

How to Plan a Supper Using the Child and Adult Care Food Program Meal Pattern



Health and Nutrition Services
Arizona Department of Education





Disclaimer

This training was developed by the Arizona Department of Education (ADE) Health and Nutrition Services Division (HNS). The content in this training is intended for professionals operating one or more USDA Child Nutrition Programs in Arizona under the direction of ADE. The information in this training is subject to change. Attendees are encouraged to access professional development materials directly from the training library to prevent use of outdated content.

Intended Audience

This training is intended for **organizations operating the Child and Adult Care Food Program (CACFP).**

Additionally, this training is intended for **School Food Authorities (SFAs) and Community Organizations (COs) operating the At-Risk Afterschool Meals (At-Risk) component of the Child and Adult Care Food Program (CACFP).**

Objectives

At the end of this training, attendees should be able to:

- understand how to read the CACFP lunch and supper meal pattern chart;
- know how to plan lunches and suppers that meet the CACFP meal pattern requirements.

TRAINING HOURS

Information to include when documenting this training for Professional Standards:

Training Title: How to Plan a Lunch/Supper Using the Child and Adult Care Food Program Meal Pattern

Information for Continuing Education Credit for CACFP:

- **Length:** 1.5 Hours

Information for Professional Standards for SFAs:

- **Key Area:** 1000 - Nutrition
- **Learning Code:** 1110
- **Length:** 1.5 Hours



The instruction within this How-To-Guide is based on guidance from the Code of Federal Regulations.

Operators are encouraged to review the information on HNS' webpages for Child Nutrition Program Operators for additional information and guidance.

- [Child and Adult Care Food Program Webpage](#)
- [Afterschool Care Snack Program Webpage](#)

Definitions

Component

One of five food groups that comprise reimbursable lunches and suppers. The five components are: fruits, vegetables, grains, meat/meat alternate, and fluid milk.

Offer Versus Serve

A meal service option that allows participating children the option to decline certain food offered as part of a reimbursable menu.

Point of Service

The point in a food service operation where a determination can be accurately made that a reimbursable free, reduced-price, or paid meal has been served to an eligible child.

Reimbursable Meal

A meal that a child receives at the point of service containing the required components from the reimbursable menu that will be claimed for reimbursement.

Reimbursable Menu

A menu made available to all children that offers the daily minimum requirements of the CACFP meal pattern.

Serve Only

A meal service option where all participating children receive all five components in the required amounts, and no menu component may be declined.

Quiz Time



Throughout this guide, there will be comprehension quiz questions to test your knowledge and help you apply what you're learning. Be sure to review these quiz questions and answers available within the guide.

The question mark icon below will indicate a comprehension quiz question.



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The following slides will only cover how-to instructions for planning a lunch/supper menu using the CACFP meal pattern. All crediting statements for grains and meat/meat alternates are fictional for the purposes of illustrating the process of how to plan a lunch/supper menu.

Introduction to the Meal Pattern



SECTION 1

Meal Pattern

CHILD AND ADULT CARE FOOD PROGRAM

In 2010, Congress passed the Healthy, Hunger-Free Kids Act, which revised the Child and Adult Care Food Program (CACFP) meal pattern. In 2024, USDA's Food and Nutrition Service (FNS) published the final rule titled *Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans*, which is the next step in continuing the science-based improvement of Child Nutrition Program (CNP) meals.

All CNPs receiving federal reimbursement for meals are required to serve meals that meet these meal pattern guidelines.

This How-To-Guide will review how to plan a weekly menu that meets the meal pattern requirements to serve a compliant lunch/supper with the CACFP Meal Pattern.

31966 Federal Register / Vol. 89, No. 81 / Thursday, April 25, 2024 / Rules and Regulations

31965 Federal Register / Vol. 89, No. 81 / Thursday, April 25, 2024 / Rules and Regulations

31964 Federal Register / Vol. 89, No. 81 / Thursday, April 25, 2024 / Rules and Regulations

31962 Federal Register / Vol. 89, No. 81 / Thursday, April 25, 2024 / Rules and Regulations

DEPARTMENT OF AGRICULTURE

Food and Nutrition Service

7 CFR Parts 210, 215, 220, 225, and 226 (FNS-2022-0043)

RIN 0584-AE88

Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans

AGENCY: Food and Nutrition Service (FNS), Department of Agriculture (USDA).

ACTION: Final rule.

SUMMARY: This rulemaking finalizes long-term school nutrition requirements based on the goals of the *Dietary Guidelines for Americans, 2020-2025*, robust stakeholder input, and lessons learned from prior rulemakings. Notably, this rulemaking gradually phases in added sugars limits for the school lunch and breakfast programs and the Child and Adult Care Food Program, updates total sugars limits for breakfast cereals and yogurt to added sugars limits. As a reflection of feedback from stakeholders, this final rule implements a single sodium reduction in the school lunch and breakfast programs and commits to studying the potential associations between sodium reduction and student participation in the school lunch and breakfast programs. This rulemaking addresses a variety of other school meal requirements, including establishing long-term milk and whole grain requirements. Finally, this rule includes provisions that strengthen Buy American requirements. While this rulemaking takes effect school year 2024-2025, the Department is gradually phasing in required changes over time. Program operators are not required to make any changes to their menus as a result of this rulemaking until school year 2025-2026 at the earliest.

DATES: This final rule is effective July 1, 2024. Phased-in implementation dates for required changes are addressed in the SUPPLEMENTARY INFORMATION section of this rule.

ADDRESSES: Docket: Go to the Federal eRulemaking Portal at <https://www.regulations.gov> for access to the rulemaking docket, including any background documents.

FOR FURTHER INFORMATION CONTACT: Andrea Farmer, Director, School Meals Policy Division—4th floor, Food and Nutrition Service, 1320 Braddock Place, Alexandria, VA 22314; telephone: 703-305-2054.

SUPPLEMENTARY INFORMATION:

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- Background
- Phased-In Implementation
- USDA Support for Child Nutrition Programs
- Communications resources related to this rulemaking are available on the USDA website at <https://www.fns.usda.gov/child-nutrition>.
- With less than \$10 million in annual food sales were required to update their menus.
- USDA is dedicating operators through the support in food environment efforts to ensure meal quality of participants noted that have well students increase in school meals. An effort to meet joint nutrition officials most important response is cafeterias “leading the way” to children’s health. The USDA and Leamy Far These fun developing menu item chains, off-purchasing gardens, agricultural. Finally, provide to operators guidance successful will release and will provide a rulemaking.
- On February 7, 2023, the U.S. Department of Agriculture (USDA) published *Child Nutrition Programs: Revisions to Meal Patterns Consistent With the 2020 Dietary Guidelines for Americans* (“2023 proposed rule”) to update the school meal pattern requirements based on a comprehensive review of the *Dietary Guidelines for Americans, 2020-2025* (Dietary Guidelines), robust stakeholder input on the school meal patterns, and lessons learned from prior rulemakings.¹ USDA is finalizing that proposed rule, with some modifications based on public input. This final rule is the next step in an ongoing effort toward healthier school meals that USDA and the broader school meals community have been partnering on for well over a decade. Separately, on January 23, 2020, USDA published a proposed rule, *Simplifying Meal Service and Monitoring Requirements in the National School Lunch and School Breakfast Programs* (“the 2020 proposed rule”).² As noted in the 2023 proposed meal pattern rule, based on public comment, USDA is finalizing certain meal pattern provisions from the 2020 proposed rule in this final rule.³ The following sections address rule provisions that were included in the 2020 proposed rule:
 - Section 6: Meats/Meat Alternates at Breakfast
 - Section 12: Beans, Peas, and Lentils at Lunch
 - Section 14: Meal Modifications
 - Section 15: Clarification on Potable Water Requirements
 - Section 16: Synthetic Trans Fats
- Through this rulemaking, USDA is exercising broad discretion authorized by Congress to administer the school

