

CACFP Menu Checklist Infant: Birth-12 Months



This tool can be used to self-assess compliance with the meal pattern. Answers to each of the questions will help identify where you may need to change your menu. It also can help as a guide through the menu planning process.

Instructions:

1. Read through the “Important Reminders” section for some helpful tips.
2. Have your menu and the MSDE CACFP Adult Day Care Meal Pattern Requirements near by as you complete the checklist.
3. For each section of the checklist, read the meal pattern requirements and review your menu.
 - a. If your menu meets the requirement, fill in the circle next to the word, “Yes.”
 - b. If your menu does not meet the requirement, fill in the circle next to the word, “No.”
 - i. For each “no,” you should describe what changes are needed in the “Menu Changes” section at the end of the checklist.

Note:

This checklist does not guarantee that your menu meets CACFP requirements. If you are unsure about a requirement, please contact your Program Specialist.



Menu Must Identify

- Date
- All meal substitutions/changes
- Identify the specific names of foods and beverages served, ex. cereal, fruits and vegetables (ex. write “pears” instead of “fruit”)
- For recipes that credit as more than one component, identify the components on the menu (ex. instead of “tacos,” specify the creditable components “beef tacos,” or “tacos (beef, cheese, WG tortilla).”

Important Meal Pattern Reminders

1. Infants should be fed when they are hungry and not restricted to a rigid schedule.
2. A signed Infant Formula/Breast Milk Meal Plan is on file for all infants.
3. Only offer solid foods to infants if they are developmentally ready.
4. Breast milk or formula, or portions of both, may be served; however it is recommended that breast milk be served in place of formula from birth through 11 months.
5. Minimum Portion Sizes for all components are met (refer to MSDE CACFP Infant Meal Pattern Requirements).
6. Grains: Refer to the CACFP Grains Quick Reference Guide for more information.
 - Grain-based desserts are not permitted in the CACFP meal pattern, ex. breakfast/granola/ cereal bars, toaster pastries, cakes, cookies, and doughnuts.
 - All grains must be made from whole-grain or enriched meal or flour.
7. Water should be available at all times and is not used as a component.
8. No foods are deep-fat fried on-site.

Requirement	Documentation to Support that Requirement
House Formula	Name and brand of item, nutrition facts label and ingredient list
Combination Baby Foods: Refer to the USDA Worksheet: Crediting Store-Bought Combination Baby Foods	Name and brand of item, nutrition facts label, and ingredient list
Yogurts: all must meet sugar limits.	Nutrition facts label with name and brand of item
Cereal: all must meet sugar limits.	a. Nutrition facts label with name and brand of item or b. WIC Authorized Food list
Whole grain-rich foods: must meet the CACFP WGR criteria.	a. Product label with name and brand of item, and front of the package or ingredient list (depending on method used to determine item as whole grain rich) b. Child Nutrition (CN) label or Product Formulation Statement (PFS) crediting item as whole-grain rich
Menu items made on-site or by a vendor with more than 1 ingredient: must demonstrate contribution toward a reimbursable meal.	Standardized Recipes are on file
Store-bought combination foods and processed meat/meat alternates (ex. pre-made pizza or casseroles, chicken nuggets, meatballs, fish sticks, corn dogs)	Child Nutrition (CN) label or Product Formulation Statement (PFS) on file

Instructions:

If your menu meets the requirement, fill in the circle next to the word, "Yes." If your menu does not meet the requirement, fill in the circle next to the word, "No."



Milk

Breast milk or iron-fortified formula is served for newborns through 12 months.

Refer to the USDA Worksheet:

[Serving Milk in the CACFP](#)

YES

NO



Grains

Cereals meet the sugar limit requirements.

Refer to the USDA Worksheet:

[Choosing Cereals That Are Lower in Sugar](#)

YES

NO

Infant cereal is iron-fortified.

YES

NO

No grain-based desserts are served (ex. breakfast/granola/cereal bars, toaster pastries, cakes, cookies, doughnuts, sweet rolls).

Refer to the USDA Worksheet:

[Grain-Based Desserts in the CACFP](#)

YES

NO

Type of cereal is identified on the menu (ex. Cheerios® or Kix®).

