



Part 2: Program Basics for New Child Care Programs

Child and Adult Care Food Program
(CACFP)
July 2015



The goal of the CACFP is to improve the health and nutrition of children while promoting the development of good eating habits and the furtherance of nutrition education in an approved child care, adult care or afterschool program.



Food Program Basics

- Health Safety & Sanitation
- Meal Pattern Requirements
- Meal Components
- Creditable Foods
- Meal Service
- Menu Planning
- Cycle Menus
- Resources
- Production Records



Health Safety & Sanitation

- Need a health inspection prior to starting on the CACFP
 - Contact Environmental Health Officer in your area (DEC or Muni)
 - Web addresses at end of presentation



Health Safety & Sanitation

- State of Alaska Dept. of Environmental Conservation (DEC)
- Municipality of Anchorage (Muni)
 - Food Worker Cards
 - Certified Food Protection Manager (CFPM) – typically 8 hour class



Meal Pattern Requirements

- The goal is to serve nutritious, appetizing meals that meet meal pattern requirements
- Meal pattern requirements assure well-balanced meals that supply the kinds and amounts of foods that children need to help meet nutrient and energy needs
- Meal patterns establish minimum portions of meal components that must be served in order for the sponsor to receive reimbursement for each meal.



Meal Pattern Requirements

- Breakfast must contain these components:
 - Milk
 - Fruit/Vegetable
 - Bread or Bread Alternate or Grain

(can include other items such as eggs-extras)



Food Chart

Breakfast

CHILDREN (AGES 1-12)		1-2	3-5	6-12
One serving from each food group	<u>Fluid Milk</u>	1/2 cup	3/4 cup	1 cup
	<u>Fruit or vegetable</u> (Juice only if milk is beverage)	1/4 cup	1/2 cup	1/2 cup
	Bread	1/2 slice	1/2 slice	1 slice
	Cold Cereal	1/4 cup	1/3 cup	3/4 cup



Meal Pattern Requirements

- Lunch or Dinner must contain these components:
 - Milk
 - Fruit/Vegetable (2 or more kinds)
 - Bread/Bread Alternate/Grain
 - Meat/Meat Alternate



Food Chart

Lunch and Dinner

CHILDREN (AGES 1-12)		1-2	3-5	6-12
One serving from each component (2 Fruits and/or Veg)	<u>Fluid Milk</u>	1/2 cup	3/4 cup	1 cup
	Meat or poultry or fish	1 oz	1 1/2 oz	2 oz
	Cheese or	1 oz	1 1/2 oz	2 oz
	Egg (large) or	1/2	3/4	1
	Cooked dry beans/peas or	1/4 cup	3/8 cup	1/2 cup
	Peanut, nut or seed butter, <u>or Nuts and/or seeds (50%)</u>	2 T 1/2 oz	3 T 3/4 oz	4 T 1 ounce
	<u>Fruits and/or vegetables (2 or more)</u>	1/4 cup total	1/2 cup total	3/4 cup total
<u>Bread or bread alternate</u>	1/2 slice	1/2 slice	1 slice	



Meal Pattern Requirements

- Snack (supplement) must contain from two of these component groups:
 - Milk
 - Fruit/Vegetable
 - Bread/Bread Alternate/Grain
 - Meat/Meat Alternate

Food Chart

Snack

CHILDREN AGES 1-12		1-2	3-5	6-12
one serving from each of any two groups	<u>Fluid Milk</u>	1/2 cup	1/2 cup	1 cup
	<u>Juice, fruit or vegetable</u>	1/2 cup	1/2 cup	3/4 cup
	Meat or meat alt.	1/2 oz	1/2 oz	1 oz
	Egg (large)	1/2	1/2	1/2
	<u>peanut butter</u>	1 T	1 T	2 T
	<u>Bread or bread alternate</u>	1/2 slice	1/2 slice	1 slice



Meal Pattern Requirements

- The CACFP meal pattern must be followed for meals to be reimbursable.
- The quantities listed on the meal pattern represent the minimum amount that must be served.
 - Larger amounts may be served to accommodate the needs of all children



Meal Components

- Milk
- Meat/Meat Alternate
- Fruit and Vegetable
- Grains / Breads



About Milk

- Fresh, fluid and pasteurized
- Powdered milk may be served if fresh milk is unavailable – use within 24 hours
- Recommend whole milk for children 1 year up to 2 years old
 - If serving lower fat milk to this age range:
 - not enough fat, iron, Vit E and C
 - They need the essential fatty acids for growth
 - Too much protein, sodium, potassium & chloride



2 Years of age and over

- **Non-fat or 1% milk for children 2 and up**
- Contain vital nutrients including calcium, potassium, vitamin D, and protein
- Help maintain bone mass
- Provide little or no saturated fat

Creditable as Milk

- Nonfat & 1% milk for 2 years plus
- Recommend whole milk for 1-2 years

Following milks in appropriate fat content:

- Flavored milk
- Milkshakes containing minimum req. servings (need a recipe)
- Lactose-reduced milk
- Acidified milk (Kefir, Acidophilus)
- Fortified & pasteurized goat milk





