Menu Planning and Record Book
For
Day Care Homes

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Introduction

A significant goal of the Child Care Food Program (CCFP) is to safely serve nutritious breakfasts, lunches, and snacks that meet meal pattern requirements and are appetizing to children. The meal pattern requirements ensure well-balanced meals that supply the kinds and amounts of food that children require to help meet their nutrient and energy needs.

This book provides Nutrition Resources, Menu Planning Tips, the CCFP Meal Patterns for Infants and Children, and additional food component requirements. Also included in this book are Menu Planning Worksheets for infants and children and Meal Count and Attendance Worksheets. Menu Planning Worksheets are for planning and documenting healthy meals and snacks served to infants and children. Meal Count and Attendance Worksheets are for recording children in attendance and the number and type of meals served to each child for reimbursement.

As a child care professional, you contribute to a child's learning and development in many ways. One of those ways is showing young children how to make better food choices for a healthy future, by providing nutritious meals and introducing children to a variety of foods.

Resources

Below are some references for your use in menu planning and educating children and parents about food and nutrition.

1. Internet Sites
   The Child Care Food Program (CCFP) Web page: www.flhealth.gov/ccfp - click on “Nutrition and Menu Planning”, for infant/child meal pattern training modules, meal patterns, special needs meals, infant feeding form, WIC cereal lists, Farm to Preschool and other resources.
   - Kids Eat Right: www.eatright.org/kids
   - Healthy Kids, Healthy Future https://healthykidshealthyfuture.org/
   - Child Nutrition Sharing Site: https://theicn.org/cnss/
   - Food and Nutrition Information Center: https://www.nal.usda.gov/fnic
   - Institute of Child Nutrition: www.theicn.org
   - USDA Food and Nutrition Service, Child and Adult Care Food Programs:

     https://www.fns.usda.gov/cacfp
   - Farm to Preschool: https://www.fns.usda.gov/cfs/farm-preschool
   - Florida Seasonal Crops: https://www.fdacs.gov/Consumer-Resources/Buy-Fresh-From-Florida/Crops-in-Season

2. Institute of Child Nutrition (ICN)
   A variety of resources and training opportunities are available on the following topics from ICN, The University of Mississippi, P.O. Box 1848, 6 Jeanette Phillips Drive, University, MS, 38677, phone: (800) 321-3054, email: helpdesk@theicn.org, or website listed above:
   - Menu Planning
   - Nutrition
   - Pre-K/Preschool Education
   - Food Safety

Menu Planning Tips

The nutritional value of meals and their compliance with federal program requirements depends on careful menu planning. Serving nutritious meals and snacks provides children the energy for active lives, and keeps them healthy and fit. The child care setting is an excellent opportunity to make mealtimes pleasant. Just like motor and other developmental skills, proper eating skills are developed early. Children can learn healthy eating habits when they are young. Providing nutrition education during mealtime or at play can help build healthy habits for life. Below are some tips for basic menu planning:

- Determine the ages of the children you will serve and the required meal pattern components.
- Schedule a quiet time to plan menus. Collect menu resources.
- Plan menus in advance, at least the week before they are to be used.
- Study current menus and determine your menu planning goals:
  - Have your kitchen and storage capabilities been considered?
  - Are new vegetables and fruits introduced weekly?
  - Do your menus have enough variety?
  - Have cultural preferences of the children been considered?

- Do your menus follow the *Dietary Guidelines for Americans*? (See link at: https://www.dietaryguidelines.gov/)
  - Select the main entrees for the week, for breakfast, lunch, and/or supper.
  - Select the other menu items:
    - Vegetables
    - Fruits
    - Breads and Cereals
  - Take advantage of fruits and vegetables in season. Include salads for lunch or supper. See Florida Department of Agriculture and Consumer Services' link at: https://www.fdacs.gov/Consumer-Resources/Buy-Fresh-From-Florida/Crops-in-Season
  - Add beverages; be sure to include the required amount of milk. For healthy 1 year olds unflavored whole milk is required. For healthy children age 2 and older, unflavored lowfat (1%) or unflavored fat-free (skim) milk is required. For children 6 and older, unflavored or flavored lowfat (1%) or fat-free (skim) milk is required
  - Plan snacks last to balance your meals.
  - Make sure you are meeting the nutritional needs of the children. It is *recommended* to include good sources of:
    - Vitamin A at least twice a week
    - Vitamin C daily
    - Iron daily
  - Finally, evaluate for:
    - Variety
    - Taste
    - Color
    - Texture
    - Child Appeal

Choosing Healthy Options:
Vegetables, Fruits, Whole Grains, and Lean Proteins

Vary Your Vegetables

Want to add more color, crunch, and flavor to your menus? Offering a wide variety of vegetables provides a quick and easy way to make meals and snacks pop with eye appeal and nutritional benefits.

- **Offer a wide variety of colorful, appealing vegetables every day.**
  - Include servings from each of these groups over a week:
    - ✓ Dark green: like broccoli, spinach, kale, and other dark leafy greens
    - ✓ Orange: like acorn and butternut squash, carrots, sweet potatoes, and pumpkin
    - ✓ Starchy: like corn, green peas, green lima beans, and potatoes
    - ✓ Others: like cauliflower, celery, cabbage, tomatoes, and green beans
  - Have taste tests and offer samples to encourage children to try different vegetables.

- **Prepare and serve vegetables for meals and snacks in creative ways.**
  - Serve fresh, raw vegetables with a low-fat dressing or dip as a crunchy snack.
  - Buy canned vegetables labeled “no salt added” or choose lower sodium products. Use herbs or no-salt spice mixes to boost flavor.
  - Use frozen mixed vegetables for easy-to-prepare stir-fries.
  - Add shredded carrots or zucchini into meatloaf or casseroles to boost nutrients.
  - Encourage children to try colorful, tasty seasonal vegetables by offering them in small, easy-to-eat shapes: sliced zucchini and yellow squash sticks, broccoli or cauliflower “trees”, green and red pepper rings.

Jazz Up Your Menu with Fruits

Because fruits are colorful and naturally sweet, they have built-in kid appeal. They give you a quick and easy way to boost the nutritional benefits of meals and snacks.

- **Offer a wide variety of colorful, tempting fruits every day.**
  - Choose good sources of vitamin C every day, such as oranges, grapefruit, cantaloupe, peaches, pears, and pineapple.
  - Select good sources of vitamin A at least twice a week, such as apricots, melons, plums, and mango.
  - Select fruit canned in 100 percent fruit juice or water, rather than syrup.
  - Serve fresh fruits in season to save money.

- **Prepare and serve fruits for meals and snacks in creative ways.**
  - Add canned crushed pineapple or mandarin oranges to salads or coleslaw.
  - Blend frozen fruit like peaches or berries with fat-free or low-fat milk for a fruit smoothie at breakfast or snack.
  - Use applesauce as a fat-free substitute for some of the oil when baking quick breads.
  - Cut up fruits, like fresh apples and oranges, to make them kid-friendly and easy to eat.
  - Offer baked apples or fruit salad as a dessert treat.

Serve More Whole-Grains

Whole grains contain fiber, vitamins, minerals, and antioxidants that refined, enriched grain products don't have. They contain the entire grain kernel – the bran, germ and endosperm.

- **Know what to look for on the product ingredients list (not the product name) to identify whole grains.**
  - The word "whole" listed before a grain – whole corn, whole oat flour, whole rye flour.
  - The words "berries" and "groats" – oat groats, wheat berries, buckwheat groats.
  - Other whole grain products that do not use the word "whole" in their description are rolled oats, oatmeal, brown rice, brown rice flour, and wild rice.
  - The following are not whole grains: flour, white flour, wheat flour, all-purpose flour, unbleached flour, bromated flour, enriched bromated flour, enriched flour, enriched unbleached flour, instantized flour, self-rising flour, self-rising wheat flour, enriched self-rising flour, bread flour, cake flour, durum flour, grits, corn grits, hominy grits, farina, semolina, degerminated corn meal, enriched rice, rice flour, couscous.

- **Aim to have at least half of the grains you serve be whole grains. At least one serving of grains per day *must* be whole grain-rich or 100% whole grain.**
  - Substitute whole-grain products for refined-grain products. For example, serve 100% whole wheat bread for white bread or brown rice instead of white rice.
  - Introduce whole grains in popular products like pizza crust, breads, rolls, hamburger buns, and pasta.
  - Modify recipes to include more whole grains. For example, replace 1/3 to 1/2 of the flour in your favorite roll recipe with whole wheat flour.
  - Serve whole grain cereals for breakfast.
  - Add whole grains to mixed dishes, such as barley in vegetable soup or bulgur wheat in casseroles.

Lean Toward Low-Fat Proteins

Proteins can come from animals – meat, poultry, seafood, and eggs – as well as from plants – beans, peas, soy, nuts, and seeds. Include a variety each week.

- **Eat a variety of protein foods.**
  - Experiment with main dishes made with beans or peas, eggs, tofu, or seafood.
  - Select leaner cuts of meat. Choose cuts with the words "round" and "loin" in the name for the leanest cuts.
  - Try grilling, broiling, roasting, or baking to avoid adding extra fats to meats. Avoid breading meat and poultry too.
  - Make healthy sandwiches from turkey slices, roast beef, canned tuna, or peanut butter, rather than deli meats which are high in fat and sodium.

- **Try serving a meatless meal at least once a week.**
  - Use pre-cooked canned beans to save time and money when preparing casseroles, stews and side dishes.
  - Combine two different types of beans, such as kidney and pinto beans, to make meatless chili more interesting.
  - Warm up winter menus by serving split pea, lentil, minestrone, or white bean soups.
  - Spruce up salads by adding garbanzo beans, red kidney beans, black beans, or a mixture of all three.
  - Puree garbanzo beans to make a great-tasting hummus dip to serve with fresh vegetables or whole wheat crackers for snack.

Sources of Vitamins A and C
Fruit and Vegetable

The following charts list fruits and vegetables that meet the *recommendation* to serve good sources of vitamins A and C in the child meal pattern.

Items listed in the Good column provide at least 10-24% of the Recommended Dietary Allowance (RDA) for children ages 1-5.

Items listed in the Better column provide at least 25-39% of the RDA for children ages 1-5.

Items listed in the Best column provide 40% or more of the RDA for children ages 1-5.

Items with an ***** appear on both the vitamin A and C charts. Be sure to serve the appropriate amounts. For example, if you use frozen, cooked broccoli, you would have to serve at least ½ cup to meet the minimum requirement for both vitamins A and C. However, if you use fresh broccoli, you would only have to serve ¼ cup.

The shaded spaces indicate that there are no easily measurable items that fit into that category.

