







CACFP Menu Checklist with Best Practices

Use the following checklist to make sure your menus are in compliance with the updated CACFP meal pattern and optional Best Practices.

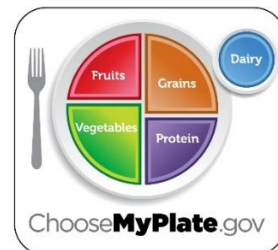
	Meal Pattern	Best Practices
 <p>Fruit</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Juice is limited to once per day. <input type="checkbox"/> Fruit and vegetables are separate components at lunch, supper, and snack. 	<ul style="list-style-type: none"> <input type="checkbox"/> Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice. <input type="checkbox"/> At least 1 of the 2 required snack components are a vegetable/fruit.
 <p>Vegetables</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 2 different vegetables may be served instead of fruit at lunch and supper. 	<ul style="list-style-type: none"> <input type="checkbox"/> At least 1 serving/week of the vegetable sub-groups: dark green, red/orange, legumes, starchy, and other. <input type="checkbox"/> At least 1 of the 2 required snack components are a vegetable/fruit.
 <p>Grains</p>	<ul style="list-style-type: none"> <input type="checkbox"/> At least 1 grain item/day is whole grain-rich. <input type="checkbox"/> Whole grain-rich foods are identified on menu. <input type="checkbox"/> Grain based desserts do not count towards the grain component. <input type="checkbox"/> Ounce equivalents (oz. eq.) are used to determine the amount of creditable grain, starting Oct. 1, 2019. 	<ul style="list-style-type: none"> <input type="checkbox"/> At least 2 grains are whole grain-rich per day.
 <p>Meat/Meat Alternate</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Tofu and soy yogurt counts as meat alternates. <input type="checkbox"/> M/MA may be served in place of grains component at breakfast up to 3 times/week. 	<ul style="list-style-type: none"> <input type="checkbox"/> Processed meats are limited to ≤ 1 serving/week. <input type="checkbox"/> Only lean meats, nuts, and legumes are served. <input type="checkbox"/> Only natural cheeses and low-fat or reduced fat cheeses are served.
 <p>Fluid Milk</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Unflavored whole milk for 1 year olds <input type="checkbox"/> 1% or fat-free unflavored milk for 2-5 yrs. <input type="checkbox"/> 1% or fat-free unflavored or flavored milk for 6-18 yrs. <input type="checkbox"/> Type of milk is identified on the menu. 	<ul style="list-style-type: none"> <input type="checkbox"/> Only unflavored milk is served. <input type="checkbox"/> If flavored milk is served to children ≥ 6 years old, it contains no more than 22 grams of sugar per 8 ounces or with the lowest amount of sugar available.
 <p>Other</p>	<ul style="list-style-type: none"> <input type="checkbox"/> No deep-fat frying of foods on-site occurs. <input type="checkbox"/> Yogurt contains no more than 23 grams of sugar/6 oz. <input type="checkbox"/> Breakfast cereal must contain no more than 6 grams of sugar per dry ounce. 	<ul style="list-style-type: none"> <input type="checkbox"/> Limit serving purchased pre-fried food to no more than 1 serving/week. <input type="checkbox"/> Non-creditable foods that are sources of added sugars are not served (e.g. jam, syrup), ingredients with yogurt (e.g. candy, or cookie pieces), and sugar sweetened beverages. <input type="checkbox"/> Seasonal and locally produced foods are incorporated.

CACFP Meal Pattern

Breakfast	Snack (Select 2 of the 5 components)	Lunch or Supper
<input type="checkbox"/> Fluid Milk <input type="checkbox"/> Fruit or Vegetable or 100% Fruit or Vegetable Juice <input type="checkbox"/> Grains <input type="checkbox"/> Meat/Meat Alternate (Meat/Meat Alternate may replace the Grain/Bread up to 3 times/week)	<input type="checkbox"/> Fluid Milk <input type="checkbox"/> Fruit or 100% Fruit Juice <input type="checkbox"/> Vegetable or 100% Vegetable Juice <input type="checkbox"/> Grains <input type="checkbox"/> Meat/Meat Alternate	<input type="checkbox"/> Fluid Milk <input type="checkbox"/> Fruit or 100% Fruit Juice <input type="checkbox"/> Vegetable or 100% Vegetable Juice <input type="checkbox"/> Grains <input type="checkbox"/> Meat/Meat Alternate

Menu Planning Tips:

- Are items on the menu creditable? ([Handy Guide to Creditable Foods](#))
- Use Cycle Menus (repeating cycles of menus): [CACFP New Meal Pattern Menu with Best Practices](#)
- Keep grain ingredient labels on file to verify whole grain-rich items and yogurt and cereal labels to verify sugar content.
- Review menus before serving. Take a look at the new menus you have created. Do they meet the CACFP meal pattern requirements; do they include new and familiar foods; do they incorporate color, variety, and contrast?
- Revisit menus after serving. Consider what worked and what did not work after serving the menus you planned. Did the children like the food and are you staying within budget?



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