Milk Substitutions

- Medical Statement Religious Statement from Religious Authority, or Parent Statement with reason
 - Substitution must meet nutritional requirements of milk (next slide)
 - Six options are creditable
 - Pacific Ultra Soy Milk,
 - 8th Continent Soy Milk,
 - Pearl Smart Soy Milk,
 - Kirkland Signature Organic Soy Milk Plain, or
 - Great Value Original Soy Milk
 - Sunrich Naturals Original & Vanilla Soymilk



Milk Substitutions

Nutrient	Milk Substitute Nutrition Standards	Unit	RDI	% Daily Value 2,000 kcal/day
Calcium	276	Mg	1000 mg	27.6%
Protein	8	G	50 g	16%
Vitamin A	500	IU	5000 IU	10%
Vitamin D	100	IU	400 IU	25%
Magnesium	24	Mg	400 mg	6%
Phosphorus	222	Mg	1000 mg	22.2%
Potassium	349	Mg	3500 mg	10%
Riboflavin	.44	Mg	1.7 mg	25.9%
Vitamin B12	1.1	Mcg	6 mcg	18.3%

About Meat/Meat Alternates

- Nuts and seeds may only fulfill $\frac{1}{2}$ of the meat requirement
- Peanut butter sandwiches usually do not have enough to be creditable – need another meat/meat alt on menu
- Lunchmeats w/no by-products, cereal, or extenders
- Cottage or ricotta cheese need more (2 oz cottage cheese = 1 oz meat/meat alt)





Creditable as Meat / Meat Alternate

- Poultry, fish, or **lean** meat
 - Start focusing on LEAN meat products
- Cheese, cheese sauces, and cheese substitutes
- Eggs (must be pasteurized for young children & older adults)
- Cooked dry beans or peas
- Nut butters (peanut) or seed butters
- Peanuts, soy nuts, tree nuts or seeds
- Yogurt: plain, sweetened, or flavored
 - 4 oz. yogurt = 1 oz. meat/meat alternate
 - GoGurt is creditable but size of 2.25 oz. pkg . = 1/2 oz. equivalent (1-5 yr. old snack-OK)
 - Look at sugar content





Not Creditable as Meat/Meat Alternate

- Imitation cheese or cheese products
 - i.e. Velveeta is not creditable
- Cream Cheese
- Tofu
- Drinkable yogurt, frozen yogurt bars
- Commercial pot pies
- Formulated (processed) meat products with no product specifications or CN labels
- Wild game and traditional foods that are disallowed by Alaska Department of Environmental Conservation (DEC)



CN Label

A CN Label Example:

CN

000000

This 3.00 oz serving of raw beef patty provides when
Cooked 2.00 oz equivalent meat for Child Nutrition Meal
Pattern Requirements. (Use of this logo and statement
Authorized by the Food and Nutrition Service, USDA 05-84.)

CN

How do you identify a CN label?

- A CN label will always contain the following:
- The CN logo, which is a distinct border;
 - A 6-digit product identification number;
 - USDA/FNS authorization; and
 - The month and year of approval.



CN Label

Serving Sizes & Credibility

Must read the CN Label for information

- Serving Size
- Credibility in Child Nutrition Programs

This 3.00 oz serving of raw beef patty provides when Cooked 2.00 oz equivalent meat for Child Nutrition Meal

Pattern Requirements. (Use of this logo and statement Authorized by the Food and Nutrition Service, USDA 05-84.)

Traditional Foods



What can be used:

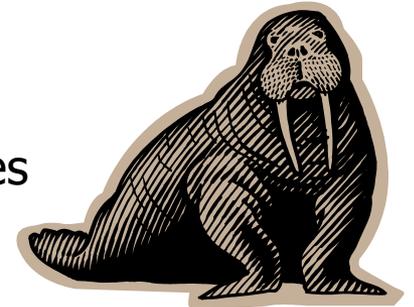
- Fresh or Frozen Fish
- Fresh or Frozen game such as reindeer, caribou, beaver, whale, moose, ducks and birds
- Come from an approved source by DEC
- The cook or other authorized person must decide if food is safe to prepare
- Must be labeled with name of food, date received, and source of food
 - (Traditional foods packet available with all necessary information and forms)

Traditional Foods

What cannot be used:

- Wild mushrooms
- Bivalve shellfish such as clams or mussels
- Fox meat & organs
- Bear or walrus meat
- Polar bear liver
- Fermented meat & seafood (stink eggs, fermented beaver tail, fermented flipper, etc)
- Non-commercial smoked fish products
- Home-canned products

Young children are at higher risk for food borne illnesses



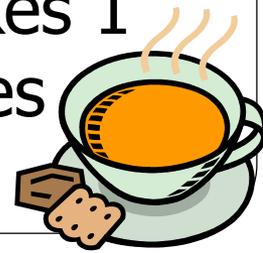
Link on Child Nutrition Website:

<https://education.alaska.gov/tls/cnp/TFDFG.html>

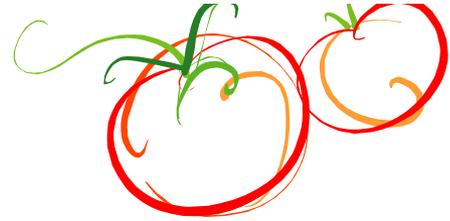
Potential Problem Area - Soup

Soups - Commercial

- Most commercial soups do not provide enough meat/meat alternate per serving to receive credit
- Commercially prepared canned bean, and canned pea soups where $\frac{1}{2}$ cup serving = $\frac{1}{4}$ cup cooked beans (1 oz. equivalent meat alternate)
- Condensed or ready-to-serve (canned or frozen) vegetable or vegetable w/meat or poultry takes 1 cup reconstituted to yield $\frac{1}{4}$ cup of vegetables



Fruits & Vegetables



- Juice (100%)
 - may only be creditable at breakfast or snack
- 2 forms of the same fruit or vegetable may not be served at a meal & credited as two separate items
 - Applesauce and apples
- Minimum serving 1/8 cup of fruit to qualify towards the component
- Fruits/vegetables served as a combination item are creditable as only one serving
 - peas & carrots, fruit cocktail, pizza toppings



Potential Changes for Fruit/Vegetable Component

Separating the fruit and vegetables into their own component groups

How it would affect your program?

Lunch/Supper – you would have to serve both a fruit and a vegetable

Snack – you could have a fruit and vegetable for the two components

This is NOT in effect yet!!



Encouraging Fruits

- Offer a variety of fruits
- Select fruit canned in 100% juice or water instead of light or heavy syrup
- Limit juice; provide no more than 4 oz. per day
- Choose 100% juice
 - Labels are deceiving
 - 100% vs. 100% Vitamin C



Benefits of Vegetables

Vegetables are:

- Rich in key nutrients such as calcium, potassium, fiber, magnesium, and vitamin E
- Associated with a decreased risk of chronic diseases
- Low in calories, fat, sugar, and sodium
 - Canned potentially have more sodium & sugar



Encouraging Vegetables

- Offer a variety of vegetables, especially **dark green** and **orange** vegetables
- Buy canned vegetables with no added salt
- Avoid frying vegetables and find new ways to prepare them
- Use herbs and spices instead of butter, margarine, and/or salt to add flavor

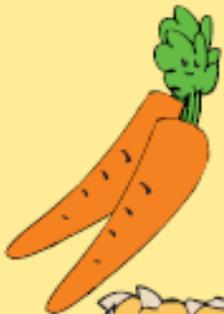


Items to be limited

- Olives and pickles
 - High in sodium
 - Snack = $\frac{1}{2}$ cup required – about 16 black olives
- Raisins
 - High in sugar
 - Snack = $\frac{1}{2}$ cup required



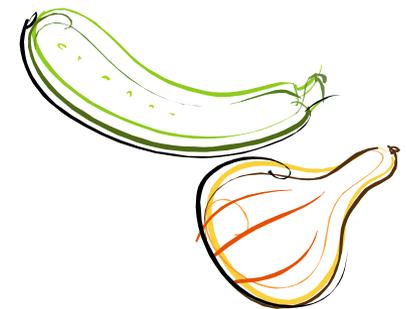
Dark Green and Orange Vegetables

Acorn squash	Kale 
Beet greens	Mesclun
Bok choy	Mustard greens
Broccoli 	Pumpkin
Butternut squash	Romaine lettuce
Carrots 	Spinach
Collard greens	Sweet potatoes 
Dark green leafy lettuce	Swiss chard
Endive	Turnip greens
Escarole	Watercress
Hubbard squash	



Creditable as Fruits & Vegetables

- Fruit(s) and/or Vegetable(s)
- Full strength vegetable or fruit juice (100%)
- Dried Beans and peas
 - These may also be creditable as meat alternate, but not in the same meal



Not Creditable as Fruits and Vegetables

- Catsup/chili sauce, pickle relish
- Chips & Sticks (banana, potato)
- Coconut
- Commercial pizza or spaghetti sauce without specifications
- Canned hominy
- Fruit in yogurt (unless you add the fruit)
- Jelly, jam, and preserves
- Juice drinks
- Pop tart fillings
- Popsicles (unless 100% fruit)
- Popcorn





Grain/Bread

- Important dietary sources of iron, fiber, vitamins, minerals, antioxidants
- Moving towards more Whole Grains
- Refined grains
 - Milled to remove part or all of the bran and/or germ
 - Most are enriched to add back some of the iron, thiamine, niacin, and riboflavin that were lost
 - Enriched – also add folic acid
 - fiber, vitamins, minerals, and antioxidants
 - May reduce the risk of several chronic diseases
 - May help to maintain a healthy weight



Recognizing Whole Grains

- The word “whole” listed before the type of grain
- Some grains have standard of identity
 - Cracked wheat, crushed wheat, graham flour
- The term “berries” or “groats” indicate a whole, unrefined grain
 - Rye berries or buckwheat groats
- Rolled oats, oatmeal, brown rice, brown rice flour, and wild rice are whole grains
- Bran and germ – same as enriched or whole grain

What are Whole Grains?



