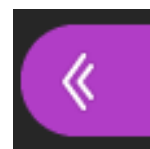
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CACFP Menu Master Part 3

WEBINAR SERIES

July 20, 2021

Training Hours: 1 Hour





Meet Your Trainer

Maddie Hein

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!



Homework check-in.

01 Yogurt

Product label 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.

Menu Documentation

All 4 categories of menu documentation have now been reviewed and placed in your menu binder.

Example:

- 17 WGR items listed on menu and 17 product labels and method documentation on file.
- 5 breakfast cereals listed on menu and 5 product labels, nutrition facts labels, and ingredients lists on file.
- 3 types of yogurts listed on menu and all 3 have a product label and nutrition facts label on file.
- *No convenience meat/grain items on menu, so no CN labels or PFS on file.*

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 Master Series

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

Fluid Milk Component



Fluid Milk Resources

USDA
United States Department of Agriculture
Food and Nutrition Service

Serving Milk in the CACFP

Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) to those in your care.

Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

Breastmilk is allowed at any age in the CACFP.

**12 months through 23 months
(1 year through 1 year and 11 months)**

- ✓ Unflavored whole milk

Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.

**2 years through 5 years
(up to 6th birthday)**

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.

6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk
- ✓ Flavored low-fat (1%) milk

Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.

For Adult Participants:

Yogurt may be served in place of milk once per day.

A serving of milk is optional at supper.

The Facts on Flavored Milk:

Flavored milk cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Homemade flavored milk made by adding flavored straws, syrups, and powders to unflavored milk also cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Flavored milk served to children 6 years old and older and to adults must be fat-free (skim) or low-fat (1%).

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

CACFP Arizona
Milk Substitutes

Milk substitutes served to participants without a disability must be nutritionally equivalent to cow's milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients found in cow's milk for the meal to be claimable.

NUTRITION STANDARDS FOR MILK SUBSTITUTES

USDA Nutrition Standards for Fluid Milk Substitutes 7 CFR 226.20(g)(3)	
Minimum Nutrients per 8 Fluid Ounces	
Calcium	276 milligrams (mg) or 30% Daily Value (DV) ¹
Protein	8 grams (g)
Vitamin A	500 international units (IU) or 10% DV
Vitamin D	100 IU or 25% DV
Magnesium	24 mg or 6% DV
Phosphorus	222 mg or 20% DV ¹
Potassium	349 mg or 10% DV ¹
Riboflavin	0.44 mg or 25% DV ¹
Vitamin B-12	1.1 micrograms (mcg) or 20% DV ¹

¹ The FDA labeling laws require manufacturers to round nutrition values to the nearest five percent. The actual minimum DV is 27.6% for calcium, 22.2% for phosphorus, 9.97% for potassium, 25.88% for riboflavin, and 18.33% for vitamin B12.

Soymilks that Meet the USDA Nutrition Standards	
Manufacturer	Product
Great Value	Walmart Great Value Original Soymilk
Kikkoman	Pearl Organic Soymilk, Smart Original, Chocolate ¹ , or Creamy Vanilla ¹
Kirkland Signature	Organic Soymilk, Plain or Vanilla ¹
Pacific Natural Foods	Ultra-Soy All-Natural Nondairy Beverage, Plain or Vanilla ¹
Siik	Siik Original Soymilk
Stremick's Heritage Foods	8 th Continent Soymilk, Original or Vanilla ¹ , refrigerated
Sunrich Naturals	Soymilk, Original, Unsweetened Vanilla ¹ , or Vanilla ¹

¹ Flavored milks are only allowable for children and adults 6 years and older. Non-dairy substitutes served to children ages 1-5 must be unflavored.

SELECT NUTRITIONALLY EQUIVALENT SOYMILKS

FAT CONTENT When offering lactose-free/reduced milk, ensure that the appropriate fat content for each age group is being served.

DOCUMENT Maintain a Menu Modification form for all modifications made. The form is available on www.azed.gov/hns/cacfp/

ACCOMMODATE CACFP facilities are not required to offer milk substitutes when they are requested due to a non-medical preference.

