

Menu Review Checklist

Use this checklist to ensure that all Child Care Food Program meal requirements are met.

Breakfast:	Yes	No
<ul style="list-style-type: none"> ▪ 3 components: Fluid Milk, Vegetable or Fruit or Juice, Grains/Breads 		
<ul style="list-style-type: none"> ▪ Fresh, frozen, or canned fruits and vegetables are included at least twice a week. 		
<ul style="list-style-type: none"> ▪ No more than two sweet grain/bread breakfast items appear on the menu per week. 		
Lunch/Supper:	Yes	No
<p>4 components – 5 items: Fluid Milk, Fruit and/or Vegetable (need 2 different vegetables and/or fruits), Grains/Breads, Meat/Meat Alternate</p>		
Snack:	Yes	No
<ul style="list-style-type: none"> ▪ 2 different components: Fluid Milk, Vegetables/Fruits, Grains/Breads, Meat/Meat Alternates <p><i>Note: Juice must not be served when milk is the only other component.</i></p>		
<ul style="list-style-type: none"> ▪ Fresh, frozen, or canned fruits and vegetables are included at least twice a week. <p><i>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 must be served at least twice a week at each snack time.</i></p>		
<ul style="list-style-type: none"> ▪ No more than two sweet grain/bread snack items appear on the menu per week. <p><i>Note: Regardless of how many different types of snacks offered (i.e. morning snack, afternoon snack, and evening snack) – the CCFP menu must not contain more than two sweet grain/bread snack items per week.</i></p>		
General Menu:	Yes	No
<ul style="list-style-type: none"> ▪ Good vitamin A* sources from vegetables and/or fruits are included at least twice a week. 		
<ul style="list-style-type: none"> ▪ Good vitamin C* sources from vegetables or fruits or juice are included at least once a day. 		
<ul style="list-style-type: none"> ▪ Fruit juice does not appear on the menu more than once a day. 		
<ul style="list-style-type: none"> ▪ Only ready-to-eat breakfast cereals containing 10 grams of sugar or less per serving as stated on the Nutrition Facts label have been included on the menu. 		
<ul style="list-style-type: none"> ▪ Commercially processed combination foods must have a CN label or manufacturer's analysis sheet stating the food component contribution 		

*Please refer to Appendix B, *Building Blocks for Fun and Healthy Meals* or the *CCFP A Guide to Crediting Foods* for good sources of vitamins A and C.

Menu Review Tips

Below are tips to assist in reviewing menus.

Breakfast:

- A meat/meat alternate is *not* required at breakfast.

Lunch/Supper:

- Combination main dish products – if purchased – must have a CN Label or Manufacturer's Analysis sheet to show food component contribution.
- Combination main dish items – "made from scratch" – should have supporting documentation such as a recipe (preferably standardized) and/or *grocery receipts.

Please note that combination dishes (i.e., products or recipes containing foods from more than one meal component) should only be credited for no more than two meal pattern components to ensure that children do not go hungry when a combination dish is disliked or not eaten.

*Day care home providers are not required to maintain grocery receipts.

Snack:

- Cookies with fruit, nuts or chocolate pieces will need to be served in higher serving sizes to meet the grain/bread requirement. *
- Water does not appear on the menu as one of the two required components.

General Menu:

- Pre-packaged grain/bread products must have enriched flour or meal or whole grains as the first ingredient listed on the package.
- Sweet grain/bread foods may be credited as a bread serving at breakfast and snack only.
- Yogurt is a meat/meat alternate, it is not considered milk.
- A commercial fruit yogurt or fruit smoothie does not count as a fruit component.

* Please refer to Exhibit A, Groups C and E, in *A Guide to Crediting Foods*, for the correct minimum serving sizes.