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

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

<table>
<thead>
<tr>
<th>One serving from each component (2 Fruits and/or Veg)</th>
<th><strong>1-2</strong></th>
<th><strong>3-5</strong></th>
<th><strong>6-12</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fluid Milk</strong></td>
<td>½ cup</td>
<td>¾ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Meat or poultry or fish</td>
<td>1 oz</td>
<td>1 ½ oz</td>
<td>2 oz</td>
</tr>
<tr>
<td>Cheese or</td>
<td>1 oz</td>
<td>1 ½ oz</td>
<td>2 oz</td>
</tr>
<tr>
<td>Egg (large) or</td>
<td>½</td>
<td>3/4</td>
<td>1</td>
</tr>
<tr>
<td>Cooked dry beans/peas or</td>
<td>¼ cup</td>
<td>3/8 cup</td>
<td>1 ½ cup</td>
</tr>
<tr>
<td>Peanut, nut or seed butter, or Nuts and/or seeds</td>
<td>2 T</td>
<td>3 T</td>
<td>4 T</td>
</tr>
<tr>
<td>(50%)</td>
<td>½ oz</td>
<td>¾ oz</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Fruits and/or vegetables</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>(2 or more)</td>
<td>total</td>
<td>total</td>
<td>total</td>
</tr>
<tr>
<td><strong>Bread or bread alternate</strong></td>
<td>½ slice</td>
<td>½ slice</td>
<td>1 slice</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>CHILDREN AGES 1-12</th>
<th>1-2</th>
<th>3-5</th>
<th>6-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>one serving from each of any two groups</td>
<td>Fluid Milk</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td></td>
<td>Juice, fruit or vegetable</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td></td>
<td>Meat or meat alt.</td>
<td>½ oz</td>
<td>½ oz</td>
</tr>
<tr>
<td></td>
<td>Egg (large)</td>
<td>1/2</td>
<td>1/2</td>
</tr>
<tr>
<td></td>
<td>peanut butter</td>
<td>1 T</td>
<td>1 T</td>
</tr>
<tr>
<td></td>
<td>Bread or bread alternate</td>
<td>½ slice</td>
<td>½ slice</td>
</tr>
</tbody>
</table>
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
Not Creditable as Milk

- Whole or 2% milk for 2 years and above
- Soy milk without medical or parent statement
  - Medical statement or parent statement needed
    (only 6 brands of soy milk are creditable)
- Cream
- Rice or coconut milk
- Non-pasteurized milk
- Milk incorporated into recipes
- Almond milk & other nut milk
- Non-fortified goat’s milk
- Evaporated milk
- Yogurt or cheese (meat alternate)
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

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Milk Substitute Nutrition Standards</th>
<th>Unit</th>
<th>RDI</th>
<th>% Daily Value 2,000 kcal/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>276</td>
<td>Mg</td>
<td>1000 mg</td>
<td>27.6%</td>
</tr>
<tr>
<td>Protein</td>
<td>8</td>
<td>G</td>
<td>50 g</td>
<td>16%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>500</td>
<td>IU</td>
<td>5000 IU</td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>100</td>
<td>IU</td>
<td>400 IU</td>
<td>25%</td>
</tr>
<tr>
<td>Magnesium</td>
<td>24</td>
<td>Mg</td>
<td>400 mg</td>
<td>6%</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>222</td>
<td>Mg</td>
<td>1000 mg</td>
<td>22.2%</td>
</tr>
<tr>
<td>Potassium</td>
<td>349</td>
<td>Mg</td>
<td>3500 mg</td>
<td>10%</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>.44</td>
<td>Mg</td>
<td>1.7 mg</td>
<td>25.9%</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>1.1</td>
<td>Mcg</td>
<td>6 mcg</td>
<td>18.3%</td>
</tr>
</tbody>
</table>
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. = ½ 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)
A CN Label Example:

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.)