This project was funded using U.S. Department of Agriculture grant funds. The USDA is an equal opportunity provider and employer.

Creditable Fluid Milk

Every participant's breakfast, lunch, and supper must include fluid milk.

12-23 months

- Unflavored whole milk

2 Years through 5 years

- Unflavored fat-free (skim) or low fat (1%) milk

6+ years and Adults

- Unflavored or flavored fat free (skim) or low-fat (1%) milk



Serving Milk in the CACFP

1 Month Transition Period: 12-13 months of age

- Transition to whole milk
- Infant formula or breastmilk okay

1 Month Transition Period: 24-25 months of age

- Transition to low-fat (1%) or fat-free (skim)
- Unflavored whole milk or reduced fat (2%) okay

Breastmilk

- Allowed at any age in the CACFP



Serving Milk in the CACFP

Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) to those in your care.



Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

Breastmilk is allowed at any age in the CACFP.

12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.

2 years through 5 years (up to 6th birthday)

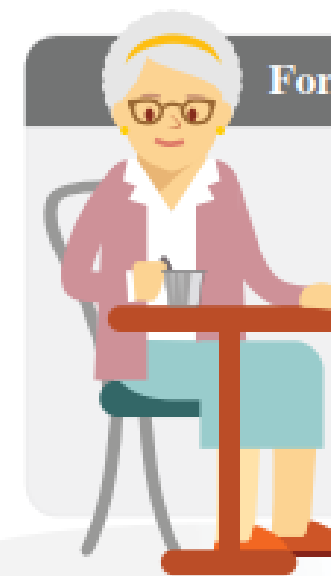
- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.

6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk
- ✓ Flavored low-fat (1%) milk

Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.



For Adult Participants:

Yogurt may be served in place of milk once per day.

A serving of milk is optional at supper.

The Facts on Flavored Milk:

Flavored milk cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Homemade flavored milk made by adding flavored straws, syrups, and powders to unflavored milk also cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Flavored milk served to children 6 years old and older and to adults must be fat-free (skim) or low-fat (1%).

Serving Milk in the CACFP

Lunch and Supper

- Beverage
- Smoothie
- Combination of the above

Breakfast and Snacks

- Beverage
- Poured over cereal
- Smoothie
- Combination of the above



Serving Milk in the CACFP

Caution

- Milk used in the preparation of products such as puddings, cream sauce, or ice cream cannot count toward the milk requirement.
- Milk cannot be served at snack time when juice is served as the other component. This includes a smoothie with milk and fruit (juice).



Menu Check

- The correct type of unflavored milk is served to all participants.
- If flavored milk is served, it is only for participants 6 years and older.

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

Flavored Milk

Flavored low fat (1%) or fat-free (skim) milk can be served to children 6 and older and adult participants.

- Flavored milk
- Milk + added syrup or flavored milk powder

Best Practice

- Serve only unflavored milk to all participants
- *USDA recommendation: Select and serve flavored milk that contains no more than 22 grams of sugar per 8 ounces or choose the flavored milk with the lowest amount of sugar.*



Hot Chocolate

Hot chocolate/cocoa must be made with fluid milk and only the fluid milk portion is creditable.

Hot chocolate is considered flavored milk.

- Creditable for children 6+ years and adults if fat-free (skim) or low-fat (1%) milk is used.
- Not creditable for children 1 through 5 years of age.



Menu Check

Best Practices

- Serve only unflavored milk to all participants.

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.

Flexibility for Adult Participants

- A serving of fluid milk is optional for suppers.
- Yogurt can be served in place of fluid milk no more than 1 time per day.
 - 8 oz fluid milk = $\frac{3}{4}$ cup (6 ounces) yogurt
 - If yogurt is served in place of fluid milk, yogurt cannot be a meat alternate at the same meal.



Menu Check: Adult Participants

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

Menu: Make change(s) if needed.

Menu Self-Assessment: N/A or 

Note: Child centers must leave this section blank or write N/A.