VITAMIN A

(Include at least twice a week)

FRUIT	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Apricot*	2 medium, fresh 7 halves, dried ¼ cup, canned	½ cup, canned	
Cantaloupe*	¼ cup, fresh	½ cup, fresh	
Cherries, red sour*	½ cup, canned		
Grapefruit*	½ medium, fresh, pink or red		
Mandarin Oranges*	½ cup, canned		
Mango*	½ medium, fresh ½ cup, fresh		
Melon Balls*	½ cup, fresh or frozen		
Nectarine*	2 medium, fresh		
Papaya*	1 small, fresh ½ cup, fresh		
Plum*	½ cup, canned		
Peach	3 halves, dried		
Tangerine*	2 medium, fresh		
Watermelon*	1 cup, fresh		

VITAMIN A

(Include at least twice a week)

VEGGIE	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Broccoli*	¼ cup, fresh, cooked ½ cup, frozen, cooked		
Cabbage, Chinese (Bok Choy)	¼ cup, fresh, cooked		
Carrots*			¼ cup, all forms 4 baby carrots
Greens, Collard*			¼ cup, fresh or frozen, cooked
Greens, Mustard*		¼ cup, cooked	
Greens, Turnip*			¼ cup, fresh or frozen, cooked
Kale*			¼ cup, fresh or frozen, cooked
Mixed Vegetables*	¼ cup, frozen, cooked		¼ cup, canned, cooked
Peas, Green*	¼ cup, frozen, cooked ¾ cup, canned, cooked		
Peas & Carrots*			¼ cup, frozen or canned, cooked
Plantain*	½ medium, fresh, raw ¾ cup, fresh, cooked		
Pepper, Red*	¼ cup, fresh, raw or cooked	½ cup, fresh, raw or cooked	
Pumpkin*			¼ cup, fresh or canned
Romaine Lettuce	¼ cup, fresh, raw	½ cup, fresh, raw	
Spinach*	½ cup, fresh, raw		¼ cup, fresh, frozen or canned, cooked
Squash, Butternut* or Winter*			¼ cup, fresh or frozen, cooked
Sweet Potato*			¼ medium, fresh, cooked ¼ cup, canned
Tomato*	¾ cup, fresh, raw 6 cherry tomatoes, fresh		
Tomato Paste*	¼ cup, canned		
Tomato Puree*	¼ cup, canned		

VITAMIN C

(Include daily)

FRUIT	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Apple	½ medium, fresh	1 medium, fresh	
Apricots*	¼ cup, canned 1 medium, fresh		
Avocado	¼ cup, fresh		
Banana	¼ medium, fresh	¾ medium, fresh	
Blackberries		¼ cup, fresh	½ cup, fresh
Blueberries	¼ cup, fresh 1 cup, frozen	½ cup, fresh	
Cantaloupe*			¼ cup, fresh
Cherries, red sweet	6 cherries, fresh		
Cherries, red sour*	½ cup, canned		
Fruit Cocktail	½ cup, canned		
Grapefruit*			¼ medium, fresh ¼ cup, canned
Guava			¼ medium, fresh
Honeydew		¼ cup, fresh	
Kiwi			¼ medium, fresh
Mandarin Oranges*			¼ cup, canned
Mango*			¼ medium, fresh ¼ cup, fresh
Melon Balls *	¼ cup, frozen		¼ cup, fresh
Nectarine*		1 medium, fresh	
Orange			¼ medium, fresh ¼ cup, fresh
Papaya*			¼ cup, fresh
Peach	½ medium, fresh ½ cup, canned	1 medium, fresh	¼ cup, frozen
Pear	½ medium, fresh ¾ cup, canned	1 medium, fresh	
Pineapple	¼ cup, canned		¼ cup, fresh
Plum*	½ cup, canned or stewed	1 medium, fresh	
Raspberries		¼ cup, fresh	½ cup, fresh ¼ cup, frozen
Strawberries			¼ cup, fresh or frozen
Tangerine*			½ medium, fresh
Watermelon*	¼ cup, fresh	½ cup, fresh	1 cup, fresh

VITAMIN C

(Include daily)

VEGGIE	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Asparagus	3 spears, fresh, cooked	2 spears, canned or frozen	¼ cup, frozen
Broccoli*			¼ cup, all forms
Brussels Sprouts			¼ cup, fresh or frozen, cooked
Cabbage, all types		¼ cup, fresh, raw	¼ cup, fresh, cooked
Carrots*	½ cup, fresh, raw or cooked ¾ cup, frozen or canned 9 baby carrots		
Cauliflower			¼ cup, all forms
Celery	¾ cup, fresh, raw		
Corn	¼ cup, canned, cooked ½ cup, fresh, cooked ¾ cup, frozen, cooked		
Cucumber	¾ cup, fresh, raw		
Green Beans	¼ cup, fresh, cooked ½ cup, frozen, cooked ¾ cup, canned, cooked		
Greens, Collard*		¼ cup, fresh, cooked	¼ cup, frozen, cooked
Greens, Mustard*		¼ cup, fresh, cooked	
Greens, Turnip*		¼ cup, frozen, cooked	¼ cup, fresh, cooked
Kale*		¼ cup, frozen, cooked	¼ cup, fresh, cooked
Kohlrabi			¼ cup, cooked
Lima Beans	¼ cup, frozen		
Mixed Vegetables*	½ cup, canned or frozen, cooked		
Okra	¼ cup, frozen, cooked	¼ cup, fresh, cooked	
Peas & Carrots*	¼ cup, canned or frozen, cooked	½ cup, canned or frozen, cooked	
Peas, Green*	¼ cup, frozen ½ cup, canned		
Peas, Snow		¼ cup, frozen, cooked	¼ cup, fresh, cooked

VITAMIN C, continued

(Include daily)

VEGGIE	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Peppers, all colors*			¼ cup, all forms
Plantain*	¼ cup, fresh, cooked	¼ cup, fresh, raw	
Potato	¼ medium, cooked ¼ cup, mashed (from flakes)		
Pumpkin*	¼ cup, fresh or canned		
Rhubarb	½ cup, frozen, cooked		
Rutabaga		¼ cup, fresh, cooked	½ cup, fresh, cooked
Spinach*	¼ cup, fresh, cooked ½ cup, fresh, raw ¾ cup, frozen, cooked	¼ cup, canned	
Squash, Winter* or Summer	¼ cup, fresh, cooked or raw		
Squash, Butternut*	¼ cup, fresh, cooked ½ cup, frozen, cooked		½ cup, fresh, cooked
Sweet Potato*	¼ medium, cooked	½ medium, cooked	¼ cup, canned
Tomatillo	1 medium, fresh		
Tomato, Canned	¼ cup, canned or stewed		
Tomato*	¼ cup, fresh, raw		5 cherry tomatoes
Tomato Paste*		⅛ cup, canned	¼ cup, canned
Tomato Puree*		¼ cup, canned	
Turnips	¼ cup, fresh, cooked		
Yam	¼ medium, cooked	½ medium, cooked	

Child Care Food Program Meal Pattern for Children

The Child Care Food Program (CCFP) provides aid to child care institutions and family day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth, and development of young children.

Child care providers must ensure that each meal served to children contains, at a minimum, each of the food components in the amounts indicated for the appropriate age group as stated in the CCFP Meal Pattern for Children.

	Child Meal Pattern Food Components:	Age Group and Serving Size:		
		1 and 2 year olds:	3 – 5 year olds:	6 – 18[1] year olds:
Breakfast (3 components)	**Milk[2]**			
	Fluid milk	4 fluid ounces	6 fluid ounces	8 fluid ounces
	Vegetables, fruits, or portions of both[3]			
	Vegetable(s) and/or fruit(s)	1/4 cup	1/2 cup	1/2 cup
	Grains*[5,6,7,14]			
	*whole grain, whole grain-rich, enriched			
	Bread	1/2 slice	1/2 slice	1 slice
	Bread product such as biscuit, roll, muffin	1/2 serving	1/2 serving	1 serving
	Cooked breakfast cereal[8], cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
	Ready-to-eat breakfast cereal (dry, cold)[8]			
	Flakes or rounds	1/2 cup	1/2 cup	1 cup
	Puffed cereal	3/4 cup	3/4 cup	1 ¼ cup
	Granola	1/8 cup	1/8 cup	1/4 cup
	*Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week.[6]	*½ oz. (optional)	*½ oz. (optional)	*1 oz. (optional)
Lunch/Supper (5 components)	**Milk[2]**			
	Fluid milk	4 fluid ounces	6 fluid ounces	8 fluid ounces
	Meat and Meat Alternates			
	Lean meat, poultry, or fish[10]	1 oz.	1 1/2 oz.	2 oz.
	Tofu, soy products, or alternate protein products[11]	1 oz.	1 1/2 oz.	2 oz.
	Cheese	1 oz.	1 1/2 oz.	2 oz.
	Large egg	1/2 egg	3/4 egg	1 egg
	Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup
	Peanut butter or soynut butter or other nut/seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.
	Yogurt, plain or flavored, unsweetened or sweetened[12]	4 oz. or 1/2 cup	6 oz. or 3/4 cup	8 oz. or 1 cup
	Peanuts, soynuts, tree nuts, or seeds[9]	1/2 oz. = 50%	3/4 oz. = 50%	1 oz. = 50%
	Vegetables[3,4]			
	Vegetables	1/8 cup	1/4 cup	1/2 cup
	Fruits[3,4]			
	Fruits	1/8 cup	1/4 cup	1/4 cup
	Grains*[5,7]			
	*whole grain, whole grain-rich, enriched			
	Bread	1/2 slice	1/2 slice	1 slice
	Bread product such as biscuit, roll, muffin	1/2 serving	1/2 serving	1 serving
	Cooked breakfast cereal[8], cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
Snack[13] (Select 2 different components)	**Milk[2]**			
	Fluid milk	4 fluid ounces	4 fluid ounces	8 fluid ounces
	Meat and Meat Alternates			
	Lean meat, poultry or fish[10]	1/2 oz.	1/2 oz.	1 oz.
	Tofu, soy products, or alternate protein products[11]	1/2 oz.	1/2 oz.	1 oz.
	Cheese	1/2 oz.	1/2 oz.	1 oz.
	Large egg	1/2 egg	1/2 egg	1/2 egg
	Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup
	Peanut butter or soynut butter or other nut/seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.
	Yogurt, plain or flavored, unsweetened or sweetened[12]	2 oz. or 1/4 cup	2 oz. or 1/4 cup	4 oz. or 1/2 cup
	Peanuts or soynuts or tree nuts or seeds	1/2 oz.	1/2 oz.	1 oz.
	Vegetables[3]			
	Vegetables	1/2 cup	1/2 cup	3/4 cup
	Fruits[3]			
	Fruits	1/2 cup	1/2 cup	3/4 cup
	Grains* [5,7]			
	*whole grain, whole grain-rich, enriched			
	Bread	1/2 slice	1/2 slice	1 slice
	Bread product such as biscuit, roll, muffin	1/2 serving	1/2 serving	1 serving
	Cooked breakfast cereal[8], cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
	Ready-to-eat breakfast cereal (dry, cold)[8]			
	Flakes or rounds	1/2 cup	1/2 cup	1 cup
	Puffed cereal	3/4 cup	3/4 cup	1 ¼ cup
	Granola	1/8 cup	1/8 cup	1/4 cup

Note: Milk must be served with each breakfast, lunch and supper meal. Between a child's first and second birthday, whole milk is required. After the child's second birthday, it is required that lowfat or fat-free milk be served. Flavored milk cannot be served to children less than 6 years of age.

Conversions: 1/2 cup = 4 fl. oz. | 1 pint = 2 cups | 3/4 cup = 6 fl. oz.
1 quart = 2 pints = 4 cups | 1 cup = 8 fl. oz. | 1 gallon = 4 quarts = 16 cups

Endnotes

1. Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
2. For children age one – must be unflavored whole milk.
   For children two through five years – must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk.
   For children six years and older – must be unflavored or flavored low-fat (1 percent) or fat-free (skim) milk.
3. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
4. A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
5. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.
6. At breakfast, meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains (one serving).
7. Beginning October 1, 2021, ounce equivalents are used to determine the quantity of creditable grains.
8. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).
9. At lunch and supper, no more than 50% of the meat/meat alternate requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry, or fish.
10. The serving size for lean meat, poultry, or fish is the edible portion as served.
11. Alternate protein products must meet the requirements in Appendix A to Part 226.
12. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
13. At snack, select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.
14. Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; and ¾ cup for children ages 6-18.