**Entire cereal
grain seed or
kernel**



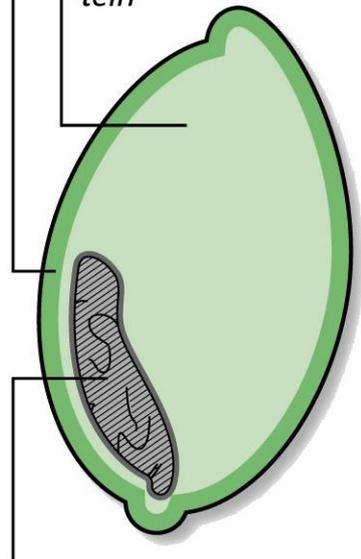
Whole grain kernel

Bran

"Outer shell" protects seed
*Fiber, B vitamins, trace
minerals*

Endosperm

Provides energy
*Carbohydrates, pro-
tein*



Germ

Nourishment for the seed
*Antioxidants, vitamin E,
B-vitamins*



Creditable as Grain/Bread

- 1st Ingredient is grain: whole or enriched
- Breads, Biscuits, bagels, muffins, tortillas, rolls, and crackers
- Cooked cereal grains (i.e. rice, bulgur, oatmeal, corn grits)
- Ready to eat breakfast cereal (enriched or fortified)
- Cooked macaroni/noodle products
- Cornmeal must be labeled as whole corn or enriched
- Non-sweet snacks (i.e. hard pretzels, breadsticks, corn chips)
- Sweets (i.e. pastries, cookies, cakes, doughnuts, granola bars – no more than 2x week)
 - No more than 2 times a week



Not Creditable as Grain/Bread

- Potatoes or corn (vegetables)
- Ice cream cones
- Nut or seed meals and flours
- Tapioca
- Potato chips
- Popcorn or caramel corn
- Muffins if first ingredient is not enriched grain (Costco muffins – 1st ingredient = sugar)
- Items made from flours that are not enriched
 - (example – Jiffy Corn Bread Mix – Ingredient List: wheat flour, corn meal as first 2 ingredients)



Serving Sizes for Grains

- Most are listed as weights
- Check the Grain Sheet in the Food Buying Guide (in your training packet)
- Red Flag Items:
 - Granola Bars –
 - Cereal – weight or measure
 - Crackers – use weight and help your cook by giving them a “cheat sheet” with type of cracker & # they need to serve to meet minimum requirements.



Children with Food Related Disabilities

- If a child falls into definition of a person with a disability
 - Must have medical statement on file w/substitution from physician
 - Center does not have a choice about accommodating – they must provide substitution
 - Substitution may be outside the same component group (follow the medical statement)
 - Only for disability NOT allergy



Children with Other Dietary Needs – Allergies or Religious Reason

- MUST have medical statement on file and has the option to substitute.
 - If center substitutes within the same component group then the meal is claimable.
 - If parent brings in the substitute ITEM within the same component group, then the center can claim the meal. If the child is allergic to many items on the menu the parent can sub more than one item (within the same component groups), but the center MUST serve at least one item in order to claim the meal.
 - In order to claim the meal the child must be served all components to meet the CACFP meal pattern.



Parent Preference

- Centers can make substitutions within the meal pattern and can claim the meal ...
- Center should have a the medical statement on file with box checked for parent preference from parent and if center wants to claim the meal then the Center **MUST** supply the substitutions
 - If parent provides the substitutions the center **MAY NOT** claim the meal
 - The parent's substitutions **MUST** be within the CACFP meal pattern per licensing regulations – even though the center cannot claim the meal



System for Dealing with Allergies/ Disability

- Paperwork (medical statements)
 - Where are these filed? Office/Kitchen/Classroom
- Kitchen
 - Where is alternate food located
 - How is alternate food labeled
 - How is food prepared and sent to classroom
- Classroom management
 - Where is list of children/participants with allergies/disability
 - How do you know who is who – photos?
 - How are children fed so it is guaranteed they receive the correct food



Meal Service

- Maximum - 2 meals and 1 snack can be claimed per child
- All components served at the same time
 - Don't save items such as fruit or milk
- Pre-plated works for some programs
 - Must have minimum serving size on each plate (including minimum amount of milk served)
 - Have more food available for seconds, etc.
- Family style dining
 - Encouraged by USDA
 - Family dining tips on the following slide



Family Style Dining

- Adults model for children
- Children must be sitting at the table to be counted as having been offered the meal
- All foods are offered to the children
- All components served at the same time
- Encourage children to try all foods
- Encourage children to serve themselves
- Children allowed to have second helpings
- Enough food needs to be placed on the table for minimum portions for whole group

Family Style Dining

- Age Appropriate Serving Utensils
- Lakeshorelearning.com or
- Environments.com



Teaching Young Children to Serve Themselves in Group Settings



Meal Service

- Only claim first meals
- Document all program adult meals (cannot claim)
- Meal Times
 - Stick to your scheduled meal times
 - Submit changes to CNP prior to instituting changes
 - Common sense on meal times
 - Children must be in **attendance** for congregate meal service
 - May not claim child if they left before 15 minutes of lunch service took place or 10 minutes of breakfast service
 - May not claim if they were not in attendance long enough (example is child dropped off in morning and then catches bus to school and is only at center for 5 minutes – there is no time for breakfast)