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



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- 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
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- 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

Fluid Milk Substitutes

Meeting Nutrient Requirements

Milk substitutes served to participants without a disability must be nutritionally equivalent to cow's milk and meet the nutritional standards for fortification of calcium, protein, vitamin D, and other nutrients found in cow's milk for the meal to be claimable.

Fluid milk substitutes and non-dairy beverages must at least meet the following per 8 fl oz:

Nutrient Requirements for Fluid Milk Substitutes/Non-Dairy Beverages

Nutrient	Per Cup (8 fl oz)
Calcium	276 milligrams
Protein	8 grams
Vitamin A	500 International Unit
Vitamin D	100 International Unit
Magnesium	24 milligrams
Phosphorus	222 milligrams
Potassium	349 milligrams
Riboflavin	0.44 milligrams
Vitamin B-12	1.1 micrograms

[81 Federal Register 24375, April 25, 2016]

Fluid Milk Substitutes

Substitutes that meet the meal pattern:

- A2 Milk
- Lactose-free and lactose-reduced milk
- Nutritionally equivalent soy milk
- Breastmilk

Fat content must be appropriate for age group and unflavored for under 6 years of age.

- Example: A 4-year-old requests lactose-reduced milk. Unflavored Lactose-Reduced 1% or Fat-Free milk is provided.



Fluid Milk Substitutes



Milk substitutes served to participants without a disability must be nutritionally equivalent to cow's milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients found in cow's milk for the meal to be claimable.

CACFP Arizona Milk Substitutes

- USDA Nutrition Standards for Fluid Milk Substitutes
- Easy reference of soymilks that meet the meal pattern requirements
- When offering lactose-free/reduced milk, ensure the appropriate fat content for their age group



USDA Nutrition Standards for Fluid Milk Substitutes 7 CFR 226.20(g)(3)	
Minimum Nutrients per 8 Fluid Ounces	
Calcium	276 milligrams (mg) or 30% Daily Value (DV) ¹
Protein	8 grams (g)
Vitamin A	500 international units (IU) or 10% DV
Vitamin D	100 IU or 25% DV
Magnesium	24 mg or 6% DV
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Riboflavin	0.44 mg or 25% DV ¹
Vitamin B-12	1.1 micrograms (mcg) or 20% DV ¹

¹ The FDA labeling laws require manufacturers to round nutrition values to the nearest five percent. The actual minimum DV is 27.6% for calcium, 22.2% for phosphorus, 9.97% for potassium, 25.88% for riboflavin, and 18.33% for vitamin B12.

Soymilks that Meet the USDA Nutrition Standards	
The following is a list of soymilk products that currently meet the USDA nutrition standards for fluid milk substitutes. This list is for informational purposes only. It is subject to change and is not intended to endorse a specific brand.	
Manufacturer	Product
Great Value	Walmart Great Value Original Soymilk
Kikkoman	Pearl Organic Soymilk, Smart Original, Chocolate ¹ , or Creamy Vanilla ¹
Kirkland Signature	Organic Soymilk, Plain or Vanilla ¹
Pacific Natural Foods	Ultra-Soy All-Natural Nondairy Beverage, Plain or Vanilla ¹
Silk	Silk Original Soymilk
Stremick's Heritage Foods	8 th Continent Soymilk, Original or Vanilla ¹ , refrigerated
Sunrich Naturals	Soymilk, Original, Unsweetened Vanilla ¹ , or Vanilla ¹

¹ Flavored milks are only allowable for children and adults 6 years and older. Non-dairy substitutes served to children ages 1-5 must be unflavored.



- FAT CONTENT** When offering lactose-free/reduced milk, ensure that the appropriate fat content for each age group is being served.
- DOCUMENT** Maintain a Menu Modification form for all modifications made. The form is available on www.azed.gov/hns/cacfp/
- ACCOMMODATE** CACFP facilities are not required to offer milk substitutes when they are requested due to a non-medical preference.