CCFP Meal Pattern for Children (*continued*)

Child care providers have the unique opportunity to ensure healthy eating habits are developed early and promote wellness to all children in their care.

Fluid Milk:

- After the child's first birthday and prior to the second birthday, whole milk must be served.
- After the child's second birthday, lowfat (1%) or fat-free milk must be served.
- Flavored milk is not allowed for children under the age of six. Children ages six and older may be served lowfat or fat-free flavored milk.
- The type(s) of milk served must be noted on the menu (fat content and unflavored or flavored).

Vegetable or fruit or juice:

- Vegetable or fruit juice must be full-strength, pasteurized, and 100% juice. Unless orange or grapefruit juice, it should also be fortified with 100% or more of Vitamin C.
- Fruit juice must not be served more than once a day.
- One cup of leafy greens counts as ½ cup of vegetables.
- Less than 1/8 cup of vegetables and fruits may not be counted to meet the vegetable and/or fruit component.
- At lunch and supper, one vegetable and one fruit or two different vegetables may be served (two fruits may not be served to meet this requirement).

Grains/breads:

- Grain foods must be whole grain, enriched, or made from whole grain or enriched meal or flour. Bran and germ are counted as enriched or whole-grain meals or flours. Corn masa and masa harina are considered whole grain-rich. Corn flour, corn meal, and other corn products must be whole or treated with lime (nixtamilized) to be considered whole grain-rich.
- At least one serving per day, across all eating occasions, must be whole grain-rich or 100% whole grain. This must be noted on the menu (e.g. "whole grain bread" or "WG Bread" or "WGR" crackers").
- Only ready-to-eat breakfast cereals containing 6 grams (g) of sugar or less per dry ounce may be served (refer to the Florida WIC Approved Cereal List).
- Prepackaged grain/bread products must have enriched flour or meal or whole grains as the first ingredient listed on the package.
- Grain-based desserts (e.g. cookies, donuts, granola bars) do not count towards meeting the grains requirements.

Meat or meat alternate:

- Commercially processed combination foods (convenience entrees – frozen or canned) must have a CN Label or manufacturer's Product Formulation Statement stating the food component contribution to the meal pattern.
- A serving of cooked dry beans or peas may count as a vegetable or as a meat alternate, but not as both components in the same meal.
- Yogurt must not contain more than 23 g of total sugars per 6 ounces (15 g per 4 ounces or 3.8 g per ounce).
- At breakfast, meat/meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat/meat alternate is equal to one ounce equivalent of grains (one serving).

****Please note that donated foods cannot be used to contribute to the meal pattern requirements.****

Florida WIC Approved Cereal List for the Florida Child Care Food Program 2020-2021

Updated June 2020

Breakfast Cereal

All Cereals on this page contain no more than 6 grams of sugar *per dry ounce**

Cereals with ★ contain 51% or more whole grain.

GF = Gluten Free

General Mills

Cheerios ★ *GF* | MultiGrain Cheerios ★ *GF* | Blueberry Chex *GF* | Cinnamon Chex *GF* | Corn Chex *GF* | Rice Chex *GF* | Vanilla Chex *GF* | Wheat Chex ★ | Wheaties ★ | Total Whole Grain ★ | Berry Berry Kix ★ | Honey Kix ★ | Kix ★

Kellogg's

All Bran Complete Wheat Flakes ★ | Corn Flakes | Crispix | Rice Krispies | **Special K:** Original | Banana | **Special K Protein:** Original Multi-Grain ★ | Honey Almond Ancient Grains ★ | **Frosted Mini-Wheats:** Original ★ | Little Bites ★ | Filled Mixed Berry ★ | Blueberry ★ | Strawberry ★ | Pumpkin Spice ★

Post

Great Grains: Banana Nut Crunch ★ | Crunchy Pecan ★ | Grape-Nuts ★ | Grape-Nuts Flakes ★ | **Honey Bunches of Oats:** Honey Roasted | with Almonds | with Vanilla Bunches ★ | Whole Grain Honey Crunch ★ | Pecan & Maple Brown Sugar

Malt O Meal

Hot Wheat Original | Farina Original

Frosted Mini Spooners ★

Strawberry Cream Mini Spooners ★

Crispy Rice *GF*

Quaker

Instant Grits Original | Instant Oatmeal Original ★ | **Oatmeal Squares:** Brown Sugar ★ | Cinnamon ★ | Golden Maple ★ | Honey Nut ★ | **Life:** Original ★ | Vanilla ★ | Strawberry ★ | 3 Minutos ★

Any Store Brand or Ralston Foods Brand of the following:

- Bran Flakes ★
- Corn Flakes
- Corn Squares, Biscuits, Crisps, or Bites
- Crisp Rice/Crispy Rice
- Crispy Hexagons (Corn & Rice)
- Essentially You/Toasted Rice
- Frosted Shredded Wheat/Frosted Wheat ★
- Instant Grits – Original/Regular
- Instant Oatmeal – Original/Regular ★ (11.8 oz.)
- Strawberry Frosted Shredded Wheat ★
- MultiGrain Flakes
- MultiGrain Medley, Tasteeos, Spins, or Toasted Cereal ★
- Nutty Nuggets/Crunchy Nuggets/Crunchy Wheat ★
- Oat Crunch/Oat Wise/Oat Squares/Lively Oats
- Oats & More with Almonds/Almonds & Oats
- Oats & More with Honey/Honey & Oats
- Rice Squares, Biscuits, Crisps, or Pockets
- Toasted Oats/Tasteeos/Toasted Oat Spins/Happy O's ★
- Wheat Flakes
- Wheat Squares, Biscuits, or Crisps ★

Cream of Wheat or Rice

Cream of Rice: Stove Top & Instant *GF*

Cream of Wheat: Whole Grain ★ Stove Top & Instant | 2½ minute, 1 minute & Instant

This document has been edited for use in the Florida Child Care Food Program.

*Please note, portion sizes listed on the nutrition label may vary. All cereals on this list meet the 6 grams sugar per dry ounce limit.

Creditable and Non-Creditable Grains

Grain-based desserts are not creditable on the CCFP. The following chart lists creditable and non-creditable grain items. Non-creditable grain items cannot contribute towards a reimbursable meal, but may be served as an "extra" food on occasion. Program funds may not be used to purchase non-creditable items. Creditable grain items must be in the correct portion for the age group served (refer to Exhibit A-Grains Requirement) and must be whole grain, enriched, or made from whole grain or enriched meal or flour. Prepackaged products must have whole grain or enriched flour or meal as the first ingredient (or second after water). At least one serving per day, across all eating occasions, must be 100% whole grain or whole grain-rich.

Non-Creditable

Brownies
Cake (all varieties, frosted or unfrosted)
Cereal Bar/Treat
Cobbler/Fruit Crisp Cookies
Cookies (all kinds)
Doughnuts
Fig Bar
Fruit Turnover
Grain Fruit Bar
Granola Bar (all kinds)
Honey Bun
Oatmeal (more than 6 grams of sugar per dry ounce)
Pastry
Pop Tart
Potato/Vegetable Chips (or puffs/straws/sticks)
Ready-to-eat Cereal (more than 6 grams of sugar per dry ounce)
Sweet Roll/Sticky Bun
Tortilla chips—flavored[2]
Wafers (chocolate, vanilla)

Creditable Grains[1]

Animal Crackers (plain)
Bagel/Bagel Chips
Banana Bread (or other fruit/vegetable breads)
Barley
Batter or Bread Type Coating
Biscuits
Bread, Buns
Bread Sticks (hard or soft)
Bulgur or Cracked Wheat
Cornbread/Corn Muffin
Croissants
Crepes
Crackers (savory snack crackers, plain, cheese, peanut butter)
Croutons
Egg Roll Skins, Won Ton Wrappers
English Muffin
French Toast (slices or sticks)
Graham Crackers (plain or honey, all shapes)
Grits
Muffins/Quick Bread
Oatmeal (with 6 grams of sugar or less per dry ounce)
Pancakes
Pasta/Couscous/Macaroni/Noodles (all shapes)
Pita Bread/Pita Chips
Pizza Crust
Pretzels (hard or soft)
Quinoa
Ravioli
Ready-to-eat Cereal (6 grams of sugar or less per dry ounce)
Rice
Rolls
Stuffing (dry)
Tortillas/Arepa
Tortilla Chips/Shells – unflavored[2]
Waffles

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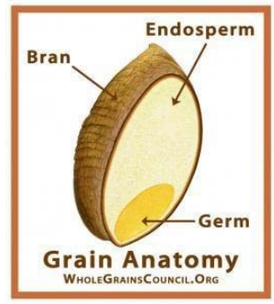
1. Toppings and extras including brown sugar, butter, chocolate chips, cream cheese, honey, jelly, and syrup are a concentrated source of empty calories. They should be served in small portions and used minimally.
2. Tortilla chips with a flavor coating are not creditable. Only plain tortilla chips may be served.

Whole Grains *Adapted from the Institute of Child Nutrition*



Whole grains consist of the entire grain seed or kernel. The kernel has three parts - the bran, the germ, and the endosperm. Usually the kernel is cracked, crushed, or flaked during the milling process. If the finished product retains the relative proportions of bran, germ, and endosperm as the original grain, it is considered a whole grain.

Identifying whole grain ingredients:

- The word “whole” listed before a grain, such as “whole wheat” or “whole corn;”
- The words “berries” and “groats” are used to designate a whole grain, such as “wheat berries” or “oat groats;”
- Rolled oats and oatmeal (including old fashioned, quick cooking, and instant oatmeal); and
- Other whole-grain foods that do not use the word “whole” in their description, such as brown rice, brown rice flour, wild rice, quinoa, millet, triticale, teff, amaranth, buckwheat, and sorghum.

