

**New Mexico Child and Adult Care Food Program
For Centers**

MENU RECORD BOOK
for
Children 1-18 Years Old



**New Mexico Children, Youth and Families Department
Child and Adult Care Food Program
P.O. Drawer 5160
Santa Fe, New Mexico 87502-5160**

**NEW MEXICO CHILDREN, YOUTH AND FAMILIES DEPARTMENT
Early Childhood Services
FAMILY NUTRITION BUREAU**

Revised: June 2017



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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

(October 14, 2015)

INTRODUCTION

The Menu Record Book (MRB) has been developed for your use to record breakfast, lunch and snack food items and the quantities of these foods prepared daily. The MRB serves as a basic record for auditing purposes and is a **legally-binding document**.

The MRB is the **ONLY** form of documentation required by the State Agency to ensure sponsoring organizations serve meals that meet the United States Department of Agriculture (USDA) meal pattern requirements.

The purpose of the MRB is to provide you with useful information to:

- a. Plan and record menus and portion sizes which meet the USDA meal pattern requirement,
- b. Plan and record food items which are creditable following Federal and State guidelines,
- c. Record the calculated amounts of food needed for the number of persons planned,
- d. Record the actual number of meals served, and
- e. Maintain a daily, permanent record.

IMPORTANT!

The MRB must be filled out accurately and completely on a **daily basis**. This book must be available at any time for review by the Children, Youth and Families Department, Child and Adult Care Food Program or any other Federal (USDA) Program Audit Unit staff. Meals **cannot** be reimbursed unless they are recorded in the MRB. Failure to complete the MRB correctly may result in financial loss to the sponsoring organization.

Menus should be planned two or more weeks in advance. A four-week cycle menu is recommended. In planning menus, consider the nutritional needs, developmental level, cultural appropriateness and the likes and dislikes of the children in your care. Plan menus that the children will enjoy, using a variety of foods, flavors, textures and colors. Make mealtime a relaxing time that children will look forward to everyday.

At times, menus are revised or substitutions are made because of changes in food deliveries, seasonal availability, and inventory. If the planned menu is changed, take care to correct the MRB to reflect the actual foods and amounts served.

If you have INFANTS (from 0-12 months) in your care, you must follow the infant meal pattern and record meals in the Infant MRB. If you serve children with SPECIAL DIETARY NEEDS, you must have on hand and follow the medical prescription, or, "NM CACFP Medical Statement to Request Special Meals and/or Accommodations" from a recognized medical authority. The Family Nutrition Bureau Nutritionists are available for further information or technical assistance.

Please read the instructions and other important information on the next few pages carefully. This MRB should be used with the USDA Food Buying Guide for Child Nutrition Programs and the New Mexico Food Purchasing and Production Guide.

If you have any questions about this Menu Record Book or about the Child and Adult Care Food Program, please contact:

Family Nutrition Bureau
3401 Pan American Freeway, NE
Albuquerque, NM 87107
(505) 841-4856 or 1-800-328-2665 (1-800-EAT-COOL)

-or-

Family Nutrition Bureau
1920 5th Street
Santa Fe, New Mexico 87502-5160
(505) 827-9961

DEFINITIONS

The Children, Youth and Families Department (CYFD) reimburses sponsors participating in the Child and Adult Care Food Program (CACFP) for meals served that meet specific regulations from USDA for reimbursable meals. The regulations that must be followed in order to serve a reimbursable meal include guidelines for how the meals are served and what foods are served. The following definitions are used in the CACFP and it is important that sponsors become familiar with them.

Menu Record Book

The Menu Record Book (MRB) is the official record in which the food served and quantities used to meet the meal requirements for the USDA CACFP Meal Pattern are documented.

Creditable Foods These are foods used to meet the requirements for a reimbursable meal. Foods are creditable based on the following: 1) nutrient content; 2) customary function in a meal; 3) USDA regulations; 4) the Food and Drug Administration's (FDA) Standards of Identity; and 5) Federal and State Agency policies.

Non-Creditable Foods

These are foods that do not meet one or more of the five criteria described under creditable foods, above. (Also called "Other Foods" or "Extras" located in Section 5 of the USDA Food buying Guide.) A meal may contain both creditable and some non-creditable foods. Non-creditable foods are allowed, for example, to supply calories to meet the energy needs of growing children, or to improve acceptability of the rest of the meal. However, non-creditable foods may not be used to meet the meal pattern requirements. Some non-creditable foods are also not reimbursable.

Reimbursable Meals

Those meals that are served and meet the following requirements:

- 1) USDA meal pattern requirements;
- 2) Federal regulations;
- 3) State Agency Policies

Non-Reimbursable Meals

Those meals that do not meet the criteria for reimbursement.

Non-Reimbursable Foods

These are foods which are non-creditable (i.e., do not meet the meal pattern guidelines) and non-reimbursable as part of total food costs. Most of these foods are very low in nutritional value and high in cost.

Family Style

This is a style of meal service in which both adults and children participate in setting the table, serving the food, eating together and cleaning up after the meal. All required components of the meal are placed on the table at the start of the meal. The minimum required amount of each meal component **must be available** for each child and adult. Children are encouraged to take a portion from each meal component.

Component

One of five food categories of the USDA Meal Pattern Requirements, including:

- 1) Milk
- 2) Meat/Meat Alternates
- 3) Grains/Breads
- 4) Fruits
- 5) Vegetables

Disallowance

A meal or meals that are not approved for reimbursement by the State Agency because:

- 1) Meals are ***not recorded*** in the menu record book,
- 2) Meals are missing one or more of the required components. ***All meals will be disallowed;*** and/or,
- 3) **Documentation** in the menu record book and/or food receipts indicates that not enough food was served and/or purchased to give each participant the required minimum amount. In this case, the State Agency uses the USDA Food Buying Guide to determine how many servings of each component were available. ***If the number of servings available is less than the number of participants listed on the menu record book, the difference will be the number of meals disallowed.***

**USDA Food
Buying Guide**

The instrument utilized by State Agency review staff to determine the exact quantities of food components required, based on menu record documentation. The servings per purchase unit (SPPU) indicated in this guide are used as the final authority when meals are disallowed.

**The NM Purchasing
And Production
Guide**

The tool used to determine the approximate quantities of food required in preparation. The quantities in this book are based on the USDA Food Buying Guide. In the New Mexico Food Purchasing & Production Guide, the amounts are rounded up; therefore, it is not a precise method to disallow meals.

*****Note *****

Disallowance can be the result of substandard record keeping, insufficient documentation in the MRB, preparation of inadequate amounts of food and/or not meeting the meal pattern guidelines. If you need technical assistance on any of these areas, please do not hesitate to call the Family Nutrition Bureau staff.

GUIDELINES

Foods for Use in the

New Mexico Child and Adult Care Food Program

MEAT / MEAT ALTERNATES

Refer to the **USDA Food Buying Guide for Child Nutrition Programs** for specific information on purchasing, yields, and crediting of Meat/Meat Alternates.

Meat and meat alternates include meat, poultry, fish, cheese, yogurt, dry beans and peas, whole eggs, alternate protein products¹, peanut butter or other nut or seed butters, and nuts and seeds.

Alternate Protein Products (APP) must meet the requirements in Appendix A to Part 226. **APP** can be credited toward all or part of the meat/meat alternate component of the meal requirements. It may be used alone or in combination with meat or meat alternate and **must** have an accompanying manufacturer's product documentation such as a product specification sheet. Very specific criteria must be met in order for the product to be creditable. Please contact the State Agency Nutritionist before using an alternate protein product.

- **Commercially prepared, canned, fresh or frozen** combination food items such as meat stews, pizzas, chicken nuggets, pot pies, ravioli, burritos and other entree/meat products are creditable foods only if:
 - The product contains creditable food items which meet all or part of the USDA meal pattern, and
 - The CN label and/or a Manufacturer's Product Analysis Sheet are available for review by the State Agency.
- **Shelled nuts and seeds** can meet the entire serving for snack of the meat/meat alternate, but no more than one-half serving of the meat/meat alternate component at lunch and supper.

Caution: to prevent choking, nuts and seeds offered to children under the age of five should be ground or finely chopped. Children under the age of two should not be given nuts or seeds.

- **Yogurt (plain or flavored/unsweetened or sweetened)** may be offered as a meat/meat alternate. Only commercially prepared nonfat or lowfat yogurt - either sweetened with no more than 23 grams of sugar per 6 ounces or unsweetened -- may be served. Homemade yogurt is **NOT** creditable. Fruit may be added to yogurt in required amounts to meet other food component requirements.
 - Drinkable yogurt is **NOT** creditable.
 - Yogurt products such as frozen yogurt, yogurt flavored products, yogurt bars, yogurt-covered fruit and/or nuts and similar products may **NOT** be served to meet this requirement.

- **Eggs** may be served as all or part of the meat/meat alternate component at lunch and supper. They may be served: scrambled, baked, deviled or hard-cooked. Eggs (or another meat/meat alternate) served at breakfast may be served in place of the entire grains component at breakfast a maximum of three times per week (1 ounce egg = 1 ounce equivalent grains). Eggs are also creditable as the meat/meat alternate component when used to make a main dish.

Using fresh eggs (eggs in the shell) for cooking puts children at a greater risk for salmonella infection. Children are considered a “highly susceptible” population with regard to food-borne illness. This means they are at greater risk for serious complications if they get sick from food. Sponsors who combine fresh eggs in a container and do not cook them immediately, or, cook eggs in quantity but then hold the eggs for a period of time, are required to use **pasteurized whole eggs**. If pasteurized eggs are not used, it is important fresh eggs are kept at 41 degrees F or below prior to use. After the eggs are cooked, the holding temperature should be maintained at 145 degrees F or above. Please contact your local environmental department for further information.

- **Homemade soups**, containing meat, fish, poultry or other meat alternates are creditable as long as enough meat/meat alternate is prepared to meet the minimum serving size for each child. Canned soups are not creditable as a meat/meat alternate without CN or production formulation documentation.
- **Wild Game** meat such as deer, buffalo, or elk is **NOT** creditable unless it has been purchased from a USDA inspected establishment.
- **Natural cheese (recommended) or cheese foods, cheese food substitutes, cheese spread, cheese spread substitutes, cottage and ricotta cheese are creditable** (a 2-ounce serving equals 1 ounce of meat/meat alternate (see Food Buying Guide).
 - Any type of “imitation cheese” or “cheese product” is **NOT** creditable.
 - Canned cheese sauces and powdered cheese products are **NOT** creditable.



VEGETABLES / FRUITS

Refer to the USDA Food Buying Guide for Child Nutrition Programs for specific information on purchasing, yields, and crediting Vegetables/Fruits.

Each reimbursable breakfast, lunch, and supper must contain fruit and/or vegetables. Snacks may also include fruits and/or vegetables as components.

To help meet nutritional standards for quality and variety, we recommend that:

- Meals should contain foods high in **vitamin A at least two to three times per week** and foods high in **vitamin C every day**. Lists of fruits and vegetables high in Vitamin C and Vitamin A are found in the Appendix.
- Meals should include foods high in **fiber**. Fiber is found in all fruits and vegetables.
 - It is preferable to buy whole fresh fruits and vegetables.
 - If buying canned fruit, choose those packed in its own juices to reduce sugar content.
 - A serving of cooked vegetable is considered to be drained.
 - Any **fresh, frozen, or commercially canned** fruit or vegetable may be used to meet the fruit/vegetable requirement.
- Buying fresh or frozen fruits and vegetables (recommended) will lower the amount of sodium or sugars contained in the product.

To meet meal requirements, **one fruit and one vegetable or two different vegetables** must be served at lunch and/or supper. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

- **Juice drinks, “cocktails” and “beverages” that are not 100%** juice are not creditable. The only exception to this rule is CN-labeled juice drink products.
- **Cooked dried peas, beans, or lentils** can be used as a meat alternate or vegetable component, but cannot be used to meet both vegetable and meat alternate components at the same meal.
- **Popsicles** are not creditable. Frozen 100% fruit juice bars are creditable. They must contain 100% full-strength juice or carry a CN label indicating the amount of fruit component met.
- **Salsa** is creditable under the following criteria:
 - If at least 1/8 cup is served per child and the product contains all vegetable ingredients.
 - Products that contain non-vegetable components, like gums, starches or stabilizers may be credited only if a manufacturer’s analysis is available to determine the portion of the product that is a vegetable ingredient.
 - Only the vegetables may be counted towards the volume requirement.
- An **all fluid snack** may not be served. You may not serve juice if you serve milk as the only other component at snack. A serving of canned fruit may include a portion of the natural unsweetened juice in which the fruit was packed. A serving of unsweetened frozen fruit includes the juice present after the fruit is thawed. It is recommended Fresh fruit be cut up into pieces or sliced with or without the skin for younger children as it may be a choking hazard.

- Pre-packaged, mixed food items such as **fruit cocktail (one fruit component) or mixed vegetables (one vegetable component)** do not meet the entire fruit or vegetable component. Another fruit and/or vegetable must be served to fulfill the requirements because these pre-packaged mixtures are considered just **one** type of fruit or vegetable.
- Large combination vegetable or fruit salads, such as a **taco salad**, served as an entree, can be counted as two or more servings of vegetables. They meet the full requirement for vegetables at a meal if they contain at least one vegetable (1/4 cup) and another different vegetable (1/4 cup).
- When serving **gelatin with fruit**, a serving must contain **at least 1/8 cup of fruit** to count toward the fruit/vegetable component. Gelatin is a non-creditable item, or an “extra.”
- **Fruit-flavored syrup, jams and jellies** (even 100% fruit spreads) do not count toward the fruit component. These are an enhancement or “extra” to the meal. Use these items minimally or not at all due to their high sugar content.
- **Home canned foods** are not creditable because of the potential food safety risk factors associated with home canned foods.
- **Condiments** (such as ketchup, mayonnaise, barbecue sauce, butter, mustard, jelly, and cream cheese) and **seasonings** are **not creditable** food items towards the meal pattern requirement. However, they serve an important role in the meal because they enhance the acceptability of the meal.
- **Reconstituted canned, ready-to-serve, and homemade soups** must contain **at least 1/8-cup vegetable per serving** to count toward the vegetable requirement.
- **Posole or hominy** is not creditable as a vegetable since manufacturers do not enrich and/or fortify the corn. These foods can be served as an “extra.”



GRAINS / BREADS

Refer to the USDA Food Buying Guide for Child Nutrition Programs for specific information on purchasing, yields, and crediting Grains/Breads.

At least one serving of grains per day must be whole grain or whole grain-rich. Whole grain-rich products contain at least 51% or more whole grains by weight and the remaining grain, if any, must be enriched. It is a best practice to serve two or more servings of a whole grain product daily.