Meal Count

- Must be done at time of service (not when they're finished and taking a nap) – called POS meal count
- Count children & program adult meals (only claim children)
- If serving more than allowable meals during the day or not claiming any child's meal due to parent preference or allergies Must track meals by child
 - Meal Counts must be by child's name
 - Meal Counts cannot be on Attendance Sheet



Meal Count Sheet when serving more than allowable meals

Weekly Meal Count- Actual Count

Month _____

Site Name: _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Date: _____

Date: _____

Date: _____

Date: _____

Date: _____

Child's Name	B	AM	L	PM																	
1.																					
2.																					
3.																					
4.																					
5.																					
6.																					
7.																					
8.																					
9.																					
10.																					
11.																					
12.																					
13.																					
14.																					
15.																					
TOTAL																					
Adult Meals																					

Instructions:

Meal counts are to be taken when the meal/snack is served

Maximum allowable meals are: 2 snacks & 1 meal daily or 2 meals & 1snack daily for each participant

Do not claim adult staff meals

Cross out meals that are not being claimed-on allowable meals should be counted.

Sheet	Breakfast	Lunch	Snack
Totals			



Meal Count Tally Sheet

Daily Meal Count Tally Sheet
 when serving only 2 meals/1 snack or 2 snacks/1 meal a day

SITE:		MONTH & YEAR										
DAY	BREAKFAST		AM SNACK		LUNCH		PM SNACK		SUPPER		TOTAL	
	Adults	Children	Adults	Children	Adults	Children	Adults	Children	Adults	Children		
1												
2												
3												
4												
5												
6												
7												
8												

Only need to count how many meals – not by child



Feeding Infants

If serving infants you **must** take the on-line State of Alaska Dept. of Education & Early Dev. eLearning training:

Child Nutrition: Infant Meals Component of the CACFP

<http://education.alaska.gov/ELearning/>



Feeding Infants

A few highlights ...

- All infants under one year enrolled for care **must** be offered participation in the CACFP
- The center must offer
 - A minimum of one brand of iron fortified infant formula and iron fortified infant cereal
 - Age appropriate food items that meet meal pattern

Feeding Infants

- Center may not...
 - have a policy to exclude infants from CACFP
 - require parents to supply the infant's meals.
- An infant under one year may not be served the regular CACFP Meal Pattern for children 1-12 years old without a medical statement.





Infant Meal Pattern - Breakfast

0-3 Months	4-7 Months	8-11 Months
4-6 fluid ounces iron-fortified formula or breast milk	4-8 fluid ounces iron-fortified formula or breast milk 0-3 tbsp. iron-fortified infant cereal when developmentally ready	6-8 fluid ounces iron-fortified formula or breast milk <i>AND</i> 2-4 tbsp. iron-fortified infant cereal <i>AND</i> 1-4 tbsp. fruit and/or vegetable



Infant Meal Pattern - Snack

0-3 Months	4-7 Months	8-11 Months
4-6 fluid ounces iron-fortified formula or breast milk	4-6 fluid ounces iron-fortified formula or breast milk	2-4 fluid ounces iron-fortified formula or breast milk or 100% fruit juice 0-1/2 slice bread or 0-2 crackers (made from whole grain or enriched flour) when developmentally ready



Infant Meal Pattern - Lunch/Supper

0-3 months	4-7 months	8-11 months
<p>4-6 fluid ounces iron-fortified formula or breast milk</p>	<p>4-8 fluid ounces iron-fortified formula or breast milk and 0-3 tbsp iron-fortified infant cereal when dev. ready and 0-3- tbsp fruit and/or vegetable when dev. ready</p>	<p>6-8 fluid ounces iron-fortified formula or breast milk AND 1-4 tbsp fruit and/or vegetable AND 2-4 tbsp iron-fortified infant cereal AND/OR 1-4 tbsp meat, fish, poultry, egg yolk, or cooked dry beans or peas; Or ½ -2 oz cheese; Or 1-4 oz (volume) cottage cheese; Or 1-4 oz (weight) cheese food, or cheese spread</p>



Menu Planning

Five basic menu planning principles...

1. Strive for balance
2. Emphasize variety
3. Add contrast
4. Think about color
5. Consider eye appeal



Special Considerations

- Regional food preferences
- Holidays and other special occasions
- Climate and seasons
- Product availability





Menu Planning

Think about healthy menu options

Consider:

- CACFP meal pattern requirements
- Variety
- Servings of whole grains
- Daily Vitamin C sources
- Vitamin A sources (2x/week)
- Serve some foods less often



Menu Planning

Collect menu resources

- Recipes
- Nutrition Information
- Calendar
- Food production records
- Inventory





Menu Planning

- Serve foods high in Vitamin A, C, and Iron
- Best Practice:
 - Vitamin A foods at least twice a week
 - Vitamin C at least daily
 - Iron as often as possible



