

Menu Planning Checklist

Grains and Breads

- One whole grain rich serving MUST be served daily.
- No grain based desserts.
- Claimed breakfast cereal must be no more than 6 grams of sugar per dry ounce of cereal (21.2 grams of sugar per 100 grams of cereal), including ready-to-eat, instant and hot cereal.

Fluid Milk

- Unflavored whole milk served to 1 year olds; unflavored low-fat or fat free served to children 2-5 yrs old; and unflavored low-fat, unflavored OR flavored fat-free served to children 6 yrs or older.

Fruits and Vegetables

- 100% juice is limited to once per day, maximum.
- One fruit and one vegetable OR two different vegetables claimed at lunch and dinner. Vegetable MUST be served.

Meat & Meat Alternates

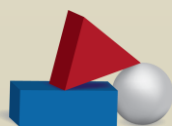
- Meat/Meat alternates may be claimed in place of entire grain component for breakfast up to three times per week.
- Tofu can be claimed as a Meat/Meat Alternate
- Yogurts must contain no more than 23 grams of sugar per 6 ounces.

Infants

- Two age groups listed on menu: birth through 5 months & 6 months through 11 months
- Juice, cheese food, and cheese spread must not be served
- Whole eggs are creditable.
- A vegetable or fruit, or both, must be served at snack when infant is developmentally ready.
- When space is provided for a breast-feeding mother in the childcare program, it may be claimed & reimbursed.

Other Provisions

- Parents can provide one creditable meal component.
- No on-site deep frying permitted



child care
RESOURCE CENTER

5350 Oberlin Ave.
Lorain, Ohio 44053
440/242-0413

Terri Sluss-Cole: CACFP Family Childcare Specialist
terrisc@ccrcinc.com

Cathy Richards: CACFP Family Childcare Monitor
crichards@ccrcinc.com

Kathleen Rovere: CACFP Center Specialist
krovere@ccrcinc.com



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider



CACFP Menu Planning Reference Guide



Yogurt

Claimed yogurts must contain no more than 23 grams of sugar per 6 ounces.

Grams of Sugar per Serving = Is it **3.83** or less?
Ounces of Yogurt per Serving Yes, it is creditable!

Quick Guide

Ounces of Yogurt per Serving		Grams of Sugar per Serving
2 oz	1/4 cup	7g or less
2.5oz	1/3 cup	9g or less
3 oz	3/8 cup	11 g or less
4 oz	1/2 cup	15g or less
5.3 oz	2/3 cup	20g or less
6 oz	3/4 cup	23g or less
8 oz	1 cup	30g or less

Breakfast Cereals

Claimed breakfast cereals must contain no more than 6 grams of sugar per dry ounce of cereal (21.2 grams of sugar per 100 grams of cereal).

✓ Look for WIC approved cereals

Any grain product found on a State agency's WIC approved whole grain food list meets CACFP whole grain rich criteria.

✓ Look at the Nutrition Label

Do a quick calculation by dividing the number of grams of sugar per serving by the number grams of cereal per serving. If the result is 0.212 or less, the cereal is creditable. Use the chart below to help.

Grams of Sugar per Serving = Is it **0.212** or less?
Grams of Cereal per Serving Yes, it is creditable!

		Grams of Cereal per Serving							
		20-23g	24-28g	29-33g	34-37g	38-42g	43-47g	48-51g	52-55g
Grams of Sugar per Serving	4g	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	5g	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	6g	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	7g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	8g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	9g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	10g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	11g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
12g	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Grain-Based Desserts

Grain-based desserts no longer claimable as grains/breads component.

Grain-based desserts include:

- Breakfast & cereal bars
- Granola bars
- Brownies
- Cakes
- Cookies (including vanilla wafers)
- Doughnuts
- toaster pastries
- Sweet pie crusts
- Sweet rolls
- Sweet rice pudding
- Sweet scones

Breakfast and Snack Ideas:

- Bagels / Biscuits / Breads / Bread Sticks /Rolls
- Savory crackers
- Cereals
- Muffins
- Grain salads
- Ravioli
- Savory Scones
- Tortilla Chips / Tortilla Shells
- Fresh fruit & vegetables
- Pasta /Grain Salads
- Pretzels (soft or hard)
- English muffins
- French Toast
- Muesli
- Oats & Oatmeal
- Waffles