Welcome! CACFP Menu Master Part 4

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.

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If there is more than one person watching the webinar with you, please email the names and email addresses to 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 4

WEBINAR SERIES

July 27, 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!

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

CACFP Entrées

Entrée Types

Assemble

- Each food item is easily identifiable
- Example: Turkey sandwich
- No documentation required

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Homemade (HM)

- Scratch cooking with one or more component
- Example: Macaroni and Ham/Cheese
- Documentation: Standardized Recipe (best practice)

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Commercially Prepared (CN, PFS)

- Prepared commercially, Combination
- Example: Frozen Corn Dogs
- Documentation: CN Label or PFS

Combined Entrées

Entrées combine multiple components.

It is an Arizona best practice to *limit* combined entrees to three components or less to make sure there's a side available at all meals.

Lunch Example:

Entrée: Beef, Rice, and Vegetable Soup

Side: Fruit or a 2nd type of Vegetable

Fluid Milk

Menu Check

Best Practices

- Limit combined entrees to three components or less to ensure a side at all meals.

- Cook from scratch! Limit commercially processed or frozen entrees.

Menu Best Practices: 

CACFP Arizona
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.

Entrée Recipes

USDA Standardized Recipes

Discover:

- New Entrée Ideas
- Standardized Recipes

Chicken Flatbread Pizza

Flatbread varieties such as tortillas, pitas, and focaccia have been popular for many years. The newcomer is naan, which originated in India but is also very popular in Asian and Middle Eastern cuisine. Naan is a thick, double-layered flatbread that can be served plain alongside curries, lentils, and other dishes, stuffed with various fillings, or topped with meats, vegetables, sauces, and more, as shown in this recipe.

CACFP CREDITING INFORMATION
1 piece provides 1½ oz equivalent meat, ¼ cup vegetable, and 1½ oz equivalent grains.

SOURCE
Team Nutrition CACFP Multicultural Recipe Project.

Meatball Madness USDA Recipe for CACFP

In our Meatball Madness recipe, lean ground turkey, spices, and vegetables are shaped and baked in a muffin tin, and then topped with a dollop of mashed potatoes.

CACFP CREDITING INFORMATION
Two meatball cups provide 2 oz equivalent meat/meat alternate and 7/8 cup vegetable.

Red Pozole

Pozole, which means hominy, is a traditional soup or stew from Mexico. Hominy is a food produced from treated, dried corn kernels and can be found in many dishes prepared throughout Mexico and Central America. When served, it often includes add-ins such as radishes, shredded cabbage, cilantro, lime, and avocado.

CACFP CREDITING INFORMATION
½ cup (No. 8 scoop) provides 1.5 oz equivalent meat and ¼ cup vegetable.

SOURCE
Team Nutrition CACFP Multicultural Recipe Project.

Vegetable Quesadilla USDA Recipe for CACFP

Our Vegetable Quesadilla is a scrumptious combination of black beans, corn, peppers, and Mexican spices, all in a warm whole-grain tortilla.

CACFP CREDITING INFORMATION
1 quesadilla provides

Legume as Meat Alternate: 0.5 oz meat alternate, ¼ cup vegetable, and 1.5 oz equivalent grains. OR

Legume as Vegetable: 0.25 oz equivalent meat alternate, ¼ cup vegetable, and 1.5 oz equivalent grains.

Entrée Recipes

USDA Standardized Recipes

Check your recipe packet for entrée 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

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ADE Cold Entrée Ideas

No Oven, No Problem

Variety is possible! CACFP sites can create unique menus without stovetops, ovens, or a full time cook!

- Cold entrée ideas for lunch and dinner
- Simply add sides and milk to each entrée as needed

Mix it up

- Include meat variety with beans, meats, eggs, and cheese
- Include grain variety with wraps, rolls, and bread
- Vary seasoning, sauces, spreads
- Swap out seasonal flavors

CACFP Arizona
Cold Entrée Ideas

Variety is possible! CACFP sites can create unique menus without stovetops, ovens, or a full time cook! This list includes cold entrée ideas for lunch and dinner. Simply add sides and milk to each entrée as needed. Let's get creative!