Table of Abbreviations

AFHK—Action for Healthy Kids
 ADA—Americans with Disabilities Act
 CACFP—Child and Adult Care Food Program
 CNA—Child Nutrition Act
 CN-OPS—Child Nutrition Operations Study
 FAR—Federal Acquisitions Regulations
 FDA—U.S. Food and Drug Administration
 FNS—Food and Nutrition Service
 HEI—Healthy Eating Index
 HMI—Healthy Meals Incentives
 ICN—Institute of Child Nutrition
 NASSEM—National Academies of Science, Engineering, and Medicine
 NSLA—National School Lunch Act
 NSLP—National School Lunch Program
 SBP—School Breakfast Program
 SFS—Summer Food Service Program
 SNAP—Supplemental Nutrition Assistance Program
 SMP—Special Milk Program
 SY—School Year
 USDA—U.S. Department of Agriculture

Meal Pattern Options

FOR SCHOOL FOOD AUTHORITIES

SFAs operating At-Risk have the option to choose between the NSLP or the CACFP meal pattern.

- In most cases, it is recommended that SFAs choose the NSLP meal pattern since they are already familiar with the requirements and the unfamiliarity of the CACFP meal pattern may result in more findings during the Administrative Review.
- However, some SFAs may find benefit in following the CACFP meal pattern since this meal pattern is based on serving age groups, unlike the NSLP meal pattern that serves grade groups. Therefore, if a variety of children with different ages participate in the At-Risk meal service, it may be beneficial to use the CACFP meal pattern and plan the menu fit for most ages.



The following slides will only cover how-to instructions for planning a supper menu using the CACFP meal pattern. SFAs choosing to follow the NSLP Meal Pattern are encouraged to view the [Step by Step Instruction: How to Plan a Supper Menu Using the NSLP Meal Pattern](#).

Meal Pattern Chart

CHILD AND ADULT CARE FOOD PROGRAM

The meal pattern chart for the Child and Adult Care Food Program includes the lunch and supper meal pattern requirements for children and adults. The chart shows the daily component and serving size requirements for each component by age group.

- There are five components in the CACFP meal pattern: (Fruit, Vegetable, Grain, Meat/Meat Alternate, and Fluid Milk).
- The chart's columns show the minimum required serving size for the different age groups.
- Unlike the National School Lunch Program meal pattern, the CACFP meal pattern does not have weekly requirements; therefore, there are not multiple charts based on the number of days of operation.

Lunch and Supper Meal Pattern Child and Adult Care Food Program					
Required Components at Lunch/Supper: All five components must be served at lunch and supper.				Flexibility at Lunch: A second <i>different</i> vegetable can be served in place of the fruit component.	
Food Components	Required Minimum Serving Size by Age Group				Additional Component Information
	Ages 1-2	Ages 3-5	Ages 6-18	Adults	
Fluid Milk	4 fl oz ½ cup	6 fl oz ¾ cup	8 fl oz 1 cup	8 fl oz 1 cup	Fluid milk must be pasteurized. Participants 12-23 months must be served whole milk; participants 24 months and older must be served 1% or fat-free milk. Participants ages 6+ may be served flavored low-fat or fat-free milk. <u>Adult Participants Only:</u> 6 ounces or ¾ cup of yogurt may be used to meet the equivalent of 8 ounces of milk once per day when yogurt is not served as a meat alternate in the same meal.
Meat/Meat Alternates	1 oz eq	1.5 oz eq	2 oz eq	2 oz eq	Alternate Protein Products (APP) must meet the requirements in CFR 226 - Appendix A. Yogurts must contain no more than 12 grams of added sugars per 6 ounce.
Lean Meat, Poultry, Fish	1 oz	1.5 oz	2 oz	2 oz	
Tofu	1 oz	1.5 oz	2 oz	2 oz	
Cheese	1 oz	1.5 oz	2 oz	2 oz	
Large Egg	½	¾	1	1	
Cooked dry beans/peas	¾ cup	¾ cup	¾ cup	¾ cup	
Nut/Seed Butter	2 tbsp	3 tbsp	4 tbsp	4 tbsp	
Yogurt	4 oz; ½ cup	6 oz; ¾ cup	8 oz; 1 cup	8 oz; 1 cup	
Nuts or seeds	1 oz	1.5 oz	2 oz	2 oz	
Grains	½ oz eq	½ oz eq	1 oz eq	2 oz eq	All grains served must be either enriched, whole grain-rich, bran or germ. At least one serving per day must be <u>whole grain-rich</u> . Grain-based desserts do not count towards meeting the grains requirements. Breakfast cereals, including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of added sugars per dry ounce. The serving size for grains is measured in <u>ounce equivalents</u> (oz eq).
Vegetables	¾ cup	¾ cup	¾ cup	¾ cup	Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day and must be pasteurized. A vegetable may be offered to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
Fruits	¾ cup	¾ cup	¾ cup	¾ cup	See above.

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[Child and Adult Care Food Program Meal Pattern Chart](#)



Before moving on, please print the CACFP Lunch and Supper Meal Pattern Chart.

Meal Pattern Chart

READING THE CHART

- 1 Reminder of Requirements and Flexibilities**
The top of the meal pattern chart outlines requirements and allowable flexibilities for CACFP lunch and suppers.
- 2 Food Components**
The first column outlines the five required components for lunch and supper.
- 3 Minimum Serving Size by Age Group**
Next, the chart outlines the minimum required serving size by age groups.
- 4 Additional Component Information**
The final column on the meal pattern chart outlines key information about each required component.