Products that are labeled as **100% Whole Grain or 100% Whole Wheat** qualify as a whole grain-rich food. Verify by reviewing the ingredient list.

Identification of a whole grain-rich product may be found by:

- 1) Reviewing the ingredient list to see if the whole grain is listed as the first ingredient, or, second after water.
 - a) If the first ingredient (or second ingredient after water) is not whole grain, a Product Formulation Statement (PfS) from the manufacturer to determine if it is a whole grain/whole grain-rich product is required.
 - 2) Inspecting the product packaging which show whole grains per serving is greater than 8 grams.
 - a) The product may include the following FDA-approved whole grain health claim on its packaging: "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and some cancers."
 - b) This means at least 51% of grains are whole grain. Look at the ingredients to ensure all other grains that are not whole grain are enriched.
 - c) Label says "100% Whole Grain" or "100% Whole Wheat".
 - 3) Verifying the commercially prepared mixed dishes (pizza, burritos, pasta entrée) have a CN label or Product Formulation Statement (PFS) which credits all meal components, including the grain component, to the meal pattern.
 - 4) Identifying whole grains from a whole grain list.
 - a) Cereal grains (cooked) such as **oatmeal** (instant, regular, steel oats) qualify as whole-grain. Whole-grain cereals do not have to be fortified.
- **Ready-to-eat breakfast cereals** need to be whole-grain, whole grain-rich, or fortified.
 - Breakfast cereals, (cooked or cold) are traditionally served as a breakfast menu item but may be served in meals other than breakfast.
 - New cereals appear on store shelves almost daily. Please read labels carefully and serve only those cereals that contain **no more than 6 grams of sugar per dry ounce** (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).
 - **Beginning October 1, 2019**, ounce equivalents will be used to determine the quantity of creditable grains.
 - **Grain-based desserts such as** breakfast bars, brownies, cakes, cereal bars, cookies, doughnuts, granola bars, sweet piecrusts, sweet rolls, and toaster pastries are **NOT** creditable and cannot count towards the grain component.

- **Grains/Breads must serve the customary function of bread in a meal.** It must be served as an accompaniment to, or be a recognizable part of the main dish (not merely an ingredient). For example, the 2 corn tortillas in an enchilada are creditable.
- **Fruit or vegetable breads** such as banana, carrot, pumpkin, squash, etc. may be used to fulfill the grains/breads requirement. The vegetable/fruit ingredients in these items may **not** be used to fulfill the fruit/vegetable component.
- **Rice cakes** can be used to meet the grains/breads component. Three (3) large rice cakes (weighing at least 20 grams or 0.7 ounces) equal one serving of grains/breads.
- **Popcorn** is **NOT** creditable.



MILK

Refer to the USDA Food Buying Guide for Child Nutrition Programs for specific information on purchasing, yields, and crediting milk.

- Milk must be pasteurized, contain vitamins A and D at levels specified by FDA, and consistent with state and local standards.

There are very specific types of milk for CACFP participants two to five years. Participants (excluding persons with special dietary needs) must be served one of the following: unflavored fat-free (skim) or 1% (lowfat); unflavored fat-free or low-fat lactose-reduced milk; unflavored, fat-free or low-fat lactose free milk; unflavored, fat-free or low-fat buttermilk, and unflavored, fat-free or low-fat acidified milk. Unflavored, whole milk is required for children 1-2 years of age.

Only **FLUID MILK** meets the milk requirement.

- At lunch or supper, the fluid milk must be served as a beverage.
- At breakfast or snack, milk may be served as a beverage, on cereal, or both, but not cooked into a product.
- Milk cannot be substituted for yogurt or juice.
- Flavored fat-free (Skim) milk can **only** be served to children and adults age 6 years and older.

Serving Requirements (Per Meal)

1 – 2 years – ½ cup

3 – 5 years – ¾ cup

6 – 18 years – 1 cup

****Whole (unflavored) milk is required for children 12 – 23 months**



USDA CACFP MEAL PATTERN REQUIREMENTS FOR CHILDREN

BREAKFAST MEAL PATTERN				
COMPONENTS <i>(Serve all 3)</i>	AGE 1-2	AGE 3-5	AGE 6-12	AGE 13-18 ¹
Milk,fluid Unflavored Whole milk for children age 1. Unflavored Low Fat (1%) or Non-Fat (skim) for children 2-5 yrs. Unflavored Low Fat (1%) or Non-Fat (skim) or Flavored Non-Fat (skim) for children 6 yrs. and older.	½ cup	¾ cup	1 cup	1 cup
Vegetables and Fruits Vegetable(s) and/or fruit(s) or Full-strength 100% fruit or vegetable juice ² (1/day) or <i>An equivalent quantity of any combination of the above</i>	¼ cup ¼ cup	½ cup ½ cup	½ cup ½ cup	½ cup ½ cup
Meats and Meat Alternates (optional)⁵ May substitute for Grains/Breads serving up to 3 times per week (1 oz. = 1 oz.), or may be served as an additional “extra” component.	½ oz.	½ oz.	1 oz.	1 oz.
Grains/Breads^{3,4} Whole grain or Whole grain-rich bread, or Whole grain or Whole grain-rich bread product (<i>cornbread, biscuits, rolls, muffins, etc.</i>), or Whole grain or Whole grain-rich or fortified, ready-to-eat breakfast cereal – dry, cold (<i>no more than 6 grams sugar per dry oz.</i>) Flakes or rounds Puffed cereal Granola or Whole grain or Whole grain-rich cooked cereal, cereal grain, and/or pasta or noodle products or <i>An equivalent quantity of any combination of the above</i>	½ oz. equiv. = ½ slice ½ serving ½ cup ¾ cup ⅛ cup ¼ cup	½ oz. equiv. = ½ slice ½ serving ½ cup ¾ cup ⅛ cup ¼ cup	1 oz. equiv. = 1 slice 1 serving 1 cup 1 ¼ cup ¼ cup ½ cup	1 oz. equiv. = 1 slice 1 serving 1 cup 1 ¼ cup ¼ cup ½ cup



LUNCH OR SUPPER MEAL PATTERN

COMPONENTS <i>(Serve all 5)</i>	AGE 1-2	AGE 3-5	AGE 6-12	AGE 13-18 ¹
Milk, fluid <i>Unflavored Whole milk for children age 1.</i> <i>Unflavored Low Fat (1%) or Non-Fat (skim) for children 2-5.</i> <i>Unflavored Low Fat (1%) or Non-Fat (skim) or Flavored Non-Fat (skim) for children 6 and older.</i>	½ cup	¾ cup	1 cup	1 cup
Vegetables <i>Whole vegetable or 100% vegetable juice² (1/day)</i>	⅓ cup	¼ cup	½ cup	½ cup
Fruits³ <i>Whole fruit or 100% fruit juice² (1/day)</i>	⅓ cup	¼ cup	¼ cup	¼ cup
Grains/Breads^{4,5} <i>Whole-grain or whole grain-rich bread or Whole-grain or Whole grain rich bread product (cornbread, biscuits, rolls, muffins, etc.) or Whole-grain/rich cooked pasta or noodle products or Whole-grain/rich cooked cereal grains or An equivalent quantity of any combination of the above</i>	½ oz. equiv. = ½ slice ½ serving ¼ cup ¼ cup	½ oz. equiv. = ½ slice ½ serving ¼ cup ¼ cup	1 oz. equiv. = 1 slice 1 serving ½ cup ½ cup	1 oz. equiv. = 1 slice 1 serving ½ cup ½ cup
Meat and Meat Alternates <i>Lean meat, poultry, fish, tofu (firm)⁶, cheese or Large eggs or Cooked dry beans or peas or Peanut butter or soy nut butter or Other nut or seed butters or Peanuts or soy nuts or tree nuts or seeds⁷ or Yogurt, plain or flavored (no more than 23 grams sugar per 6 oz.) or An equivalent quantity of any combination of the above</i>	1 oz. ½ egg ¼ cup 2 tbsp. 2 tbsp. ½ oz. = 50% 4 oz.	1 ½ oz. 1 egg ⅜ cup 3 tbsp. 3 tbsp. ½ oz. = 50% 6 oz.	2 oz. 1 egg ½ cup 4 tbsp. 4 tbsp. 1 oz = 50% 8 oz	2 oz. 1 egg ½ cup 4 tbsp. 4 tbsp. 1 oz = 50% 8 oz

1. Larger portion sizes than specified may need to be served to children 13 through 18 year olds to meet their nutritional needs.
2. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
3. A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
4. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.
5. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.
6. Alternate protein products must meet the requirements in Appendix A to Part 226.
7. Can only be used to meet half the meat requirement at lunch or supper. Serve with caution to children under five because of the risk of choking.



SUPPLEMENT (SNACK) MEAL PATTERN

COMPONENTS <i>(Choose 2)</i>	AGE 1-2	AGE 3-5	AGE 6-12	AGE 13-18 ¹
Milk, fluid Unflavored Whole milk for children age 1. Unflavored Low Fat (1%) or Non-Fat (skim) for children 2-5. Unflavored Low Fat (1%) or Non-Fat (skim) or Flavored Non-Fat (skim) for children 6 and older.	½ cup	½ cup	1 cup	1 cup
Vegetables Whole vegetable(s) or Full-strength 100% vegetable juice ² (1/day) or <i>An equivalent quantity of any combination of the above</i>	½ cup ½ cup	½ cup ½ cup	¾ cup ¾ cup	¾ cup ¾ cup
Fruits Whole fruit(s) or Full-strength 100% fruit juice ² (1/day) or <i>An equivalent quantity of any combination of the above</i>	½ cup ½ cup	½ cup ½ cup	¾ cup ¾ cup	¾ cup ¾ cup
Grains/Breads^{3, 4} Whole grain, whole grain-rich, or enriched bread, Whole grain/whole grain-rich or enriched bread product (<i>cornbread, biscuits, rolls, muffins</i>) or Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (<i>no more than 6 grams sugar per dry oz.</i>) Flakes or rounds Puffed cereal Granola or Whole grain or whole grain-rich, enriched, or fortified cooked cereal, cereal grain, and/or pasta or noodle products or <i>An equivalent quantity of any combination of the above</i>	½ oz. equiv. ⁴ = ½ slice ½ serving ¼ cup or ⅓ oz. ½ cup ¾ cup ⅛ cup ¼ cup	½ oz. equiv. = ½ slice ½ serving ⅓ cup or ½ oz. ½ cup ¾ cup ⅛ cup ¼ cup	1 oz. equiv. = 1 slice 1 serving ¾ cup or 1 oz. 1 cup 1 ¼ cup ¼ cup ½ cup	1 oz. equiv. = 1 slice 1 serving ¾ cup or 1 oz. 1 cup 1 ¼ cup ¼ cup ½ cup
Meat and Meat Alternates Lean meat, poultry, fish, tofu (firm) ⁵ , cheese or Large eggs or Cooked dry beans or peas or Peanut butter or soy nut butter or Other nut or seed butters or Peanuts or soy nuts or tree nuts or seeds ⁶ or Yogurt, plain or flavored (<i>no more than 23 grams sugar per 6 oz.</i>) or <i>An equivalent quantity of any combination of the above</i>	½ oz. ½ egg ⅛ cup 1 tbsp. 1 tbsp. ½ oz. 2 oz. or ¼ cup	½ oz. ½ egg ⅛ cup 1 tbsp. 1 tbsp. ½ oz. 2 oz. or ¼ cup	1 oz. 1 egg ¼ cup 2 tbsp. 1 tbsp. 1 oz. 4 oz or ½ cup	1 oz. 1 egg ¼ cup 2 tbsp. 1 tbsp. 1 oz. 4 oz or ½ cup

1. Larger portion sizes than specified may need to be served to children 13 through 18 year olds to meet their nutritional needs.

2. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

3. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

4. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

5. Alternate protein products must meet the requirements in Appendix A to Part 226.

6. Serve with caution to children under five as food item may be a choking hazard

√ **Remember that an all-fluid snack is not creditable! You may not serve juice if you serve milk as the only other component of a snack.**



NEW MEXICO

Child and Adult Care Food Program

Creditable/Non-Creditable Foods



Foods served, as part of the CACFP program, can be creditable or non-creditable. Some non-creditable foods may be served as an “extra or enhancement” to the CACFP meal.

▪ **Creditable**

- 1) Foods that meet the requirements for CACFP meal pattern components.
- 2) Foods that are found in the USDA Food Buying Guide, Sections 1-4.
- 3) Creditable food categories include: Fluid Milk; Grains/Breads that are whole-grain, whole-grain rich, or enriched; Fruits; Vegetables; and, Meat/Meat Alternates.

▪ **Non-Creditable**

Some foods are classified as “Other” or “Non-Creditable”. This means that they do NOT meet the USDA requirement for any component for food-based menu planning.

- 1) “Other” foods are frequently used as condiments, seasonings, or enhancement to the meal. They are served and recorded as an “extra”.
- 2) Purchasing information on “Other” foods can be found in Section 5 of the USDA Food Buying Guide.
- 3) Keep in mind that many of these food items are high in salt, fat, or sugar and provide little nutrition and “empty calories.” Consider carefully how often and in what amount you use them. Some examples are: butter, mayonnaise, barbecue sauce, coconut, cream cheese, jam, jelly or preserves, honey, ketchup, salad dressings, and syrups.

▪ **Non-Reimbursable Expenses**

This category of foods is non-reimbursable. These are foods that may NOT be served, even as an “extra”. If these items are purchased, their cost will not be considered an allowable food cost.

Non-Creditable Food List:

These foods may not be served to meet any part of the CACFP meal pattern requirement.