Questions

Sides and Snacks



Sides Recipes

USDA Standardized Recipes

Check your recipe packet for a few sample 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



Cornbread USDA Recipe for CACFP

This scrumptious and slightly sweet cornbread is a southern staple created from a combination that includes whole-grain flour, cornmeal, milk, and eggs.

CACFP CREDITING INFORMATION
1 piece (about 2" x 2½") provides 1 oz equivalent grains.



Tropical Bean Salad

This tangy salad is delicious as a side dish or as a topping for tacos, chicken, or fish. Mangoes are a tropical stone fruit. In the United States, Florida is the largest producer of mangoes.

CACFP CREDITING INFORMATION
1 cup (8 oz spoodle) bean salad over ½ cup (4 oz spoodle) lettuce provides Legume as Meat Alternate: 1½ oz equivalent meat alternate, ¾ cup vegetable, and ¼ cup fruit OR Legume as Vegetable: ¾ cup vegetable and ¼ cup fruit.

SOURCE
Team Nutrition CACFP Multicultural Recipe Project.



Tabbouleh

Tabbouleh is a popular Middle Eastern salad that is served as part of a mezze (assortment of appetizers). A primary ingredient in Tabbouleh is bulgur, which is a whole grain.

CACFP CREDITING INFORMATION
½ cup (No. 8 scoop) provides ¼ cup vegetable and ½ oz equivalent grains.

SOURCE
Team Nutrition CACFP Multicultural Recipe Project.



Macaroni Salad USDA Recipe for CACFP

Macaroni Salad combines whole-grain pasta and fresh vegetables, including bell peppers, celery, and carrots, in a light dressing.

CACFP CREDITING INFORMATION
¾ cup (6 fl oz spoodle) provides ¼ cup vegetable and 1 oz equivalent grains.

CACFP Snacks

Any two components are required at snack.

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

Common errors:

- 2 foods from 1 component
- 1 component + condiment



Menu Check

- Every snack contains at least two components.

Menu: Make change(s) if needed.

Menu Self-Assessment:



Menu Self Assessment

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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

ADE Snack Ideas



English Muffin, Nut Butter, Strawberries
English Muffin (G), Strawberries (F), Nut Butter Extra

Broccoli and Cheese Baked Potato
Potato/Broccoli (V), Cheese (M)

Tomato Salad & Tortilla Chips
Tomato/Onions/Green & Red Pepper (V)
Tortilla Chips (G)

Fruit & Cheese Snack Pack
Cheese (M), Sliced Grapes (F), Almonds Extra

Pasta Salad
Noodles (G), Green Peppers/Onion (V)
Ham and Dressing Extra

Cottage Cheese & Peaches
Cottage Cheese (M), Sliced Fresh Peaches (F)

Melon Madness
Watermelon, Cantaloupe and Honeydew (F)
Plain Yogurt (M) for dipping!

Open Egg Salad Sandwich
Egg (M), Bagel (G), Mayo/Mustard/Celery Extra

Banana Sundae
Bananas (F), Cereal (G), Sprinkles Extra
Freeze bananas pieces + blend until you have a smooth consistency. Add toppings and a cherry!

Snack Stackers
Turkey/Cheese (M), Tomatoes/Cucumber (V)

Grilled Tomato & Cheese Triangle
Whole Wheat Bread (G), Cheese (M), Tomato Extra

Party Parfait
Yogurt (M), Berries/Banana (F), Granola Extra

Samurai Banana Sushi Rolls
Tortilla (G), Banana (F), Peanut Butter Extra
Roll up + cut into sushi slices!

Ants on a Carrot Log
Nut/Seed Butter (M), Carrots (V), Raisins Extra

Sunrise Smoothie
Pineapple (F), Plain Yogurt (M), Topping(s) Extra
Blend + Serve. Top with shredded coconut!

Hard-Boiled Egg & Fresh Fruit Stacker
Sliced Egg (M), Fruit (F), Crackers Extra

Green Apple Sandwiches
Apple (F), Nut/Seed Butter (M), Cinnamon Extra
Slice apples into large circles, PB in between!