BBQ Chicken Salad Croissant
Croissant **(G)**, combine Canned Chicken **(M)** with BBQ sauce (Extra). Tomato/Lettuce/Celery **(V)**.

Avocado & Egg Rollup
Whole Grain Tortilla **(G)**, Hard Boiled Egg **(M)**, Mustard (Extra). Avocado/Tomato/Cucumber **(V)**.

Turkey, Hummus & Naan
Turkey Slices **(M)** rolled up, served next to Naan Bread **(G)**, with a side of cucumbers **(V)** and hummus (Extra) for dipping!

Chipotle Turkey Pinwheels
Tortilla **(G)** spread with mild chipotle mayo, sliced turkey **(M)**, sundried tomatoes and spinach **(V)**. Roll and slice into wheels!

Taco Salad Bowl
Canned Chicken **(M)** and Beans **(V)** drained and mixed with taco seasonings, in a bowl with lettuce/tomato **(V)**, tortilla chips **(G)** crumbled on top. Top with cheese, sour cream, or green onions (Extras).

Three Bean Chicken Salad Wrap
Garbanzo/Kidney/Northern Beans **(V)** with Canned Chicken **(M)**, Diced Cucumber, Tomato and Pepper **(V)**. Mix with oil and seasoning. Serve with tortilla chips or dinner rolls **(G)**.

White Bean & Tuna Pocket
Drain and season white beans **(V)** and tuna **(M)**. Add diced tomatoes, shredded carrots, and edamame **(V)** and add mixture to Pita Pocket **(G)**.

Pesto, Tomato, Mozzarella Ciabatta
Soft Ciabatta Rolls **(G)**, filled with Mozzarella **(M)**, spinach leaves/tomato **(V)** and pesto spread (Extra). Cut into triangles!

Ham and Cheddar Sliders
Mini Dinner Rolls **(G)**, Sliced Honey Ham + Cheddar **(M)**, with Mustard or Spread (Extra).

Turkey Cranberry Rolls
Dinner Rolls **(G)** filled with sliced turkey **(M)**, whole cranberry sauce **(F)**, and Dijon mustard (Extra).

Apple Crunch Rollup
Spread Peanut Butter (½ **M**), on a tortilla **(G)**. Top with thinly sliced red and green apples **(F)**. Top with Raisins and Granola (Extras).

Egg Salad Bagel Sandwich
Top a Bagel **(G)** with Hard Boiled Egg **(M)** chopped and mixed with mayo, mustard, celery and seasoning (Extras).

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

MIX IT UP	Include meat variety by selecting beans, meats, eggs, and cheese + grain variety with wraps, rolls, and pita bread!
FLAVOR	Buy or prepare different seasoning, sauces, and spreads, like hummus or chipotle mayo to spice things up!
SEASONAL	Swap out the BBQ Chicken Salad Croissant for Turkey Cranberry Rolls in Fall or change sauces seasonally!

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

Menu Check

- All homemade items are labeled “HM”

Menu: Make change(s) if needed.

Menu Self-Assessment: ✓

Child and Adult Care Food Program

Menu Self Assessment

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

Designations

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

Required Statements

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

Menu Binder

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

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

Menu Binder Check

Best Practice: Recipes are on file for every homemade item listed on the menu.

Menu Binder: Add recipes if you have them.

Menu Self-Assessment: N/A, leave blank or ✓

Child and Adult Care Food Program

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Deep Fat Fried

Foods that are deep-fat fried onsite cannot count toward a reimbursable meal in the CACFP.

- Deep-fat frying means cooking by fully covering (submerging) food in hot oil or other fat.
- “Onsite” means at your site or the site’s central or satellite kitchen.

Methods of Healthy Cooking

How a food is cooked can make a difference in how healthy it is. Cooking with oils instead of butter or lard can be better for heart health.

