

Meal Pattern and Menu Checklist

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

CHILD MEAL PATTERN REQUIREMENTS

I. Breakfast:	Yes	No
A. 3 components: Fluid Milk, Vegetables and/or Fruits, Grains		
B. Only ready-to-eat breakfast cereals (cold/hot) containing 6 grams of added sugar or less per dry oz are served.		
C. Meat/Meat alternates are used to meet entire grains requirement no more than three times/week.		
II. Lunch/Supper:	Yes	No
A. 5 components: Fluid Milk, Meat/Meat Alternates, Vegetables, Fruits, Grains		
B. One vegetable and one fruit or two different vegetables are served (two fruits may not be served).		
III. Snack:	Yes	No
A. 2 different components: Fluid Milk, Meat/Meat Alternates, Vegetables, Fruits, Grains <i>Note: Juice must not be served when milk is the only other component.</i>		
B. Water does not appear on the menu as one of the two required components.		
IV. General Menu Requirements:	Yes	No
A. Fruit juice does not appear on the menu more than once a day.		
B. At least one grain serving per day, across all eating occasions, is 100% whole grain or whole grain-rich. <i>Menus must clearly identify the whole grain or whole grain-rich item (e.g. “WG bread” or “WGR crackers”).</i>		
C. Grain-based desserts (e.g. granola bars, cookies) are not served as part of a reimbursable meal.		
D. Yogurt (milk or soy) contains no more than 12 grams of added sugars per 6 ounces		
E. Children age one receives unflavored whole milk (unless breastfed).		
F. Children ages 2 through 5 receive unflavored whole, reduced-fat (2%), low-fat (1%) or fat-free (skim) milk.		
G. Flavored milk is not served to children under 6 years of age. <i>Flavored powder/liquid may not be added to milk (cow or milk substitute) for children ages 1-5.</i>		
H. Children age 6 years and older receive flavored or unflavored whole, reduced-fat (2%), low-fat (1%) or fat-free milk.		
I. Commercially processed combination foods (served at <i>any</i> meal) have a CN label or manufacturer’s Product Formulation Statement (PFS) stating CCFP crediting information. Self-prepared combination foods have a standardized recipe on file that shows CCFP crediting information.		
J. Pre-packaged grain products have enriched flour or meal or whole grains as the first ingredient listed on the package (or second after water). <i>Sugar cannot be the first ingredient.</i>		
K. Meals do not include deep-fried foods on site. <i>Providers may purchase or receive pre-fried foods but must reheat them using an alternate method (baking or pan frying/sautéing).</i>		
L. CCFP funds are not used to purchase non-creditable food items (e.g.: grain-based desserts).		
M. Children with a dietary preference (not due to a disability): parents do not provide more than one component of the reimbursable meal. <i>Parents supply only one creditable component of the reimbursable meal for children with dietary preference (not due to a disability). The contractor must supply all other components.</i>		
N. Children with a valid Medical Statement on file: <i>parents supply one or more components of the reimbursable meal. The contractor must supply at least one component.</i>		
<i>Reminder: During snack, juice must not be served when milk is the only other component</i>		
<i>Reminder: Tofu is creditable as a meat/meat alternate.</i>		

VI. Best Practices for Children Ages One and Older (optional, but strongly recommended):

- Make at least one of the two required components of snack a vegetable or a fruit.
- Limit serving purchased pre-fried foods to no more than one serving per week.
- Provide at least two servings of whole grain-rich grains per day

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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 for infants (e.g.: juice).		
L. Children with a dietary preference (not due to a disability): parents do not provide more than one creditable 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. Creditable combination foods may be served to developmentally ready infants. <i>Crediting information for each food component must be listed in a CN Label or Product Formulation Statement kept on file.</i>		
M. Children with a valid Medical Statement on file: 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>		