



Menu Self-Assessment

All organizations participating in the CACFP are responsible for maintaining a menu that meets the meal pattern requirements. Give yourself peace of mind by completing this self-assessment! Place a checkmark next to each true statement. If any boxes remain un-checked, menu changes are needed.

Creditable Foods

- The menu is free from grain-based desserts (including breakfast bars)
- Breakfast cereal does not have more than 6 grams of sugar per dry ounce
- Yogurt does not have more than 23 grams of sugar per 6 ounces
- Menu items are not deep-fat fried on site
- The correct type of unflavored milk is served to all participants
- If flavored milk is served, it is only served to participants 6 years and older

Daily Requirements

- Juice is served no more than one time per day
- One or more grain per day is whole grain-rich
- All extras and spreads are listed on the menu
- Every **snack** contains at least two components
- Every **breakfast** contains fluid milk, grain, and a fruit and/or vegetable
- A meat/meat alternate is served in place of a grain at breakfast 3 times or less per week
- Every **lunch** and **supper** contain fluid milk, grain, fruit, vegetable, and meat/meat alternate
- If a vegetable is served instead of a fruit, two different kinds of vegetables are served

Available Flexibilities for Adult Centers

- A serving of fluid milk is optional for suppers served to adult participants
- Yogurt can be served in place of fluid milk no more than 1 time per day
- If yogurt is served in place of milk, yogurt cannot be a meat alternate in the same meal

Required Statements

- Nondiscrimination statement "This institution is an equal opportunity provider."
- Milk type for served age groups "Whole milk is served to children 12-23 months. Children 24 months and older are served low fat or fat-free milk."
 - Adult Centers: "All participants are served low fat or fat-free milk."
- Ingredients in mixed or multi-component items (e.g., "Fruit cocktail = pineapple, cherry peach, pear" or "Turkey Wrap = turkey breast, cheese, tortilla")

Recommended Best Practices

- All homemade items are labeled "HM"
- All processed meat/grain items are labeled "CN" or "PFS"
- All whole grain-rich items are labeled "WGR"
- Description of how water is made available throughout the day.
- If Serving Juice: "All juices served are 100% juice."

Menu Binder

The following documentation must be kept on file to credit foods towards the meal pattern.

- Nutrition Facts labels for whole-grain rich items
- Nutrition Facts labels for ready-to-eat cereals
- Nutrition Facts labels for yogurt
- Child Nutrition (CN) label or Product Formulation Statement (PFS) for commercially processed foods
- Standardized recipes for homemade items