Lunch and Supper Meal Pattern Child and Adult Care Food Program					
Required Components at Lunch/Supper: All five components must be served at lunch and supper.					
Flexibility at Lunch: A second different vegetable can be served in place of the fruit component.					
Food Components	Required Minimum Serving Size by Age Group				Additional Component Information
	Ages 1-2	Ages 3-5	Ages 6-18	Adults	
Fluid Milk	4 fl oz ½ cup	6 fl oz ¾ cup	8 fl oz 1 cup	8 fl oz 1 cup	Fluid milk must be pasteurized. Participants 12-23 months must be served whole milk; participants 24 months and older must be served 1% or fat-free milk. Participants ages 6+ may be served flavored low-fat or fat-free milk. Adult Participants Only: 6 ounces or ¾ cup of yogurt may be used to meet the equivalent of 8 ounces of milk once per day when yogurt is not served as a meat alternate in the same meal.
Meat/Meat Alternates	1 oz eq	1.5 oz eq	2 oz eq	2 oz eq	Alternate Protein Products (APP) must meet the requirements in CFR 226 - Appendix A. Yogurts must contain no more than 12 grams of added sugars per 6 ounce.
Lean Meat, Poultry, Fish	1 oz	1.5 oz	2 oz	2 oz	
Tofu	1 oz	1.5 oz	2 oz	2 oz	
Cheese	1 oz	1.5 oz	2 oz	2 oz	
Large Egg	½	¾	1	1	
Cooked dry beans/peas	¾ cup	¾ cup	¾ cup	¾ cup	
Nut/Seed Butter	2 tbsp	3 tbsp	4 tbsp	4 tbsp	
Yogurt	4 oz; ½ cup	6 oz; ¾ cup	8 oz; 1 cup	8 oz; 1 cup	
Nuts or seeds	1 oz	1.5 oz	2 oz	2 oz	
Grains	½ oz eq	½ oz eq	1 oz eq	2 oz eq	All grains served must be either enriched, whole grain-rich, bran or germ. At least one serving per day must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirements. Breakfast cereals, including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of added sugars per dry ounce. The serving size for grains is measured in ounce equivalents (oz eq).
Vegetables	¾ cup	¾ cup	¾ cup	¾ cup	Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day and must be pasteurized. A vegetable may be offered to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
Fruits	¾ cup	¾ cup	¾ cup	¾ cup	See above.

CACFP Meal Pattern

SERVING SIZES

The meal pattern chart includes the minimum required serving size for each component and age range. The unit of measurement varies from component to component, depending on the food item.

- For example, milk is measured in cups, and bread is measured in ounce equivalents.
- The serving size for grains and meat/meat alternates are measured in ounce equivalents (oz eq). Use the Food Buying Guide (FBG), CN labels, Product Formulations Statements, and Exhibit A to determine the amounts required of each grain and meat/meat alternate food item to meet the meal pattern.

CREDITING

Menu planners need to remember to use proper crediting techniques for all menu items on their snack menus. It is important to use the [Food Buying Guide](#) to ensure ounce equivalents (oz eq) are being met for grains and meat/meat alternate menu contributions. Just like lunch and breakfast meal service, copies of menus, production records, standardized recipes, Nutrition Facts labels, and product formulation statements or CN labels must be utilized.

- For example, bread slices come in a variation of sizes and ingredients. If we were going to menu one slice of bread, it would be required to use [Exhibit A](#) of the Food Buying Guide to properly credit this grain to ensure the minimum oz eq is being offered.

Component Requirements

FLUID MILK

To be creditable, milk must be pasteurized and served in the fluid form. Children 12–23 months of age must be served unflavored whole milk. Participants 24 months and older must receive 1% or skim milk.

Although discouraged due to its high sugar content, flavored milk may be served to participants 6 years and older. If served, it must be fat-free. Adult centers may choose to serve yogurt in place of milk once per day. Milk is also optional at supper for adult participants only.

Creditable Characteristics:

- Pasteurized and served in fluid form
- Appropriate fat content for age group
 - 12-23 months: whole milk
 - 24 months and older: 1% or skim

Lunch/Supper:

- Flavored milk is allowable for participants 6 years+
 - Must be fat-free




Flexibilities for Adult Participants Only:

- Yogurt may be served once per day
- Milk is optional at supper

Component Requirements

GRAINS

A grain is a required component at breakfast, lunch, and supper and may be one of the two components served at snack.

-  All grains must be creditable (enriched, whole, bran or germ).
-  All breakfast cereal must be low in sugar.
-  One grain **per day** must be whole grain-rich.

MEAT/MEAT ALTERNATES

A meat/meat alternate is a required component lunch and supper. Up to three times per week, it may be served in place of the entire grain component at breakfast, and may be one of the two components served at snack.

Component Requirements

FRUITS

Fruit is a required component at breakfast, lunch, and supper and may be one of the two components served at snack.

Fruits may be served fresh, frozen, canned, dried, or as 100% pasteurized fruit juice.

Pasteurized, full-strength, 100% fruit juice (or vegetable juice) may only be served once per day.

It is a best practice to offer a variety of fruits, especially whole fruits in lieu of serving 100% fruit juice.

VEGETABLES

Vegetables are an optional component at breakfast, required at lunch and supper, and may be served one of the two components served at snack.

- Vegetables may be served fresh, frozen, canned, or as 100% pasteurized vegetable juice.
- Cooked dry beans and peas may credit as either a vegetable or as a meat alternate, but not as both in the same meal.
- A vegetable may be used to meet the entire fruit requirement at lunch and supper. When two vegetables are served at lunch or supper, two different types of vegetables must be served.
- The serving size for vegetables is based on volume, except 1 cup raw leafy greens credits as $\frac{1}{2}$ cup vegetable.

Component Requirements

ADDITIONAL INFORMATION

Before menu planning begins, menu planners need to be aware of the "Additional Information" column on the right side of the chart.

- Every component has its own additional requirement(s) that must be followed to be compliant with the meal pattern.

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Food Components	Required Minimum Serving Size by Age Group				Additional Component Information
	Ages 1-2	Ages 3-5	Ages 6-18	Adults	
Fluid Milk	4 fl oz ½ cup	6 fl oz ¾ cup	8 fl oz 1 cup	8 fl oz 1 cup	Fluid milk must be pasteurized. Participants 12-23 months must be served whole milk; participants 24 months and older must be served 1% or fat-free milk. Participants ages 6+ may be served flavored low-fat or fat-free milk. Adult Participants Only: 6 ounces or ¾ cup of yogurt may be used to meet the equivalent of 8 ounces of milk once per day when yogurt is not served as a meat alternate in the same meal.
Meat/Meat Alternates	1 oz eq	1.5 oz eq	2 oz eq	2 oz eq	Alternate Protein Products (APP) must meet the requirements in CFR 226 - Appendix A. Yogurts must contain no more than 12 grams of added sugars per 6 ounce.
Lean Meat, Poultry, Fish	1 oz	1.5 oz	2 oz	2 oz	
Tofu	1 oz	1.5 oz	2 oz	2 oz	
Cheese	1 oz	1.5 oz	2 oz	2 oz	
Large Egg	½	¾	1	1	
Cooked dry beans/peas	¾ cup	¾ cup	¾ cup	¾ cup	
Nut/Seed Butter	2 tbsp	3 tbsp	4 tbsp	4 tbsp	
Yogurt	4 oz; ½ cup	6 oz; ¾ cup	8 oz; 1 cup	8 oz; 1 cup	
Nuts or seeds	1 oz	1.5 oz	2 oz	2 oz	
Grains	½ oz eq	½ oz eq	1 oz eq	2 oz eq	
Vegetables	¾ cup	¾ cup	¾ cup	¾ cup	Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day and must be pasteurized. A vegetable may be offered to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
Fruits	¾ cup	¾ cup	¾ cup	¾ cup	See above.




Planning the Supper Menu



SECTION 2

Planning the Lunch/Supper Menu

STEPS TO CREATING A LUNCH/SUPPER MENU USING THE CACFP MEAL PATTERN

-  **Determine Your Age Group**
Identify which age group(s) the menu will be planned for. Since At-Risk sites could potentially serve children of all grades and ages, menu planners will most frequently plan for the 6-18 age group.
-  **Select Food Items for Required Components**
Select food items for each of the five components. Use the meal pattern chart to identify the minimum required serving size for the food items and age group(s) being served. Repeat this process for the remaining service days of the week.
 - HNS recommends menu planners begin this process by first planning for the entrées and then planning for the remaining components.
-  **Confirm Planned Compliance with Menu Requirements**
Consulting the meal pattern chart, review the planned menu to confirm compliance.