MEAT/MEAT ALTERNATES			
CHEESES -Cheese "product" -Imitation cheese of any kind -Powdered cheese -Cream cheese	MEATS/FISH -Bacon -Chorizo/Ceviche -Luncheon Meats/Frankfurters (chicken, turkey, beef, pork) not in USDA Food Buying Guide, or without CN label, or which contain byproducts, cereals, binders or extenders --Pepperoni/Salami without CN label -Smoked snack sticks w/ beef & chicken -Beef/Turkey/Salmon Jerky -Pork Rinds -Bologna containing byproducts, cereals, or extenders -Wild meats (if <u>not</u> USDA inspected)	YOGURT or YOGURT PRODUCTS -Homemade Yogurt -Yogurt covered fruit/nuts -Frozen Yogurt Products -Yogurt with more than 23 grams of sugar per 6 ounces	EGGS -Pasteurized, dried, refrigerated or frozen, egg products that are not made from <u>whole</u> eggs NUTS and SEEDS -Acorns -Chestnuts -Coconut -Sweet nut butter spreads (Nutella)
VEGETABLES / FRUITS			
FRUITS -Fruit jams, preserves, & jellies -Fruit cobbler, pie filling, or pie -Fruit flavored frozen bars or Popsicles -Fruit Flavored Gummy Snacks -Fruit flavored or plain gelatin	- Fruit leather or roll-ups - Fruit syrups - Popsicles (fruit flavored yogurt or pudding pops)	JUICES -Any fruit beverage that is <u>not</u> 100% fruit juice such as: Lemonade, orangeade, fruit drinks, or beverages, cocktails, nectars, powdered drinks, sport drinks, energy drinks or vitamin drinks.	VEGETABLES -Hominy -Posole corn
GRAINS			
-Brownies, cookies, cakes, coffee cake, granola or fruit bars, cereal bars, breakfast bars -Sweet pie crust, fruit turnovers, doughnuts, sweet rolls, toaster pastries -Breakfast cereals with more than 6 grams of sugar per dry ounce			
MILK			
The only item that is creditable toward the milk component is fluid, pasteurized milk. Evaporated or non-fat dry (powdered) milk, sour cream, cream cheese, eggnog, or cream are <u>not</u> creditable as milk, but may be used as "other" foods. Children age one must be served unflavored whole milk. Children 2-5 years must be served unflavored low-fat (1%) or non-fat (skim) milk. Children 6 years and older or adults may be served either unflavored non-fat (skim) or low-fat (1%), or, flavored non-fat (skim) milk. For adults, yogurt may substitute for milk once per day if yogurt is not served as a Meat/Meat alternate in the same meal.			
OTHER FOODS (USDA Food Buying Guide-Section 5)			
Food items in this category may <u>not</u> be used toward the meal pattern requirements.			
SNACK ITEMS			
Corn nuts, popcorn, potato chips, pudding (canned or packaged), candy, coffee, gum, soda, and tea may <u>not</u> be used toward the meal pattern requirements.			



Non-Reimbursable Food List:

If these items are purchased, their cost will not be considered an allowable food cost.

SNACK ITEMS				
Potato Chips	Popcorn*			
*Note: Some of these items may pose a choking risk to children				
MEAT/MEAT ALTERNATES				
Wild Game Meats (not USDA inspected)				
OTHER				
Candy	Coffee	Gum	Soda	Tea

Note: This list is designed to be used with the USDA Food Buying Guide for Child Nutrition Programs to determine the creditability of foods. It DOES NOT include every food that is non-creditable or non-reimbursable in the NM CACFP.

Choose Yogurts That Are Lower in Added Sugars

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.



1

Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.

2

Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

3

Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		Sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

4

In the table, look at the number to the right of the serving size amount, under the “Sugars” column.

If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

Nutrition Facts	
Serving Size 8 oz (227g)	
Servings about 4	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Potassium 400mg	1%
Sodium 160mg	7%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	17%
Sugars 9g	
Protein 10g	
Vitamin A 6%	Vitamin C 4%
Calcium 35%	Iron 0%
Vitamin D 6%	

TIP: If the serving size says “one container,” check the front of the package to see how many ounces or grams are in the container.

Test Yourself:

Does the yogurt above meet the sugar requirement?
(Check your answer on the next page)

Serving Size: _____

Sugars : _____

☐ Yes ☐ No



*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP. For serving size requirements of yogurt in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>.



DOCUMENTATION FOR COMMERCIALLY PREPARED FOODS

To serve commercially prepared foods, such as pizza, chicken nuggets, burritos, or lasagna, documentation must be provided to support the fact that the ingredients provide the minimum amounts of meal component requirements. There are two ways to document these products:

- Child Nutrition (CN) label, or***
- Manufacturer's Analysis sheet***

What is the Child Nutrition (CN) Label? The CN label:

- is a voluntary Federal labeling program for the Child Nutrition Program,
- provides a warranty for CN-labeled products,
- allows manufacturers to claim a product's contribution to the meal pattern requirements.

A CN label will always contain the following information:

- the CN logo, which is a distinct border,
- the meal pattern contribution statement,
- a six-digit product identification number,
- USDA/FNS authorization,
- the month and year of approval.

NOTE:

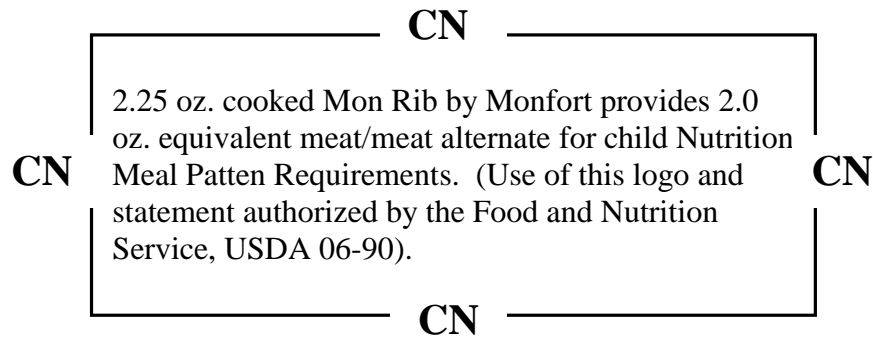
A CN label does not mean the product provides the entire serving of the required CACFP meal component.

It is important to check the quantity of food contained per portion before assuming the product provides complete meal components. Also check with the State Agency to ensure the food items served are creditable.

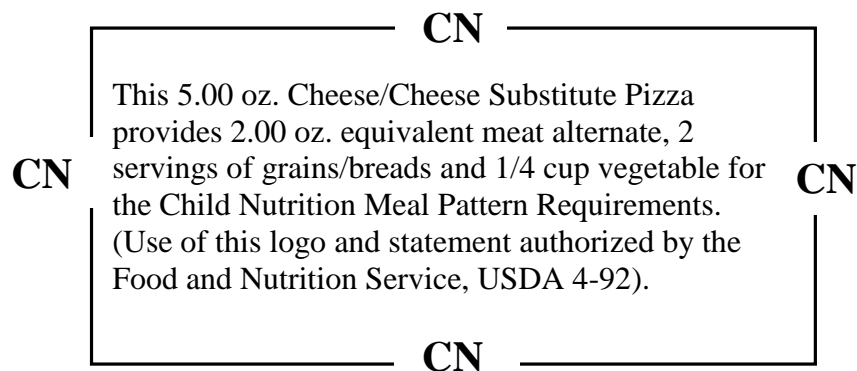
CN (Child Nutrition) Labels

Some Examples

CHAR-BROILED BONELESS PORK RIB SHAPED PATTIE



4" x 6" CHEESE/CHEESE SUBSTITUTE PIZZA



Sample Manufacturer's Product Analysis/Product Formulation

When CN labels are **not** available, a manufacturer's product analysis may be used. This analysis must be signed by an official of the food manufacturer (not the salesperson) and must also document the amount of meal component(s) provided by the product.

Product Analysis for Pizza

This product analysis form provides information to enable the purchaser to determine to what extent a meat product is purported to contribute to the Child Nutrition meal pattern requirements.

Product Name: Pizza with Beef Pattie Crumbles
Product Code: #63627*VPM
List Variety (ies) of Meat Used in Product: Ground Beef-domestic
Total Weight of Uncooked Product: 5.460 oz.
Total Weight of Uncooked Meat Topping: .88 oz.
Weight of Raw Meat: .602 oz.
Percent Fat of Raw Meat: not greater than 26%
(Weight of Dry VPP): .089 oz.
(Weight of Hydrated VPP): .258 oz.
(Weight of Raw Meat & Hydrated VPP): .86 oz.
Weight of Seasonings, etc.: .02 oz.
Total Weight of Precooked Product: 5.10 oz.
Weight of Prebaked Crust: 1.83 oz. = 2 bread servings
Weight of Sauce: .98 oz. = 1/8 cup vegetables
Weight of Precooked Meat (with VPP, etc.): .88 oz.
Weight of Natural Cheese: .705 oz.
Weight of Substitute Cheese: .705 oz.

I certify the above information is true and correct, and the above meat product (ready for serving) contains a total of 2.02 ounces (equivalent to 2.00 ounces) of cooked lean meat/meat alternate when prepared according to directions. I further certify the Textured Vegetable Protein Product (TVPP) used in this product conforms to USDA-FCS requirements of the child nutrition requirements.

Signature

Product Development Supervisor

Company

Date

KEY POINTS IN FOOD SAFETY TO AVOID FOOD-BORNE ILLNESS

1. Properly clean site and service area each day. (Refer to Environmental Improvement Division – EID – standards, Hazard Analysis Critical Control Points – HACCP – standards, or a self-inspection company policy/checklist.)
2. Wash hands often for 20 seconds and always before preparing a new or different food item, after using the rest room and before serving food.
3. Train food service employees on the safe use of all types of equipment and on expectations for personal hygiene.
4. Keep hot foods hot (hold at 140°F or hotter) and cold foods cold (hold at 41°F or lower).
5. Serve hot foods within 2 hours after cooking.
6. Keep cold foods cold at 41°F or colder. Coolers must be layered with cooling materials such as ice, ice blankets, and/or ice packs.
7. Keep cold foods refrigerated until packaged for transporting or served.
8. Cover all foods.
9. Promptly dispose of leftovers.
10. Serve leftovers within 72 hours.
11. Keep garbage cans covered and empty them daily.
12. Clean and sanitize items used in the preparation, cooking, serving and delivery of meals.
13. When transporting food, check temperatures often to ensure that the proper temperature is being maintained.
14. Remember to keep thermometers in all refrigerators and freezers. Check them regularly and keep a temperature log. Freezers should be at 0° F or lower, refrigerators should be 40°F or lower.
15. Be sure food thermometers are available, calibrated, sanitized and used properly.
16. Cook foods to proper internal temperatures. Use a food thermometer.
17. Do not partially cook food one day and complete cooking the next day.

18. Prepare sandwiches and salads with a minimum amount of handling to avoid bare hand contact with food, use disposable plastic gloves.
19. Thaw poultry and meat in a refrigerator on bottom shelf, inside a pan to contain any liquids. Do not thaw at room temperature or in the microwave.
20. Never leave raw or cooked meat, poultry, eggs, dairy products, fish or shellfish out at room temperature for more than 2 hours, 1 hour if air temperature is above 90° F.
21. Keep meals and milk, not being served at the time, in the refrigerator or cooler at a temperature of 41° F or below.
22. Follow manufacturer instructions exactly on how to use and clean kitchen equipment.
23. Keep a fire extinguisher and first-aid kit handy and instruct all personnel in their location and use.
24. Remember that you cannot determine food safety by sight, taste, odor, or smell. If there is any doubt, throw the food out.
25. Discard out-dated foods, dented, or bulging cans.



Menu Record Book

Instructions & Sample Page



An electronic PDF fillable Menu Record Form
can be found at www.newmexicokids.org



Child and Adult Care Food Program

INSTRUCTIONS FOR COMPLETING THE MENU RECORD BOOK

✓The following information must be recorded at all times in the CACFP Menu Record Book:

Date	Amounts Prepared
Menu	Planned Number Served
Size of Serving	Actual Number Served
Food Items Used	

(1) Meal Pattern

These are the components (or foods) which must be served in order to serve a reimbursable meal.

(2) Menu

Record the food items you plan to serve, making sure they meet the required components for that meal. We recommend planning menus at least 2 weeks in advance. Any extra foods which are served at lunch or supper can be listed here.

(3) Size of Serving

This column lists the minimum serving size for 3-5 year old children. Be sure to plan to serve at least the minimum required amount for the total number you are serving.

(4) Food Items Used

Give a description of the food items prepared and offered at the meal. Abbreviate, if necessary. Use descriptive words as appropriate such as homemade, fresh, canned, frozen, etc. For example:

Frozen concentrated orange juice	Whole wheat bread
Chicken breasts	Boneless ham
Milk, 1%	Homemade chicken soup
Fresh oranges	

(5) Amounts Prepared

This information is extremely important to the success of your program. This is what the State Agency staff uses to determine whether enough food was prepared and offered to the children and/or adults.

This information needs to be recorded **on a daily basis** and as accurately as possible. The number of staff who eats with the children needs to be included when calculating the amount of food to prepare.

Record the size of the container for canned and bottled products and use "pounds" for fresh products.

For example:

1 #10 can of whole kernel corn
4 pounds lettuce

(6) **Planned Number Served**

The information recorded in this section must specify the planned total number of people to be served. This includes all children and adults that will eat with the children during the meal, participating in family style meal service.

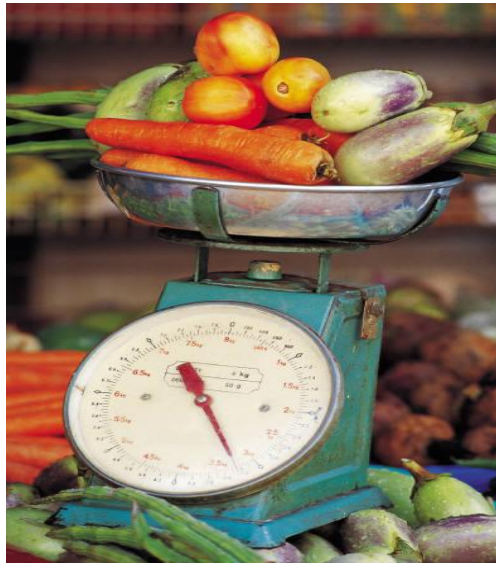
(7) **Actual Number Served**

The actual number served is required information in the menu record book. It should reflect fewer people than the planned number to serve from column 6.

Remember, when submitting your monthly claim for reimbursement, include only the number of children served. The program does not reimburse meals for adults except in adult day care centers.

REMEMBER . . .

Ensure that the amount of food used is at least the minimum amount required to serve *ALL* children and adults.