Whole Grains*	Not Whole Grains
• Amaranth • Barley (whole, hulled, or hull-less) • Bromated Whole-Wheat Flour • Bulgur • Buckwheat • Corn flour, cornmeal, corn that is “whole” or treated with lime or “nixtamilized” • Corn masa or masa harina • Cracked or crushed Wheat • Einkorn • Freekeh • Graham Flour • Hominy/hominy grits • Millet • Oats, oatmeal • Quinoa • Rice (Brown, Black, Red, Wild) • Rye Berries (or whole rye) • Sorghum • Teff, • Triticale • Wheat Berries • Whole Corn • Whole Durum Wheat Flour • Whole Farro • Whole Grain Barley • Whole Spelt • Whole Wheat Flour • Whole Wheat Pasta	• All-Purpose Flour • Bread Flour • Bromated Flour • Cake Flour • Corn • Degerminated Corn Meal • Durum Flour • Enriched Flour • Enriched Rice • Enriched Self-Rising Flour • Enriched Wheat Flour • Farina • Grits • Instantized Flour • Long-Grain White Rice • Pearled Barley • Phosphated Flour • Rice Flour • Rice (White) • Rye • Self-Rising Flour • Self-Rising Wheat Flour • Unbleached Flour • Wheat Flour • White Flour

Exhibit A: Grain Requirements[1,2] Based on Ounce Equivalents

GROUP A		Ounce Equivalent (Oz Eq) for GROUP A
• Bread type coating • Bread sticks (hard) • Chow Mein noodles • Savory Crackers (saltines and snack crackers)	• Croutons • Pretzels (hard) • Stuffing (dry) *Note: weights apply to bread in stuffing*	1 oz eq = 22 gm or 0.8 oz 1/2 oz eq = 11 gm or 0.4 oz
GROUP B		**Ounce Equivalent (Oz Eq) for GROUP B**
• Animal crackers • Bagels • Batter type coating • Biscuits • Breads (sliced, French, Italian) • Buns (hamburger and hot dog) • Egg roll skins • English muffins	• Graham crackers • Pita bread • Pizza crust • Pretzels (soft) • Rolls • Tortillas • Tortilla chips • Taco shells	1 oz eq = 28 gm or 1.0 oz 1/2 oz eq = 14 gm or 0.5 oz
GROUP C		**Ounce Equivalent (Oz Eq) for GROUP C**
• Cornbread • Corn muffins • Croissants	• Pancakes • Waffles	1 oz eq = 34 gm or 1.2 oz 1/2 oz eq = 17 gm or 0.6 oz
GROUP D		**Ounce Equivalent (Oz Eq) for GROUP D**
• Muffins (all, except corn)		1 oz eq = 55 gm or 2.0 oz 1/2 oz eq = 28 gm or 1.0 oz
GROUP E		**Ounce Equivalent (Oz Eq) for GROUP E**
• French toast		1 oz eq = 69 gm or 2.4 oz 1/2 oz eq = 35 gm or 1.2 oz
GROUP F/G		**Ounce Equivalent (Oz Eq) for GROUP F/G**
Grain-based desserts are not creditable.		
GROUP H		**Ounce Equivalent (Oz Eq) for GROUP H**
• Breakfast cereals (cooked)[3] • Bulgur or cracked wheat • Cereal Grains (barley, quinoa, etc.) • Macaroni (all shapes)	• Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (white or brown)	1 oz eq = 1/2 cup cooked or 1 oz (28 g) dry
GROUP I		**Ounce Equivalent (Oz Eq) for GROUP I**
• Ready to eat breakfast cereal (cold, dry)[3]		Flakes and rounds: 1 oz eq = 1 cup or 1 oz 1/2 oz eq = 1/2 cup or 0.5 oz Puffed cereal: 1 oz eq = 1.25 cups or 1 oz 1/2 oz eq = 3/4 cup or 0.5 oz Granola: 1 oz eq = 1/4 cup or 1 oz 1/2 oz eq = 1/8 cup or 0.5 oz

1. The following foods must be whole grain, whole grain-rich, or enriched. At least one serving per day must be 100% whole grain or whole grain-rich.
2. Some of the following foods or their toppings/extras (such as cream cheese, syrup, etc.) may contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.
3. Breakfast cereals are traditionally served as a breakfast item but may be served in meals other than breakfast. Cereals must contain no more than 6 grams of sugar per dry ounce and must be whole grain, enriched, or fortified. Refer to Florida WIC-Approved Cereal List.

How to Identify a 100% Whole Grain Food

Step 1: Is this a creditable grain (made with whole grain or enriched flour)? Check the Creditable and Non-Creditable Grain Foods List. Note: If cereal – it must meet the sugar limit.

If yes, you can serve this grain, but continue to step 2 to see if it will meet the 100% whole grain per day requirement.

If no, find another grain product. A grain must be creditable to meet the 100% whole grain requirement.

Step 2: Is this a naturally occurring whole grain like brown rice, wild rice, or oatmeal? Check the whole grains list on the previous page.

If yes, you found a 100% whole grain and it will meet your 1 whole grain for the day requirement! You don't need to do steps 3 or 4.

If no, continue to step 3.

Step 3: Does the front of the package state "100% Whole Grain", "100% Whole Wheat"?

If yes, you found a 100% whole grain and it will meet your 1 whole grain for the day requirement! You don't need to do step 4.

If no, continue to step 4.

Step 4: There is still a chance this is a 100% whole grain product. You must check the ingredients label. All of the grain ingredients must be whole grain.

Which items are 100% whole grain based on the ingredients?
A) **Bread** Ingredients: Wheat Flour, Malted Barley Flour, Soybean Oil, Salt, Honey, Wheat Starch, Thiamin, Niacin, Iron, Riboflavin, Folic Acid
B) **Tortilla** Ingredients: Whole Wheat Flour, Soybean Oil, Salt, Whole Corn, Starch, Wheat Starch
C) **Dry Cereal** Ingredients: Whole Corn Meal, Oats, Corn Starch, Canola Oil, Cinnamon, Brown Sugar
D) **Cracker** Ingredients: Brown Rice Flour, Sesame Seeds, Potato Starch, Safflower Oil, Quinoa Seeds, Flax Seeds, Salt
E) **Roll** Ingredients: Unbleached Enriched Wheat Flour, Sugar, Salt, Soybean Oil, Oat Bran, Yellow Corn Meal, Salt

Answer: b, c, and d are 100% whole grains because all grain ingredients are whole grain.

Whole Grain-Rich Products

To determine if a grain item is whole grain-rich (WGR), use the methods below. If the product meets at least one, it is whole grain-rich. Ensure the item is a creditable grain (made with whole grain or enriched flour)? Check the *Creditable and Non-Creditable Grain Foods* list. Note: If cereal – it must meet the sugar limit.

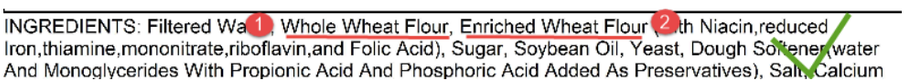
Step 1: Food is labeled as Whole Wheat

If the product label specifies whole wheat, it meets the WGR criteria.

× Products listing only *whole grain, multi-grain, or made with whole wheat* do not meet this specific criteria

Step 2: "Rule of Three"

A whole grain is the first ingredient (or second after water) and the next two grain ingredients (if any) are creditable grains – whole grains, enriched grains, bran, or germ.



The following grains may be ignored: wheat starch, wheat gluten, corn starch, corn dextrin, rice/tapioca/modified food starch. You may also ignore any grains found after the statement, "contains 2% or less of…."

Step 3: FDA Statement

If one of the following statements appear on the product, it meets the WGR criteria.

Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.

or

Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.

Step 4: Product Formulation Statement (PFS)

If a product has a manufacturer's PFS stating the product contains 50% or more whole grains, it may meet the WGR criteria.

Which items are *whole grain-rich* based on the ingredients?
A) **Bread** Ingredients: Whole Wheat Flour, Enriched Wheat Flour, Soybean Oil, Salt, Honey, Wheat Starch, Thiamin, Niacin, Iron, Riboflavin, Folic Acid
B) **Roll** Ingredients: Unbleached Enriched Wheat Flour, Sugar, Salt, Soybean Oil, Oat Bran, Yellow Corn Meal, Salt
C) **Tortilla** Ingredients: Whole Wheat Flour, Enriched Corn, Soybean Oil, Salt, Wheat Starch
D) **Tortilla** Ingredients: Corn Flour treated with lime, Enriched Flour, Soybean Oil, Salt

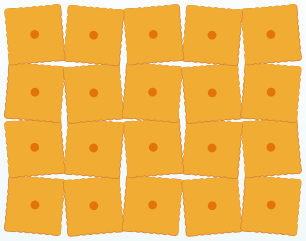
Answer: a, c, and d are whole grain-rich

USDA
United States Department of Agriculture
Food and Nutrition Service

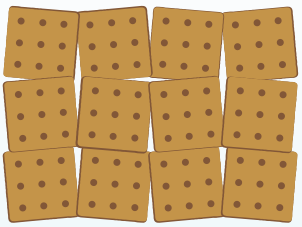
Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

Grains are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, required amounts for the grains component are listed in the meal pattern as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grain in a portion of food.

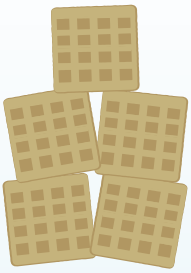
How Much Is 1 Ounce Equivalent?



20 cheese crackers (1" by 1") = 1 oz. eq.



12 thin wheat crackers (1 ¼" by 1 ¼") = 1 oz. eq.



5 woven whole-wheat crackers (1 ½" by 1 ½") = 1 oz. eq.

Using the Grains Measuring Chart

The Grains Measuring Chart on pages 2-4 tells you how much of a grain item you need to serve to meet CACFP meal pattern requirements. To use this chart:

1. Find the grain you want to serve under the "Grain Item and Size" column.
2. Check if the chart lists a size or weight by the name of the grain. If the chart:

Lists a weight for the grain, such as *at least 56 grams*, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.

Does not list a weight or size for the grain, then you do not need to check the size or weight of the product before using the chart.

Lists a size for the grain, such as *about 1 ¼" by 1 ½"*, then check if the item is the same size, or larger than, this amount. See page 6.

3. Find the column for the age of your participants and the meal or snack you are serving. This column lists the amount of a grain you will need to serve to meet the meal pattern requirement for grains.

Grain Item and Size	**1- through 5-year-olds** at Breakfast, Lunch, Supper, Snack **Serve at Least ½ oz. eq.**, which equals about…
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams
Popcorn	1 ½ cups or 14 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists or 11 grams

More training, menu planning, and nutrition education materials for the CACFP can be found at **https://teamnutrition.usda.gov**.

Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	**6- through 18-year-olds** at Breakfast, Lunch, Supper, Snack **Adults** at Snack only	**Adults** at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about…	**Serve at Least 1 oz. eq.**, which equals about…	**Serve at Least 2 oz. eq.**, which equals about…
Bagel (entire bagel) at least 56 grams*	¼ bagel or 14 grams	½ bagel or 28 grams	1 bagel or 56 grams
Bagel, Mini (entire bagel) at least 28 grams*	½ bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams
Biscuit at least 28 grams*	½ biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams
Bread (whole grain-rich or enriched) at least 28 grams*	½ slice or 14 grams	1 slice or 28 grams	2 slices or 56 grams
Bun or Roll (entire bun or roll) at least 28 grams*	½ bun/roll or 14 grams	1 bun/roll or 28 grams	2 buns/rolls or 56 grams
Cereal Grains (barley, bulgur, quinoa, etc.)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Cereal, Ready-to-Eat: Flakes or Rounds	½ cup or 14 grams	1 cup or 28 grams	2 cups or 56 grams
Cereal, Ready-to-Eat: Granola	⅛ cup or 14 grams	¼ cup or 28 grams	½ cup or 56 grams
Cereal, Ready-to-Eat: Puffed	¾ cup or 14 grams	1 ¼ cup or 28 grams	2 ½ cups or 56 grams
Corn Muffin at least 34 grams*	½ muffin or 17 grams	1 muffin or 34 grams	2 muffins or 68 grams
Cracker, Animal (about 1 ½" by 1")**	8 crackers or 14 grams	15 crackers or 28 grams	30 crackers (~1 cup) or 56 grams
Cracker, Bear-Shaped, Sweet (about 1" by ½")**	12 crackers (~¼ cup) or 14 grams	24 crackers (~½ cup) or 28 grams	48 crackers (~1 cup) or 56 grams
Cracker, Cheese, Square, Savory (about 1" by 1")**	10 crackers or 11 grams	20 crackers (~⅓ cup) or 22 grams	40 crackers (~⅔ cup) or 44 grams
Cracker, Fish-Shaped or Similar, Savory (about ¾" by ½")**	21 crackers (~¼ cup) or 11 grams	41 crackers (~½ cup) or 22 grams	81 crackers (~1 cup) or 44 grams

!

**Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.*

***Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.*

Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	**6- through 18-year-olds** at Breakfast, Lunch, Supper, Snack **Adults** at Snack only	**Adults** at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about…	**Serve at Least 1 oz. eq.**, which equals about…	**Serve at Least 2 oz. eq.**, which equals about…
Cracker, Graham (about 5" by 2 ½")**	1 cracker or 14 grams	2 crackers or 28 grams	4 crackers or 56 grams
Cracker, Round, Savory (about 1 ¾" across)**	4 crackers or 11 grams	7 crackers or 22 grams	14 crackers or 44 grams
Cracker, Saltine (about 2" by 2")**	4 crackers or 11 grams	8 crackers or 22 grams	16 crackers or 44 grams
Cracker, Thin Wheat, Square, Savory (about 1 ¼" by 1 ¼")**	6 crackers or 11 grams	12 crackers or 22 grams	23 crackers or 44 grams
Cracker, Woven Whole-Wheat, Square, Savory (about 1 ½" by 1 ½")**	3 crackers or 11 grams	5 crackers or 22 grams	10 crackers or 44 grams
Croissant at least 34 grams*	½ croissant or 17 grams	1 croissant or 34 grams	2 croissants or 68 grams
English Muffin (top and bottom) at least 56 grams*	¼ muffin or 14 grams	½ muffin or 28 grams	1 muffin or 56 grams
French Toast Stick at least 18 grams*	2 sticks or 35 grams	4 sticks or 69 grams	8 sticks or 138 grams
Grits	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Melba Toast (about 3 ½" by 1 ½")**	2 pieces or 11 grams	5 pieces or 22 grams	8 pieces or 44 grams
Muffin and Quick Bread (banana, etc.) at least 55 grams*	½ muffin/slice or 28 grams	1 muffin/slice or 55 grams	2 muffins/slices or 110 grams
Oatmeal	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

!

**Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.*

***Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.*

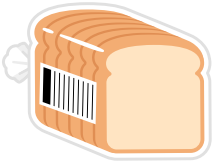
Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	**6- through 18-year-olds** at Breakfast, Lunch, Supper, Snack **Adults** at Snack only	**Adults** at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about…	**Serve at Least 1 oz. eq.**, which equals about…	**Serve at Least 2 oz. eq.**, which equals about…
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams
Pretzel, Hard, Thin Stick (about 2 ½" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams
Pretzel, Soft at least 56 grams*	¼ pretzel or 14 grams	½ pretzel or 28 grams	1 pretzel or 56 grams
Rice (all types)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Rice Cake at least 8 grams*	1 ½ cakes or 11 grams	3 cakes or 22 grams	5 ½ cakes or 44 grams
Rice Cake, Mini (about 1 ¾" across)**	7 cakes or 11 grams	13 cakes or 22 grams	25 cakes or 44 grams
Taco or Tostada Shell, Hard at least 14 grams*	1 shell or 14 grams	2 shells or 28 grams	4 shells or 56 grams
Tortilla, Soft, Corn (about 5 ½")**	¾ tortilla or 14 grams	1 ¼ tortillas or 28 grams	2 ½ tortillas or 56 grams
Tortilla, Soft, Flour (about 6")**	½ tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 grams
Tortilla, Soft, Flour (about 8")**	¼ tortilla or 14 grams	½ tortilla or 28 grams	1 tortilla or 56 grams
Waffle at least 34 grams*	½ waffle or 17 grams	1 waffle or 34 grams	2 waffles or 68 grams

!

**Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.*

***Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.*



Using the Nutrition Facts Label

Some items on the Grains Measuring Chart may have weights listed by the name of the item. Follow the steps below to see if your grain meets the minimum weight listed in the chart:

1 Find the grain item and its minimum weight in the Grains Measuring Chart.

For example, the minimum weight for a pancake is at least 34 grams.

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	**6- through 18-year-olds** at Breakfast, Lunch, Supper, Snack **Adults** at Snack only	**Adults** at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about…	**Serve at Least 1 oz. eq.**, which equals about…	**Serve at Least 2 oz. eq.**, which equals about…
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

2 Look at the Nutrition Facts label of the grain you wish to serve. Find the weight of the serving size (usually provided as grams (g)). One serving of Brand P pancakes weighs 117 grams.

3 Using the Nutrition Facts label, find how many items are in one serving. There are three pancakes in one serving of Brand P pancakes.

4 If there is more than one of an item in a serving, you will need to divide to find the weight of each item. For example, the serving size of Brand P pancakes is three pancakes.

Divide the serving weight by the number of items in one serving to find the weight of each item.

Brand P Pancakes

Nutrition Facts

4 servings per container

Serving size 3 Pancakes 117g

Amount per serving

Calories 280

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	

117 grams ÷ **3 pancakes** = **39 grams per pancake**

Serving Weight *Serving Size* *Weight of Each Item*

Compare the weight of one item to the minimum weight listed in the Grains Measuring Chart (from Step 1). Is your item the same weight as, or heavier than, the minimum weight?

✓ **Yes:** Use the Grains Measuring Chart to see how much of your grain to serve to meet CACFP meal pattern requirements. In the example above, pancakes must weigh at least 34 grams in order to use the Grains Measuring Chart. Because each Brand P pancake weighs 39 grams, you may use the chart as a guide to the minimum serving amount.

✗ **No:** Use another method to determine how much of a grain item to serve. See “What If My Grain Is Different?” on page 6 for more information.

Are There Other Menu Planning Considerations?

If you serve an item that is larger, or weighs more, than what's listed on the Grains Measuring Chart, then you might serve more grains than required by the CACFP meal pattern. The Grains Measuring Chart can help make serving enough grains easier. However, the tools described under "What If My Grain Is Different?" can also help you determine how much of an item to serve to meet the meal pattern without serving more than what is needed.

What If My Grain Is Different?

Is the grain item you want to serve:

- Smaller than the item listed on the Grains Measuring Chart?
- Lighter in weight than the item listed on the Grains Measuring Chart?
- Not listed on the Grains Measuring Chart?

If so, you will need to use another way to tell how much to serve in order to meet CACFP meal pattern requirements. You could:

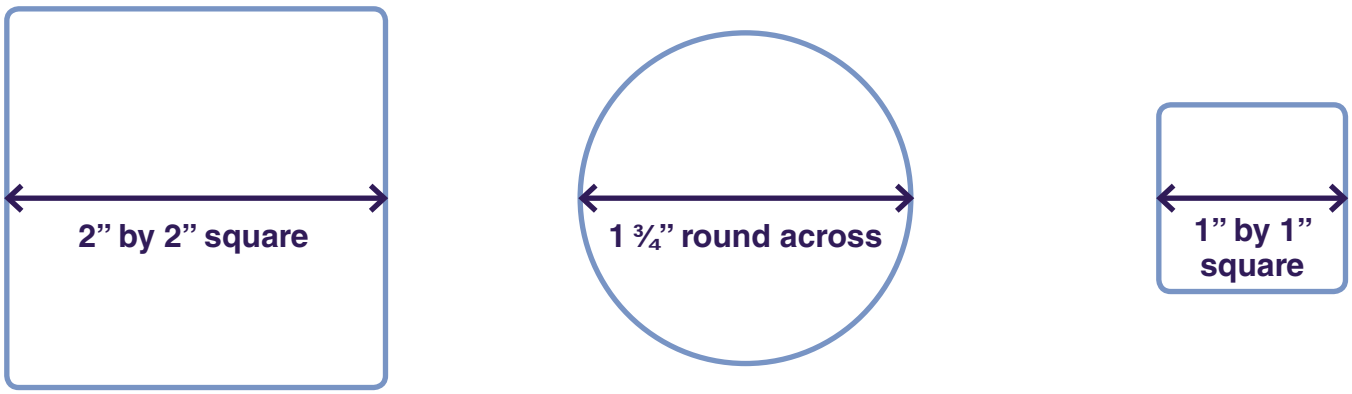
- Enter information from the Nutrition Facts label into the *Food Buying Guide for Child Nutrition Program's (FBG) Exhibit A Grains Tool*.* This tool will let you know how many ounce equivalents of grains are in one serving of the item.
- Use the *FBG Recipe Analysis Workbook (RAW)** to determine the ounce equivalents per serving for standardized recipes.

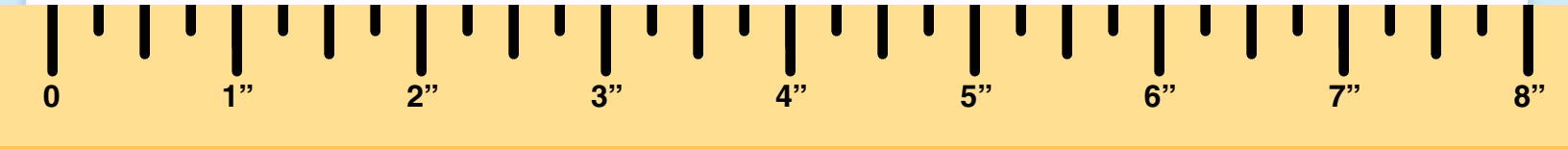
Available at* ***https://foodbuyingguide.fns.usda.gov*.

Grains Measuring Tools

Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

Guides appear as actual size when this worksheet is printed at 100% on standard 8 ½" by 11" paper.





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Child Care Food Program Meal Pattern for Infants

The Child Care Food Program (CCFP) provides aid to child care institutions and family day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth, and development of young children. Child care providers have a powerful opportunity to demonstrate healthy habits at an early age that can serve children throughout life.

To comply with CCFP regulations, the Infant Meal Pattern lists the amount of food to be offered to children from birth through the 11th month (their 1st birthday). **To support and encourage moms who breastfeed, meals containing breastmilk have different guidelines for reimbursement than meals containing formula.** Food within the meal pattern should be the texture and consistency appropriate for the age of the infant and may be served during a span of time consistent with the infant's eating habits. The infant meal must contain each of the following components in the amounts indicated for the appropriate age group in order to qualify for reimbursement.

Infant Meal Pattern Food Components:		Age Group and Serving Size:	
		Birth – 5 months:	**6 – 11 months:**
Breakfast *and* Lunch/Supper	Breastmilk[1] or formula[2]	4-6 fl. oz.	6-8 fl. oz.
	**And one or more of the following:*		
	Infant cereal[2,3,5], meat, fish, poultry, whole egg, cooked dry beans/peas		*0-4 Tbsp.
	Cheese		*0-2 oz.
	Cottage cheese		*0-4 oz. (volume)
	Yogurt[4]		*0-8 oz. (I cup)
	**And:*		
	Vegetable or fruit, or a combination of both[7]		*0-2 Tbsp.
Snack	Breastmilk[1] or formula[2]	4-6 fl. oz.	2-4 fl. oz.
	**And one or more of the following:*		
	Bread[3,5]		*0-1/2 slice
	Crackers[3,5]		*0-2
	Infant cereal[2,3,5] or ready-to-eat cereal[3,5,6]		*0-4 Tbsp.
	**And:*		
	Vegetable or fruit, or a combination of both[7]		*0-2 Tbsp.
***NOTE: A SERVING OF THIS COMPONENT IS REQUIRED WHEN THE INFANT IS DEVELOPMENTALLY READY TO ACCEPT IT.*			

Endnotes

1. Breastmilk or formula or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
2. Infant formula and dry infant cereal must be iron-fortified.
3. Beginning October 1, 2021, ounce equivalents are used to determine the quantity of creditable grains.
4. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
5. A serving of grains must be whole grain, whole-grain rich, enriched meal, or enriched flour.
6. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams of sucrose and other sugars per 100 grams of dry cereal).
7. Fruit and vegetable juices must not be served.