Menu Planning

- Sample of Vitamin A foods:
 - Asparagus
 - Broccoli
 - Carrots
 - Kale
 - Peas
 - Sweet Potatoes
 - Apricots
 - Cantaloupe
 - Cherries
 - Plums
 - Egg Yolk
 - Strawberries

Serve Vitamin A foods twice a week



Menu Planning

- Sample of Vitamin C foods:
 - Asparagus
 - Broccoli
 - Cabbage
 - Cauliflower
 - Peppers
 - Spinach
 - Cantaloupe
 - Grapefruit
 - Oranges
 - Raspberries
 - Strawberries

Serve Vitamin C foods daily



Menu Planning

- Sample of food containing Iron:
 - Asparagus (canned) - Apricots
 - Beans (lima, green) - Cherries (canned)
 - Peas - Dried Fruits
 - Squash - Dried Beans & Peas
 - Sweet Potatoes - Eggs
 - Vegetable Juice - Meat, turkey, tuna
 - Dark, green leafy: beet greens, chard, collards, kale, mustard greens, parsley, spinach, turnip greens

Serve foods containing iron as often as possible



Menu Planning

- Increase whole grains
- Increase fruits & vegetables
- Increase dry beans and peas
- Increase fiber
- Promote fat-free & low-fat
 - 1% fat milk for children > 2 y.o.
- Learn healthier ways to prepare food
 - less salt, less fat, less sugar



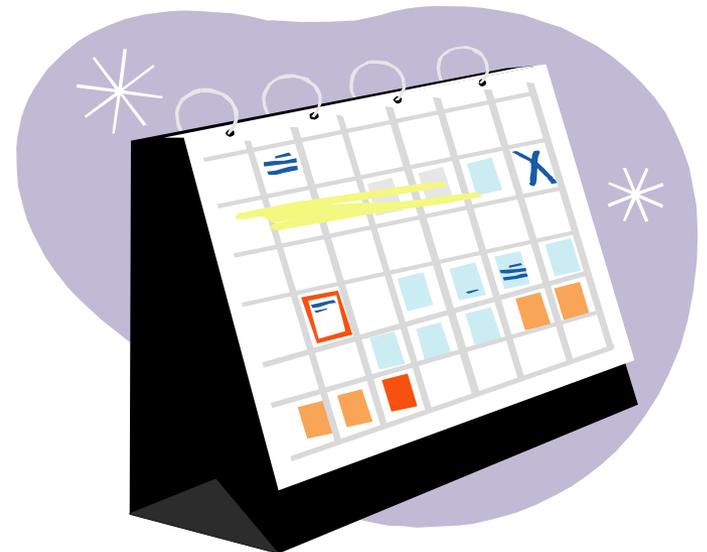
Cycle Menu Option or Production Records

All Centers must maintain Daily
Production records or use the Cycle
Menu Option

Cycle Menu Option

**Menus planned for a period of time
and repeated on a regular basis**

- A cycle can be between 3 – 6 weeks
- May have 2-4 seasonal cycles
- Original kept on file –
- Individual Menu/Meal Counts maintained for infants
No cycle menu required
Write down as they are fed





Working Menu – required!

- Menu posted in kitchen & updated by cook as changes are made
 - Recommend having admin approve any changes prior to implementation by cook
- Must have working menu for any children getting a different meal – for disability, allergy, or parent preference
 - All menus must be provided to person filing claim
 - Must be checked for credibility prior to filing claim
 - If meal not credible (such as missing an item) it is not claimed – take off meal counts for that meal

All food served must be documented & double-checked prior to claim submission!

Cycle Menu Option

Institute of Child Nutrition
(formerly National Food Service Management Institute NFSMI)

Sample Cycle Menus at

<http://www.nfsmi.org/Templates/TemplateDivision.aspx?q=cEIEPTc=>



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Menus for Child Care

Menus for Child Care #1 offers eight complete weekly menus, including breakfast, lunch or supper, and snack meeting the USDA Child and Adult Care Food Program (CACFP) Meal Pattern requirements for 3-5 year olds. Portion sizes can be adjusted for other age groups. Published 2008. ET76-08. *Menus for Child Care #2* offers four sets of four-week cycle menus that also meet the USDA CACFP Meal Pattern requirements for 3-5 year olds. Published 2009. *Menus for Child Care #3* meets the same requirements in two sets of four-week cycle menus that were published in 2010.

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Cycle Menu Option

Evaluate your Cycle Menu

- Will the foods on the menu appeal to children and look good?
- Do your menus repeat any of the foods you have selected for other meals on that day?
- Do they encourage children to eat a variety of foods?
- Do they meet the CACFP requirements?
- Do they promote a healthy lifestyle?



