



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.

This institution is an equal opportunity provider.