Ham & Cheese Quesadilla
Tortilla (G), Ham/Cheese (M), Bell Pepper Extra

Fruit Cracker Pizza
WG Crackers (G), Kiwi/Mixed Berries (F), Cream Cheese Extra. Spread cream cheese on crackers and top with small fruit pieces!

Mediterranean Tuna Pocket
Tuna (M), Pita (G), Carrots/Peas/Spread Extra

G: Grain M: Meat/Alt V: Vegetable F: Fruit

MIX IT UP

Select different components and foods for each snack! Be mindful of choking hazards + modify for your little eaters.

SERVE EXTRA

Offer a 3rd component or "extra" of any creditable item. No measuring needed!

MAKE IT FUN

Choose a name that excites your eaters!



ADE Snack Ideas

Increase Variety

- Different component combinations
 - *Mostly grain + milk? Make swaps!*



English Muffin, Nut Butter, Strawberries
English Muffin (G), Strawberries (F), Nut Butter Extra

Broccoli and Cheese Baked Potato
Potato/Broccoli (V), Cheese (M)

Tomato Salad & Tortilla Chips
Tomato/Onions/Green & Red Pepper (V)
Tortilla Chips (G)

Fruit & Cheese Snack Pack
Cheese (M), Sliced Grapes (F), Almonds Extra

Pasta Salad
Noodles (G), Green Peppers/Onion (V)
Ham and Dressing Extra

Cottage Cheese & Peaches
Cottage Cheese (M), Sliced Fresh Peaches (F)

Melon Madness
Watermelon, Cantaloupe and Honeydew (F)
Plain Yogurt (M) for dipping!

Open Egg Salad Sandwich
Egg (M), Bagel (G), Mayo/Mustard/Celery Extra

Banana Sundae
Bananas (F), Cereal (G), Sprinkles Extra
Freeze bananas pieces + blend until you have a smooth consistency. Add toppings and a cherry!

Snack Stackers
Turkey/Cheese (M), Tomatoes/Cucumber (V)

Grilled Tomato & Cheese Triangle
Whole Wheat Bread (G), Cheese (M), Tomato Extra

Party Parfait
Yogurt (M), Berries/Banana (F), Granola Extra

Samurai Banana Sushi Rolls
Tortilla (G), Banana (F), Peanut Butter Extra
Roll up + cut into sushi slices!

Ants on a Carrot Log
Nut/Seed Butter (M), Carrots (V), Raisins Extra

Sunrise Smoothie
Pineapple (F), Plain Yogurt (M), Topping(s) Extra
Blend + Serve. Top with shredded coconut!

Hard-Boiled Egg & Fresh Fruit Stacker
Sliced Egg (M), Fruit (F), Crackers Extra

Green Apple Sandwiches
Apple (F), Nut/Seed Butter (M), Cinnamon Extra
Slice apples into large circles, PB in between!

Ham & Cheese Quesadilla
Tortilla (G), Ham/Cheese (M), Bell Pepper Extra

Fruit Cracker Pizza
WG Crackers (G), Kiwi/Mixed Berries (F), Cream Cheese Extra. Spread cream cheese on crackers and top with small fruit pieces!

Mediterranean Tuna Pocket
Tuna (M), Pita (G), Carrots/Peas/Spread Extra

G: Grain M: Meat/Alt V: Vegetable F: Fruit

MIX IT UP

Select different components and foods for each snack! Be mindful of choking hazards + modify for your little eaters.

SERVE EXTRA

Offer a 3rd component or "extra" of any creditable item. No measuring needed!

MAKE IT FUN

Choose a name that excites your eaters!