Instead of deep fat frying, try:

- Roast, Bake, or Broil in the oven
- Sauté, Pan Fry, and Stir-Fry
- Grill

USDA
United States Department of Agriculture

Methods for Healthy Cooking

How a food is cooked can make a difference in how healthy it is. Try some of the cooking methods below instead of deep-fat frying. Cooking with oils instead of butter or lard can be better for heart health.

Roast, Bake, or Broil: Cooking foods, usually at high heat, in the oven.

Sauté, Pan Fry, and Stir-Fry: Cooking foods with a small amount of hot oil over medium or high heat.

Grill: Cooking foods by placing them on a pre-heated metal grill, or grill pan, with high heat coming from below the food.

Oven-Fried Chicken gives the crunch kids love, but in a healthier way.

As of October 1, 2017,

foods that are deep-fat fried onsite cannot count toward a reimbursable meal in the Child and Adult Care Food Program (CACFP).

- Deep-fat frying means cooking by fully covering (submerging) food in hot oil or other fat.
- "Onsite" means at your child care center, family child care home, or your child care center's central or satellite kitchen.

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

Menu Check

- Menu items are not deep fat fried on-site.

Menu: Make change(s) if needed.

Menu Self-Assessment: ✓

Child and Adult Care Food Program

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

Extra Components and Spreads

Extras: Anything provided in addition to the required components.

- Additional Creditable Foods
- All Condiments and Spreads

Requirements:

- Everything provided during a meal or snack (including extras) must be listed on the menu
- Are considered CACFP Food Cost *(exception: non-creditable foods)*

<u>Breakfast Example:</u>

- WGR Bagel (G), Cream Cheese, Banana (F), Fluid Milk

Menu Check

- All extras and spreads are listed on the menu.

Menu: Make change(s) if needed.

Menu Self-Assessment: ✓

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Questions

CACFP Menu Statements

Non-Discrimination Statement

Required

- Must be written on every page of the CACFP menu
- Font size cannot be smaller than font on the page

“This institution is an equal opportunity provider.”

Milk Statement

Required

- Must be written on every page of the CACFP menu

<u>If you have both age groups in your care:</u>

- “Whole milk is served to children 12-23 months. Children 24 months and older are served 1% or fat free milk.”

<u>If you **only** have older children or adults in your care:</u>

- “All participants are served low-fat or fat-free milk.”

Water Statement

Required

- Must be written on every page of the CACFP menu

Description of how water is made available throughout the day.

Menu Check

- “This institution is an equal opportunity provider.”
- Milk Disclaimer:
  - “Whole milk is served to children 12-23 months. Children 24 months and older are served 1% or fat free milk”
  - “All participants are served low-fat or fat-free milk.”
- Description of how water is made available throughout the day.

Menu: Make change(s) if needed.

Menu Self-Assessment: ✓

Child and Adult Care Food Program

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Child and Adult Care Food Program | July 2020 | Arizona Department of Education | This institution is an equal opportunity provider.

Juice Statement

Required If Serving Juice

- Must be written on every page of the CACFP menu

“All juices served are 100% juice.”

Mixed Item Statement

Required if Serving Mixed Items

- Must be written on the page of the CACFP menu that lists the mixed item

Identify the main ingredients in mixed items.

Examples:

- Fruit Cocktail = pineapple, cherry, peach, pear
- Stir Fry Vegetables = carrots, broccoli, onion

Menu Check

- "All juices served are 100% juice."
- Identify the main ingredients in mixed items (such as fruit cocktail or mixed vegetables).

Menu: Make change(s) if needed.

Menu Self-Assessment: N/A or ✓

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Questions

Communicating with Parents

Post Menu in Public View

Select the CACFP menu for the current week and:

- Write the dates for each day of the week
- Print and post in public view for all to see
- Mark last-minute substitutions

At the end of the week, take the menu down and file in the monthly folder. All CACFP records are kept for five years.

Nibbles for Health Newsletter

Nutrition Newsletters for Parents of Young Children

These colorful and engaging newsletters can be shared with parents of young children to communicate information about popular nutrition topics.