Infant Formula

The CCFP no longer maintains an Approved Formula List. To determine if an infant formula is creditable, follow the guidance below:

1. Infant formula must be iron-fortified and contain at least 1 milligram (mg) iron per 100 kilocalorie (calorie) serving, when prepared according to label directions.
2. Infant formula must be regulated by and meet the nutrient specifications set by the FDA. This means that formula purchased outside the U.S. is not likely to be regulated by the FDA and therefore is not creditable.
3. Infant formula must not be found on the FDA Exempt Infant Formula List (search for this title in your preferred search engine). If found on this list, the formula will only be allowed with a medical statement signed by a licensed physician.

An exempt infant formula is represented and labeled for use by infants who have inborn errors of metabolism or low birth weight, or who otherwise have unusual medical or dietary problems.

CCFP Meal Pattern for Infants
Guidelines to Follow

Child care providers participating in the Child Care Food Program (CCFP) are obligated to offer program meals to all children, including infants, who are enrolled for child care. To ensure this policy is met, child care providers must require parents to complete the Infant Feeding Form (see sample on the following page). This form can be downloaded from the CCFP Web page.

Infant Formula and/or Breastmilk:

- Breastmilk or iron-fortified infant formula, or portions of both, must be served to infants birth through 11 months.
- Breastmilk is recommended in place of formula from birth through 11 months.
- For some infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered. Additional breastmilk must be offered at a later time if the infant will consume more.
- Infant formula must be iron-fortified. Facilities must offer at least one infant formula. It is strongly encouraged to offer two; one milk-based and one soy-based.
- When a parent or guardian chooses to provide breastmilk or iron-fortified infant formula and the infant is consuming solid foods, the institution or facility must supply *all other required meal components* in order for the meal to be reimbursable.
- Meals in which a mother directly breastfeeds her infant at the institution or facility are eligible for reimbursement.
- Infant formula served to infants 13 months of age and older requires a medical statement for reimbursement.
- Breast milk is encouraged and reimbursable until any age the mother/child desire

Fruits/vegetables:

- Fruit and vegetable juices must not be served.
- A vegetable, fruit, or combination of both must be served at snack to 6-11 month old developmentally ready infants.

Grain/bread foods:

- Grain/bread items (bread, soft tortilla, crackers, teething biscuit, ready-to-eat cereals) must be whole grain, enriched, or made from whole grain or enriched meal or flour.
- Only ready-to-eat breakfast cereals containing 6 grams of sugar or less per dry ounce may be served (Refer to the Florida WIC Approved Cereal List).

Solid foods:

- The gradual introduction of solid foods may begin at 6 months of age, or before or after 6 months of age if it is developmentally appropriate for the infant and in accordance with USDA/FNS guidance.
- Once an infant is developmentally ready to accept solid foods, the institution or facility is required to offer them to the infant.
- Must be of an appropriate texture and consistency and should only be introduced after consulting with the infant's parent or guardian.
- Parents or guardians should request in writing when an institution or facility should start serving solid foods to their infant.
- Can be either home-prepared baby foods or commercially prepared baby foods.
- Infant cereal must be iron-fortified, plain, dry.
- Do not serve honey or food that may contain honey to infants less than one year of age - honey may contain botulinum spores, which can be harmful to infants.

Child Care Food Program

SAMPLE – Infant Feeding Form – S*AMPLE*

Child care facility: Please fill in facility name and formulas offered before distributing to parents.	
Child Care Facility Name:	*Mae Wright*
*Formulas offered at this facility: Milk-based:	*Gerber Good Start Gentle*
Soy-based:	*Gerber Good Start Soy*

This child care facility participates in the Child Care Food Program (CCFP) and is required to offer infant formula and food to your baby. The CCFP provides reimbursement for healthy meals provided and served to your baby while in our care. Our child care staff have been trained in infant feeding practices and offer age appropriate foods for your baby.

We welcome breastfed babies and support and encourage moms to continue breastfeeding when returning to work or school. For formula fed infants, we offer the iron-fortified infant formulas listed above to babies in our care.

To qualify for reimbursement, infant meals and snacks must include, at a minimum, the following food components at appropriate age and developmental stages:

- ~ Breastmilk or iron-fortified infant formula (or a combination of both)
- ~ Iron-fortified infant cereal
- ~ A variety of texture appropriate vegetables and fruits such as sweet potato, banana, and peas.
- ~ A variety of texture appropriate meat and meat alternates such as chicken, yogurt, and cheese
- ~ Bread, crackers, Florida WIC-approved ready-to-eat cold cereals

Please be aware this child care facility:

- ~ Will offer all food components to each infant that is developmentally ready to accept them. Parents do not have to bring in any foods for their children.
- ~ Can feed solid foods to infants in a bottle only when a medical statement is provided.
- ~ May request parents to supply clean, sanitized and labeled bottles on a daily basis.
- ~ Requires the parent to label bottles of breastmilk or formula and containers of food that they provide with baby's name, date, and time of bottle or food preparation.

Parents please complete the following:

Baby's full name: *Baby Lulu* Date of Birth: *00/00/00*

Please check ✓ this box ☑ if your baby is breastfed. Please check if you plan to do one or both:

Provide pumped breastmilk ☑ Visit facility to nurse ☑

I understand that this child care facility will supply the above iron-fortified formulas for formula-fed infants up to 12 months of age and infant cereal and baby food for infants 4 months and older, according to the CCFP requirements.

*I prefer to supply my own formula (write in name of formula): _____

This facility has not requested or required me to provide infant formula or food.

Parent Signature: *Baby Lulu's Mommy* Date: *7-1-20*

Printed Name of Parent: Baby Lulu's Mommy

*Please note: Early Head Start facilities provide the brand of formula you currently give your infant as well as all age-appropriate foods.

Is Your Facility Breastfeeding Friendly?

A facility that is Breastfeeding Friendly:

- Provides an atmosphere that welcomes and promotes breastfeeding as a normal method of feeding infants
- Helps mothers continue to breastfeed when they return to work or school
- Makes breastfeeding resources available to parents
- Feeds infants on cue and coordinates feeding times with parent's schedule
- Trains staff so they are able to support breastfeeding parents
- Has a written breastfeeding policy

If you think your center or home is Breastfeeding Friendly, complete the following information and the self-assessment on the back. Mail this completed form and a copy of your breastfeeding policy to the address below. Facilities that answer "Yes" to all six standards and whose policy supports breastfeeding will be designated as a Breastfeeding Friendly Child Care Facility. Facilities will be awarded a certificate and window cling to display at the center or home. The certificate expires after 2 years and you will need to complete another self-assessment at that time.

If your facility is not ready to apply yet and you would like more information on becoming a Breastfeeding Friendly Child Care Facility, contact us at the address below.

CCFP Authorization Number: _____

Facility Name: _____

Sponsor Name (if applicable): _____

Facility Address: _____

City: _____State: _____Zip: _____

Number of infants (under 12 months of age) currently in care: _____

Contact Information:

Krista Schoen
Florida Department of Health
Bureau of Child Care Food Programs
4052 Bald Cypress Way, Bin A-17
Tallahassee, FL 32399
E-mail: krista.schoen@flhealth.gov
Phone: 850-245-4323 FAX: 850-414-1622

Breastfeeding Friendly Self-Assessment

1. *Our facility provides an atmosphere that welcomes and promotes breastfeeding.* Yes___ No___

The facility encourages mothers to visit and breastfeed during the day, if their schedules permit. Facility employees are also encouraged to breastfeed their infants in care. There are breastfeeding posters on display and learning/play materials that promote breastfeeding (e.g. books that contain pictures of babies or animals nursing).

2. *Our facility helps mothers continue to breastfeed their babies when they return to work or school.* Yes___ No___

Parents are told about the facility's policies and services regarding breastfeeding. The facility's information packet for new families includes information on breastfeeding that is not provided by or produced by formula companies. There is a quiet comfortable place that mothers can feed their babies or express breast milk.

3. *Our facility has accurate written materials on breastfeeding topics available for all parents.* Yes___ No___

Staff is familiar with written materials and available community resources (support groups, La Leche League, lactation consultants, and local WIC agency) and refers moms as appropriate.

4. *Our facility feeds infants on cue and coordinates feeding times with the mother's normal schedule.* Yes___ No___

Breastfed babies do not receive food or drink (other than breast milk) unless indicated. Parents are asked what they want the facility to do if mom will be late and their baby is hungry or the supply of breast milk is gone.

5. *Our facility trains all staff so they are able to support breastfeeding.* Yes___ No___

Facility staff convey a positive attitude that moms can return to work and continue to breastfeed and that the facility can help them. Staff is trained about the benefits and normalcy of breastfeeding; the preparation, storage, and feeding of breast milk; and resources available for staff and parents.

6*. Our facility has a written policy that reflects the facility's commitment to breastfeeding*. Yes___ No___

Staff is familiar with the policy and it is available so that staff can refer to it.

Enclosed is a copy of our facility's Breastfeeding Policy.

Name of Facility Director: _____ Signature: _____

Phone: _____ E-mail: _____

Special Needs Meals in the CCFP

Meal Modifications due to Disability or Preference

Reasonable modifications **must** be made for children with disabilities that restrict their diet. Section 504 of the Rehabilitation Act of 1973 defines a person with a disability as any person who has a physical or mental impairment which substantially limits one or more "major life activities." Major life activities are broadly defined and include, but are not limited to, eating, digestion, and feeding skills.

Most physical and mental impairments will constitute a disability. Examples of a disability may include diabetes, food allergy or intolerance, developmental delay, or autism.

A physical or mental impairment does not need to be life-threatening to constitute a disability. For example, a food allergy does not need to cause anaphylaxis to be considered a disability. A non-life-threatening allergy may be considered a disability and require a meal modification, if it impacts a major bodily function or other major life activity.

A child's impairment also may be considered a disability even if medication or other mitigating measures reduce the impact of the impairment.

CCFP providers that fail to make appropriate meal modifications for children with disabilities could be found in violation of Federal civil rights laws.

CCFP providers must make reasonable modifications due to disability regardless of whether the participating facility prepares meals on site or receives catered meals.

When substitutions are made and the meal pattern is *not* met, a medical statement is required and must be signed by a physician, physician's assistant (PA), or nurse practitioner (ARNP). Please note, providers may not unduly delay providing the modification while awaiting the medical statement, but should begin providing a reasonable modification to keep the child safe.

Meals with substitutions that meet all meal pattern requirements are reimbursable and no medical statement is needed. A note from the parent/guardian should be on file. CCFP providers are not required, but strongly encouraged, to make meal modifications due to parent or child preference.

Modifications Outside of the Meal Pattern

When substitutions are made and the meal pattern is not met, a medical statement is required. In this situation, the medical statement must include the following:

- ☑ Description of the child's physical or mental impairment that restricts diet.
- ☑ An explanation of what must be done to accommodate the disability, e.g., listing food(s) to be omitted and the food(s) to be substituted or any necessary adaptive feeding equipment.
- ☑ Signature of a licensed physician, physician's assistant (PA), or nurse practitioner (ARNP).

A parent/guardian may supply *one or more* components of the reimbursable meal as long as the child care provider provides at least one required meal component.

Providers *cannot require* parents to bring in the substitute(s).

Modifications Within the Meal Pattern

Meals with substitutions that meet all meal pattern requirements are reimbursable and no medical statement is needed. A note from the parent/guardian should be on file. CCFP providers are not required, but strongly encouraged, to make meal modifications due to parent or child preference.