- Have someone else evaluate



Combination Foods

- Commercial foods require either:
 - CN Label
 - Manufacturer's analysis
 - Label your cycle menu with CN or MA
- Homemade (HM)
 - Standardized Recipe from USDA
 - Center's Recipe plus analysis/yields
 - Production Record
 - Label your cycle menu with HM



Combination Foods

- Combination foods at lunch and supper should only have 2 components that will be claimed (best practice)
- Recipe & menu should indicate what component(s) a food item is creditable
 - Stew (meat, vegetable)
 - Meatloaf (meat, grain)
 - Taco (meat, grain)
- For lunch/supper only 1 fruit/vegetable component can be represented in a combination food
- Additional food items count as “extras”



Menu Planning

Use USDA Recipes when possible

www.fns.usda.gov/TN/Resources/childcare_recipes.html



Example of a standardized Recipe

Tuna Melt

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-01

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh large eggs		2 each		4 each	1. Place eggs in a stock pot and cover with cold water. Bring to a boil and simmer for 10 minutes. Drain and rinse in cold water. Refrigerate. When chilled, peel and chop.
Dry mustard		½ tsp		1 tsp	
Reduced calorie salad dressing OR Lowfat mayonnaise	11 oz OR 11 oz	1 ¼ cups 2 Tbsp OR 1 ¼ cups 2 Tbsp	1 lb 5 ½ oz OR 1 lb 5 ½ oz	2 ¾ cups OR 2 ¾ cups	2. In a bowl, combine dry mustard and salad dressing or mayonnaise. Allow to set for 5 minutes.
Canned tuna, water-packed, chunk, drained	1 lb 9 ¼ oz (½ can 66 ½ oz)	3 ¾ cups	3 lb 2 ½ oz (1 can 66 ½ oz)	1 qt 3 cups	
*Fresh onions, chopped OR Dehydrated onions		¾ cup OR 2 Tbsp	2 ¾ oz	¾ cup 3 Tbsp OR ¾ cup	3. In a large bowl, combine chopped eggs, mayonnaise mixture, drained tuna, onions, and celery.
*Fresh celery, ¼" diced	8 oz	2 cups	1 lb	1 qt	
Reduced fat Cheddar cheese, 1 oz slices	12 oz	12 slices (1 oz each)	1 lb 8 oz	24 slices (1 oz each)	4. Place 12 English muffin halves on each half-sheet pan (13" x 18" x 1"). Spread No. 16 scoop (¾ cup) of tuna salad on each muffin half. Place ¾ slice of cheese on top of the tuna salad.
Enriched English muffins (at least 1.8 oz each)		12 each		24 each	
					5. Bake until cheese is melted: Conventional oven: 350° F for 5 minutes Convection oven: 325° F for 5 minutes CCP: Heat to 145° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher. Portion is 1 muffin half (1 open-faced sandwich).

Example of Yield

Tuna Melt

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-01

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Mature onions	2 oz	4 oz
Celery	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
1 muffin half (1 open-faced sandwich) provides the equivalent of 1 ½ oz of cooked lean meat and the equivalent of 1 slice of bread.	24 Servings: 3 lb 5 ½ oz (filling) 4 lb 9 oz 48 Servings: 6 lb 11 oz (filling) 9 lb 2 oz	24 Servings: 1 quart 2 ¼ cups (filling) 24 sandwiches 48 Servings: 3 quarts ½ cup (filling) 48 sandwiches

Tested 2004

Special Tip:
Hamburger rolls (at least 1.8 oz each) may be substituted for English muffins.

Nutrients Per Serving			
Calories	183	Saturated Fat	2.31 g
Protein	14.36 g	Cholesterol	40 mg
Carbohydrate	16.78 g	Vitamin A	164 IU
Total Fat	6.20 g	Vitamin C	0.8 mg
		Iron	1.37 mg
		Calcium	189 mg
		Sodium	462 mg
		Dietary Fiber	1.1 g



What about your own recipes?

- Recipes should be on file when listed on Cycle Menu or Substitution List
- Analyze the recipe to document creditable food components
- List portion sizes
- Conversion of recipes for number of expected children in care
 - Mealtime Memo for Child Care No. 5, 2008
See handout



Recipe Analysis Worksheet available on state of Alaska website

Recipe Analysis Worksheet

Ingredients that are being claimed	Amount	Meat/Meat Alternate (1 oz)	Fruit/Veg etable (1/4 cup)	Bread/Bread Alternate (1/2 slice bread or equivalent)	Milk (served as a beverage)
	Total				
	Calculations				
	Number of Servings (for children 3-5 yr. old)				

Instructions:



Recipe Analysis Instructions

- List all ingredients and the amount of each ingredient
- Use the Simplified Food Buying Guide or the Food Buying Guide for Child Nutrition Programs. Record the yields (meat/meat alternate in ounces, fruit/vegetable in $\frac{1}{4}$ cup servings and bread/bread alternate in $\frac{1}{2}$ slice bread or equivalent).
- Determine the number of 1.5 ounce meat/meat alternate for children 3-5 years olds by dividing the total by 1.5 or by 2 to find number of servings for 6-12 year olds.
- Round the total for fruit/vegetables and bread/bread alternate down to the nearest whole number to find the number of servings.



Production Records Option

Production records must be kept for all meals claimed for reimbursement.

Why?

They document that all components were served and the right quantities were prepared to meet the meal pattern.



PRODUCTION RECORDS

What 5 items are **required** to be on every production record?