There are 12 newsletters available either by ordering print versions from USDA or downloading and printing on your own:

- English
- Spanish

Nibbles for Health Newsletter

Child Care: What Will My Child Eat?

- Brief description of CACFP
- Overview of components
- Examples of portions and items served

Family Activity:

- Find pictures of healthy foods at the site
- Read a book about trying new foods
- Grow and taste new foods at home
- Color the picture

USDA United States Department of Agriculture

Food and Nutrition Service

Child Care: What Will My Child Eat?

Did you know that our child care site participates in the Child and Adult Care Food Program (CACFP)? Meals and snacks served through the CACFP help give preschoolers the nutrients they need to learn, grow, and be healthy. We provide a variety of vegetables, fruits, whole grains, low-fat dairy, and lean protein foods. We also offer water throughout the day.

What's for Lunch?*

- ¾ cup low-fat (1%) milk
- ¼ cup fruits**
- ¼ cup vegetables
- ½ serving of grains (such as a ½ slice of bread or ¼ cup of pasta or rice)
- 1½ ounce equivalent of meat or meat alternate (such as cheese, yogurt, or beans)

*Portions for children ages 3 to 5.
**Additional vegetables may be served in place of fruits.

What's for Snack?*

Snacks can vary. Here are some examples:

Example 1:
- ½ ounce equivalent of meat or meat alternate
- ½ cup fruit

Example 2:
- ½ cup vegetables
- ½ serving of grains

Example 3:
- ½ cup milk
- ½ serving of grains

Example 4:
- ½ cup vegetables
- ½ ounce equivalent of meat or meat alternate

*Portions for children ages 3 to 5.

Nibbles for Health Nutrition Newsletters for Parents of Young Children

Nibbles for Health Newsletter

Encouraging Vegetables

- 10 or more tries to like a new food
- Encourages families to keep offering
- Health benefits of offering vegetables
- Tips for serving

Family Activity:

- Five ways to encourage vegetables
- Color the vegetables you have tried

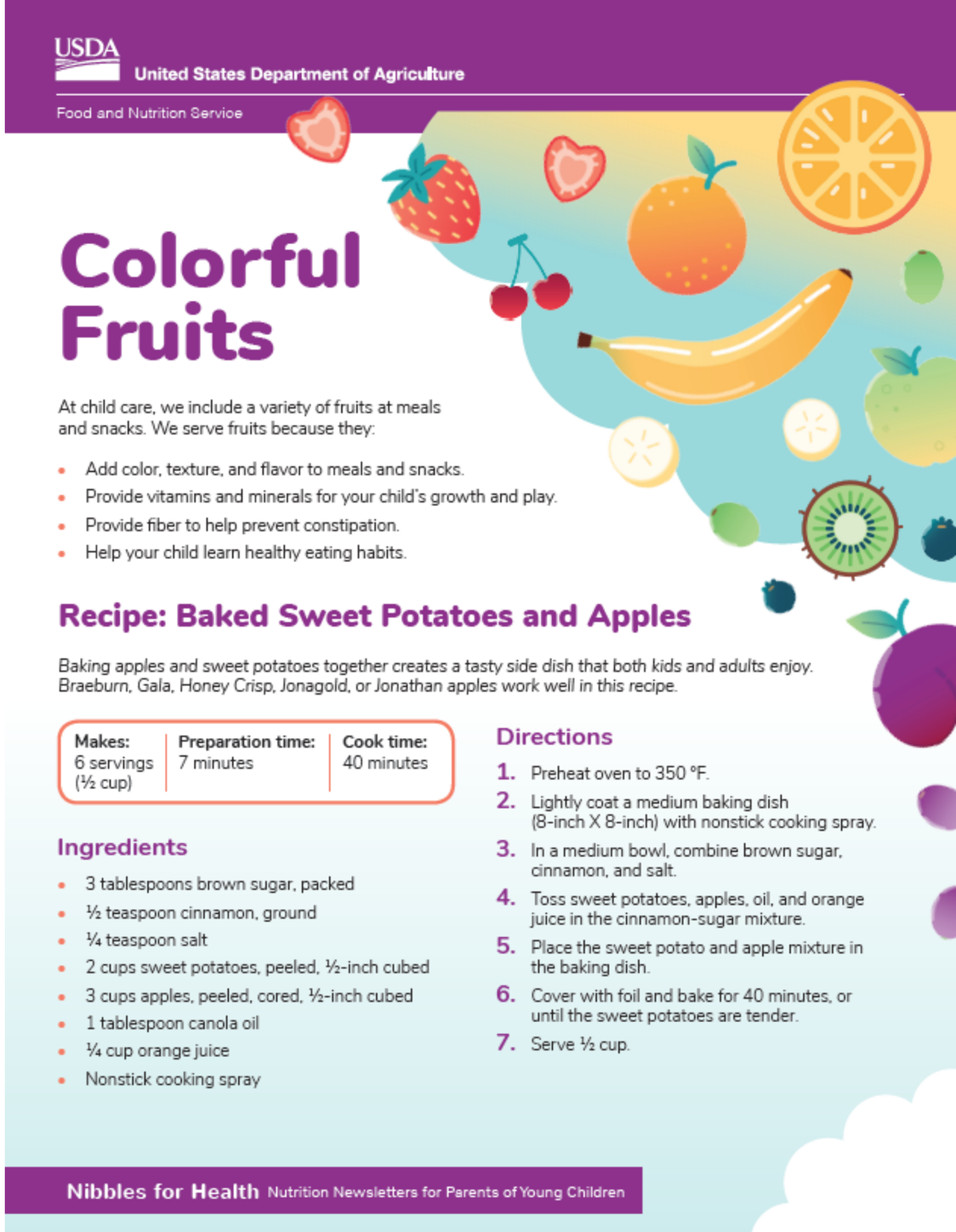
Nibbles for Health Newsletter

Colorful Fruits

- Health benefits of fruits
- Baked Sweet Potatoes and Apples recipe

Family Activity:

- Try a rainbow of fruits
- Make your own rainbow! Taste a different fruit then color the section of the rainbow that matches the color of the fruit



USDA United States Department of Agriculture

Food and Nutrition Service

Colorful Fruits

At child care, we include a variety of fruits at meals and snacks. We serve fruits because they:

- Add color, texture, and flavor to meals and snacks.
- Provide vitamins and minerals for your child's growth and play.
- Provide fiber to help prevent constipation.
- Help your child learn healthy eating habits.

Recipe: Baked Sweet Potatoes and Apples

Baking apples and sweet potatoes together creates a tasty side dish that both kids and adults enjoy. Braeburn, Gala, Honey Crisp, Jonagold, or Jonathan apples work well in this recipe.

Makes:	Preparation time:	Cook time:
6 servings (½ cup)	7 minutes	40 minutes

Ingredients

- 3 tablespoons brown sugar, packed
- ½ teaspoon cinnamon, ground
- ¼ teaspoon salt
- 2 cups sweet potatoes, peeled, ½-inch cubed
- 3 cups apples, peeled, cored, ½-inch cubed
- 1 tablespoon canola oil
- ¼ cup orange juice
- Nonstick cooking spray

Directions

1. Preheat oven to 350 °F.
2. Lightly coat a medium baking dish (8-inch X 8-inch) with nonstick cooking spray.
3. In a medium bowl, combine brown sugar, cinnamon, and salt.
4. Toss sweet potatoes, apples, oil, and orange juice in the cinnamon-sugar mixture.
5. Place the sweet potato and apple mixture in the baking dish.
6. Cover with foil and bake for 40 minutes, or until the sweet potatoes are tender.
7. Serve ½ cup.