ADE Snack Ideas

Increase Variety

- Different component combinations
 - *Mostly grain + milk? Make swaps!*
- Creative names and presentation
 - *Green Apple Sandwiches*



English Muffin, Nut Butter, Strawberries
English Muffin (G), Strawberries (F), Nut Butter Extra

Broccoli and Cheese Baked Potato
Potato/Broccoli (V), Cheese (M)

Tomato Salad & Tortilla Chips
Tomato/Onions/Green & Red Pepper (V)
Tortilla Chips (G)

Fruit & Cheese Snack Pack
Cheese (M), Sliced Grapes (F), Almonds Extra

Pasta Salad
Noodles (G), Green Peppers/Onion (V)
Ham and Dressing Extra

Cottage Cheese & Peaches
Cottage Cheese (M), Sliced Fresh Peaches (F)

Melon Madness
Watermelon, Cantaloupe and Honeydew (F)
Plain Yogurt (M) for dipping!

Open Egg Salad Sandwich
Egg (M), Bagel (G), Mayo/Mustard/Celery Extra

Banana Sundae
Bananas (F), Cereal (G), Sprinkles Extra
Freeze bananas pieces + blend until you have a smooth consistency. Add toppings and a cherry!

Snack Stackers
Turkey/Cheese (M), Tomatoes/Cucumber (V)

Grilled Tomato & Cheese Triangle
Whole Wheat Bread (G), Cheese (M), Tomato Extra

Party Parfait
Yogurt (M), Berries/Banana (F), Granola Extra

Samurai Banana Sushi Rolls
Tortilla (G), Banana (F), Peanut Butter Extra
Roll up + cut into sushi slices!

Ants on a Carrot Log
Nut/Seed Butter (M), Carrots (V), Raisins Extra

Sunrise Smoothie
Pineapple (F), Plain Yogurt (M), Topping(s) Extra
Blend + Serve. Top with shredded coconut!

Hard-Boiled Egg & Fresh Fruit Stacker
Sliced Egg (M), Fruit (F), Crackers Extra

Green Apple Sandwiches
Apple (F), Nut/Seed Butter (M), Cinnamon Extra
Slice apples into large circles, PB in between!

Ham & Cheese Quesadilla
Tortilla (G), Ham/Cheese (M), Bell Pepper Extra

Fruit Cracker Pizza
WG Crackers (G), Kiwi/Mixed Berries (F), Cream Cheese Extra. Spread cream cheese on crackers and top with small fruit pieces!

Mediterranean Tuna Pocket
Tuna (M), Pita (G), Carrots/Peas/Spread Extra

G: Grain M: Meat/Alt V: Vegetable F: Fruit

MIX IT UP

Select different components and foods for each snack! Be mindful of choking hazards + modify for your little eaters.

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ADE Snack Ideas

Increase Variety

- Different component combinations
 - *Mostly grain + milk? Make swaps!*
- Creative names and presentation
 - *Green Apple Sandwiches*
- Add fresh fruits and/or vegetables
 - *Melon Madness*

CACFP Arizona Snack Ideas



English Muffin, Nut Butter, Strawberries
English Muffin (G), Strawberries (F), Nut Butter Extra

Broccoli and Cheese Baked Potato
Potato/Broccoli (V), Cheese (M)

Tomato Salad & Tortilla Chips
Tomato/Onions/Green & Red Pepper (V)
Tortilla Chips (G)

Fruit & Cheese Snack Pack
Cheese (M), Sliced Grapes (F), Almonds Extra

Pasta Salad
Noodles (G), Green Peppers/Onion (V)
Ham and Dressing Extra

Cottage Cheese & Peaches
Cottage Cheese (M), Sliced Fresh Peaches (F)

Melon Madness
Watermelon, Cantaloupe and Honeydew (F)
Plain Yogurt (M) for dipping!

Open Egg Salad Sandwich
Egg (M), Bagel (G), Mayo/Mustard/Celery Extra

Banana Sundae
Bananas (F), Cereal (G), Sprinkles Extra
Freeze bananas pieces + blend until you have a smooth consistency. Add toppings and a cherry!

Snack Stackers
Turkey/Cheese (M), Tomatoes/Cucumber (V)

Grilled Tomato & Cheese Triangle
Whole Wheat Bread (G), Cheese (M), Tomato Extra

Party Parfait
Yogurt (M), Berries/Banana (F), Granola Extra

Samurai Banana Sushi Rolls
Tortilla (G), Banana (F), Peanut Butter Extra
Roll up + cut into sushi slices!