Planning a Supper Menu: Example



Determine Your Age Group

As previously mentioned, the first step to planning a supper menu is to identify which age group(s) the menu will be planned for.

Since At-Risk sites could potentially serve children of all grades and ages, menu planners will most frequently plan for the 6-18 age group.

Lunch and Supper Meal Pattern Child and Adult Care Food Program					
Required Components at Lunch/Supper: All five components must be served at lunch and supper.				Flexibility at Lunch: A second <i>different</i> vegetable can be served in place of the fruit component.	
Food Components	Required Minimum Serving Size by Age Group				Additional Component Information
	Ages 1-2	Ages 3-5	Ages 6-18	Adults	
Fluid Milk	4 fl oz ½ cup	6 fl oz ¾ cup	8 fl oz 1 cup	8 fl oz 1 cup	Fluid milk must be pasteurized. Participants 12-23 months must be served whole milk; participants 24 months and older must be served 1% or fat-free milk. Participants ages 6+ may be served flavored low-fat or fat-free milk. <u>Adult Participants Only:</u> 6 ounces or ¾ cup of yogurt may be used to meet the equivalent of 8 ounces of milk once per day when yogurt is not served as a meat alternate in the same meal.
Meat/Meat Alternates	1 oz eq	1.5 oz eq	2 oz eq	2 oz eq	Alternate Protein Products (APP) must meet the requirements in CFR 226 - Appendix A. Yogurts must contain no more than 12 grams of added sugars per 6 ounce.
Lean Meat, Poultry, Fish	1 oz	1.5 oz	2 oz	2 oz	
Tofu	1 oz	1.5 oz	2 oz	2 oz	
Cheese	1 oz	1.5 oz	2 oz	2 oz	
Large Egg	½	¾	1	1	
Cooked dry beans/peas	½ cup	¾ cup	1 cup	1 cup	
Nut/Seed Butter	2 tbsp	3 tbsp	4 tbsp	4 tbsp	
Yogurt	4 oz; ½ cup	6 oz; ¾ cup	8 oz; 1 cup	8 oz; 1 cup	
Nuts or seeds	1 oz	1.5 oz	2 oz	2 oz	
Grains	½ oz eq	½ oz eq	1 oz eq	2 oz eq	All grains served must be either enriched, whole grain-rich, bran or germ. At least one serving per day must be <u>whole grain-rich</u> . Grain-based desserts do not count towards meeting the grains requirements. <u>Breakfast cereals</u> , including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of added sugars per dry ounce. The serving size for grains is measured in <u>ounce equivalents</u> (oz eq).
Vegetables	¾ cup	¾ cup	¾ cup	¾ cup	Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day and must be pasteurized. A vegetable may be offered to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
Fruits	¾ cup	¾ cup	¾ cup	¾ cup	See above.

Planning a Supper Menu: Example

✔ Select Food Items for Required Components

All five components must be served at lunch/supper. As previously mentioned, HNS recommends menu planners start by planning for the entrée.



Menu planners need to remember to use proper crediting techniques for all menu items on their supper menus. It is important to use the Food Buying Guide to ensure oz eq are being met for grains and meat/meat alternate menu contributions. Just like NSLP meal service, copies of menus, production records, standardized recipes, nutrition facts labels, and product formulation statements or CN labels must be utilized.

For example, bread slices come in a variation of sizes and ingredients. If we were going to menu one slice of bread, this would require the use of Exhibit A of the Food Buying Guide to properly credit this grain and to ensure the grain requirement is met.

	Monday
SUPPER	
Meat/Meat Alternate	
Grain	
Vegetable	
Fruit or Vegetable	
Fluid Milk	
Extra	

Planning a Supper Menu: Example

✔ Select Food Items for Required Components

For this example, our entrée is commercially prepared Beef Teriyaki served with whole grain-rich Brown Rice. Based on the meal pattern chart, for the 6-18 age group the minimum required serving size is 2 oz eq meat/meat alternates and 1 oz eq grains.

Using the Food Buying Guide and Meal Pattern chart, we determine the minimum required portion sizes for each of the age groups served.

- Oz Eq Portion for Rice: 1/2 cup cooked rice = 1 oz eq
- CN Label for Beef Teriyaki: 4 beef strips = 2 oz eq

Next, select the food items for the remaining components. In this example, a fruit, vegetable, and fluid milk are still needed.

	Monday
SUPPER	Teriyaki Beef
Meat/Meat Alternate	Beef Strips (CN) 4 strips = 2 oz eq
Grain	Brown Rice (WGR) ½ cup cooked = 1 oz eq
Vegetable	
Fruit or Vegetable	
Fluid Milk	
Extra	



Remember, oz eq is not the same thing as the weight of the product.

Planning a Supper Menu: Example

Select Food Items for Required Components

Select a food item to satisfy the **fruit** component. Fruit can be fresh, canned, dried, or pasteurized full-strength juice.

According to the meal pattern, at least 1/4 cup of fruit must be offered.

For this example, we decide to serve 1 cup of mandarin oranges, which credits as 1 cup fruit.

Menu planners must consider the additional component requirements and flexibilities for each component.



For example, dried fruit credits as twice the volume and juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day. Additionally, a vegetable may be offered to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

	Monday
SUPPER	Teriyaki Beef
Meat/Meat Alternate	Beef Strips (CN) 4 strips = 2 oz eq
Grain	Brown Rice (WGR) ½ cup cooked = 1 oz eq
Vegetable	
Fruit or Vegetable	Mandarin Oranges 1 cup
Fluid Milk	
Extra	

Planning a Supper Menu: Example



Select Food Items for Required Components

Select a food item to satisfy the **vegetable** component.

According to the meal pattern, at least 1/2 cup of vegetables must be offered.

For this example, we decide to serve 1 cup of steamed broccoli, which credits as 1 cup vegetable.

	Monday
SUPPER	Teriyaki Beef
Meat/Meat Alternate	Beef Strips (CN) 4 strips = 2 oz eq
Grain	Brown Rice (WGR) ½ cup cooked = 1 oz eq
Vegetable	Steamed Broccoli 1 cup
Fruit or Vegetable	Mandarin Oranges 1 cup
Fluid Milk	
Extra	

Quiz Time

True or False: A menu following the CACFP meal pattern can plan baked French fries as the only vegetable everyday, as long as the daily vegetable requirement is met.

- A True.**
- B False. French fries are not an allowable vegetable at lunch.**
- C False. The weekly menu needs to have a variety of vegetables planned in order to satisfy the meal pattern requirements.**



Quiz Time

True or False: A menu following the CACFP meal pattern can plan baked French fries as the only vegetable everyday, as long as the daily vegetable requirement is met.

A True.

B False. French fries are not an allowable vegetable at lunch.

C False. The weekly menu needs to have a variety of vegetables planned in order to satisfy the meal pattern requirements.

This is true and baked French fries are allowable to be served! However, this would be frowned upon in terms of menu planning. There is no vegetable subgroup requirement in the CACFP meal pattern at this time, but we are still taking variety into consideration when planning our daily vegetable servings.