Nibbles for Health Newsletter

Healthy Snacks with Smiles

- Snacks as mini-meals
- Provide nutrition and energy
- Two components served at snacks, with examples of each

Family Activity:

- Find food objects in the picture
- Fun Snack Ideas

USDA United States Department of Agriculture

Food and Nutrition Service

Healthy Snacks with Smiles

At child care, we offer a variety of healthy snacks for your child. Think of snacks as mini-meals. They help provide the nutrition and energy your child needs to grow, play, and learn.

Your child is offered at least two of the following types of foods at each snack:

Milk (½ cup)
Examples: ½ cup low-fat (1%) milk, ½ cup fat-free (skim) milk

Meat or Meat Alternate (½ ounce equivalent)
Examples: ¼ of large egg, ½ ounce of cheddar cheese

Vegetables (½ cup)
Examples: ½ cup of cucumber slices, ½ cup of bell pepper strips

Fruits (½ cup)
Examples: ½ cup of berries, ½ cup of peaches

Grains (½ serving)
Examples: 4 whole-wheat crackers, ½ slice of whole-wheat bread

Activity for Kids

Find these objects in the big picture:

- ☐ Carrot
- ☐ Egg
- ☐ Pear
- ☐ Cracker
- ☐ Milk

Nibbles for Health Nutrition Newsletters for Parents of Young Children

Nibbles for Health Newsletter

Growing Strong with Milk

- Health benefits of milk
- Dairy Detective: calcium, protein, vitamin D and vitamin A

Family Activity:

- Tips and ideas to encourage milk
- Tummy Troubles and lactose-free milk or soymilk substitutes

Nibbles for Health Newsletter

Vary Your Protein Foods

- Health benefits of protein foods
- Vary protein foods and examples

Family Activity:

- Varying protein foods at home
- Offering healthier choices
- Choose foods lower in sodium

USDA United States Department of Agriculture

Food and Nutrition Service

Vary Your Protein Foods

Eating foods from all five MyPlate food groups gives your child the nutrition he or she needs to grow and be healthy. The five food groups are: Fruits, Vegetables, Grains, Protein Foods, and Dairy.

At child care, we serve a variety of protein foods to help your child get the nutrients he or she needs for health and growth. Protein supports growing muscles. The iron in protein foods helps carry oxygen within the blood. Certain protein foods, such as seafood and nuts, contain healthy fats that support heart health.

Does my child eat enough protein?

Most preschoolers eat enough protein foods. However, children do not always eat a variety of protein foods. Offering fish or beans at some meals during the week is one way to add more variety to your family's meals.

Examples of protein foods to look for when shopping:

- Beans and peas
- Beef
- Chicken and turkey
- Eggs
- Nuts and nut/seed butters
- Pork
- Seafood (fish and shellfish)
- Tofu and other soy products

Nibbles for Health Newsletter

Whole Grains Make a Difference

- Health benefits of whole grains
- Start serving whole grains young
- Whole grains in Child Care

Family Activity:

- Check off the whole grains tried at home
- Daily grains servings for the family
- How to tell a grain is whole

Menu Master Series: Part 4 Wrap Up

My organization's menu now:

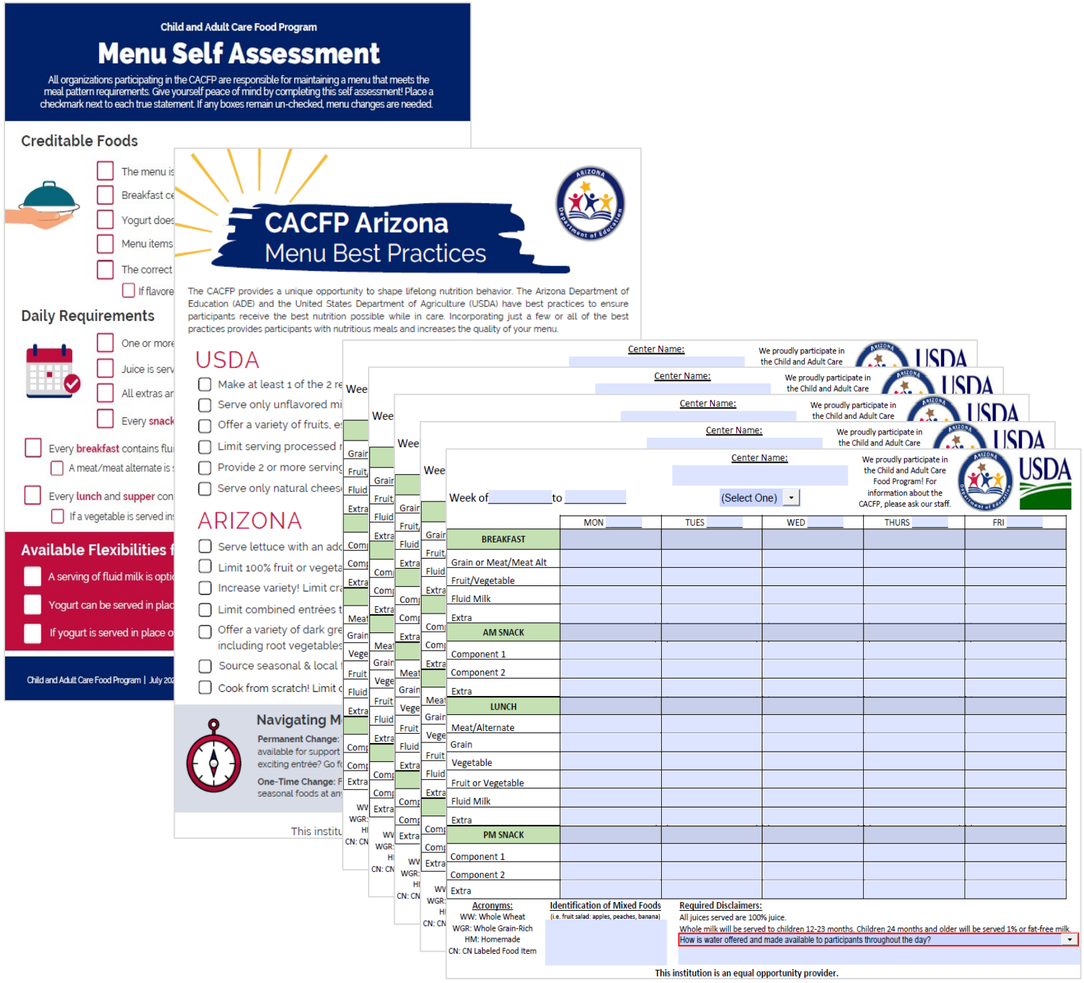
- Is correctly labeled HM and/or CN/PFS
- May include new entrée recipes
- Contains all required menu statements

I have completed the Menu Self Assessment and Menu Best Practice resources!