Ants on a Carrot Log
Nut/Seed Butter (M), Carrots (V), Raisins Extra

Sunrise Smoothie
Pineapple (F), Plain Yogurt (M), Topping(s) Extra
Blend + Serve. Top with shredded coconut!

Hard-Boiled Egg & Fresh Fruit Stacker
Sliced Egg (M), Fruit (F), Crackers Extra

Green Apple Sandwiches
Apple (F), Nut/Seed Butter (M), Cinnamon Extra
Slice apples into large circles, PB in between!

Ham & Cheese Quesadilla
Tortilla (G), Ham/Cheese (M), Bell Pepper Extra

Fruit Cracker Pizza
WG Crackers (G), Kiwi/Mixed Berries (F), Cream Cheese Extra. Spread cream cheese on crackers and top with small fruit pieces!

Mediterranean Tuna Pocket
Tuna (M), Pita (G), Carrots/Peas/Spread Extra

G: Grain M: Meat/Alt V: Vegetable F: Fruit

MIX IT UP

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ADE Snack Ideas

Increase Variety

- Different component combinations
 - *Mostly grain + milk? Make swaps!*
- Creative names and presentation
 - *Green Apple Sandwiches*
- Add fresh fruits and/or vegetables
 - *Melon Madness*
- Reduce crackers and breakfast cereal
 - *Pasta Salad*

CACFP Arizona Snack Ideas



English Muffin, Nut Butter, Strawberries
English Muffin (G), Strawberries (F), Nut Butter Extra

Broccoli and Cheese Baked Potato
Potato/Broccoli (V), Cheese (M)

Tomato Salad & Tortilla Chips
Tomato/Onions/Green & Red Pepper (V)
Tortilla Chips (G)

Fruit & Cheese Snack Pack
Cheese (M), Sliced Grapes (F), Almonds Extra

Pasta Salad
Noodles (G), Green Peppers/Onion (V)
Ham and Dressing Extra

Cottage Cheese & Peaches
Cottage Cheese (M), Sliced Fresh Peaches (F)

Melon Madness
Watermelon, Cantaloupe and Honeydew (F)
Plain Yogurt (M) for dipping!

Open Egg Salad Sandwich
Egg (M), Bagel (G), Mayo/Mustard/Celery Extra

Banana Sundae
Bananas (F), Cereal (G), Sprinkles Extra
Freeze bananas pieces + blend until you have a smooth consistency. Add toppings and a cherry!

Snack Stackers
Turkey/Cheese (M), Tomatoes/Cucumber (V)

Grilled Tomato & Cheese Triangle
Whole Wheat Bread (G), Cheese (M), Tomato Extra

Party Parfait
Yogurt (M), Berries/Banana (F), Granola Extra

Samurai Banana Sushi Rolls
Tortilla (G), Banana (F), Peanut Butter Extra
Roll up + cut into sushi slices!

Ants on a Carrot Log
Nut/Seed Butter (M), Carrots (V), Raisins Extra

Sunrise Smoothie
Pineapple (F), Plain Yogurt (M), Topping(s) Extra
Blend + Serve. Top with shredded coconut!

Hard-Boiled Egg & Fresh Fruit Stacker
Sliced Egg (M), Fruit (F), Crackers Extra

Green Apple Sandwiches
Apple (F), Nut/Seed Butter (M), Cinnamon Extra
Slice apples into large circles, PB in between!

Ham & Cheese Quesadilla
Tortilla (G), Ham/Cheese (M), Bell Pepper Extra

Fruit Cracker Pizza
WG Crackers (G), Kiwi/Mixed Berries (F), Cream Cheese Extra. Spread cream cheese on crackers and top with small fruit pieces!

Mediterranean Tuna Pocket
Tuna (M), Pita (G), Carrots/Peas/Spread Extra

G: Grain M: Meat/Alt V: Vegetable F: Fruit

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MAKE IT FUN

Choose a name that excites your eaters!



