

# DAILY MENU REVIEW CHECKLIST

Use this checklist to ensure that all Child and Adult Care Food Program (CACFP) meal pattern requirements are met.

## DAILY MENU

- AT LEAST ONE GRAIN SERVING PER DAY MUST BE WHOLE GRAIN-RICH
- GRAIN-BASED DESSERTS ARE NOT CREDITABLE (GRANOLA BARS, CINNAMON ROLLS, COOKIES, ETC.)
- READY TO EAT CEREALS AND YOGURTS MEET SUGAR LIMITS (SEE PCI CREDITABLE CEREAL AND YOGURT LISTS)
- FRUIT JUICE IS NOT SERVED MORE THAN ONCE DAILY
- COMMERCIALY PRODUCED COMBINATION FOODS HAVE A CN LABEL OR MANUFACTURER'S STATEMENT STATING THE FOOD COMPONENT CONTRIBUTION
- CHILDREN 12-23 MONTHS: UNFLAVORED WHOLE MILK
- CHILDREN 2-5 YEARS: UNFLAVORED 1% OR SKIM MILK
- CHILDREN 6-12 YEARS: UNFLAVORED 1% OR SKIM MILK, OR FLAVORED SKIM MILK

## BREAK-FAST

- ALL THREE COMPONENTS ARE SERVED: MILK, GRAIN, VEGETABLE AND/OR FRUIT
- MEAT/MEAT ALTERNATES MAY SUBSTITUTE THE ENTIRE GRAIN COMPONENT UP TO THREE TIMES PER WEEK

## LUNCH & SUPPER

- ALL FIVE COMPONENTS ARE SERVED: MILK, GRAIN, MEAT/MEAT ALTERNATE, VEGETABLE, FRUIT
- ONE VEGETABLE AND ONE FRUIT OR TWO DIFFERENT VEGETABLES MAY BE SERVED AT LUNCH AND SUPPER (TWO FRUITS MAY NOT BE SERVED)

## SNACK

- TWO DIFFERENT COMPONENTS ARE SERVED: MILK, GRAIN, MEAT/MEAT ALTERNATE, VEGETABLE, FRUIT
- JUICE AND MILK MAY NOT BE SERVED AT SNACK AS THE ONLY TWO COMPONENTS