Planning a Supper Menu: Example

✔ Select Food Items for Required Components

Lastly is the **milk** component.

According to the meal pattern, at least 8 fl oz (or 1 cup) of milk must be offered.

Fluid milk must be pasteurized. Participants 12-23 months must be served whole milk; participants 24 months and older must be served 1% or fat free milk. Participants ages 6+ may be served flavored low-fat or fat-free milk. Unlike the NSLP meal pattern, it is not required to offer two varieties of milk.

For this example, since we only serve participants 6+, we will offer 1 cup of fat-free unflavored milk.

	Monday
SUPPER	Teriyaki Beef
Meat/Meat Alternate	Beef Strips (CN) 4 strips = 2 oz eq
Grain	Brown Rice (WGR) ½ cup cooked = 1 oz eq
Vegetable	Steamed Broccoli 1 cup
Fruit or Vegetable	Mandarin Oranges 1 cup
Fluid Milk	Fat-Free, Unflavored Milk 1 cup
Extra	

Planning a Supper Menu: Example

Confirm Planned Compliance with Menu Requirements

Before building the menu for the rest of the week, verify that menu requirements have been met.

Minimum Serving Size Requirements for Ages 6-18:

- 1 oz eq grain
- 2 oz eq meat/meat alternate
- 1/4 cup fruit
- 1 cup vegetable
- 1 cup milk

Daily Requirement:

- Juice is served no more than once per day.
- One or more grains per day are whole grain-rich.

	Monday
SUPPER	Teriyaki Beef
Meat/Meat Alternate	Beef Strips (CN) 4 strips = 2 oz eq
Grain	Brown Rice (WGR) ½ cup cooked = 1 oz eq
Vegetable	Steamed Broccoli 1 cup
Fruit or Vegetable	Mandarin Oranges 1 cup
Fluid Milk	Fat-Free, Unflavored Milk 1 cup
Extra	

Planning a Supper Menu: Example

Select Food Items for Required Components

In the following section, we will continue our example and repeat the process of selecting food items to satisfy component requirements for the remainder of the week.

	Monday	Tuesday	Wednesday	Thursday	Friday
SUPPER	Teriyaki Beef				
Meat/Meat Alternate	Beef Strips (CN) 4 strips = 2 oz eq				
Grain	Brown Rice (WGR) ½ cup cooked = 1 oz eq				
Vegetable	Steamed Broccoli 1 cup				
Fruit or Vegetable	Mandarin Oranges 1 cup				
Fluid Milk	Fat-Free, Unflavored Milk 1 cup				
Extra					

Completing the Weekly Menu



SECTION 3

Planning the Menu

GRAIN & MEAT/MEAT ALTERNATE

Let's start with an entrée: Scratch-Made Turkey and Cheese Enchilada. This will provide grains from the tortilla, and meat/meat alternate from the turkey and cheese.

Using the recipe, FBG, and Exhibit A, the Turkey and Cheese Enchilada will credit as: 2.0 oz eq of grain (tortilla), and 2 oz eq meat/meat alternate (ground turkey and cheese).

	Tuesday
SUPPER	Scratch-Made Turkey and Cheese Enchilada
Meat/Meat Alternate	Turkey and Cheese 2 enchiladas = 2 oz eq
Grain	Corn Tortilla (WGR) 2 enchiladas = 2 oz eq
Vegetable	
Fruit or Vegetable	
Fluid Milk	
Extra	

Planning the Menu

FRUIT

Let's plan 1 cup of fruit salad with all fresh ingredients for Tuesday.

Remember that fruit can be fresh, canned, dried, or 100% juice.

	Tuesday
SUPPER	Scratch-Made Turkey and Cheese Enchilada
Meat/Meat Alternate	Turkey and Cheese 2 enchiladas = 2 oz eq
Grain	Corn Tortilla (WGR) 2 enchiladas = 2 oz eq
Vegetable	
Fruit or Vegetable	Fruit Salad (1/4 cup watermelon, 1/4 cup pineapple, 1/2 cup strawberry) 1 cup
Fluid Milk	
Extra	

Planning the Menu

VEGETABLE

Select a vegetable that compliments the meal. For example, for this Mexican-style meal, let's plan to serve a side of refried beans.

For ages 6-18, 1/2 cup of vegetables must be served daily. Let's plan 1/2 cup of refried beans.



It's important to remember that all legumes can count towards either component: vegetable or meat/meat alternate. In this scenario, we are contributing our refried beans to the vegetable component since we already have turkey and cheese as our meat/meat alternate component on the menu.

	Tuesday
SUPPER	Scratch-Made Turkey and Cheese Enchilada
Meat/Meat Alternate	Turkey and Cheese 2 enchiladas = 2 oz eq
Grain	Corn Tortilla (WGR) 2 enchiladas = 2 oz eq
Vegetable	Refried Beans 1/2 cup
Fruit or Vegetable	Fruit Salad (1/4 cup watermelon, 1/4 cup pineapple, 1/2 cup strawberry) 1 cup
Fluid Milk	
Extra	

Quiz Time

True or False. Pinto beans on a tostada can be planned and counted as the vegetable and meat/meat alternate for that day.

- A True.**
- B False. Pinto beans are not a creditable vegetable in the meal pattern.**
- C False. Pinto beans are not a creditable meat/meat alternate in the meal pattern.**
- D False. Beans can be either the vegetable for the day OR the meat/meat alternate, but they cannot count as both components on the same day.**



Quiz Time

True or False. Pinto beans on a tostada can be planned and counted as the vegetable and meat/meat alternate for that day.

A True.

B False. Pinto beans are not a creditable vegetable in the meal pattern.

C False. Pinto beans are not a creditable meat/meat alternate in the meal pattern.

D False. Beans can be either the vegetable for the day OR the meat/meat alternate, but they cannot count as both components on the same day.

The menu planner can choose if the beans will be counted towards the vegetable component or towards the meat/meat alternate component. However, the planner must decide which it will count towards and plan the rest of the menu accordingly.



Planning the Menu

FLUID MILK

Let's plan 1 cup fat-free unflavored milk for Tuesday.

Remember it is not a requirement to offer two varieties for the CACFP meal pattern.

	Tuesday
SUPPER	Scratch-Made Turkey and Cheese Enchilada
Meat/Meat Alternate	Turkey and Cheese 2 enchiladas = 2 oz eq
Grain	Corn Tortilla (WGR) 2 enchiladas = 2 oz eq
Vegetable	Refried Beans 1/2 cup
Fruit or Vegetable	Fruit Salad (1/4 cup watermelon, 1/4 cup pineapple, 1/2 cup strawberry) 1 cup
Fluid Milk	Fat-Free Unflavored 1 cup
Extra	

Meeting the Menu Requirements

Minimum Serving Size Requirements for Ages 6-18:

- 1 oz eq grain
- 2 oz eq meat/meat alternate
- 1/4 cup fruit
- 1 cup vegetable
- 1 cup milk

Daily Requirement:

- Juice is served no more than once per day.
- One or more grains per day are whole grain-rich.

The planned menu satisfies the meal pattern requirements.

