

Meal Pattern and Menu Checklist

Use this checklist to ensure that all CCFP meal requirements are met. All answers must be marked "Yes."

INFANT MEAL PATTERN REQUIREMENTS

V. General Menu Requirements:	Yes	No
A. At least one approved iron-fortified infant formula is offered. <i>It is strongly encouraged to offer two; one milk-based and one soy- based.</i>		
B. Breastmilk and/or formula is served at every meal and snack.		
C. Solid foods are served to infants when they are developmentally ready for them. <i>Solids should be introduced around 6 months of age but may be served/claimed earlier or later.</i>		
E. Juice is not served as part of a reimbursable meal.		
F. Grain items served at Snack only are whole grain, whole grain-rich or enriched.		
F. Ready-to-eat breakfast cereals (cold) containing no more than 6 grams of added sugar per dry ounce are served at Snack only.		
G. Yogurt (milk or soy) contains no more than 12 grams of added sugars per 6 ounces. <i>Yogurt must be traditional/ "cold" yogurt; not baby yogurt blends that are shelf-stable. Whole milk yogurt is recommended.</i>		
H. Cheese food and cheese spread are not served/included on the menu.		
I. Commercially prepared combination baby foods (e.g. chicken and rice) <i>may</i> be served. <i>Crediting information for each food component must be listed on the jar or in a Product Formulation Statement kept on file.</i>		
J. When eggs are served to infants, the whole egg (white and yolk) is served.		
K. CCFP funds are not used to purchase non-creditable food items (e.g.: juice).		
L. Children with special dietary needs (not due to a disability): parents do not provide more than one component of the reimbursable meal. <i>Parents may supply only one component of the reimbursable meal for children due to a preference (not due to a disability): The contractor must supply all other components.</i>		
M. Children with documented disabilities: parents supply one or more components of the reimbursable meal. <i>The contractor must supply at least one component.</i>		
<i>Reminder: a reimbursable meal may contain breastmilk fed to baby by mother</i>		
<i>Reminder: A serving of whole grains is not required for infants</i>		