SAMPLE

SAMPLE

Date: 7-22-17

SAMPLE

MENU RECORD FOR CHILDREN 3-5 YEARS OLD

New Mexico Child and Adult Care Food Program

Name of Person Completing Menu: Marilyn

(1) MEAL PATTERN (REQUIRED COMPONENTS)	(2) MENU	(3) SERVING SIZE 3-5 y.o.	(4) FOOD ITEMS USED	(5) AMOUNTS PREPARED & Units (oz, lb, can size & number, quart, gallon, etc.)	(6) PLANNED Number to Serve	(7) ACTUAL Number Served
BREAKFAST 1. Milk, fluid(1%,Skim)*** 2. Vegetable, and/or fruit or full-strength juice 3. Grains/Breads (Whole)* and/or Meat/Meat Alternates**	1. <i>Milk</i>	1. 3/4 C	1. <i>MILK (Circle): Whole, 1%, Skim</i>	2 gal.	Children: 35 Adults: 4 TOTAL: 39	Children: 34
	2. <i>Strawberries</i>	2. 1/2 C	2. <i>Strawberries, frozen, sliced</i>	12 lbs.		Adults: 4
	3. <i>Waffles</i>	3. 1/2 SV	3. <i>Waffles, frozen, 1.2 oz ea</i>	3 lbs		TOTAL: 38
A.M. SUPPLEMENT* 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. Vegetable 4. Fruit 5. Grains/Breads (Whole)*	1 st component <i>Yogurt</i>	1. 1/2 C	1 st <i>Yogurt, vanilla</i>	3 -32oz containers	Children: 43 Adults: 5 TOTAL: 48	Children: 37
		2. 1/2 OZ				Adults: 5
	2 nd component <i>Mango & Kiwi chunks</i>	3. 1/2 C	2 nd <i>Mango, fresh, and kiwi, fresh</i>	6 1/2 lbs/ 5 lbs		TOTAL: 42
		4. 1/2 C				
		5. 1/2 SV				
LUNCH 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. 1 Vegetable (V) 4. 1 Fruit (F) 5. Grains/Breads (Whole)*	1. <i>Milk</i>	1. 3/4 C	1. <i>MILK (Circle): Whole, 1%, Skim</i>	3 gal.	Children: 50 Adults: 6 TOTAL: 56	Children: 44
	2. <i>Chicken Enchiladas</i>	2. 1 1/2 OZ	2. <i>Chicken, diced & cheese, shredded</i>	5 1/2 lbs / 2 lbs		Adults: 6
	3. <i>V Pinto Beans, Lettuce, tomato</i>	3. 1/4 C	3. <i>V Pinto Beans, canned, Shredded lettuce, Diced tomatoes</i>	1 1/2 #10 cans, 1 lb/ 3 1/2 lbs		TOTAL: 50
	4. <i>F Peaches</i>	4. 1/4 C	4. <i>F Halved fresh peaches</i>	6 lbs		
	5. <i>Corn Tortillas</i>	5. 1/2 SV	5. <i>Corn Tortillas</i>	3 lbs		
P.M. SUPPLEMENT* 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. Vegetable 4. Fruit 5. Grains/Breads (Whole)*	1 st component <i>Cheese sticks</i>	1. 1/2 C	1 st <i>Mozzarella sticks</i>	1 oz each, 34 each	Children: 30 Adults: 4 TOTAL: 34	Children: 22
		2. 1/2 OZ				Adults: 4
	2 nd component <i>Breadsticks</i>	3. 1/2 C	2 nd <i>Soft Breadsticks, pre made</i>	2.5 oz each, 34 ea		TOTAL: 26
	<i>Marinara sauce (for dipping)</i>	4. 1/2 C	<i>Marinara sauce (extra)</i>	1 -64 oz jar		
		5. 1/2 SV				
SUPPER 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. 1 Vegetable (V) 4. 1 Fruit (F) 5. Grains/Breads (Whole)*	1. <i>Milk</i>	1. 3/4 C	1. <i>MILK (Circle): Whole, 1%, Skim</i>	1 1/2 gal.	Children: 23 Adults: 3 TOTAL: 26	Children: 19
	2. <i>Grilled Cheese Sandwich</i>	2. 1 1/2 OZ	2. <i>Cheese, American</i>	3 pounds		Adults: 3
	3. <i>V Tomato Soup (1 cup = 1/4 c.)</i>	3. 1/4 C	3. <i>V Tomato soup, canned</i>	3 - #3 cans		TOTAL: 22
	4. <i>F Fresh grapes</i>	4. 1/4 C	4. <i>F Fresh grapes</i>	3 lbs		
	5. <i>Bread</i>	5. 1/2 SV	5. <i>Whole wheat bread</i>	2 pounds		

Meat/meat alt may be served in place of grains at breakfast up to 3 times a week. Serving size for M/MA is the amount listed or the equivalent. *A.M./P.M. Supplements: Select 2 of the 5 components; juice may not be served when milk is the only other component. *Whole grain or whole grain-rich breads/grains must be served once a day. *1% or Skim (Non-Fat) unflavored milk for 2-5 year olds; Whole unflavored milk for 12-24 month olds

Revised October, 2016

MENU RECORD FOR CHILDREN 1-2 YEARS OLD

Date: _____

New Mexico Child and Adult Care Food Program

Name of Person Completing Menu: _____

(1) MEAL PATTERN (REQUIRED COMPONENTS)	(2) MENU	(3) SERVING SIZE 1-2 yrs	(4) FOOD ITEMS USED	(5) AMOUNTS PREPARED & Units (oz, lb, can size & number, quart, gallon, etc.)	(6) PLANNED Number to Serve	(7) ACTUAL Number Served
BREAKFAST** 1. Milk, fluid** 2. Vegetable, and/or fruit 3. Grains/Breads(Whole)* and/or Meat/Meat Alternate**	1. 2. 3.	1. 1/2 C 2. 1/4 C 3. 1/2 SV	1. <i>MILK (Circle): Whole</i> 2. 3.	 	Children: Adults: TOTAL: _____	Children: Adults: TOTAL:
A.M. SUPPLEMENT* 1. Milk, fluid *** 2. Meat/meat alternate** 3. Vegetable 4. Fruit 5. Grains/Breads (Whole)*	1 st component 2 nd component	1. 1/2 C 2. 1/2 OZ 3. 1/2 C 4. 1/2 C 5. 1/2 SV	1 st 2 nd	 	Children: Adults: TOTAL: _____	Children: Adults: TOTAL:
LUNCH 1. Milk, fluid *** 2. Meat/meat alternate** 3. 1 Vegetable (V) 4. 1 Fruit (F) 5. Grains/Breads (Whole)*	1. 2. 3.V 4.F 5.	1. 1/2 C 2. 1 OZ 3. 1/8 C 4. 1/8 C 5. 1/2 SV	1. <i>MILK (Circle): Whole</i> 2. 3.V 4.F 5.	 	Children: Adults: TOTAL: _____	Children: Adults: TOTAL:
P.M. SUPPLEMENT* 1. Milk, fluid *** 2. Meat/meat alternate** 3. Vegetable 4. Fruit 5. Grains/Breads (Whole)*	1 st component 2 nd component	1. 1/2 C 2. 1/2 OZ 3. 1/2 C 4. 1/2 C 5. 1/2 SV	1 st 2 nd	 	Children: Adults: TOTAL: _____	Children: Adults: TOTAL:
SUPPER 1. Milk, fluid *** 2. Meat/meat alternate** 3. 1 Vegetable (V) 4. 1 Fruit (F) 5. Grains/Breads (Whole)*	1. 2. 3.V 4.F 5.	1. 1/2 C 2. 1 OZ 3. 1/8 C 4. 1/8 C 5. 1/2 SV	1. <i>MILK (Circle): Whole</i> 2. 3.V 4.F 5.	 	Children: Adults: TOTAL: _____	Children: Adults: TOTAL:

Meat/meat alt may be served in place of grains at breakfast up to 3 times a week. Serving size for M/MA is the amount listed or the equivalent. *A.M./P.M. Supplements: Select 2 of the 5 components; juice may not be served when milk is the only other component. *Whole grain or whole grain-rich breads/grains must be served once a day. *1% or Skim (Non-Fat) unflavored milk for 2-5 year olds; Whole unflavored milk for 12-24 month olds

Revised October, 2016

MENU RECORD FOR CHILDREN 3-5 YEARS OLD

Date: _____

New Mexico Child and Adult Care Food Program

Name of Person Completing Menu: _____

(1) MEAL PATTERN (REQUIRED COMPONENTS)	(2) MENU	(3) SERVING SIZE 3-5 yrs	(4) FOOD ITEMS USED	(5) AMOUNTS PREPARED & Units (oz, lb, can size & number, quart, gallon, etc.)	(6) PLANNED Number to Serve	(7) ACTUAL Number Served
BREAKFAST** 1. Milk, fluid(1%,Skim)*** 2. Vegetable, and/or fruit 3. Grains/Breads(Whole)* and/or Meat/Meat Alternate**	1.	1. 3/4 C	1. <i>MILK (Circle): 1%, Skim</i>		Children: Adults: TOTAL: _____	Children: _____
	2.	2. 1/2 C	2.			Adults: _____
						TOTAL: _____
	3.	3. 1/2 SV	3.			
A.M. SUPPLEMENT* 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. Vegetable 4. Fruit 5. Grains/Breads (Whole)*	1 st component	1. 1/2 C	1 st		Children: Adults: TOTAL: _____	Children: _____
		2. 1/2 OZ				Adults: _____
	2 nd component	3. 1/2 C	2 nd			Adults: _____
		4. 1/2 C				TOTAL: _____
		5. 1/2 SV				
LUNCH 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. 1 Vegetable (V) 4. 1 Fruit (F) 5. Grains/Breads (Whole)*	1.	1. 3/4 C	1. <i>MILK (Circle): 1%, Skim</i>		Children: Adults: TOTAL: _____	Children: _____
	2.	2. 1.5 OZ	2.			Adults: _____
	3.V	3. 1/4 C	3.V			Adults: _____
	4.F	4. 1/4 C	4.F			TOTAL: _____
	5.	5. 1/2 SV	5.			TOTAL: _____
P.M. SUPPLEMENT* 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. Vegetable 4. Fruit 5. Grains/Breads (Whole)*	1 st component	1. 1/2 C	1 st		Children: Adults: TOTAL: _____	Children: _____
		2. 1/2 OZ				Adults: _____
	2 nd component	3. 1/2 C	2 nd			Adults: _____
		4. 1/2 C				TOTAL: _____
		5. 1/2 SV				
SUPPER 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. 1 Vegetable (V) 4. 1 Fruit (F) 5. Grains/Breads (Whole)*	1.	1. 3/4 C	1. <i>MILK (Circle): 1%, Skim</i>		Children: Adults: TOTAL: _____	Children: _____
	2.	2. 1.5 OZ	2.			Adults: _____
	3.V	3. 1/4 C	3.V			Adults: _____
	4.F	4. 1/4 C	4.F			TOTAL: _____
	5.	5. 1/2 SV	5.			TOTAL: _____

Meat/meat alt may be served in place of grains at breakfast up to 3 times a week. Serving size for M/Ma is the amount listed or the equivalent. *A.M./P.M. Supplements: Select 2 of the 5 components; juice may not be served when milk is the only other component. *Whole grain or whole grain-rich breads/grains must be served once a day. *1% or Skim (Non-Fat) unflavored milk for 2-5 year olds; Whole unflavored milk for 12-24 month olds

Revised October, 2016

MENU RECORD FOR CHILDREN 6-12 or 13-18 YEARS OLD

Date: _____

New Mexico Child and Adult Care Food Program

Name of Person Completing Menu: _____

(1) MEAL PATTERN (REQUIRED COMPONENTS)	(2) MENU	(3) SERVING SIZE 6-12/13-18 yrs	(4) FOOD ITEMS USED	(5) AMOUNTS PREPARED & Units (oz, lb, can size & number, quart, gallon, etc.)	(6) PLANNED Number to Serve	(7) ACTUAL Number Served
BREAKFAST** 1. Milk, fluid (1%,Skim)*** 2. Vegetable, and/or fruit 3. Grains/Breads(Whole)* and/or Meat/Meat Alternate**	1.	1. 1 C	1. <i>MILK (Circle): 1%, Skim</i>		Children: Adults: TOTAL: _____	Children::
	2.	2. 1/2 C	2.			Adults:
						TOTAL:
	3.	3. 1 SV	3.			
A.M. SUPPLEMENT* 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. Vegetable 4. Fruit 5. Grains/Breads (Whole)*	1 st component	1. 1 C	1 st		Children: Adults: TOTAL: _____	Children:
		2. 1 OZ				Adults:
	2 nd component	3. 3/4 C	2 nd			Adults:
		4. 3/4 C				TOTAL:
		5. 1 SV				
LUNCH 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. 1 Vegetable (V) 4. 1 Fruit (F) 5. Grains/Breads (Whole)*	1.	1. 1 C	1. <i>MILK (Circle): 1%, Skim</i>		Children: Adults: TOTAL: _____	Children:
	2.	2. 2 OZ	2.			Adults:
	3.V	3. 1/2 C	3.V			Adults:
	4.F	4. 1/4 C	4.F			TOTAL:
	5.	5. 1 SV	5.			TOTAL:
P.M. SUPPLEMENT* 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. Vegetable 4. Fruit 5. Grains/Breads (Whole)*	1 st component	1. 1 C	1 st		Children: Adults: TOTAL: _____	Children:
		2. 1 OZ				Adults:
	2 nd component	3. 3/4 C	2 nd			Adults:
		4. 3/4 C				TOTAL:
		5. 1 SV				
SUPPER 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. 1 Vegetable (V) 4. 1 Fruit (F) 5. Grains/Breads (Whole)*	1.	1. 1 C	1. <i>MILK (Circle): 1%, Skim</i>		Children: Adults: TOTAL: _____	Children:
	2.	2. 2 OZ	2.			Adults:
	3.V	3. 1/2 C	3.V			Adults:
	4.F	4. 1/4 C	4.F			TOTAL:
	5.	5. 1 SV	5.			TOTAL:

Meat/meat alt may be served in place of grains at breakfast up to 3 times a week. Serving size for M/MA is the amount listed or the equivalent. *A.M./P.M. Supplements: Select 2 of the 5 components: juice may not be served when milk is the only other component. *Whole grain or whole grain-rich breads/grains must be served once a day. *1% or Skim (Non-Fat) unflavored milk for 2-5 year olds; Whole unflavored milk for 12-24 month olds

Revised October, 2016

Appendix A

A. Information on Selected Topics of Interest:

- a. Easy To Eat Foods for Toddlers
- b. Feeding Children with Special Needs
- c. Guidelines for Menu Planning
- d. Nutrient Density
- e. Tips on Introducing New Foods



EASY TO EAT FOODS FOR TODDLERS

Here is a short list of foods that require little or no modification at all for the child to eat with relative ease. There are many more foods that fall under this classification and should be considered as well as the ones listed below, for a greater variety at mealtime. Not all foods listed below are creditable on the Child and Adult Care Food Program.