ADE Snack Ideas

Increase Variety

- Different component combinations
 - *Mostly grain + milk? Make swaps!*
- Creative names and presentation
 - *Green Apple Sandwiches*
- Add fresh fruits and/or vegetables
 - *Melon Madness*
- Reduce crackers and breakfast cereal
 - *Pasta Salad*
- Vary savory and sweet options
 - *Grilled Tomato and Cheese Triangle*

CACFP Arizona Snack Ideas



English Muffin, Nut Butter, Strawberries
English Muffin (G), Strawberries (F), Nut Butter Extra

Broccoli and Cheese Baked Potato
Potato/Broccoli (V), Cheese (M)

Tomato Salad & Tortilla Chips
Tomato/Onions/Green & Red Pepper (V)
Tortilla Chips (G)

Fruit & Cheese Snack Pack
Cheese (M), Sliced Grapes (F), Almonds Extra

Pasta Salad
Noodles (G), Green Peppers/Onion (V)
Ham and Dressing Extra

Cottage Cheese & Peaches
Cottage Cheese (M), Sliced Fresh Peaches (F)

Melon Madness
Watermelon, Cantaloupe and Honeydew (F)
Plain Yogurt (M) for dipping!

Open Egg Salad Sandwich
Egg (M), Bagel (G), Mayo/Mustard/Celery Extra

Banana Sundae
Bananas (F), Cereal (G), Sprinkles Extra
Freeze bananas pieces + blend until you have a smooth consistency. Add toppings and a cherry!

Snack Stackers
Turkey/Cheese (M), Tomatoes/Cucumber (V)

Grilled Tomato & Cheese Triangle
Whole Wheat Bread (G), Cheese (M), Tomato Extra

Party Parfait
Yogurt (M), Berries/Banana (F), Granola Extra

Samurai Banana Sushi Rolls
Tortilla (G), Banana (F), Peanut Butter Extra
Roll up + cut into sushi slices!

Ants on a Carrot Log
Nut/Seed Butter (M), Carrots (V), Raisins Extra

Sunrise Smoothie
Pineapple (F), Plain Yogurt (M), Topping(s) Extra
Blend + Serve. Top with shredded coconut!

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Sliced Egg (M), Fruit (F), Crackers Extra

Green Apple Sandwiches
Apple (F), Nut/Seed Butter (M), Cinnamon Extra
Slice apples into large circles, PB in between!

Ham & Cheese Quesadilla
Tortilla (G), Ham/Cheese (M), Bell Pepper Extra

Fruit Cracker Pizza
WG Crackers (G), Kiwi/Mixed Berries (F), Cream Cheese Extra. Spread cream cheese on crackers and top with small fruit pieces!

Mediterranean Tuna Pocket
Tuna (M), Pita (G), Carrots/Peas/Spread Extra

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MIX IT UP

Select different components and foods for each snack! Be mindful of choking hazards + modify for your little eaters.

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Offer a 3rd component or "extra" of any creditable item. No measuring needed!

MAKE IT FUN

Choose a name that excites your eaters!



Menu Check

Best Practices

- Make at least 1 of the 2 required snack components a vegetable or a fruit.
- Increase variety! Limit crackers and breakfast cereal.

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 a white ceramic plate filled with farfalle (butterfly) pasta. The pasta is coated in a light-colored sauce and garnished with sliced cherry tomatoes and fresh green basil leaves. The plate is set on a white-painted wooden surface with a visible grain. Overlaid on the center of the image is the word "Questions" in a large, black, cursive script font.

Questions

Menu Master Series: Part 3 Wrap Up

My organization's menu now:

- Contains only creditable fluid milk
- May include new side recipes
- Contains only creditable snacks with at least two components
- May include new snack combinations!

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

Entrée Recipes

Next week, we'll be looking at Entrée Recipes. Take time this week to talk with your team (especially those who prepare the meals or approve menu changes) to discuss which entrées you may want to remove from your menu to try something new!

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.

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