Menu Master Series Wrap Up

Menu Binder

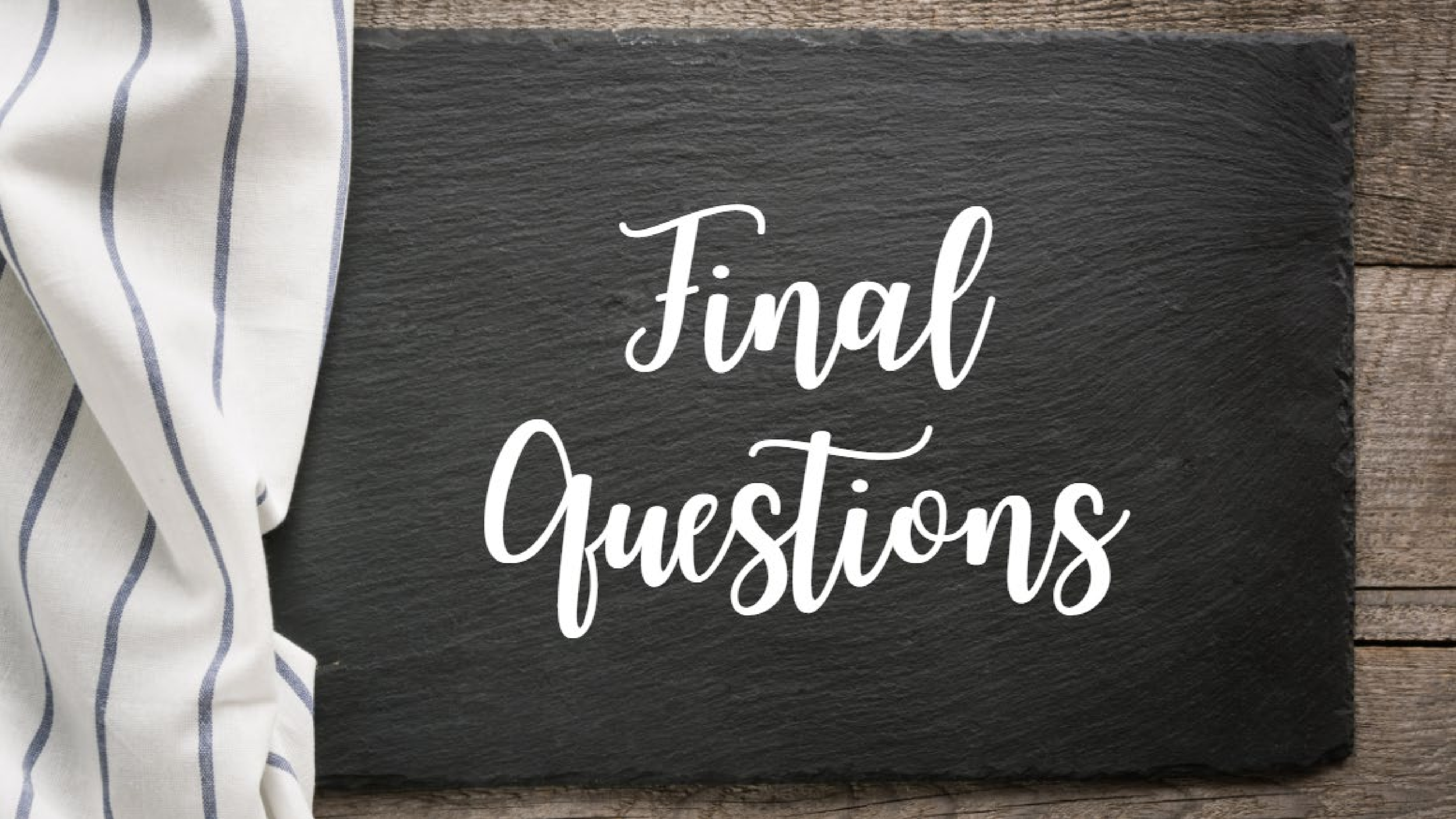

CACFP
MENU


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.
Creditable Foods
Daily Requirements
Available Flexibilities
CACFP Arizona
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
ARIZONA
Navigating M
Center Name:
We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.
Week of to
(Select One)
MON
TUES
WED
THURS
FRI
BREAKFAST
Grain or Meat/Meat Alt
Fruit/Vegetable
Fluid Milk
Extra
AM SNACK
Component 1
Component 2
Extra
LUNCH
Meat/Alternate
Grain
Vegetable
Fruit or Vegetable
Fluid Milk
Extra
PM SNACK
Component 1
Component 2
Extra
Acronyms:
WW: Whole Wheat
WGR: Whole Grain-Rich
HM: Homemade
CN: CN Labeled Food Item
Identification of Mixed Foods
(i.e. fruit salad: apples, peaches, banana)
Required Disclaimers:
All juices served are 100% juice.
Whole milk will be served to children 12-23 months. Children 24 months and older will be served 1% or fat-free milk.
How is water offered and made available to participants throughout the day?
This institution is an equal opportunity provider.

Menu Master

Congratulations!

- Compliant CACFP menu
- All supporting documentation on file
- Confidence in requirements and best practices
- Awareness of the possibility of menu changes, seasonal and local options
- Use of resources for families to encourage healthy eating at home, too!


Final
Questions

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 recieve your training certificate.

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   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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