- ✎ Soft cooked vegetables cut into small pieces (squash, green beans, peas, pinto beans)
- ✎ Mashed potatoes
- ✎ Sweet potatoes, cooked and cubed or mashed
- ✎ Macaroni and other short pastas
- ✎ Cheese cubes
- ✎ Shredded meats (small amounts) or loose hamburger meat
- ✎ Soft bread (banana bread, whole wheat bread, tortilla)
- ✎ Soft fruits (bananas, baked apples, other canned or peeled fruits without seeds or pits)
- ✎ Applesauce
- ✎ Hot cereals (oatmeal, malt-o-meal)
- ✎ Soups and broths
- ✎ Scrambled eggs
- ✎ Melons (no seeds)
- ✎ Spaghetti
- ✎ Macaroni and Cheese
- ✎ Diced cooked chicken
- ✎ Yogurt (no more than 23 grams of sugar per 6 ounces)

Some foods that may cause choking in young children:

- ✗ Popcorn
- ✗ Hard candy, soft candy, (taffy, caramel, jelly beans, etc.)
- ✗ Potato or corn chips
- ✗ Hot dogs
- ✗ Tough meats
- ✗ Ice
- ✗ Cherries, cherry tomatoes, and grapes
- ✗ Nuts and seeds
- ✗ Peanut butter (may be okay if spread very thinly)
- ✗ Dried fruits (raisins, apricots, etc.)
- ✗ Raw vegetables (such as carrots, celery, lettuce leaves, green beans)
- ✗ Large chunks of any food (such as meat, potatoes, raw vegetables or fruit)

CACFP Policy for Special Needs Meals

Infants and Children with Disabilities

Child care providers **are required** to provide food component substitutions for individual children who have a disability. A disability means any person who has a documented physical or mental impairment which substantially limits one or more major life activities. Examples of disabilities may include: orthopedic, visual, speech, and hearing impairments; cerebral palsy; epilepsy; muscular dystrophy; multiple sclerosis; cancer, heart disease; metabolic diseases such as diabetes or phenylketonuria (PKU); and food anaphylaxis (life threatening food allergy). Reading food labels for life threatening food allergen warnings and ingredients is vital. Meals must provide the substitutions or modifications to the meal patterns as specified on the medical statement to be reimbursable.

What is required?

A medical statement is required to be kept on file and must include:

- ❖ Child's disability and how it restricts the diet.
- ❖ Major life activity (s) affected by the disability.
- ❖ Food(s) to be omitted and the food(s) to be substituted.
- ❖ Description of any required textural modification(s).
- ❖ Signature of a medical authority who is licensed to write medical prescriptions.

Infants and Children with Special Dietary Conditions

Child care providers **are encouraged** but not required to provide food component substitutions for individual children who do not have a disability, but who have a special medical or dietary need. Examples of medical or special dietary conditions may include food allergies (non-life threatening) and food intolerances such as wheat, fish, milk proteins and eggs. Reading food labels for allergen warnings and ingredients is very important.

Meals with substitutions that meet all meal pattern requirements are reimbursable. For example, the child care provider can substitute chicken for fish or bananas for oranges. A medical statement is not needed in this case; however, a parent note should be on file. If the center prefers, a medical prescription may be placed on file.

When substitutions are made and the meal pattern is not met, a medical statement is required. In this situation, the medical statement must include the following:

What is required?

A medical statement is required to be kept on file and must include:

- ❖ Identification of the medical or special dietary condition that restricts the child's diet.
- ❖ Food(s) to be omitted and the food(s) to be substituted.
- ❖ Signature of a medical authority who is licensed to write medical prescriptions.

****Sponsors are encouraged to contact the Nutrition Education and Training section at the state office for assistance with special dietary conditions. (2017)**

NM SFSP/CACFP MEDICAL STATEMENT TO REQUEST SPECIAL MEALS AND/OR ACCOMMODATIONS

1. Sponsor Name	2. Center Name and Location	3. Telephone Number											
4. Name of Child or Adult Participant		5. Date of Birth											
6. Name of Parent or Guardian		7. Telephone Number											
<p>8. Check One:</p> <p><input type="checkbox"/> Participant has a disability or a medical condition that requires a special meal and/or accommodation. Sponsors participating in CACFP <u>must</u> comply with requests for special meals and any adaptive equipment. Parents or guardians may supply one required meal component which meets the meal pattern requirements for children with disabilities. Centers/home sponsors must supply all the other required meal components. Licensed physicians or state-recognized medical authorities who are authorized to write medical prescriptions must sign form.</p> <p><input type="checkbox"/> Participant does not have a disability, but is requesting a special meal or accommodation due to a food intolerance or other medical reason. Food preferences are not an appropriate use of this form. Sponsors participating in CACFP are encouraged to accommodate reasonable requests. Parents/guardians may provide one component which meets the meal pattern requirements. Licensed physicians and state-recognized medical authorities who are authorized to write medical prescriptions must sign form.</p> <p><input type="checkbox"/> Participant does not have a disability, but is requesting a special accommodation for a fluid milk substitute that is nutritionally equivalent to milk for non-dairy beverages offered as milk substitutes. Sponsors are encouraged to accommodate a reasonable written parent request. A medical statement is not required unless the request is for a nondairy beverage that is not nutritionally equivalent to milk.</p>													
9. Disability or medical condition requiring a special meal or accommodation:													
10. If participant has a disability, provide a brief description of his/her major life activity affected by the disability:													
11. Diet prescription and/or accommodation (please describe in detail to ensure proper implementation-use extra pages as needed):													
<p>12. Indicate food texture for above participant:</p> <div style="display: flex; justify-content: space-around;"> <input type="checkbox"/> Regular <input type="checkbox"/> Chopped <input type="checkbox"/> Ground <input type="checkbox"/> Pureed </div>													
<p>13. Foods (components) to be omitted and suggested substitution foods (components) meeting the CACFP meal pattern requirements. For example, omit cheese and substitute egg to meet the meat/meat alternate requirement. You may attach a sheet with additional information as needed):</p> <table style="width: 100%; border: none;"> <thead> <tr> <th style="text-align: center; width: 50%;">A. Food (Component) To Be Omitted</th> <th style="text-align: center; width: 50%;">B. Food (Component) Substitutions</th> </tr> </thead> <tbody> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> </tbody> </table>				A. Food (Component) To Be Omitted	B. Food (Component) Substitutions	_____	_____	_____	_____	_____	_____	_____	_____
A. Food (Component) To Be Omitted	B. Food (Component) Substitutions												
_____	_____												
_____	_____												
_____	_____												
_____	_____												
14. Signature of Parent													
15. Signature of Recognized Medical Authority*	16. Printed Name	17. Telephone Number	18. Date										

*A signature by a recognized medical authority (individual who can write a medical prescription) is required for participants with a disability. Parent/legal guardian signature is acceptable for fluid milk substitution for a child with special medical or dietary needs other than a disability (see back of form). The information on this form should be updated to reflect the current medical and/or nutritional needs of the participants. (June, 2017)

CACFP Parent/Guardian Request for Fluid Milk Substitution

Name of child _____

Non-dairy milk substitution request

If your child cannot drink fluid cow's milk due to medical or other special dietary needs but **does not** have a diagnosed medical disability, your provider may choose, but is not required, to provide a non-dairy milk substitute that is nutritionally equivalent to cow's milk, based on your request.

At this time, the following brands of **unflavored non-dairy beverages** for children ages 2-5 years are available in New Mexico and meet the definition of being nutritionally equivalent to cow's milk: 8th Continent Soymilk (Original), Pacific Ultra Soy (Original), Kirkland Organic Soymilk (plain), Silk Original Soymilk, and Great Value Original Soymilk.

Children 6 years and older and adults may be served **flavored non-dairy beverages**. The flavored non-dairy beverages that are nutritionally equivalent to cow's milk include: Kikkoman Pearl Organic Smart Soymilk (vanilla and chocolate) in 8-fluid ounce single-serving container only; 8th Continent Soymilk (vanilla); and, Pacific Ultra Soy (vanilla).

By completing the information below, your child may be served one of these soy milks, provided by the center (if the center chooses), or provided by you.

Identify why your child needs a non-dairy milk substitute: _____

_____ I request my child be served the center provided soy milk as described above for meals which require milk.

_____ I will provide one of the soy milks described above for meals served to my child which require milk.

Cow's milk substitution request

Providers may choose, but are not required, to serve lactose free/reduced milk or organic milk to children in their care. No documentation is needed for either type of milk. If the provider does not serve these, the parent may bring the substituted milk for their child to consume while in care.

_____ I will provide 1% or Non-fat **lactose-free/reduced milk** to be served in place of the milk served by the provider. (Whole unflavored lactose-free/reduced milk if the child is 12 – 24 months)

_____ I will provide 1% or Non-fat **organic** milk to be served in place of the milk served by the provider. (Whole unflavored organic milk if the child is 12 – 24 months)

Signature of Parent/Guardian: _____ Date _____

October, 2016

CACFP Approved Non-Dairy Beverages

**Great Value Original
Soymilk
Walmart**



**Pacific Ultra Soy
Original
Vanilla (flavored only
6 yrs or older)**



**8th Continent Soymilk
Original**



**8th Continent Soy
Vanilla (flavored
only 6 yrs or older)**



**Silk Original Soymilk
Plain**



**Lucerne Soy Milk
Original**



**Kirkland Organic
Soymilk
Plain**



**Kikkoman
Pearl Organic Soy
Smart Original
(8 oz. only)**



**Pearl Organic Soy
8 oz. Smart
Vanilla/
Chocolate
(flavored only 6
yrs or older)**



GUIDELINES FOR MENU PLANNING

I.Planning Considerations Relating to the Child and Adult Care Food Program

- ☐ Ages
- ☐ Nutritional needs, including special diets
- ☐ Food preferences
- ☐ Religious beliefs
- ☐ Socioeconomic situation
- ☐ Arrival and departure schedules

II. Planning Considerations Relating to the Food Service Operation

- ☐ Preparation systems (conventional vs. convenience)
- ☐ Number of children to be served
- ☐ Equipment available
- ☐ Employee skills
- ☐ Budget
- ☐ Availability of foods
- ☐ Recipes
- ☐ Hours of operation
- ☐ The location of the kitchen

III. Other Considerations

- ☐ Aesthetic qualities and contrasts (color, texture, flavor, consistency and temperature)
- ☐ Delivery system (including temperature maintenance of foods)
- ☐ Physical needs of the children

NUTRIENT DENSITY


Nutrient density is a measure of the nutrients a food provides compared to the calories it provides.

- Foods lower in calories and higher in nutrients are more *nutrient-dense*, while foods higher in calories and lower in nutrients are less *nutrient-dense*.
- Nutrient-dense foods should be eaten often, whereas nutrient-poor foods should only be eaten occasionally.
- A healthful diet includes mostly nutrient-dense foods.
- Nutrient-poor foods provide calories but not the necessary nutrients for growth and development in children.
- When child care providers teach the children in their care to choose nutrient-dense foods most of the time, they help them to develop a skill that will lead to healthy habits for their lifetime.

Here are two examples:

1. First let's consider a bowl of watermelon and a 12 ounce soda pop. Both provide 150 calories, but the watermelon has Vitamin C, fiber, and other vitamins and minerals, as well as natural sugars. The soda has only simple sugars, or "empty" calories. The watermelon is more nutrient dense than the soda pop.
2. Let's consider two different slices of bread. One is white, enriched bread and one is whole wheat bread. Both have about the same amount of calories – 80, but the whole wheat slice also contains 3 grams of fiber – a nutritional bonus. The whole wheat slice is more nutrient-dense than the slice of white bread.

Comparing Nutrient Density of Fruits & Vegetables

<i>More Nutrient-Dense</i>		<i>Less Nutrient-Dense</i>
All fresh fruits and vegetables		Fruits canned in heavy syrup
Fruits canned in own juice		Olives
Vegetable juices, fresh		Hash Browns
Vegetables, canned (low-sodium)		Vegetables frozen with butter, cheese or other sauces or additives
Plain frozen vegetables		

Comparing Nutrient Density of Meat & Meat Alternates

More Nutrient-Dense

Beans or peas, dried, cooked
Ground Turkey Breast
Refried beans made without fat or lard
Tuna packed in water



Less Nutrient-Dense

Beans baked in sauce with pork
Ground Turkey with skin
Refried beans made with lard
Tuna packed in oil

Comparing Nutrient Density of Milk and Milk Products

More Nutrient-Dense

Fat Free or Skim Milk
Low-fat cheeses such as ricotta and mozzarella
Yogurt, fat-free



Less Nutrient-Dense

Whole Milk
Cheese made with whole milk or cream such as cream cheese or
Yogurt made from whole milk

Comparing Nutrient Density of Grains/Breads Products

More Nutrient-Dense

Whole grain breads or grains
Ready-to-eat cereals, whole grain and unsweetened
Rice, brown
Spaghetti, whole grain
Tortillas (whole grain or whole corn)



Less Nutrient-Dense

Enriched breads/ white flour
Cereals, enriched, more than 6 g sugar per oz.
White Rice
Pastas, enriched
Tortillas(white enriched)

Tips on Introducing New Foods to Children

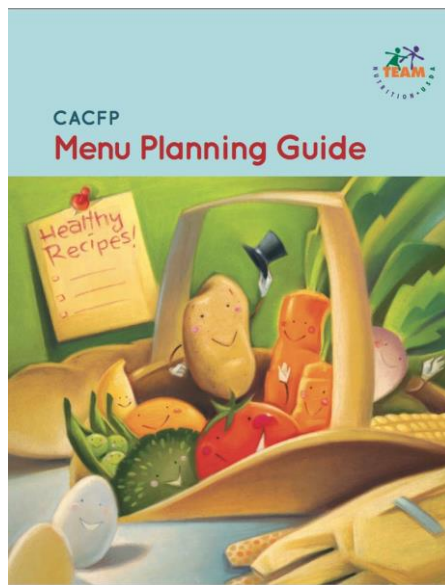
- ✓ Try only one new food at time.
- ✓ Serve a food children will eat along with the new food.
- ✓ Try to serve new foods when children are happy and peaceful. If they are cranky or not feeling well they are more likely to refuse the food.
- ✓ Keep trying. It may take 10 introductions before some children will accept a new food so don't become discouraged if they won't try it right away.
- ✓ Get the children involved in the planning and preparing of different foods. They are more likely to accept a new food if they have helped prepare it.
- ✓ Lead by example. If the providers are excited about trying a new food, the children are more likely to accept it.
- ✓ Introduce new foods on a regular basis. Try having a weekly/biweekly "New Food Day".
- ✓ Encourage the children to help prepare food. They are more likely to try new foods they helped to prepare.
- ✓ Introduce new foods as part of a game (i.e., a counting game).
- ✓ Have families contribute their favorite recipes. This is great way to introduce ethnic foods. Parents can get involved in the preparation of the foods and explain the history of the food.
- ✓ Have a "theme day" when all activities are related to a theme and introduce new foods related to that theme.



