

## 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. <b>3 components:</b> Fluid Milk, Vegetables and/or Fruits, Grains		
B. Only ready-to-eat breakfast cereals (cold/hot) containing 6 g of sugar or less per dry oz are served (refer to the <i>Florida WIC-Approved Cereal List</i> ).		
C. Meat/Meat alternates are used to meet entire grains requirement no more than three times/week.		
II. Lunch/Supper:	Yes	No
A. <b>5 components:</b> Fluid Milk, Meat/Meat Alternates, Vegetables, Fruits, Grains		
B. One vegetable and one fruit <i>or</i> two different vegetables are served (two fruits may not be served).		
III. Snack:	Yes	No
A. <b>2 different components:</b> 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. <i>Grain-based desserts may be served as an "extra." Plain/honey graham and animal crackers are creditable.</i>		
D. Yogurt (milk or soy) contains no more than 23 g of total sugars per 6 oz (15 g/4 oz or 3.8 g/oz).		
E. Children age one receive unflavored whole milk (unless breastfed).		
F. Children ages 2 through five receive unflavored lowfat (1%) or unflavored 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 soy) for children ages 1-5.</i>		
H. When flavored milk is served to children age 6 years and older, it is fat-free (skim) or lowfat (1%).		
I. The menu clearly identifies the types of milk served (fat content and unflavored or flavored).		
J. Commercially processed combination foods (served at <i>any</i> meal) have a CN label or manufacturer's Product Formulation Statement (PFS) stating the food component contribution. Self-prepared combination foods have a standardized recipe on file.		
K. Pre-packaged grain products must have enriched flour or meal or whole grains as the first ingredient listed on the package. <i>Sugar cannot be the first ingredient.</i>		
L. Meals do not include foods deep-fried 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>		
M. CCFP funds are not used to purchase non-creditable food items (e.g.: grain-based desserts).		
N. Children with special dietary needs (not 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 with special dietary needs. The contractor must supply all other components.</i>		
O. Children with documented disabilities: <i>parents may supply one or more components of the reimbursable meal. The contractor must supply at least one component.</i>		
<b>Reminders:</b> <ul style="list-style-type: none"> <li>• <i>During snack, juice must not be served when milk is the only other component.</i></li> <li>• <i>Tofu is creditable as a meat/meat alternate.</i></li> </ul>		

## INFANT MEAL PATTERN REQUIREMENTS

V. General Menu Requirements:	Yes	No
A. At least one approved iron-fortified infant formula is offered. However, it is strongly encouraged to offer two; one milk-based and one soy-based.		
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.</i>		
D. Once an infant is developmentally ready to accept solid foods, the contractor offers them to the infant.		
E. Juice is not served as part of a reimbursable meal.		
F. Only ready-to-eat breakfast cereals (cold) containing 6 g of sugar or less per dry oz are served (refer to the <i>Cereal List for Infants</i> ). <i>These cereals may only be served at snack to developmentally ready 6-11 month olds.</i>		
G. Yogurt contains no more than 23 g of total sugars per 6 oz (15 g/4 oz or 3.8 g/oz). <i>Soy yogurt is not creditable for infants. 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 peas or rice) <i>may</i> be served.		
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. Infants with special dietary needs (not a disability): Parents supply no more than one component. The contractor supplies all other components.		
M. Infants with documented disabilities: Contractor supplies at least one component. <i>Parents may supply one or more components of the reimbursable meal.</i>		
<i>Reminder: a reimbursable meal may contain breastmilk fed to baby by mother</i>		
<i>Reminder: whole grains are not required for infants</i>		
VI. Best Practices for Children Ages One and Older (strongly recommended):		
<ul style="list-style-type: none"> <li>▪ Fresh, frozen, or canned vegetables and/or fruits should be served at least twice a week on the breakfast menu and twice a week on the snack menu. Please note: For those centers that claim two snacks and one meal, instead of two meals and one snack, fresh, frozen, or canned vegetables and/or fruits should be served at least twice a week <u>at each</u> snack time.</li> <li>▪ *Good vitamin A sources from vegetables and fruits should be served a minimum of two times a week.</li> <li>▪ *Good vitamin C sources from vegetables and fruits or fruit juice should be served daily.</li> </ul>		

\*Please refer to *Fruit and Vegetable Sources of Vitamins A and C* found on the CCFP website and in *A Guide to Crediting Foods*.