Requests for modifications can be made due to preference (e.g. religious preference or vegetarianism). Providers are strongly encouraged to accommodate requests due to preference, but are not required to do so. For example, the child care provider can substitute lactose-free milk in place of "regular" cow's milk or substitute meat alternates for a child who does not eat meat.

A parent/guardian may supply *only one* component of the reimbursable meal as long as the child care provider provides all other required components. Any parent-provided component must be creditable.

Providers *cannot require* parents to bring in a food substitute.

Milk substitutions due to preference - soy milk:

Child care providers *or* parents may provide a non-dairy beverage (e.g., soy milk) that is nutritionally equivalent to the fluid milk component of the meal pattern. For the meal to be reimbursable, the beverage must be listed on the current *CCFP Approved Milk Substitution List for Children Ages 1 and Older* on the CCFP website under Nutrition and Menu Planning/Special Dietary Needs at: www.flhealth.gov/ccfp/

The following must be maintained on file:

- ☑ A letter from the parent/guardian requesting a nutritionally equivalent milk substitute (e.g. soy milk) is required if no medical statement is on file. The letter must state whether the parent/guardian or the center will provide the milk substitute.

If parent/guardian *prefers* to provide the approved soy milk, it must be in the original container and labeled with the child's name. Providers cannot require parents to bring in the substitute.

All other milk substitutes (e.g., almond milk, rice milk, coconut milk): These milks are not nutritionally equivalent to fluid cow's milk and require a medical statement to be served as part of a reimbursable meal.

Section 504 Coordinator and Grievance Procedure

CCFP contractors and sites that employ 15 or more individuals (full-time or part-time) must designate at least one person to coordinate compliance with disability requirements and must also establish grievance procedures that incorporate appropriate due process standards and that provide for the prompt and equitable resolution of complaints.

Responsibilities of the Section 504 Coordinator include: reviewing requests for meal modifications; determining what modifications(s) will be provided; ensuring proper documentation is received; and communicating with parents or guardians or medical provider for clarification on meal modification(s) to best accommodate a child's disability.

It is recommended that CCFP contractors and sites employing less than 15 individuals have someone on staff acting as a 504 Coordinator to provide technical assistance on meal modifications.

Please note: Section 504 Coordinator responsibilities do not require additional staff or budget changes.

Child care providers are encouraged to contact the nutrition section at the state office at 850-245-4323 for assistance with meal modifications due to disability or preference.

Milk Substitutions & Creditable Milks
In the Florida Child Care Food Program

For children ages one and older, CCFP regulations require that each child's breakfast, lunch, and supper must include fluid milk to be eligible for reimbursement. Fluid milk may also be served as one of the two components of a snack.

Creditable fluid milks include breastmilk, as well as pasteurized fluid types of cow or goat milk, lactose-free or lactose-reduced milk, UHT (Ultra High Temperature) milk, acidified or cultured milk, and organic milk.

Non-dairy fluid milk substitutions may be served when requested in writing the by child's parent or guardian. The written request must identify the medical or special dietary condition that restricts the diet of the child, such as milk allergy or vegan diet. In order for the meal to be reimbursable, the non-dairy beverage must be nutritionally equivalent to fluid milk. Child care providers or parents may provide the non-dairy beverage.

For Children Ages One through Five

The following non-dairy (soy-based) beverages meet required nutritional standards for approved milk substitutions*:*

- 8th Continent Soymilk Original
- Great Value Original Soymilk
- Silk Original Soymilk ***Shelf Stable Only***
- Kikkoman Pearl Organic Soymilk Smart Original
- Sunrich Naturals Original Soymilk
- Westsoy Organic Plus Plain Soymilk
- Ripple Original Dairy Free Milk ***Shelf Stable Only***

For Children Ages Six and older

The beverages listed above *and* the ones below meet required nutritional standards for approved milk substitutions*:*

- 8th Continent Soymilk Vanilla
- Kikkoman Pearl Organic Soymilk Smart Creamy Vanilla
- Kikkoman Pearl Organic Soymilk Smart Chocolate
- Ripple Chocolate Dairy Free Milk ***Shelf Stable Only***
- Ripple Vanilla Dairy Free Milk ***Shelf Stable Only***
- Sunrich Naturals Vanilla Soymilk
- Westsoy Organic Plus Vanilla Soymilk
- Silk Very Vanilla Soymilk ***Shelf Stable Only***
- Silk Chocolate Soymilk ***Shelf Stable Only***

Non-dairy beverages must meet the following specific nutritional standards to be considered nutritionally equivalent to milk.

Nutrient	Requirement Per Cup	% of Reference Daily Intakes
Protein	8 grams	
Calcium	276 mg	About 28%
Vitamin A	500 IU	10%
Vitamin D	100 IU	25%
Magnesium	24 mg	6%
Phosphorus	222 mg	About 22%
Potassium	349 mg	10%
Riboflavin	.44 mg	About 26%
Vitamin B_{12}	1.1mcg	About 18%

Child Care Food Program
Medical Statement for Meal Modifications

Child care facility staff must complete the following information.

Child's Name: _____ Date: _____

Name of Child Care Facility: _____

Facility Address: _____ Phone Number: _____

Child Care Facility Director Name: _____

Dear Parent/Guardian and Recognized Medical Authority:

Reasonable modifications *must* be made for children with disabilities that restrict their diet. A disability means any person who has a physical or mental impairment which substantially limits one or more major life activities including eating, digestion, and feeding skills. A physical or mental impairment does not need to be life threatening to constitute a disability. Examples of a disability may include diabetes, food allergy or intolerance, developmental delay, or autism.

When substitutions are made and the meal pattern is not met, a medical statement is required and must be signed by a physician, physician's assistant (PA), or nurse practitioner (ARNP).

Please return this completed form to the child care center. If you have any questions, please contact the facility.

A recognized medical authority must complete the following information.

Describe the physical or mental impairment that restricts the child's diet:

_____

Foods to be Omitted:	Foods to be Substituted**:**
_____	_____
_____	_____
_____	_____

Describe any textural modification, adaptive equipment, or other modifications required:

_____

_____ _____
Signature of Physician or Recognized Medical Authority Date
(For a disability – a Physician, PA, or ARNP must sign)

_____ _____
Printed Name Phone Number

A parent or guardian must complete the following information.

☐ Check box if request is regarding a religious or dietary *preference only* (medical authority signature not required)

This facility has not requested or required me to provide special food(s) for my child. I understand that my child care facility *is required* to provide special food(s) for children with disabilities. Requests for modifications due solely to preference are encouraged but not required.

Parent Signature: _____ Date: _____

Printed Name of Parent: _____ Parent Phone Number: _____

Instructions for Completing Menu Planning Worksheets

1. Complete top portion of worksheet: enter provider name; place a ✓ by appropriate age group(s) being served; and enter dates of menu week.
2. Enter the planned food components in the spaces provided.
3. Refer to Meal Pattern and Guidelines for Infants and Children when planning menus.
4. At the end of the month make a copy for your files and submit Menu Planning Worksheets to your sponsor.

Special Note: The Standard Infant Menu may be used in lieu of weekly Menu Planning Worksheets for Infants – if allowed by your sponsor.

Sample Menu Planning Worksheet for Children

For each day of the week, write down the menus for the meal served.

Name of Child Care Provider *Mae Wright* ✓ **Menu Planning Age Group(s):** ✓ **1 & 2** ✓ **3 - 5** ✓ **6 - 18** **Week of** *Oct. 5-9* **20** *20*

	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Milk	***Whole & 1% milk***	***Whole & 1% milk***	***Whole & 1% milk***	***Whole & 1% milk***	***Whole & 1% milk***		
	Vegetable/Fruit/Juice	***Peaches***	***Applesauce***	***Banana***	***Strawberry Slices***	***Orange Slices***		
	Grains	***Cinnamon Raisin Bagel*** *(cream cheese)*	***Whole grain waffle*** *(turkey sausage – extra)*	***Cheerios cereal (whole grain)***		***WG English muffin*** *(peanut butter & jelly)*		
	Meat/Meat Alternate (optional)				***Scrambled Eggs***			
*MS (SNACK)	**Select 2**							
	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Fruit/Juice							
	Grains							
LUNCH	Milk	***Whole & 1% milk***	***Whole & 1% milk***	***Whole & 1% milk***	***Whole & 1% milk***	***Whole & 1% milk***		
	Meat/Meat Alternate	***Baked Chicken***	****Vegetable Lasagna***	***Pork Tenderloin***	***Bean and Cheese Quesadilla***	****Breaded Fish***		
	Vegetable	***Mashed Potatoes***	***Green Peas***	***Sweet Potato***	***Fiesta corn***	***Baked beans***		
	Fruit or Vegetable	***Broccoli***	***Pears***	***Mixed vegetables***	***Apple slices***	***Mixed greens salad*** *(spinach, romaine, tomato, cucumber)*		
	Grains	***Whole Wheat Roll***	***Garlic Bread***	***Egg noodles***	***Whole grain tortilla***	***Whole wheat bun***		
*AS (SNACK)	**Select 2**							
	Milk	***String Cheese***	***Grape juice***	***Bell pepper strips*** *Low-fat ranch dressing*	***Yogurt***	***Whole & 1% milk***		
	Meat/Meat Alternate							
	Vegetable							
	Fruit/Juice	***Mandarin oranges***	***Whole grain crackers***	***Cheese crackers***	***Pineapple tidbits***	***Graham crackers*** *(plain)*		
	Grains							
SUPPER	Milk							
	Meat/Meat Alternate							
	Vegetable or Fruit							
	Vegetable or Fruit							
	Grains							
*ES (SNACK)	**Select 2**							
	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Fruit/Juice							
	Grains							

SAMPLE

The type of milk (fat content and unflavored or flavored) must be noted (e.g. "plain 1% milk"). The daily whole grain serving must be noted (e.g. "WG bread"). *Requires a Child Nutrition Label or manufacturer's Product Formulation Statement or standardized recipe.

Refer to Meal Pattern for Children for serving sizes when planning menus. When a drink is not specifically listed with a snack, water is recommended as a beverage.

***MS = morning snack, *AS = afternoon snack, *ES = evening snack**

AT END OF MONTH SUBMIT WORKSHEET TO SPONSOR!

	Infant meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Breastmilk/Formula	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***		
	Vegetable/Fruit	***Peaches***	***Bananas***	***Prunes***	***Pears***	***Applesauce***		
	One or more of: Cereal, Meat, Egg, Beans, Yogurt	***Rice Cereal or Oatmeal***	***Rice Cereal or Oatmeal***	***Rice Cereal or Oatmeal***	***Rice Cereal or Oatmeal***	***Rice Cereal or Oatmeal***		
*MS (SNACK)	Breastmilk/Formula							
	Vegetable/Fruit							
	Cereal/Bread/Crackers							
LUNCH	Breastmilk/Formula	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***		
	Vegetable/Fruit	***Carrots***	***Peas***	***Squash***	***Sweet Potato***	***Green Beans***		
	One or more of: Cereal, Meat, Egg, Beans, Yogurt	***Strained Beef***	***Beans and Egg***	***Cottage Cheese***	***Strained Chicken***	***Strained Turkey***		
*AS (SNACK)	Breastmilk/Formula	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***		
	Vegetable/Fruit	***Sweet Potato***	***Peaches***	***Avocado & Pears***	***Apple & Kale***	***Banana***		
	Cereal/Bread/Crackers	***Toast Strips***	***Teething biscuit***	***Soft Pita Bread***	***Cheerios***	***Low Salt Crackers***		
SUPPER	Breastmilk/Formula							
	Vegetable/Fruit							
	One or more of: Cereal, Meat, Egg, Beans, Yogurt							
*ES (SNACK)	Breastmilk/Formula							
	Vegetable/Fruit							
	Cereal/Bread/Crackers							

SAMPLE

Name of Child Care Facility:_____

Standard Infant Menu

The following iron-fortified infant formulas are offered at this facility:

Milk-based: _____ Soy-based: _____

Note: Breastmilk offered when provided by parent.