YES

NO

Bread or crackers are made from whole-grain or enriched meal or flour.

YES

NO





Fruits/Vegetables

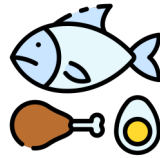
Juice is not served.

YES NO

Specific type of fruit and vegetables are identified on the menu:

- fruit;
- vegetable; or
- fruit/vegetable combination

YES NO



Meat/Meat Alternate

Yogurt meets sugar requirements.

Refer to the USDA Worksheet: [Choosing Yogurts That Are Lower in Sugar](#)

YES NO

Specific type of yogurt is identified on the menu.

YES NO

No nuts, seeds, and nut butter are on the menu.

YES NO

Only creditable cheeses for infants are served. Refer to the [USDA CACFP Infant Foods List](#)

YES NO





MEAL PATTERN COMPONENTS

Are all the components included?

Breakfast must menu all 3 of these components. If you do not offer Breakfast, proceed to snack.

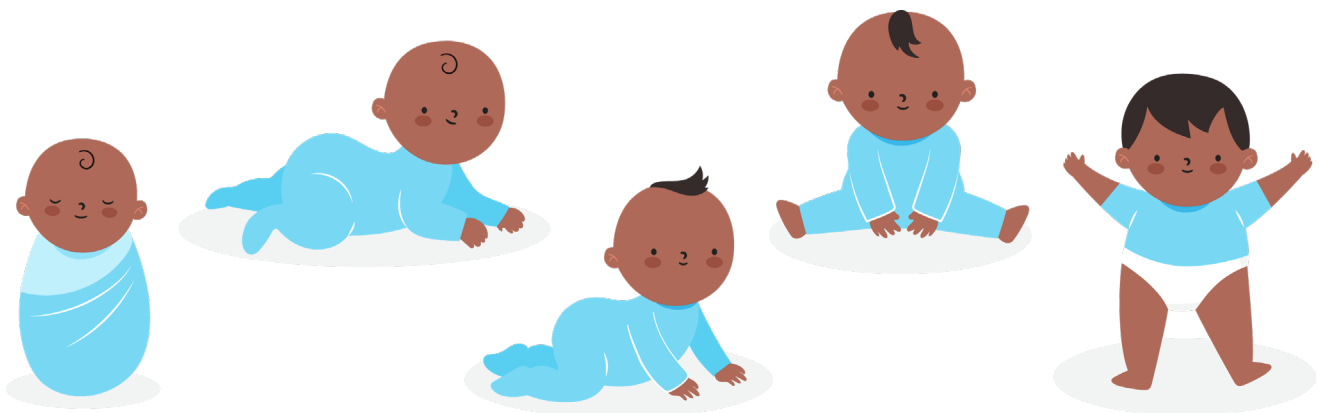
- | | | |
|---|-----|----|
| 1. Breast Milk or Infant Formula | YES | NO |
| 2. Infant Cereal or Meat/Meat Alternate | YES | NO |
| 3. Fruit, vegetable, or a combination of both | YES | NO |

Snack: must menu all 3 of these components. If you do not offer snacks, proceed to Lunch/ Supper.

- | | | |
|---|-----|----|
| 1. Breast Milk or Infant Formula | YES | NO |
| 2. Infant Cereal or Grains | YES | NO |
| 3. Fruit, vegetable, or a combination of both | YES | NO |

Lunch and/or Supper: must menu all 3 of these 5 components.

- | | | |
|---|-----|----|
| 1. Breast Milk or Infant Formula | YES | NO |
| 2. Infant Cereal or Meat/Meat Alternate | YES | NO |
| 3. Fruit, vegetable, or a combination of both | YES | NO |



Menu Changes

For any item marked with a “No,” use the space below to plan what you will change to meet the CACFP Meal Pattern requirements.

Menu Item Example: Granola bars are served at snack.	Planned Improvement Example: Serve whole grain crackers, whole grain tortilla chips, mini bagels, or cereal to replace the granola bars as the grain.
Menu Item 1	Planned Improvement 1
Menu Item 2	Planned Improvement 2
Menu Item 3	Planned Improvement 3
Menu Item 4	Planned Improvement 4



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