Appendix B

B. Sample Menus:

- a. Breakfast
- b. Cold and Hot Lunches
- c. Vegetarian Lunches
- d. Snack Ideas



SAMPLE THREE WEEK CYCLE BREAKFAST MENU

(portions for ages 3-5)

MONDAY	$\frac{1}{2}$ pt. milk 0.5 oz Whole Wheat English Muffin pizza 0.5 oz Shredded Cheese* $\frac{1}{2}$ c. orange slices	$\frac{1}{2}$ pt. milk .5 oz whole wheat toast $\frac{1}{4}$ cup yogurt* $\frac{1}{2}$ c. blueberries	$\frac{1}{2}$ pt. milk .5 oz w/w French toast 1/2 c. applesauce
TUESDAY	$\frac{1}{2}$ pt. milk 1-.5 oz whole wheat flour tortilla with cheese* $\frac{1}{2}$ c. mixed fruit	$\frac{1}{2}$ pt. milk $\frac{3}{4}$ c. Cheerios $\frac{1}{2}$ c. banana	$\frac{1}{2}$ pt. milk $\frac{1}{2}$ c. oatmeal $\frac{1}{2}$ c. strawberries
WEDNESDAY	$\frac{1}{2}$ pt. milk .5 oz w/w bread with 2 T sunflower seed butter* $\frac{1}{2}$ c. pineapple chunks	$\frac{1}{2}$ pt. milk <u>Breakfast pizza</u> (1-.5 oz W/W English muffin, with 1 scrambled egg * and $\frac{1}{2}$ oz. grated cheese*) $\frac{1}{2}$ c. orange wedges	$\frac{1}{2}$ pt. milk 1-.9 oz slice corn bread $\frac{1}{2}$ c. honeydew
THURSDAY	$\frac{1}{2}$ pt. milk .6 oz. whole grain pancake $\frac{1}{2}$ c. strawberries	<u>Fruit Smoothie:</u> $\frac{1}{2}$ pt milk $\frac{1}{4}$ cup yogurt* $\frac{1}{2}$ cup Mango or Mixed Fruit 0.9 oz Banana whole grain muffin	$\frac{1}{2}$ pt. milk 1-.5 oz whole wheat biscuit 1 Scrambled egg* $\frac{1}{8}$ c. green/red pepper $\frac{1}{2}$ c. blueberries
FRIDAY	$\frac{1}{2}$ pt. milk 1-.5 oz whole wheat bagel with 2 T. Peanut Butter* $\frac{1}{2}$ c. apricots	$\frac{1}{2}$ pt. milk $\frac{1}{2}$ c. Multi-grain Cheerios $\frac{1}{2}$ c. mixed berries	$\frac{1}{2}$ pt. milk 1-.5 oz corn tortilla 1 oz. refried beans*/cheese* $\frac{1}{2}$ c. peach slices

*Unflavored 1% or Non-fat Milk for 2-5 year olds/Whole Unflavored for 12-24 month old children

* Meats/Meat Alternates (yogurt with 23 g of sugar or less per 6 oz, cheese, egg, etc) may be offered 3 times per week, recommended in addition to, Grains/Breads

July, 2016

SAMPLE THREE WEEK CYCLE LUNCH MENU

COLD AND HOT LUNCHES COMBINED

(portions for ages 3-5)

MONDAY	<u>Stuffed Spud:</u> 1 oz. baked ham ½ oz. cheddar cheese ¼ c. kiwi ¼ c. baked potato .5 oz whole wheat bread stick ½ pint milk	<u>Macaroni & Cheese:</u> 1 ½ oz. cheese ¼ c. celery sticks ¼ c. apple slices ¼ c. whole grain macaroni ½ pint milk	<u>Hamburger::</u> 1 oz. hamburger ½ oz. cheese ¼ c. lettuce, tomato ¼ c. watermelon .5 oz whole wheat bun ½ pint milk
TUESDAY	<u>Chef Salad:</u> 1 oz. diced chicken 1/2 oz. cheese cubes 1/4 c. diced apples ¼ c. lettuce and cucumbers .5 oz whole grain crackers 1/2 pint milk	<u>Sloppy Josephines:</u> 1.5 oz. ground chicken 1/8 c. tomato sauce ¼ c. zucchini/corn ¼ c. fresh strawberries .5 oz whole wheat hamburger bun ½ pint milk	<u>Lentil Soup:</u> 3/8 c. lentils ¼ c. carrots/celery ¼ c. cantaloupe .5 oz whole wheat roll ½ pint milk
WEDNESDAY	<u>Lasagna:</u> 1 oz. ground beef ½ oz. mozzarella cheese ¼ c. green beans ¼ c. cucumber slices ¼ c. whole wheat lasagna noodles ½ pint milk	<u>Chicken and Bean Enchilada Bake:</u> 1.5 oz. diced chicken ¼ c. pears ¼ c. black/kidney beans .5 oz corn tortillas ½ pint milk	<u>Cheesy Spaghetti Bake:</u> 1 oz ground beef .5 oz cheese ¼ c. lettuce, tomato ¼ c. grapes ¼ c. Whole grain spaghetti noodles ½ pint milk
THURSDAY	<u>Green Chili Stew:</u> 1.5 oz. ground turkey ¼ c. potatoes 1/8 c. green chili ¼ c. apricots .5 oz whole grain crackers ½ pint milk	<u>Tuna Pasta Salad:</u> ½ egg, hard boiled 1 oz. tuna 1/8 c. celery 1/8 c. carrots ¼ c. honeydew melon ¼ c. whole grain macaroni 4 whole grain crackers ½ pint milk	<u>Farmer's Harvest Chili:</u> 3/8 c. pinto beans 1/8 c. tomato sauce 1/4 c. pineapple ¼ c. corn .5 oz Whole Wheat Roll ½ pint milk
FRIDAY	<u>Bean Burritos:</u> ½ c. pinto beans ½ oz. cheddar cheese 1/4c. lettuce & tomatoes ¼ c. plums .5 oz Whole wheat flour tortilla ½ pint milk	<u>Kickin' Chicken:</u> 1.5 oz. chicken breast ¼ c. green/red pepper ¼ c. pineapple slices .5 oz corn bread ½ pint milk	<u>Fish in Blankets:</u> 1.5 oz. talapia 1/8 c. salsa 1/8 c. lettuce, tomato ¼ c. kiwi .5 oz slice whole wheat tortilla ½ pint milk

*Unflavored 1% or Non-fat Milk for 2-5 year olds/Whole Unflavored for 12-24 month old children July, 2016

SAMPLE TWO WEEK CYCLE VEGETARIAN LUNCH MENU

(portions for ages 3-5)

MONDAY	<u>Peanut Butter & Banana Sandwich:</u> 2 Tbs. peanut butter ½ c. banana ¼ c. celery sticks 1 oz. cheese stick .5 oz whole wheat bun ¾ c. milk	<u>Split Pea Soup:</u> 1 c. split pea soup (=1 oz. M/MA) ½ oz. cheddar cheese cubes ¼ c. corn ¼ c. plums .6 oz serving corn bread ¾ c. milk
TUESDAY	<u>Garden Lentil Toss:</u> ½ c. lentils ½ c. cauliflower, broccoli cucumber and carrot ¼ c. nectarine ½ c. brown rice ¾ c. milk	<u>Cheese Pizza:</u> 1 ½ oz. mozzarella cheese ¼ c. green pepper rings ¼ c. peaches 0.5 oz. whole wheat pizza crust ¾ c. milk
WEDNESDAY	<u>AT Sandwich:</u> ½ c. cottage cheese ¼ c. avocado and tomato ¼ c. Pineapple tidbits .5 oz. whole wheat bread 1 oz. pkg. sunflower seeds ¾ c. milk	<u>Breakfast for Lunch:</u> 1 scrambled egg ¼ c. warmed applesauce ¼ c. oven-baked potato .5 oz whole wheat toast ¾ c. milk
THURSDAY	<u>Guacamole Tostada:</u> 1 ½ oz. cheddar cheese ¼ c. avocado & tomato ¼ c. cantaloupe .5 oz corn tortillas ¾ c. milk	<u>Pasta Tofu Salad:</u> 1 ½ oz. tofu cubes (firm) 1/4 c. green peppers and carrots ¼ c. kiwi fruit ¼ c. whole wheat pasta ¾ c. milk
FRIDAY	<u>Egg and Salad:</u> 1 hard boiled egg <u>Vegetable Rice Salad:</u> ½ c. brown rice ¼ c. green peas and tomatoes ¼ c. diced apples ¾ c. milk	<u>Toasted Cheese on Rye:</u> 1 ½ oz. Swiss cheese ¼ c. sliced tomatoes ¼ c. apple .5 oz slices rye bread ¾ c. milk

*Unflavored 1% or Non-fat Milk for 2-5 year olds/Whole Unflavored for 12-24 month old children July, 2016

Vegetarian Lunch/Supper Cycle Menus

Refer to Child & Adult Care Food Program Meal Pattern for Children when planning portion sizes for different age groups (portion sizes for main dishes below are for 3-5 year olds.) Recipe name and numbers in bold refer to recipes in the **USDA Recipes for Child Care**, available on the web at: <http://www.fns.usda.gov/usda-recipes-child-care>* The Spanish Broccoli Frittata Recipe J-8 is available in *the Fruit and Veggie Quantity Cookbook* available on the Florida CCFP website. For some recipes, you will need to add an additional meat/meat alternate(noted in bold type).

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
	2 pieces Cheese Ribbon Sandwich F-05-Need ½ oz (1 oz meat alt/1 bread-recipe) + 4 oz yogurt , Peas and carrots Fresh apples slices Milk	1 slice Spanish Quiche D-08A (1½ oz meat alternate, ¼ cup vegetable, 2 bread) Steamed broccoli Tropical fruit salad Milk	1 Black Bean Mini Pizza on ½ wholegrain English muffin (made with ¼ cup black beans and 1 oz cheese) Shredded lettuce and chopped tomatoes Orange sections Milk	1 piece Macaroni and Cheese D-20 (1½ oz meat alternate, 1½ bread) Steamed spinach Pear slices Milk	½ cup Pasta Toss with Vegetables D-14 (¾ oz meat alternate(recipe)+ 4 oz yogurt , ¼ cup vegetable, ½ bread) Whole wheat roll Apricot halves Milk
Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
	½ cup Bean Soup H-08 topped with ½ oz shredded cheddar cheese (1½ oz meat alternate, ⅛ cup vegetable) Whole grain crackers Diced peaches Milk	½ Banana-Peanut Butter Sandwich F-03A (1 oz meat alternate-recipe + 4 oz yogurt , ⅛ cup fruit, 1 bread) Steamed carrots Strawberries Milk	¼ cup Refried Beans I-13 (1 oz meat alternate-recipe + ½ oz cheese) Baked tortilla wedges Mexicali Corn I-15 Pear slices Milk	1 piece Pizza with CheeseTopping D-23A (1½ oz meat alternate, ⅛ cup vegetable, 1½ bread) Steamed broccoli Pineapple wedges Milk	1 piece Spanish Broccoli Frittata J-8* (1 oz m/ma, ½ cup vegetable) Whole wheat toast Apple slices with Peanut Butter Dip G-01 (3/4 oz m/ma) Milk
Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
	Black BeanQuesadilla (made with ½ tortilla, ¼ cup black beans, and 1 oz cheddar cheese) Corn Fruit Salad Milk	1 slice Broccoli Quiche D-08 (1½ oz meat alternate, ¼ cup vegetable, 2 bread) Mixed Greens Salad Grape halves Milk	½ Toasted Cheese and Tomato Sandwich F-09 (1 oz m/ma(recipe) +, 1 hardboiled egg , ⅛ cup vegetable, 1 bread) Mixed vegetables Fresh plum Milk	1 piece Baked Scrambled Eggs D-15 (2 oz. meat alternate) Whole wheat pita wedges Steamed spinach Peaches with yogurt Milk	1/2 cup Lentil Soup H-07 with 1 oz. cheese(topping) (1/2 oz meat alternate(recipe) + 1 oz cheese , ¼ cup veg) Cornbread Green beans Baked apple Milk

Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
	¾ cup Vegetable Chili D-26 <i>(2 oz meat alternate, ¾ cup vegetable, ¼ bread)</i> Corn Muffin Square A-02A Fresh pears Milk	2 pieces Mexican Pizza D-13 <i>(1½ oz meat alternate, ⅙ cup vegetable, ½ bread)</i> Whole wheat crackers Green salad with 1 Tbsp lowfat salad dressing Milk	½ Peanut Butter and Jam Sandwich on whole wheat bread (2 Tbsp peanut butter) Peas and carrots Cheese stick(1 oz) Apple slices Milk	1 cup Sweet Potato & Black Bean Soup H-08 <i>(3oz meat alternate, ¼ cup vegetable, ¼ cup other vegetable)</i> Whole wheat pita bread Peach slices Milk	1 Bean Burrito D-21A <i>(2 oz meat alternate, ¼ cup vegetable, 1 bread)</i> Celery sticks Tropical fruit salad Milk
Week Five	Monday	Tuesday	Wednesday	Thursday	Friday
	1 English Muffin Pizza (made with ½ whole-grain English muffin, 1 oz mozzarella cheese, and 2 Tbsp tomato sauce) Three Bean Salad E-04 Mixed berries with 4 oz yogurt Milk	½ cup Split Pea Soup H-02 topped with ½ oz shredded mozzarella cheese <i>(1½ oz meat alternate, ⅙ cup vegetable, ¼ bread)</i> Wheat crackers Steamed carrots Grape halves Milk	2 Bean Tacos D-24A <i>(2 oz meat alternate, ½ cup vegetable, 1 bread)</i> Lettuce and Tomato Fresh orange slices Milk	1 Toasted Cheese Sandwich F-13 <i>(2 oz meat alternate, 2 bread)</i> Green beans Fruit salad Milk	1 piece Vegetable Frittata D-01 <i>(1½ oz meat alternate, ¼ cup vegetable)</i> Whole wheat roll Banana slices Milk
Week Six	Monday	Tuesday	Wednesday	Thursday	Friday
	½ cup Multi-Bean Soup H-04 <i>(½ oz meat alternate, ⅙ cup vegetable)</i> Whole wheat roll Apple slices with 1 oz cheese cubes Milk	Cheese Quesadilla (made with 1 tortilla and 2 oz cheddar cheese) Black beans Corn Orange sections Milk	1 piece Vegetable Lasagna D-27 <i>(1½ oz meat alternate, ½ cup vegetable, ¾ bread)</i> Whole grain crackers Mixed fruit Milk	1 piece Corn Pudding I-11 <i>(½ oz meat alternate, ¼ cup vegetable, ¼ slice bread)</i> Pinto beans Brown rice Pineapple slices Milk	1 Egg Salad Sandwich F-10 <i>(2 oz meat alternate, 2 bread)</i> Stir-Fry Vegetables I-10 Grape halves Milk

