

Menu Review Checklist

Use this checklist to ensure that all Child Care Food Program meal requirements are met.
(All answers must be marked "Yes")

Note: This checklist is based on the *NEW Meal Pattern for Children*.
Self-prep facilities must be in full compliance by no later than October 1, 2017.

Breakfast:	Yes	No
<ul style="list-style-type: none"> ▪ 3 components: Fluid Milk, Vegetables and/or Fruits, Grains/Breads 		
<ul style="list-style-type: none"> ▪ Only ready-to-eat breakfast cereals containing 6 grams of sugar or less per dry ounce have been included on the menu (Refer to the <i>Florida WIC-Approved Cereal List</i>). 		
<ul style="list-style-type: none"> ▪ Meat/Meat alternates are used to meet entire grains requirement no more than three times a week. 		
Lunch/Supper:	Yes	No
<ul style="list-style-type: none"> ▪ 5 components: Fluid Milk, Meat/Meat Alternates, Vegetables, Fruits, Grains/Breads 		
<ul style="list-style-type: none"> ▪ One vegetable and one fruit <i>or</i> two different vegetables are served (two fruits may not be served). 		
Snack:	Yes	No
<ul style="list-style-type: none"> ▪ 2 different components: Fluid Milk, Meat/Meat Alternates, Vegetables, Fruits, Grains/Breads <p><i>Note: Juice must not be served when milk is the only other component.</i></p>		
General Menu:	Yes	No
<ul style="list-style-type: none"> ▪ Fruit juice does not appear on the menu more than once a day. 		
<ul style="list-style-type: none"> ▪ Only ready-to-eat breakfast cereals containing 6 grams of sugar or less per dry ounce have been included on the menu (Refer to the <i>Florida WIC-Approved Cereal List</i>). 		
<ul style="list-style-type: none"> ▪ At least one grain serving per day, across all eating occasions, is 100% whole grain. 		
<ul style="list-style-type: none"> ▪ Grain-based desserts (e.g. granola bars, cookies, graham crackers) are not served as part of a reimbursable meal. 		
<ul style="list-style-type: none"> ▪ Yogurt contains no more than 23 grams of total sugars per 6 ounces (15 g/4 oz or 3.8 g/oz). 		
<ul style="list-style-type: none"> ▪ Children age one receive unflavored whole milk (unless breastfed). 		
<ul style="list-style-type: none"> ▪ Children ages 2 through five receive unflavored lowfat (1%) or unflavored fat-free (skim) milk. 		
<ul style="list-style-type: none"> ▪ Flavored milk is not served to children under 6 years of age. 		
<ul style="list-style-type: none"> ▪ Flavored milk served to children age 6 years and older is fat-free (skim). 		
<ul style="list-style-type: none"> ▪ Commercially processed combination foods have a CN label or manufacturer's Product Formulation Statement (PFS) stating the food component contribution. 		

*Please refer to *Fruit and Vegetable Sources of Vitamins A and C* found on the CCFP website and in *A Guide to Crediting Foods*.
Note: Refer to *Revised Exhibit A* to ensure correct portions of grain/bread food items are served.

