

Child and Adult Care Food Program (CACFP) Menu Checklist – Child Meal Pattern

Division of Food and Nutrition



Nevada
Department
of Agriculture

Does your menu meet the Child and Adult Care Food Program (CACFP) meal patterns?

Milk	Yes	No
Whole milk is served to children ages 12-23 months.	<input type="checkbox"/>	<input type="checkbox"/>
1% or skim milk unflavored milk is served to children ages 2 – 5 years.	<input type="checkbox"/>	<input type="checkbox"/>
1% or skim milk unflavored milk or flavored fat-free milk is served to children ages 6 – 18 years of age.	<input type="checkbox"/>	<input type="checkbox"/>
Type of milk is identified on the menu. <i>Note: a statement at the bottom of the menu listing the types of milk served for different ages is acceptable.</i>	<input type="checkbox"/>	<input type="checkbox"/>
Grains/Breads	Yes	No
At least one whole grain-rich item serving is served per day when grain is a part of the meal pattern.	<input type="checkbox"/>	<input type="checkbox"/>
No grain-based desserts (such as brownies, cakes, cereal bars, coffee cakes, cookies, doughnuts, granola bars, pie crusts for dessert pies, sweet rolls, and toaster pastries) are served.	<input type="checkbox"/>	<input type="checkbox"/>
Cereals have 6 grams or less of sugar per dry ounce.	<input type="checkbox"/>	<input type="checkbox"/>
Type of cereal is identified on the menu (<i>For example, Cheerios® or Kix®</i>)	<input type="checkbox"/>	<input type="checkbox"/>
Whole grain-rich foods are identified on the menu. (<i>For example, "turkey sandwich on whole grain-rich bread," "whole wheat pasta," "brown rice," "oatmeal."</i>) The abbreviations "WW" and "WG" for whole wheat and whole grain are acceptable.	<input type="checkbox"/>	<input type="checkbox"/>
Fruits/Vegetables	Yes	No
100% fruit juice is limited to one serving or less per day on menus.	<input type="checkbox"/>	<input type="checkbox"/>
A separate fruit and separate vegetable are offered at lunch and supper <i>Note: two different vegetables are allowed at lunch and supper.</i>	<input type="checkbox"/>	<input type="checkbox"/>

This institution is an equal opportunity provider.

Meat/Meat Alternate	Yes	No
Yogurt contains less than 23 grams of sugar per 6 ounce serving.	<input type="checkbox"/>	<input type="checkbox"/>
Tofu, if used, is commercially prepared, contains 5 grams of protein per 2.2 ounces by weight and is easily recognizable as a meat substitute.	<input type="checkbox"/>	<input type="checkbox"/>
No deep-fat frying of foods on-site occurs.	<input type="checkbox"/>	<input type="checkbox"/>
Optional: Meat and meat alternates may be served in place of the grain component at breakfast a maximum of three times per week.	<input type="checkbox"/>	<input type="checkbox"/>

Menu Checklist – Children

Important Notes

1. Whole grain rich foods are foods that contain 100% whole grains. They are also foods that contain at least 50% whole grains, as long as the remaining grains in the food are enriched. Example of whole grain-rich foods include: 100% whole wheat bread, whole grain tortillas, oatmeal, brown rice, whole grain crackers, whole grain cereal flakes, and whole grain muffins.
2. Grain-based desserts include brownies, cakes, cereal bars, coffee cakes, cookies, doughnuts, granola bars, pie crusts for dessert pies, sweet rolls, and toaster pastries. They cannot count towards the grain requirement at any meal or snack under the updated CACFP meal patterns. Sweet crackers (graham and animal crackers) are creditable.
3. A list of cereals containing 6 grams of sugar or less per dry ounce can be found at <https://www.fns.usda.gov/tn/calculating-sugar-limits-breakfast-cereals-cacfp>
4. Menus must identify the following information:
 - Type of milk served.
 - Whole grain-rich foods (“WW” and “WG” for whole wheat and whole grain are acceptable).
 - Type of cereal served.

Menu Changes

Did you check “No” on any items in the Checklist? ☐ Yes ☐ No

If so, use the space on the next page to plan what you will change to meet the CACFP Meal Patterns.

Menu Item	Planned Improvement
<i>Example: Granola bars are served at snack</i>	<i>Instead of granola bars, serve whole grain crackers, mini bagels, whole grain tortilla chips or cereal to replace the granola bars as the grain.</i>

Go to <https://www.fns.usda.gov/cacfp/meals-and-snacks> for more information.