SNACK MENU

Select-A-Snack Ideas



Meat & Meat Alternates

Beans of any kind
 Cheese (*such as American, Cheddar, Colby, Colby, Monterey Jack, Muenster, Mozzarella, Provolone, and Swiss*)
 Chicken Salad
 Cottage Cheese
 Egg Salad
 Hard Boiled Egg
 Peanut Butter
 Seeds and Nuts
 Tuna Salad
 Yogurt

Fruits & Vegetables

Apples
 Apricots
 Avocado
 Banana
 Bell Pepper
 Cherries
 Grapes
 Carrot Curls
 Celery Sticks
 Kiwi
 Lettuce
 Mandarin Oranges
 Melons (*Cantaloupe, Honeydew, Musk Melon, etc.*)
 Oranges
 Green Chile
 Garden Salad
 Spinach Salad
 Potato Salad
 Peaches
 Pears
 Plums
 Strawberries
 Tomatoes
 Watermelon

Grains & Breads

Whole Wheat Bagel
 Crackers
 Croissant
 Dinner Roll
 Garlic Bread
 Graham Crackers
 Pasta
 Pretzels
 Whole Grain Crackers
 Corn Bread
 Whole Grain Bread
 Whole Wheat Tortilla
 Trail Mix (*homemade*)
 Hamburger Bun
 Hoagie Bun
 Pita Pockets
 Rice Cakes
 Rye Bread

Milk

Unflavored Fat-Free Milk
 Unflavored 1% Milk

Combination Items

(*These items meet more than one component*)

Apples and Peanut Butter
 “Dip”
 Cheese Pizza
 Cheese Sandwich
 Crackers and Cheese
 Peanut Butter “Sandwich”

Water Should be Offered Throughout the Day
 And After Snack Has Been Served
 *It cannot be counted as a component



Sample CACFP Three Week Cycle Snack Menu

Children Ages 3-5 years

	Monday	Tuesday	Wednesday	Thursday	Friday
Wk 1	Apple slices Cheese* Quesadilla, 0.5 oz. w/w flour tortilla	1 Tbsp. Sun Butter ½ c. Banana Slices	0.4 oz. Multi- grain Crackers 2 T. Hummus* ½ c. Orange Wedges	0.5 oz. whole wheat Pita Bread ¼ c. Chicken Salad w/celery & mayo*	0.5 oz. Pretzel Sticks ½c.Applesauce
Wk 2	¼ c. Cottage Cheese ½ c. Peaches	0.4 oz. Bread Sticks ½ c. Marinara Sauce	0.9 oz. W/W English Muffin ½ c. Fruit Cocktail	¾ c. Milk 1 Tbsp. Peanut Butter on a flour tortilla* Pinwheels	0.4 oz. Whole Wheat Ritz Crackers Mozzarella Cheese Stick
Wk 3	¾ c. Milk 0.5 oz. English Muffin Pizza (tomato sauce, cheese, or other topping)*	2 oz. Yogurt ¼ c. strawberries ¼ c blueberries w/Granola*	¼ c broccoli ¼ c cauliflower Ranch dressing* Whole grain crackers*	0.6 oz. Pancakes ½ c. Banana Slices	0.5 oz. Mini- Bagel ½ c. Cantaloupe cubes

* Extra food component or meal enhancement in this snack.

Sample CACFP Four Week Cycle Snack Menu

At-risk Afterschool –Children Ages 6-18 years

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>HM tortilla Pizza Roll Up:</u> 0.9 oz tortilla 1 Tbsp tomato paste* 1 oz mozzarella cheese Roll tortilla and microwave to melt cheese, if desired.	1.1 oz waffle, frozen, toasted, spread with 2 Tbsp almond butter Drizzle with syrup or honey.*	1 c. milk 0.9 oz whole grain bagel, toasted Spread with lowfat cream cheese*	4 oz yogurt, plain or fruit-flavored ¾ cup melon cubes (fresh or frozen)	<u>Homemade Trail Mix:</u> 1 oz cereal such as Chex, or Cheerios 1 oz nuts (Mixed dried fruit optional*) Place all ingredients in a small sandwich bag, seal the bag, and shake to mix.
0.9 oz cinnamon raisin toast ¾ c. peaches (frozen, fresh or canned in own juices)	1oz cheese stick or block 0.7 oz whole grain crackers 100% fruit juice*	¾ cup apple slices 2 Tbsp peanut butter for dipping	<u>Quesadilla:</u> 0.9 oz flour tortilla 1 oz shredded cheese Microwave until cheese is melted, serve with salsa*	1 c. milk 1 oz cold, ready to eat cereal(6 g sugar or less) Fresh banana slices*
0.9oz whole wheat soft breadstick 1 oz mozzarella cheese stick Meatless spaghetti sauce for dipping*	<u>PB & J:</u> 1 cup milk 0.9 oz whole wheat bread slice peanut butter and favorite jelly or jam*	<u>Yogurt Parfait:</u> 4 oz vanilla yogurt ¾ cup fresh or frozen sliced mixed fruit for layering Use a sprinkle of granola cereal as a garnish.*	1 Potato (size 100), baked (White or Russet) 1 oz shredded cheese 1/8 cup broccoli Bake potatoes in the microwave, sprinkle cheese on top while warm, use veggies or plain yogurt as a garnish*	<u>Bean Burrito:</u> 0.9 oz whole wheat flour tortilla ¼ cup canned refried beans Shredded cheese* Warm in microwave and serve with salsa, if desired.
1 c. milk 1.8 oz blueberry muffin	0.9oz whole wheat bagel with Sun Butter* ¾ cup banana slices on top	0.7 oz Rice cakes 1 oz mild, soft feta or ricotta cheese, spread on top Sprinkle with dried fruit for a colorful presentation, if desired*	<u>Ham and Cheese Biscuit:</u> 0.9 oz pre-made whole wheat biscuit 1 oz (total) ham slice and cheese slices Slice biscuit and place ham and cheese slices inside. Microwave to warm.	1 c. milk 2.2 oz frozen French Toast sticks, toasted Applesauce cup, used for dipping*

* Extra food component or meal enhancement in this snack.

Appendix C

C. Nutritional Information

- a. Breakfast Cereals
- b. Cheese for Every Taste
- c. Snack Crackers
- d. Fabulous Fiber
- e. Iron for Children
- f. Healthy Habits: Juicy News
- g. Vitamin A
- h. Vitamin C

Breakfast Cereals

➔ Choose and serve cereals that contain no more than 6 grams of sugar per dry ounce!

To figure the grams per ounce:

1. Use the Nutrition Facts label to find the Serving Size in grams of the cereal (30g).
2. Find the total amount of sugars (6 g).
3. Calculate the amount of sugar per ounce by dividing sugars into serving size.
4. 0.2 is less than 0.212 so this cereal is creditable

Nutrition Facts	
Serving Size 1 cup (30g)	
Amount Per Serving	
Calories 108	Calories from Fat 11
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	1%
Cholesterol 0mg	0%
Sodium 201mg	8%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	11%
Sugars 6g	
Protein 2g	
Vitamin A	9%
Vitamin C	23%
Calcium	9%
Iron	95%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
NutritionData.com	

Example:

Serving size = 30 grams.

This product contains 6 grams of sugar.

Divide grams sugar into serving size

$$6 \text{ g} \div 30 \text{ g} = 0.2$$

0.2 grams sugar is less than 0.212 which is the maximum amount of sugars allowed. So, this cereal is creditable.

✓ **This product is creditable!**

Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any sState agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists at: <https://www.fns.usda.gov/wic/links-state-agency-wic-approved-food-lists>. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:



1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

2 Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

3 Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column.
If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.

**Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.*

Yummy Brand Cereal

Nutrition Facts

Serving Size $\frac{3}{4}$ cup (30g)		
Servings Per Container about 15		
Amount Per Serving	Cereal	with 1% cup skim milk
Calories 100	100	140
Calories from Fat 5	5	5
% Daily Value*		
Total Fat 0.5g	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 140mg	6%	9%
Potassium 90mg	3%	8%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 3g	11%	11%
Sugars 5g		
Other Carbohydrate 14g		
Protein 140mg		

Test Yourself:

Does the cereal above meet the sugar requirement?
(Check your answer on the next page)

Serving Size: _____

Sugars: _____

☐ Yes ☐ No

A Partial Listing of “Best Bets” for Breakfast...

Creditable CACFP Cereals (6 grams Sugar or Less)



*Rice Chex
*Corn Chex
*Wheat Chex
Rice Krispies
All-Gran
Special K
*Total
Crispix

*Grape-Nuts Flakes
*Scooby-Doo
*Cheerios
*Honey Kix
*Kix
*Multi-Grain Cheerios
*Mini-Wheats (Unfrosted)
*Go Diego Do
*Dora Explorer
Honey-Almond Oat Blenders
Honey & Oat Blenders
Honey Bunches of Oats with Almonds
Honey Bunches of Oats with Cinnamon

*Life
Cream of Rice
Cream of Wheat
*Oatmeal
*Malt-O-Meal
Corn Flakes
Crixpix
*Grape-Nuts

* = Cereal is whole grain

July, 2016

A Guide to Creditable/Not Creditable Cheeses in CACFP/SFSP

Cheese definitions:

Natural cheese - a concentrated dairy product produced directly from milk. There are over 2,000 natural cheeses. One way to classify them is by their moisture content: hard grating, hard, semisoft and soft.

Hard grating cheeses: Romano and Parmesan

Hard: Cheddar, Edam, Gouda, Swiss

Semisoft: Blue, Brick, Monterey, Muenster, Mozzarella

Soft: Brie, Camembert, cottage,* cream,** feta, Neuchâtel,**

Pasteurized processed cheese - a blend of several natural cheeses pasteurized to prevent further curing. May contain up to 43% water. Creditable in CACFP/SFSP.

Pasteurized processed cheese food - pasteurized processed cheese to which dried or fluid whey, cream or milk may be added. **You need to use twice as much cheese food per serving** in the CACFP/SFSP to meet the requirement for a meat/meat alternate.

Pasteurized processed cheese spread - Cheese food to which gums or sweeteners are added. **Not creditable in the CACFP/SFSP.** (Cheese Whiz, Velveeta)

Pasteurized processed cheese product - Contains pasteurized processed cheese food and up to 57.5% water. **Not creditable in the CACFP/SFSP.**

Canned cheese sauce - a commercial product made with a blend of cheese and cheese products, as well as other ingredients. No standard of identity has been established for it. **Not creditable in the CACFP/SFSP.**

Homemade cheese sauce - This sauce may be used to meet all or part of the meat/meat alternate requirement for CACFP/SFSP, if the cheese used to prepare the product is a creditable natural cheese, pasteurized processed cheese or pasteurized processed cheese food.

Powdered Cheese Food - This product is reconstituted with water and/or milk to make cheese sauce. **Not creditable in CACFP/SFSP**

For infants in CACFP, note that that natural cheeses and cottage cheese are creditable, but processed cheeses, cheese foods and cheese spreads are NOT.

* Twice as much needed per serving

** Not creditable in CACFP/SFSP

Say Cheese. . .

A guide to selecting creditable cheese in NM CACFP

The key to finding cheese that is creditable in CACFP is to read the package labels carefully and look for words that tell you the cheese is creditable by matching the label wording with the creditable side of the chart below. Natural or process cheese (including reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread) as well as cheese substitutes are creditable in the CACFP/SFSP.

Natural cheese is a term used to describe cheese that is made from milk to which salt, enzymes and flavorings are added. Different types of cheese are created from using slightly different ingredients. Only those products that conform to the standards of identity for natural cheese can be labeled as such.

For infants in CACFP, note that that natural cheeses and cottage cheese are creditable, but processed cheeses, cheese foods and cheese spreads are NOT.



Use the chart below to help you decide if a cheese item is creditable.

Look carefully at the package label to pick out the key words.

Remember that the wording must match exactly the creditable side of the chart below.

Items that have different words or words that do not match are not creditable.



Creditable,
As long as the package label says. . .



NOT Creditable,
Because the package label says . . .

Natural or Process Cheese , such as: ✓ American, Cheddar, Mozzarella or Swiss ✓ Feta, Brie, or Camembert ✓ Parmesan or Romano ✓ Cottage or Ricotta	Prepared Cheese or Pasteurized Prepared X Cheese Product X Cheese Snack X Pub Cheese
Process Cheese Food ✓ Twice as much needed! 2oz cheese food = 1oz meat alternate.	Cheese Dip or Cheese Sauce (Without CN Label) X In cans, jars or pouches
Process Cheese Spread ✓ Twice as much needed! 2oz cheese food = 1oz meat alternate.	Spreadable Cheese such as: X Cream cheese, Neuchâtel cheese X Pimento Spread
Natural or Process Cheese Substitute (Or Cheese food substitute, cheese spread substitute, or any cheese item labeled as "substitute".) ✓ Must meet the FDA standard of identity for substitute foods and NOT be nutritionally inferior to the cheese for which it is substituting.	Imitation Cheese Cheese Product



For complete information on crediting cheese, refer to the USDA Food Buying Guide for Child Nutrition Programs or contact your State Agency Nutritionists. July 2016

Cheese Types

Name of Cheese	Creditable	Serving Size	Calories	Fat (grams)	% Calories from Fat	Protein (grams)	Calcium	Sodium
Blue	yes	1 oz	100	8.2	74%	6.1	150 mg	396 mg
Brick	yes	1 oz	105	8.4	72%	6.6	191 mg	159 mg
Brie	yes	1 oz	95	7.9	75%	5.9	52 mg	178 mg
Cheddar	yes	1 oz	114	9.4	74%	7.1	204 mg	176 mg
Colby	yes	1 oz	112	9.1	73%	6.7	194 mg	171 mg
Cottage Cheese, creamed	yes*	2 oz	59	2.6	40%	7.1	34 mg	229 mg
Cream Cheese	no	1 oz	99	9.9	90%	2.1	23 mg	84 mg
Edam	yes	1 oz	101	7.9	70%	7.1	207 mg	274 mg
Feta	yes	1 oz	75	6.0	72%	4.0	140 mg	316 mg
Fontina	yes	1 oz	110	7.3	60%	8.8	156 mg	not avail.
Gjetost	yes	1 oz	132	8.4	57%	2.7	113 mg	170 mg
Gouda	yes	1 oz	101	7.8	70%	7.1	198 mg	232 mg
Monterey	yes	1 oz	106	8.6	73%	6.9	212 mg	152 mg
Mozzarella, whole milk	yes	1 oz	80	6.1	69%	5.5	147 mg	106 mg
Mozzarella, part skim	yes	1 oz	72	4.5	52%	6.9	183 mg	132 mg
Muenster	yes	1 oz	104	8.5	74%	6.6	203 mg	178 mg
Neuchâtel	no	1 oz	74	6.6	80%	2.8	21 mg	113 mg
Parmesan, hard	yes	1 oz	111	7.3	59%	10.1	336 mg	454 mg
Provolone	yes	1 oz	100	7.6	76%	7.3	214 mg	248 mg
Ricotta, part skim	yes*	2 oz	86	4.9	51%	7.1	337 mg	155 mg
Romano	yes	1 oz	110	7.6	62%	9.0	302 mg	340 mg
Swiss	yes	1 oz	107	7.8	70%	8.1	272 mg	74 mg
Processed American Cheese	yes	1 oz	106	8.9	76%	6.3	174 mg	406 mg
American Cheese Food	yes*	1 oz	93	7.0	68%	5.6	163 mg	337 mg
Cheese Spread	Yes*	2 oz	82	6.0	66%	4.7	159 mg	381mg

* Twice as much needed per serving

IRON FOR CHILDREN

Ever wonder why so many child-friendly, ready-to-eat breakfast cereals and infant cereals and formulas are fortified with iron? Iron is a nutrient that's needed to make hemoglobin, the oxygen-carrying component of red blood cells RBC's. Red blood cells circulate throughout the body to deliver oxygen to all its cells. Without enough iron, the body can't make enough RBCs, and tissues and organs won't get the oxygen they need. Because infants and children are growing so rapidly, it is critical for them as well as teens to get enough iron in their daily diets.