	Tuesday
SUPPER	Scratch-Made Turkey and Cheese Enchilada
Meat/Meat Alternate	Turkey and Cheese 2 enchiladas = 2 oz eq
Grain	Corn Tortilla (WGR) 2 enchiladas = 2 oz eq
Vegetable	Refried Beans 1/2 cup
Fruit or Vegetable	Fruit Salad (1/4 cup watermelon, 1/4 cup pineapple, 1/2 cup strawberry) 1 cup
Fluid Milk	Fat-Free Unflavored 1 cup
Extra	

Planning the Menu

GRAIN, MEAT/MEAT ALTERNATE, AND VEGETABLE

Let's start with an entrée: Fish and Chips. The breading will be the grain, the fish will be the meat/meat alternate, and the "chips" (French fries) will be the vegetable.

Referring to the CN label, two fish sticks contributes 1 oz eq of M/MA and 0.5 oz eq grain. Since we need to serve 2 oz eq of M/MA and 1 oz eq grain, I will serve 4 fish sticks (2 oz eq M/MA, 1 oz eq grain). The fish sticks breading is enriched, but not whole grain-rich. To satisfy the daily whole grain-rich requirement, let's add a 1 oz eq whole grain-rich dinner roll.

1 cup of "chips" (French fries) contributes 1 cup vegetable.

	Wednesday
SUPPER	Fish and Chips
Meat/Meat Alternate	Fish Sticks 4 fish sticks = 2 oz eq
Grain	Breading from Fish Sticks 4 fish sticks = 1 oz eq Dinner Roll (WGR) 1 oz eq
Vegetable	French Fries 1 cup
Fruit or Vegetable	
Fluid Milk	
Extra	

Planning the Menu

FRUIT

Let's add 1 cup of apple slices to the menu for Wednesday.

Remember that fruit can be fresh, canned, dried, or 100% juice.

	Wednesday
SUPPER	Fish and Chips
Meat/Meat Alternate	Fish Sticks 4 fish sticks = 2 oz eq
Grain	Breading from Fish Sticks 4 fish sticks = 1 oz eq Dinner Roll (WGR) 1 oz eq
Vegetable	French Fries 1 cup
Fruit or Vegetable	Apple Slices 1 cup
Fluid Milk	
Extra	

Planning the Menu

FLUID MILK

Let's plan 1 cup fat-free unflavored milk for Wednesday.

Remember it is not a requirement to offer two varieties for the CACFP meal pattern.

	Wednesday
SUPPER	Fish and Chips
Meat/Meat Alternate	Fish Sticks 4 fish sticks = 2 oz eq
Grain	Breading from Fish Sticks 4 fish sticks = 1 oz eq Dinner Roll (WGR) 1 oz eq
Vegetable	French Fries 1 cup
Fruit or Vegetable	Apple Slices 1 cup
Fluid Milk	Fat-Free Unflavored 1 cup
Extra	

Meeting the Menu Requirements

Minimum Serving Size Requirements for Ages 6-18:

- 1 oz eq grain
- 2 oz eq meat/meat alternate
- 1/4 cup fruit
- 1 cup vegetable
- 1 cup milk

Daily Requirement:

- Juice is served no more than once per day.
- One or more grains per day are whole grain-rich.

The planned menu satisfies the meal pattern requirements.

	Wednesday
SUPPER	Fish and Chips
Meat/Meat Alternate	Fish Sticks 4 fish sticks = 2 oz eq
Grain	Breading from Fish Sticks 4 fish sticks = 1 oz eq Dinner Roll (WGR) 1 oz eq
Vegetable	French Fries 1 cup
Fruit or Vegetable	Apple Slices 1 cup
Fluid Milk	Fat-Free Unflavored 1 cup
Extra	

Planning the Menu

GRAIN, MEAT/MEAT ALTERNATE, AND VEGETABLE

Let's start with an entrée: Chicken Parmesan (breaded chicken and pasta with marinara sauce).

Based on the CN Label, one breaded chicken patty contributes 2 oz eq M/MA and 1 oz eq grain. To compliment the chicken, we will serve WGR pasta, marinara sauce, and a side salad. Based on Exhibit A in the Food Buying Guide, 1/2 cup cooked pasta is 1 oz eq. We will serve 1/2 cup cooked pasta with 1/4 cup marinara sauce and a side salad (1 cup of romaine lettuce, 1/4 cup diced bell peppers, and 1/4 cup shredded carrots. Extra: Ranch Dressing).



Reminder: At lunch, a second different vegetable can be served in place of the fruit component. In this example, we are serving a 1 cup side salad and 1/4 cup marinara sauce, which is an allowable combination to satisfy the two component requirements.

Additionally, raw, leafy greens credit as half the volume served. For example, a 1 cup of romaine lettuce contributes 1/2 cup toward the vegetable component.

	Thursday
SUPPER	Chicken Parmesan
Meat/Meat Alternate	Chicken Parmesan Breaded Chicken Breast = 2 oz eq
Grain	Chicken Parmesan Breading = 1 oz eq Pasta (WGR) 1/2 cup cooked = 1 oz eq
Vegetable	Salad (1 cup romaine (1/2 cup veg), 1/4 cup bell pepper, 1/4 cup carrots) 1 cup
Fruit or Vegetable	Marinara Sauce 1/4 cup
Fluid Milk	
Extra	Ranch Dressing

Planning the Menu

FLUID MILK

To finalize Thursday's menu, we add 1 cup fat-free unflavored milk.

	Thursday
SUPPER	Chicken Parmesan
Meat/Meat Alternate	Chicken Parmesan Breaded Chicken Breast = 2 oz eq
Grain	Chicken Parmesan Breading = 1 oz eq Pasta (WGR) 1/2 cup cooked = 1 oz eq
Vegetable	Salad (1 cup romaine (1/2 cup veg), 1/4 cup bell pepper, 1/4 cup carrots) 1 cup
Fruit or Vegetable	Marinara Sauce 1/4 cup
Fluid Milk	Fat-Free Unflavored 1 cup
Extra	Ranch Dressing

Meeting the Menu Requirements

Minimum Serving Size Requirements for Ages 6-18:

- 1 oz eq grain
- 2 oz eq meat/meat alternate
- 1/4 cup fruit
- 1 cup vegetable
- 1 cup milk

Daily Requirement:

- Juice is served no more than once per day.
- One or more grains per day are whole grain-rich.

The planned menu satisfies the meal pattern requirements.

	Thursday
SUPPER	Chicken Parmesan
Meat/Meat Alternate	Chicken Parmesan Breaded Chicken Breast = 2 oz eq
Grain	Chicken Parmesan Breading = 1 oz eq Pasta (WGR) 1/2 cup cooked = 1 oz eq
Vegetable	Salad (1 cup romaine (1/2 cup veg), 1/4 cup bell pepper, 1/4 cup carrots) 1 cup
Fruit or Vegetable	Marinara Sauce 1/4 cup
Fluid Milk	Fat-Free Unflavored 1 cup
Extra	Ranch Dressing

Quiz Time

In the previous example, the menu planner served multiple vegetables, with some incorporated in the entrée.

True or False. A second different vegetable can be served in place of the fruit component.

A True.

B False.



Quiz Time

True or False. A second different vegetable can be served in place of the fruit component.

A True.

B False.