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.
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 of 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 = ½ cup required – about 16 black olives

- Raisins
  - High in sugar
  - Snack = ½ cup required
Dark Green and Orange Vegetables

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

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 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

<table>
<thead>
<tr>
<th>Child's Name</th>
<th>B AM L PM</th>
<th>B AM L PM</th>
<th>B AM L PM</th>
<th>B AM L PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
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<td>2.</td>
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<td>3.</td>
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<tr>
<td>4.</td>
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<td>5.</td>
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<td>6.</td>
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<td>7.</td>
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<td>8.</td>
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<td>9.</td>
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<td>10.</td>
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<tr>
<td>11.</td>
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<tr>
<td>12.</td>
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<td>13.</td>
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<td>14.</td>
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<tr>
<td>15.</td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

**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 & 1 snack daily for each participant.
- Do not claim adult staff meals.
- Cross out meals that are not being claimed - meals should not be counted.

Count by child – cross off extra meals that will not be counted
Meal Count Tally Sheet

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/](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**

<table>
<thead>
<tr>
<th>0-3 Months</th>
<th>4-7 Months</th>
<th>8-11 Months</th>
</tr>
</thead>
</table>
| 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  
*AND* 2-4 tbsp. iron-fortified infant cereal  
*AND* 1-4 tbsp. fruit and/or vegetable |
## Infant Meal Pattern - Snack

<table>
<thead>
<tr>
<th>0-3 Months</th>
<th>4-7 Months</th>
<th>8-11 Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-6 fluid ounces iron-fortified</td>
<td>4-6 fluid ounces iron-fortified formula or</td>
<td>2-4 fluid ounces iron-fortified formula or breast milk or 100% fruit</td>
</tr>
<tr>
<td>formula or breast milk</td>
<td>breast milk</td>
<td>juice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>0-½ slice bread or 0-2 crackers (made from whole grain or enriched flour)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>when developmentally ready</td>
</tr>
</tbody>
</table>
## Infant Meal Pattern - Lunch/Supper

<table>
<thead>
<tr>
<th>0-3 months</th>
<th>4-7 months</th>
<th>8-11 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-6 fluid ounces iron-fortified formula or breast milk</td>
<td>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</td>
<td>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</td>
</tr>
</tbody>
</table>
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 - Apricots
  - Broccoli - Cantaloupe
  - Carrots - Cherries
  - Kale - Plums
  - Peas - Egg Yolk
  - Sweet Potatoes - 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)
  - Beans (lima, green)
  - Peas
  - Squash
  - Sweet Potatoes
  - Vegetable Juice
  - Dark, green leafy: beet greens, chard, collards, kale, mustard greens, parsley, spinach, turnip greens
  - Apricots
  - Cherries (canned)
  - Dried Fruits
  - Dried Beans & Peas
  - Eggs
  - Meat, turkey, tuna

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 Menus – 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?qs=cElEPTc=
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