1. Date: Month, Day and Year
2. Menu: Include all items served
3. Items that meet the requirement for meal pattern/reimbursement
4. Meals: The number of child and adult meals served
5. Quantity: Total amount of food that was used in preparing the item



PRODUCTION RECORD CALCULATIONS

For each food:

1. Determine the serving size needed to meet the requirement.
2. Determine the total number of servings you need.
Record in column: *Number of Units*
3. Look up the purchase unit in the food-buying guide.
Record in column: *Purchase Unit*
4. Look up the number of servings you get out of the purchase Unit. Record in column: *Servings Per Purchase Unit*



PRODUCTION RECORD CALCULATIONS

For each food:

5. Determine how many purchase units you need by:

Dividing the number of servings needed by the number of serving you will get from one purchase unit.

Number of Units

Serving Per Purchase Unit

Record in column: *Food Amount Needed*



RESOURCES AVAILABLE



State of Alaska

Department of Education & Early Development Child Nutrition Program web address

<http://education.alaska.gov/tls/cnp/>

**eLearning for the Infant Meals Component
of the**

<http://education.alaska.gov/ELearning/>



Food Safety & Sanitation Web addresses

DEC:

www.dec.state.ak.us/eh/fss/establishments/sanstaff.htm

MUNI:

www.muni.org/Departments/health/environment/FSS/Pages/fssfood.aspx



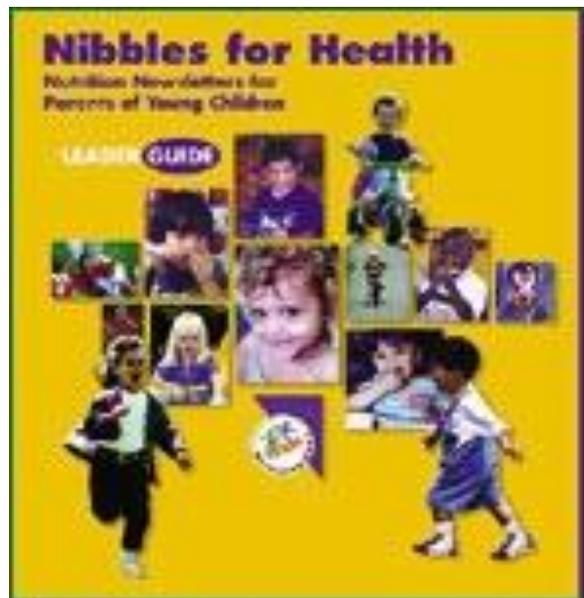
USDA WEB Resources

- http://teamnutrition.usda.gov/Resources/childcare_recipes.html
- <http://healthymeals.nal.usda.gov/>



Nibbles for Health

Newsletter for parents



<http://teamnutrition.usda.gov/Resources/nibbles.html>



<http://www.fns.usda.gov/tn/resource-library>



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USDA Recipes for Child Care

The current USDA Recipes for Child Care were updated to reflect the Food Safety and Inspection Service's (FSIS) recommendations for retail foodservice based on the current FDA *Food Code*. Revised 2014.

[USDA Recipes for Child Care - Alphabetical by Recipe Name](#)
Quantity recipes for child care providers participating in the USDA's Child and Adult Care Food Program (CACFP). 2014.
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[USDA Recipes for Child Care - Numerical by Page Number](#)
Quantity recipes for child care providers participating in the USDA's Child and Adult Care Food Program (CACFP). 2014.
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<http://www.theicn.org/ResourceOverview.aspx?ID=114>



Menus for Child Care

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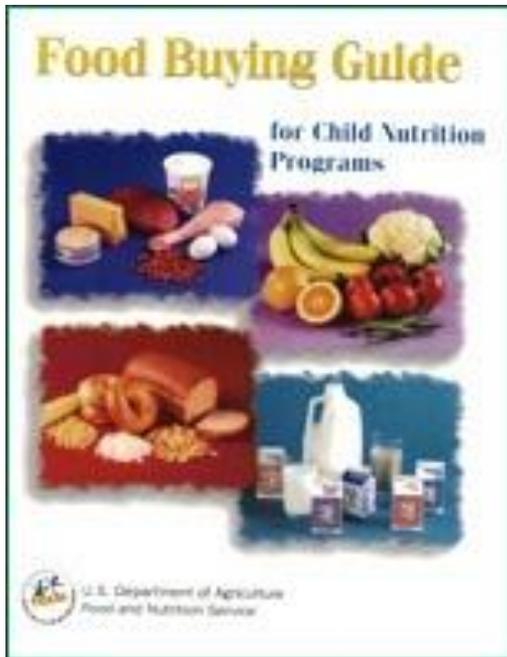
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Food Buying Guide

for Child Nutrition Programs

<http://www.fns.usda.gov/tn/resource-library>



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Food Buying Guide Calculator for Child Nutrition Programs



Food Buying Guide

Calculator for Child Nutrition Programs



The online interactive Food Buying Guide Calculator for Child Nutrition Programs has individual calculators for each of the 6 food groups outlined in the FBG and a self-tutorial instructional video.

[Food Buying Guide Online Calculator](#)

Interactive calculator for use with the Food Buying Guide. 2011.

[View or Download](#)

[USDA Food Buying Guide](#)

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<http://education.alaska.gov/tls/cnp/>