True. Under the CACFP meal pattern, a vegetable may be used to meet the entire fruit requirement at lunch and supper. When two vegetables are served at lunch or supper, two different types of vegetables must be served.



Quiz Time

In the previous example, the menu planner served multiple vegetables, with some incorporated in the entrée. Can a vegetable be planned in an entrée? If so, does the amount of vegetable in the entrée matter?

- A** Yes. The menu planner can serve a combination of vegetables to meet the daily vegetable requirement as long as each vegetable credits as at least 1/8 cup.
- B** No. The menu planner cannot serve vegetables in entrees.
- C** Yes. Any amount of vegetable in the meal can count, even 1 tablespoon of chives.
- D** No. The menu planner would need to plan more tomato sauce. In order to plan multiple vegetables, each vegetable must credit as at least 1/2 cup.



Quiz Time

In the previous example, the menu planner served multiple vegetables, with some incorporated in the entrée. Can a vegetable be planned in an entrée? If so, does the amount of vegetable in the entrée matter?

- A** Yes. The menu planner can serve a combination of vegetables to meet the vegetable requirement as long as each vegetable credits as at least 1/8 cup.
- B** No. The menu planner cannot serve vegetables in entrees.
- C** Yes. Any amount of vegetable in the meal can count, even 1 tablespoon of chives.
- D** No. The menu planner would need to plan more tomato sauce. In order to plan multiple vegetables, each vegetable must credit as at least 1/2 cup.

The minimum amount that can credit towards the vegetable requirement is 1/8 cup.



Planning the Menu

GRAIN, MEAT/MEAT ALTERNATE, AND VEGETABLES

Let's start with an entrée: Chicken Salad Sandwich.

This combination entrée consists of shredded chicken, Greek yogurt, chopped celery, chopped onion, romaine lettuce, and WGR bread. It will contribute to the grain, M/MA, and vegetable component.

Utilizing my crediting resources, I determine one sandwich will contribute 1 oz eq grain, 2 oz eq M/MA, and 1/2 cup vegetable between all three veggie items.

To satisfy meal pattern requirements we need to add 1/2 cup vegetable. Let's add 1/2 cup cucumbers.

	Friday
SUPPER	Chicken Salad Sandwich
Meat/Meat Alternate	Shredded Chicken 2 oz eq
Grain	WGR Bread 1 oz eq
Vegetable	Veggies in Chicken Salad (1/4 cup romaine, 1/4 onions and celery) 1/2 cup total Cucumber Slices 1/2 cup
Fruit or Vegetable	
Fluid Milk	
Extra	Greek Yogurt

Planning the Menu

FRUIT AND MILK

Let's plan 1/4 cup of dried cranberries for Friday.

Remember that fruit can be fresh, canned, dried, or 100% juice. Dried fruit credits as double the volume, so 1/4 cup will credit as 1/2 cup.

Lastly, to finalize Friday's menu, we add 1 cup fat-free unflavored milk.

	Friday
SUPPER	Chicken Salad Sandwich
Meat/Meat Alternate	Shredded Chicken 2 oz eq
Grain	WGR Bread 1 oz eq
Vegetable	Veggies in Chicken Salad (1/4 cup romaine, 1/4 onions and celery) 1/2 cup total Cucumber Slices 1/2 cup
Fruit or Vegetable	1/4 cup dried cranberries = 1/2 cup fruit
Fluid Milk	Fat-Free Unflavored 1 cup
Extra	Greek Yogurt

Meeting the Menu Requirements

Minimum Serving Size Requirements for Ages 6-18:

- 1 oz eq grain
- 2 oz eq meat/meat alternate
- 1/4 cup fruit
- 1 cup vegetable
- 1 cup milk

Daily Requirement:

- Juice is served no more than once per day.
- One or more grains per day are whole grain-rich.

The planned menu satisfies the meal pattern requirements.

	Friday
SUPPER	Chicken Salad Sandwich
Meat/Meat Alternate	Shredded Chicken 2 oz eq
Grain	WGR Bread 1 oz eq
Vegetable	Veggies in Chicken Salad (1/4 cup romaine, 1/4 onions and celery) 1/2 cup total Cucumber Slices 1/2 cup
Fruit or Vegetable	1/4 cup dried cranberries = 1/2 cup fruit
Fluid Milk	Fat-Free Unflavored 1 cup
Extra	Greek Yogurt

Meeting the Menu Requirements

A five-day menu is now complete.

	Monday	Tuesday	Wednesday	Thursday	Friday
SUPPER	Teriyaki Beef	Scratch-Made Turkey and Cheese Enchilada	Fish and Chips	Chicken Parmesan	Chicken Salad Sandwich
Meat/Meat Alternate	Beef Strips (CN) 4 strips = 2 oz eq	Turkey and Cheese 2 enchiladas = 2 oz eq	Fish Sticks 4 fish sticks = 2 oz eq	Chicken Parmesan Breaded Chicken Breast = 2 oz eq	Shredded Chicken 2 oz eq
Grain	Brown Rice (WGR) ½ cup cooked = 1 oz eq	Corn Tortilla (WGR) 2 enchiladas = 2 oz eq	Breading from Fish Sticks 4 fish sticks = 1 oz eq Dinner Roll (WGR) 1 oz eq	Chicken Parmesan Breading = 1 oz eq Pasta (WGR) ½ cup cooked = 1 oz eq	WGR Bread 1 oz eq
Vegetable	Steamed Broccoli 1 cup	Refried Beans ½ cup	French Fries 1 cup	Salad (1 cup romaine (1/2 cup veg), 1/4 cup bell pepper, 1/4 cup carrots) 1 cup	Veggies in Chicken Salad (1/4 cup romaine, 1/4 onions and celery) 1/2 cup total Cucumber Slices 1/2 cup
Fruit or Vegetable	Mandarin Oranges 1 cup	Fruit Salad (1/4 cup watermelon, 1/4 cup pineapple, 1/2 cup strawberry) 1 cup	Apple Slices 1 cup	Marinara Sauce ¼ cup	1/4 cup dried cranberries = 1/2 cup fruit
Fluid Milk	Fat-Free, Unflavored Milk 1 cup	Fat-Free Unflavored 1 cup	Fat-Free Unflavored 1 cup	Fat-Free Unflavored 1 cup	Fat-Free Unflavored 1 cup
Extra				Ranch Dressing	Greek Yogurt

Operators are required to ensure menus and food items served comply with the CACFP meal pattern requirements.

ADE HNS encourages operators utilize the optional [Menu Self-Assessment](#) to assess planned menu compliance.

Meeting the Menu Requirements

A five-day menu is now complete.