Example of a standardized Recipe

### Tuna Melt

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>24 Servings</th>
<th>48 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
</tr>
<tr>
<td>Fresh large eggs</td>
<td>2 each</td>
<td></td>
<td>4 each</td>
</tr>
<tr>
<td>Dry mustard</td>
<td></td>
<td>⅛ tsp</td>
<td></td>
</tr>
<tr>
<td>Reduced calorie salad dressing OR</td>
<td>11 oz</td>
<td>1 ¼ cups</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>Lowfat mayonnaise</td>
<td>OR</td>
<td>11 oz</td>
<td>1 ¼ cups</td>
</tr>
<tr>
<td></td>
<td>OR</td>
<td>2 Tbsp</td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td>OR</td>
<td>2 Tbsp</td>
<td>OR</td>
</tr>
<tr>
<td>Canned tuna, water-packed, chunk,</td>
<td>1 lb 9 ¼ oz</td>
<td>3 ⅛ cups</td>
<td></td>
</tr>
<tr>
<td>drained</td>
<td>(⅓ can 56 ½ oz)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*=Fresh onions, chopped OR</td>
<td>¼ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dehydrated onions</td>
<td>OR</td>
<td>2 Tbsp</td>
<td></td>
</tr>
<tr>
<td></td>
<td>OR</td>
<td>2 Tbsp</td>
<td>OR</td>
</tr>
<tr>
<td></td>
<td>OR</td>
<td>2 Tbsp</td>
<td>OR</td>
</tr>
<tr>
<td>*=Fresh celery, ¼” diced</td>
<td>8 oz</td>
<td>2 cups</td>
<td>1 lb</td>
</tr>
<tr>
<td>Reduced fat Cheddar cheese, 1 oz</td>
<td>12 oz</td>
<td>12 slices</td>
<td>1 lb 8 oz</td>
</tr>
<tr>
<td>slices</td>
<td>(1 oz each)</td>
<td>(1 oz each)</td>
<td>(1 oz each)</td>
</tr>
<tr>
<td>Enriched English muffins (at least</td>
<td>12 each</td>
<td></td>
<td>24 each</td>
</tr>
<tr>
<td>1.8 oz each)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Meat/Meat Alternate-Grains/Breads</th>
<th>Sandwiches</th>
<th>F-01</th>
</tr>
</thead>
</table>

* See Marketing Guide

<table>
<thead>
<tr>
<th>Marketing Guide for Selected Items</th>
<th>24 Servings</th>
<th>48 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mature onions</td>
<td>2 oz</td>
<td>4 oz</td>
</tr>
<tr>
<td>Celery</td>
<td>10 oz</td>
<td>1 lb 4 oz</td>
</tr>
</tbody>
</table>

**SERVING:**
1 muffin half (1 open-faced sandwich) provides the equivalent of 1 1/2 oz of cooked lean meat and the equivalent of 1 slice of bread.

**YIELD:**

<table>
<thead>
<tr>
<th>24 Servings:</th>
<th>48 Servings:</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 lb 5 1/2 oz (filling)</td>
<td>6 lb 11 oz (filling)</td>
</tr>
<tr>
<td>4 lb 9 oz</td>
<td>9 lb 2 oz</td>
</tr>
</tbody>
</table>

**VOLUME:**

<table>
<thead>
<tr>
<th>24 Servings:</th>
<th>48 Servings:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 quart 2 3/4 cups (filling)</td>
<td>3 quarts 3/4 cup (filling)</td>
</tr>
<tr>
<td>24 sandwiches</td>
<td>48 sandwiches</td>
</tr>
</tbody>
</table>

Tested 2004

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

### Nutrients Per Serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>183</td>
</tr>
<tr>
<td>Protein</td>
<td>14.36 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>16.78 g</td>
</tr>
<tr>
<td>Total Fat</td>
<td>6.20 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.31 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>40 mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>164 IU</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0.8 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>1.37 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>189 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>462 mg</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1.1 g</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>Ingredients that are being claimed</th>
<th>Amount</th>
<th>Meat/Meat Alternate (1 oz)</th>
<th>Fruit/Vegetable (1/4 cup)</th>
<th>Bread/Bread Alternate (1/2 slice bread or equivalent)</th>
<th>Milk (served as a beverage)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calculations</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of Servings (for children 3-5 yr. old)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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 ¼ cup servings and bread/bread alternate in ½ 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

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.

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.

These healthy and appealing menus can be used as cycle menus offering variety and moderation for balanced nutrition in the child care setting. The menus have been analyzed for major nutrients. Crediting information appears in parentheses after each item on the menu.

Menus for Child Care #1
Eight complete weekly menus meeting CACFP Meal Pattern requirements. 2008. ET76-08. View or Download

Menus for Child Care #2
Four sets of four-week cycle menus for child care. 2009. ET76-09. View or Download

Menus for Child Care #3
Two sets of four-week cycle menus for child care. 2010. ET-05 View or Download

Food Buying Guide
for Child Nutrition Programs

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

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
  View or Download

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Annmarie.martin@alaska.gov  

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