

# 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



- 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 only served to 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

# Child and Adult Care Food Program

## Menu Self Assessment

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### 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