Birth to 5 Months

Breakfast, Lunch/Supper, and Snack:

Breastmilk and/or iron-fortified infant formula

6 to 11 Months

Breakfast and Lunch/Supper:

Breastmilk and/or iron-fortified infant formula

*One or more of the following:

Infant cereal (dry infant cereal mixed with breastmilk and/or formula)
Variety of meats and poultry (cooked plain or from jar)
Fish (cooked plain, boneless)
Whole egg
Cooked dry beans/peas (cooked plain)
Cheese regular (plain, sliced thin or thin trips)
Cottage cheese
Yogurt

*A variety of vegetables and/or fruits:

Carrots	Applesauce
Green Beans	Bananas
Mixed vegetables	Mixed fruits
Peas	Peaches
Potatoes/sweet potatoes	Pears
Squash	

Snack:

Breastmilk and/or iron-fortified infant formula

*One or more of the following:

Bread (small pieces of bread or toast)
Crackers (small pieces of unsalted plain crackers or teething biscuits)
Infant cereal (dry infant cereal mixed with breastmilk and/or formula
Ready-to-eat cereal (ex: Cheerios, Chex)

*A variety of vegetables and/or fruits:

Carrots	Applesauce
Green Beans	Bananas
Mixed vegetables	Mixed fruits
Peas	Peaches
Potatoes/sweet potatoes	Pears
Squash	

*A serving of this component(s) is required when the infant is developmentally read to accept it.

Menu Planning Worksheet for Children

For each day of the week, write down the menus for the meal served.

Name of Child Care Provider_____ ✓Menu Planning Age Group(s):_____1 & 2 _____3 - 5 _____6 - 18 Week of_____20_____

	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Milk							
	Meat/Meat Alternate (optional)							
	Vegetable/Fruit/Juice							
	Grains							
*MS (SNACK)	**Select 2**							
	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Fruit/Juice							
	Grains							
LUNCH	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Vegetable or Fruit							
	Grains							
*AS (SNACK)	**Select 2**							
	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Fruit/Juice							
	Grains							
SUPPER	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Vegetable or Fruit							
	Grains							
*ES (SNACK)	**Select 2**							
	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Fruit/Juice							
	Grains							

The type of milk (fat content and unflavored or flavored) must be noted (e.g. “plain 1% milk”). The daily whole grain serving must be noted (e.g. “WG bread”). *Requires a Child Nutrition Label or manufacturer’s Product Formulation Statement or standardized recipe. **Refer to Meal Pattern for Children for serving sizes when planning menus. When a drink is not specifically listed with a snack, water is recommended as a beverage. *MS = morning snack, *AS = afternoon snack, *ES = evening snack** **AT END OF MONTH SUBMIT WORKSHEET TO SPONSOR!**

	Infant meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Breastmilk/Formula							
	Vegetable/Fruit							
	One or more of: Cereal, Meat, Egg, Beans, Yogurt							
*MS (SNACK)	Breastmilk/Formula							
	Vegetable/Fruit							
	Cereal/Bread/Crackers							
LUNCH	Breastmilk/Formula							
	Vegetable/Fruit							
	One or more of: Cereal, Meat, Egg, Beans, Yogurt							
*AS (SNACK)	Breastmilk/Formula							
	Vegetable/Fruit							
	Cereal/Bread/Crackers							
SUPPER	Breastmilk/Formula							
	Vegetable/Fruit							
	One or more of: Cereal, Meat, Egg, Beans, Yogurt							
*ES (SNACK)	Breastmilk/Formula							
	Vegetable/Fruit							
	Cereal/Bread/Crackers							

Instructions for Completing Meal Count and Attendance Worksheets

Meal Count and Attendance Worksheets must be maintained monthly. Twenty-four blank sheets have been provided for your convenience. Reserve a blank copy in case you need to make additional copies before the end of the year. Completed Meal Count and Attendance Worksheet(s) must be sent to your sponsor. It is recommended that you make copies of Meal Count and Attendance Worksheets before mailing.

1. Complete the information (provider name, # of operating days, month, and year) at the top of each Meal Count and Attendance Worksheet.
2. Day care home providers must record meal counts by the end of the day.
3. You can be reimbursed for no more than 2 (two) meals and 1 (one) snack or 2 snacks and 1 meal per child per day. Bubble in appropriate meal type by each child's name under date served. The meal type(s) you choose for reimbursement must be approved in advance by your sponsor.
4. The following information must be supplied:
   - Children's first and last names
   - Enrolled date – is the first day the child is in attendance at the day care home and only has to be recorded on the count sheet the first month the child is enrolled or re-enrolled
   - Withdrawn date – is the last day that a child is in attendance and should be recorded the month that the withdrawal occurs
   - Check (✓) appropriate age(s) Inf (infant), PreK (pre-kindergarten), SA (school age) on each monthly Meal Count and Attendance Worksheet
5. If no meal count is submitted for reimbursement for a particular child for an entire calendar month, the provider or sponsor **must** withdraw the child as of the last day the child was in attendance.
6. The back side of the Meal Count and Attendance Worksheet should be used to list any children on a daily basis throughout the month that attended the day care home but were not claimed for a meal. For example, a child comes late and has missed breakfast, gets sick and is picked up before lunch. No meal was claimed but the child was in attendance for a couple of hours. This child's name and the date would be listed on the back side of the Meal Count and Attendance Worksheet.
7. At the end of each month, subtotal the number of meals by type served to each child during the month in the "Subtotals by Child & Meal Type" column. Total the subtotals by meal type in that column to get the "Grand Total" for each meal type for the month at the bottom right-hand corner.

   Sponsor: Indicate the tier level of the home in the heading section; in a Tier II-Mixed home only, circle the tier level for each child. Subtotal the number of meals by type and tier level and write these amounts in the "Subtotals by Tier Level" section. Both of these subtotals (across and down) must equal the "Grand Total" amount – if not – recheck math across for each child and down for each day.
8. Before mailing in Meal Count and Attendance Worksheets to your sponsor, sign at the bottom, certifying the information is correct and make a copy for your records.

Child's Full Name *(Sponsor Only: If Tier II-Mixed, circle tier level for each child)*	Meal Type	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Subtotals by Child & Meal Type
Name: Child Tanesha	BR	●	●	●	●	●	○	○	●	●	●	●	●	○	○	●	●	●	●	●	○	○	○	○	●	●	●	○	○	●	●	●	BR 21
	MS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	MS
Enrolled: 8/25/18	LU	●	●	●	●	●	○	○	●	●	●	●	●	○	○	●	●	●	●	●	○	○	○	○	●	●	●	○	○	●	●	●	LU 21
Withdrawn:	AS	●	●	●	●	●	○	○	●	●	●	●	○	○	○	●	●	●	●	●	○	○	○	○	○	○	○	○	○	●	●	●	AS 17
✓Age(s):___Inf_✓_PreK___SA	SU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	SU
Tier II-Lo, Tier II-Hi	ES	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	ES
Name: Child Ben	BR	●	●	●	●	●	○	○	●	●	●	●	●	○	○	●	●	○	●	●	○	○	○	○	●	●	●	○	○	○	○	○	BR 17
	MS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	MS
Enrolled: 1/2/18	LU	●	●	●	●	●	○	○	●	●	●	●	●	○	○	●	●	●	●	●	○	○	○	○	○	●	●	○	○	○	○	○	LU 17
Withdrawn:	AS	●	●	●	●	●	○	○	●	●	●	●	●	○	○	●	●	●	●	●	○	○	○	○	●	●	●	○	○	○	○	○	AS 18
✓Age(s):___Inf_✓_PreK___SA	SU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	SU
Tier II-Lo, Tier II-Hi	ES	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	ES
Name: Child Timmy	BR	●	●	○	○	●	○	○	●	●		●	●	○	○	●	●	●	●	●	○	○	○	●	●	●	●	○	○	○	○	○	BR 17
	MS	○	○	○	○	○	○	○	○	○		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	MS
Enrolled: 12/4/17	LU	●	●	○	●	●	○	○	●	●		●	●	○	○	●	●	●	●	●	○	○	○	●	●	●	●	○	○	○	○	○	LU 18
Withdrawn:	AS	●	●	○	●	●	○	○	●	●		●	●	○	○	●	●	●	●	●	○	○	○	○	●	●	●	○	○	○	○	○	AS 17
✓Age(s):___Inf_✓_PreK___SA	SU	○	○	○	○	○	○	○	○	○		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	SU
Tier II-Lo, Tier II-Hi	ES	○	○	○	○	○	○	○	○	○		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	ES
Name: Baby Lulu	BR	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	●	●	●	○	○	●	●	●	●	●	○	○	●	●	●	BR 11
	MS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	MS
Enrolled: 6/17/19	LU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	●	●	●	○	○	●	●	●	●	●	○	○	●	●	●	LU 11
Withdrawn:	AS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	●	●	●	○	○	●	●	●	●	●	○	○	●	●	○	AS 10
✓Age(s):_✓_Inf___PreK___SA	SU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	SU
Tier II-Lo, Tier II-Hi	ES	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	ES
Name:	BR	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	BR
	MS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	MS
Enrolled:	LU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	LU
Withdrawn:	AS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	AS
✓Age(s):___Inf___PreK___SA	SU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	SU
Tier II-Lo, Tier II-Hi	ES	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	ES
Name:	BR	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	BR
	MS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	MS
Enrolled:	LU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	LU
Withdrawn:	AS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	AS
✓Age(s):___Inf___PreK___SA	SU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	SU
Tier II-Lo, Tier II-Hi	ES	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	ES

Sponsor Use Only	**Subtotals by Tier Level**						**Grand Total:**
	Total Tier I Meals Served:	BR: _____	MS: _____	LU: _____	AS: _____	SU: _____	ES: _____	BR 66
	Total Tier II Low Rate Meals Served:	BR: _____	MS: _____	LU: _____	AS: _____	SU: _____	ES: _____	MS
	Total Tier II High Rate Meals Served:	BR: _____	MS: _____	LU: _____	AS: _____	SU: _____	ES: _____	LU 67
		Total: _____	**Total:** _____	**Total:** _____	**Total:** _____	**Total:** _____	**Total:** _____	AS 62
								SU
								ES

SAMPLE

Children in Attendance - Not Receiving Any Meals

CHILD'S FULL NAME	DATE
JONES, TANESHA	***10-22/23-20***

SAMPLE

Child's Full Name *(Sponsor Only: If Tier II-Mixed, circle tier level for each child)*	**Meal Type**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**	**27**	**28**	**29**	**30**	**31**	**Subtotals by Child & Meal Type**
Name:	BR	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	BR_____
	MS	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	MS_____
Enrolled:	LU	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	LU_____
Withdrawn:	AS	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	AS_____
✓Age(s):___Inf___PreK___SA	SU	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	SU_____
Tier II-Lo, Tier II-Hi	ES	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍	ES_____

Children in Attendance - Not Receiving Any Meals	
CHILD'S FULL NAME	DATE