	Monday	Tuesday	Wednesday	Thursday	Friday
SUPPER	Teriyaki Beef	Scratch-Made Turkey and Cheese Enchilada	Fish and Chips	Chicken Parmesan	Chicken Salad Sandwich
Meat/Meat Alternate	Beef Strips (CN) 4 strips = 2 oz eq	Turkey and Cheese 2 enchiladas = 2 oz eq	Fish Sticks 4 fish sticks = 2 oz eq	Chicken Parmesan Breaded Chicken Breast = 2 oz eq	Shredded Chicken 2 oz eq
Grain	Brown Rice (WGR) ½ cup cooked = 1 oz eq	Corn Tortilla (WGR) 2 enchiladas = 2 oz eq	Breading from Fish Sticks 4 fish sticks = 1 oz eq Dinner Roll (WGR) 1 oz eq	Chicken Parmesan Breading = 1 oz eq Pasta (WGR) ½ cup cooked = 1 oz eq	WGR Bread 1 oz eq
Vegetable	Steamed Broccoli 1 cup	Refried Beans ½ cup	French Fries 1 cup	Salad (1 cup romaine (1/2 cup veg), 1/4 cup bell pepper, 1/4 cup carrots) 1 cup	Veggies in Chicken Salad (1/4 cup romaine, 1/4 onions and celery) 1/2 cup total Cucumber Slices 1/2 cup
Fruit or Vegetable	Mandarin Oranges 1 cup	Fruit Salad (1/4 cup watermelon, 1/4 cup pineapple, 1/2 cup strawberry) 1 cup	Apple Slices 1 cup	Marinara Sauce ¼ cup	1/4 cup dried cranberries = 1/2 cup fruit
Fluid Milk	Fat-Free, Unflavored Milk 1 cup	Fat-Free Unflavored 1 cup	Fat-Free Unflavored 1 cup	Fat-Free Unflavored 1 cup	Fat-Free Unflavored 1 cup
Extra				Ranch Dressing	Greek Yogurt

Operators are required to ensure menus and food items served comply with the CACFP meal pattern requirements.

ADE HNS encourages operators utilize the optional [Menu Self-Assessment](#) to assess planned menu compliance.

Meeting the Menu Requirements

Operators are required to ensure menus and food items served comply with the CACFP meal pattern requirements.

ADE HNS encourages operators utilize the optional [Menu Self-Assessment](#) to assess planned menu compliance.



CHILD AND ADULT CARE FOOD PROGRAM

Menu Self-Assessment

All organizations participating in the Child and Adult Care Food Program (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 check mark next to each true statement. If any boxes remain unchecked, menu changes are needed. For complete meal pattern requirements, review the [CACFP Meal Pattern Chart](#).




CREDITABLE FOODS	REQUIRED STATEMENTS	
<input type="checkbox"/> The menu is free from grain-based desserts.	<input type="checkbox"/> Nondiscrimination statement: "This institution is an equal opportunity provider."	
<input type="checkbox"/> Breakfast cereal contains no more than 6 grams of sugar per dry ounce.	<input type="checkbox"/> Milk type for served age groups: "Whole milk is served to children 12-23 months. Children 24 months and older are served low-fat or fat-free milk." Adult Centers: "All participants are served low-fat or fat-free milk."	
<input type="checkbox"/> Yogurt contains no more than 12 grams of added sugar per 6 ounces.	<input type="checkbox"/> Ingredients in mixed or multi-component items (e.g., "Fruit cocktail = pineapple, cherry, peach" or "Turkey Wrap = turkey breast, cheese, tortilla")	
<input type="checkbox"/> Menu items are not deep-fat fried on-site.		
<input type="checkbox"/> The correct type of milk is served to all participants.		
DAILY REQUIREMENTS	MENU BINDER	
<input type="checkbox"/> Juice is served no more than once per day.	The following documentation must be kept on file to credit foods towards the meal pattern:	
<input type="checkbox"/> One or more grains per day are whole grain-rich.	<input type="checkbox"/> Nutrition Facts labels for whole grain-rich items.	
<input type="checkbox"/> All extras and spreads are listed on the menu.	<input type="checkbox"/> Nutrition Facts labels for ready-to-eat cereals.	
<input type="checkbox"/> Every snack contains at least two components.	<input type="checkbox"/> Nutrition Facts labels for yogurt.	
<input type="checkbox"/> Every breakfast contains fluid milk, grain, and a fruit and/or vegetable.	<input type="checkbox"/> Child Nutrition (CN) label or Product Formulation Statement (PFS) for commercially processed foods.	
<input type="checkbox"/> A meat/meat alternate is served in place of a grain at breakfast 3 times or less per week.	<input type="checkbox"/> Standardized recipes for homemade items.	
<input type="checkbox"/> Every lunch and supper contains fluid milk, grain, fruit, vegetable, and meat/meat alternate.		
<input type="checkbox"/> If a vegetable is served instead of a fruit at lunch/supper, two different kinds of vegetables are served.		
Allowable Flexibilities for Adult Centers <ul style="list-style-type: none"> 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. 	<th>RECOMMENDED BEST PRACTICES</th>	RECOMMENDED BEST PRACTICES
	<input type="checkbox"/> All homemade items are labeled "HM."	
	<input type="checkbox"/> All whole grain-rich items are labeled "WGR."	
	<input type="checkbox"/> All processed meat/grain items are labeled "CN" or "PFS."	
	<input type="checkbox"/> Description of how water is made available throughout the day.	
	<input type="checkbox"/> If Serving Juice: "All juices served are 100% juice."	

Menu Planning Tips



SECTION 3

Menu Planning Tips

-  **Color and Variety**
Offer variety in color and texture to make the meal more appealing.
-  **Use Creative Names**
Students appreciate trendy and catchy names. Try to creatively name your menu choices to generate interest and appeal. For example, instead of labeling a meal “Tortilla, Chicken, Rice and Beans,” try something like “Fiesta Combo Meal!”
-  **Follow Trends**
Think about creative ways to serve meals similar to what’s being sold around town. For example, the three entrées listed below have grains, vegetables, and meat/meat alternates in them and are similar to what can be purchased at a restaurant!
 - Burrito Bowls: Brown rice, diced chicken, black beans, salsa, and guacamole
 - Mashed Potato Bowl: Corn, cheese, mashed potatoes, and popcorn chicken
 - Beef and Broccoli: Beef, carrots, red bell peppers, and broccoli over brown rice

Menu Planning Tips

SUMMARY

When planning a menu, first make sure to plan enough of each component to meet the daily and weekly requirements. Then, look for ways to refine and enhance the menu to make it appealing and appetizing for students.

Be sure to visit the [Afterschool Care Snack Program Webpage](#) for tools and resources to help you plan and review your menu.



CONTACT US

If you have a question or require additional assistance, please contact your assigned specialist or contact HNS.



602-542-8700



ContactHNS@azed.gov



www.azed.gov/hns





Congratulations

**You have completed the Step by Step Instruction:
How to Plan a Supper Using the National School
Lunch Program Meal Pattern**

Information to include when documenting this
training for Professional Standards:

**Training Title:
How to Plan a Supper Using
the National School Lunch
Program Meal Pattern**

**Key Area: 1000 – Nutrition
Learning Code: 1100
Length: 2.5 hours**

Please note, attendees must document the amount of training hours
indicated on the training despite the amount of time it takes to complete it.

Certificate

Requesting a training certificate

Please click the button to complete a brief survey about this online training. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey.



Information to include when documenting this training for Professional Standards:

Training Title:

**How to Plan a Supper
Using the National
School Lunch Program
Meal Pattern**

Key Area: 1000 – Nutrition

Learning Code: 1100

Length: 2.5 hours

Please note, attendees must document the amount of training hours indicated on the training despite the amount of time it takes to complete it.





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1. **Mail:** U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410;
2. **Fax:** (202) 690-7442; or
3. **Email:** program.intake@usda.gov.

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