Almost two-thirds of iron in the body is found in hemoglobin, the protein in RBCs that carries oxygen to tissues. Smaller amounts of iron are found in myoglobin, a protein that helps supply oxygen to muscles, and in enzymes that assist biochemical reactions.

What foods provide Iron?

There are two forms of dietary iron: heme and non-heme. Heme iron is derived from hemoglobin, the protein in red blood cells that delivers oxygen to cells, and therefore only found in animal-based foods. Heme iron is more easily absorbed in the body. Non-heme iron is found in plant-based foods. This is the form of iron that is added to iron-enriched or fortified foods. It is not as easy for the body to absorb non-heme iron, but it remains an important dietary nutrient.

How much iron does my child need each day?

	Age	Iron (mg)
Infants	0 - 6 months	6
	6 - 12 months	11
Children	1-3 years	7
	4-8 years	10
Boys	9-13 years	8
	14-18	11
Girls	9-13 years	8
	14-18	15

Did you know?

- Iron from animal sources is more easily absorbed than iron from plant sources.
- Serving a wide variety of foods each day, including meat and meat alternates, vegetables, and whole grains, helps assure adequate iron intake each day.
- Serving a vitamin-C rich food with meals increases the body's absorption of iron from the meal.
- Serving meat, fish or poultry at a meal makes iron from other foods at the same meal more available to the body.
- Cooking foods in cast iron adds iron to the diet.

SNACK CRACKERS

Crackers are an acceptable grain/bread in the Child and Adult Care Food Program (CACFP). When serving crackers, please note the following:

- ✓ One serving of crackers is 20 grams or .7 ounces.
- ✓ Many varieties of whole grain, lower salt, and low fat crackers are available! Be sure to check the nutrition facts label for information on the content of fiber, sodium and fat.
- ✓ Steer away from any crackers that have more than 30% of the calories from fat.
- ✓ It is important to serve a variety of grains/breads, so limit the number of times per week or month you serve crackers!

Notice the Nutrition Facts label when serving crackers. Most labels list the serving size as one ounce, which is more than the minimum required for a full serving. You can use the serving size listed on the box so that you meet or exceed the serving size for the children in your care. You may also use your scale to determine the number of crackers to serve. Remember that every different type of cracker has a different weight and therefore, a different number of crackers are needed to meet the minimum serving size.

On the reverse side of this handout is a comparison of crackers that you might find helpful. Notice the different serving sizes and that some crackers are lower in fat, sodium or sugar, or higher in fiber.

Read labels to get the best in value and variety!



Comparison of Snack Crackers

Brand Name	Serving Size (equals about 20 grams)	% Calories from Fat	Comments
Cheese Nips - original	20 each	40%	
Cheese Nips-reduced fat	20 each	27%	
Chicken in a Biskit	10 each	50%	2 g sugar/14 crackers
Club crackers - original	6 each	36%	
Club crackers-reduced sodium	6 each	36%	
Club crackers-reduced fat	6 each	29%	2 g sugar/4 crackers
Harvest Crisps - Five Grain	8 each	23%	no sugar
Harvest Crisps - Garden Vegetable	10 each	23%	4g sugar, 1g fiber/13 crackers
Nabisco Cheese Nips Air Crisps	21 each	23%	<1 g sugar/32 crackers
Pepperidge Farm Goldfish- original	36 each	43%	
Pepperidge Farm Goldfish-cheddar	36 each	36%	
Ritz	6 each	44%	1 g sugar/5 crackers
Ry-Krisp	3 each	0%	contains only whole grain flour
Saltine crackers	8 each	19- 25%	no fiber, 0 - 2 g sugar/5 crackers
SnackWells Wheat Crackers	6 each	0	2 g sugar, 1 g fiber/5 crackers
Townhouse	6 each	50%	
Triscuits - original	5 each	32%	4 g fiber/7 crackers
Triscuits- reduced fat	5 each	19%	4 g fiber/7 crackers
Twigs	10 each	40%	1 gm sugar <1g. fiber/15 crackers
Vegetable Thins	9 each	50%	2 g sugar, 1 g fiber/14 crackers
Waverly	6 each	43%	
Wheat Thins - original	11 each	36%	2 g fiber/16 crackers
Wheat Thins - Air Crisps	16 each	31%	3 g sugar/24 crackers
Wheatables - Garden Vegetable	16 each	43%	2 g sugar/26 crackers
Wheatsworth	6 each	38%	1 g fiber/5 crackers
Zesta Soup Crackers	60 each	36%	No sugar

FABULOUS FIBER

Fiber is found in plant foods -- whole grains, fruits, vegetables, and legumes. Fiber is the part of the plant that cannot be digested by the body. We often hear about two types of fiber: insoluble and soluble.

Insoluble fiber does not dissolve in water. Sometimes referred to as “roughage”, it aids in digestion by binding with water in the intestines to help prevent constipation. Insoluble fiber is found in bran and whole grains.

Soluble fiber, on the other hand, dissolves in water. Instead of giving a coarse and hearty texture to food, it dissolves to become gummy or viscous. In the body, it helps to regulate the use of sugars and binds with fatty substances so that they will be discarded. Soluble fiber is found in oat bran, fruits, vegetables, and legumes, such as pinto beans.

From childhood on, following an eating pattern that is low in fat and high in fiber helps reduce the risk of some types of cancer, heart disease, and some chronic diseases. As children grow and develop, they need more fiber in their diet.

How Much is Enough? For children over one year of age, take the child’s age +5= number of grams of fiber required daily.

Fiber Boosting Tips

- **Serve high fiber snacks such as fresh or dried fruit, raw vegetables, and nuts.
- **Enjoy oatmeal or a fiber packed breakfast cereal with fresh or dried fruit.
- **Choose breads, cereals, and pastas that are whole grains. Remember that brown bread is not necessarily whole grain – check the label for the words “whole grain”!
- **Got 5-A-Day? Eat at least five servings of fruits and veggies daily. Remember, raw veggies and fruit have more fiber than cooked.
- **Choose whole fruits over juices. Juicing removes the skin and pulp, where most of the fiber is found.
- **Kids should eat at least 6 servings of grains, cereals, pasta, and rice daily. Remember to choose whole grains whenever possible.



Fiber Content of Foods

Food	Amount*	Grams of Fiber
Grains		
Unfrosted Mini-Wheats Cereal	1 cup	6
Oatmeal	1 cup	4
Barley, cooked	1/2 cup	3
Bran Muffin	1 small	2
Whole Wheat Bread	1 slice	2
Vegetables		
Green Peas, cooked	1/2cup	4
Sweet Potato	1/2cup	3
Broccoli	1/2cup	2
Carrots	1/2cup	2
Fruits		
Strawberries	1 cup	4
Apple, unpeeled	1 medium	3
Orange	1 small	2
Asian Pear	1/2 medium	2
Blueberries	1/2 cup	2
Legumes		
Pinto Beans	1/2 cup	7
Baked Beans	1/2 cup	6
Garbanzo Beans	1/2 cup	5
Lentils	1/2 cup	4
Nuts and Seeds		
Peanuts	1 oz	3
Sunflower Seeds	1 oz	3

*The amount listed may or may not be the correct serving size to meet CACFP / SFSP meal pattern requirements . . . please refer to meal pattern requirements for actual serving sizes!

Healthy Habits: Juicy News

Juice (100% fruit or vegetable juice, that is!) is a great source of a number of essential nutrients like vitamin C, vitamin A, and potassium. It is also a great way to get important fluids in a child's diet. 100% fruit or vegetable juice can and should be a part of a child's total dietary intake. That being the case, it is just as important to provide other beverages for the children in your care. When it comes to juice, there is such a thing as "too much of a good thing!"

CACFP Program requirements regarding fruit and vegetable juice:

- It is recommended that whole fruits or vegetables be served instead of juice.
- Only 100% fruit or vegetable juice is creditable on the CACFP.
- Juice may NOT be served to infants.
- Juice must be limited to ONE serving a day for children and adults.

Recommendations for serving juice:

- Toddlers and young children often drink too much juice because it tastes good and is easily packaged to take along.
- Rather than serving juice, encourage children to eat more fruits and vegetables which contain not only all the nutrients that are contained in the juice but also fiber – an important and difficult to get nutrient for children.
- Be a savvy shopper! At the grocery store, purchase only 100% fruit or vegetable juice –specifically look for the words, "100% juice" on the label. There are new items on the shelves daily. Be wary of any item labeled as a juice "beverage", "aide", "cocktail" or "fruit drink". Also, be aware that many manufacturers will label a non-juice item with the words, "100% vitamin C".

Fluids for children:

- Offering water regularly throughout the day is a CACFP requirement especially for younger children when they may not realize they are thirsty. Water is often the best way to quench a child's thirst.
- Sugared beverages, such as Gatorade and fruit drinks contain few nutrients. Children do not need these beverages, and they are NOT creditable in CACFP.
- Children should NOT be given energy drinks; in addition to high sugar levels, they contain excessive levels of caffeine, which could be dangerous to children.

July, 2016

Vitamin A

Vitamin A is a fat-soluble vitamin that helps you see normally in the dark and promotes the growth and health of all body cells and tissues. It also protects against infection by keeping healthy the skin and tissues in the mouth, stomach, intestines and respiratory tract.

Vitamin A is a fat-soluble vitamin, which is found in both animal origin and plant-based foods. Foods like eggs, whole milk, liver and fish oils contain Vitamin A. When vitamin A is found in plant-based foods, it is in the form of beta carotene or carotenoid.

Most vitamin A rich fruits and vegetables are colored deep orange, yellow or dark green. These foods add color, taste and variety to your menus. When planning a menu for children on the CACFP program, include fruits and vegetables which are good sources of vitamin A at least two times per week.

What are some food sources of Vitamin A?

<u>Fruits</u>	<u>Vegetables</u>
Apricots	Broccoli
Cantaloupe	Carrots
Mango	Pumpkin
Plums	Spinach
Peaches	Sweet Potatoes
Grapefruit	Peppers – Red and Green



Vitamin C

Vitamin C is a water-soluble vitamin that is essential to many functions in the body. It helps produce the connective tissue collagen, helps form and repair red blood cells, bones and other tissues, helps keep capillary walls and blood vessels firm, protects against bruising, helps maintain healthy gums and heal cuts and wounds and helps protect from infection by keeping the immune system healthy. Most importantly for children, it helps the body absorb non-heme iron (iron from plant sources). Water soluble vitamins need to be ingested since the body cannot store them. For children and adults, eating more fruits and vegetables is important for good health.

Vitamin C is found in citrus fruits and many other fruits and vegetables, including berries, melons, peppers, many dark-green leafy vegetables, potatoes and tomatoes.

Fruits

Cantaloupe
Grapefruit sections
Grapefruit
Honeydew
Kiwi
Mandarin orange
Mango
Orange juice
Orange
Papaya
Pineapple/orange juice
Plums
Strawberries

Vegetables

Asparagus
Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Chicory
Collards
Kale
Mustard greens
Peas, edible pod
Peppers, chile
Peppers, sweet
Snow Peas
Tomato juice
Turnip greens










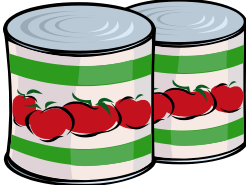
Appendix D

D. Kitchen Helps/Tips/Hints:

- a. Common Can and Jar Sizes
- b. Recipe Conversion Charts
- c. Weight and Volume
- d. Abbreviations and Measure Equivalents
- e. Planning Chart for Servings



COMMON CAN AND JAR SIZES

Can Size (Industry Term)*	Average net weight of fluid measure per can**	Average Volume per can	Principal Products
8 oz. can 	8 oz.	1 cup	Ready-to-serve soups, fruits, vegetables
No. 1 can 	10-1/2 oz. to 12 oz.	1-1/4 cups	Condensed soups, some fruits, vegetables, meat, fish
No. 300 can 	14 oz. to 16 oz. (1 lb.)	1-3/4 cups	Some fruits and meat products
No. 303 can 	16 oz. (1 lb) to 17 oz. (1 lb. 1 oz.)	2 cups	Small cans: fruits and vegetables, some meat and poultry products, ready-to-serve soups
No. 2 can 	20 oz. (1 lb. 4 oz.) or 18 fl. oz. (1 pt. 2 fl. oz.)	2-1/2 cups	Juices, ready-to-serve soups, some fruits
No. 2-1/2 can 	26 oz. (1 lb. 10 oz) to 30 oz. (1 lb. 14 oz.)	3-1/2 cups	Family size: fruits, some vegetables
No. 3 cylinder 	51 oz. (3 lb. 3 oz.) or 46 fl. oz. (1 qt. 14 fl. oz.)	5-3/4 cups	Condensed soups, some vegetables, meat and poultry products, fruit and vegetable juices
No. 10 can 	6 lb. (96 oz.) to 7 lb. 5 oz. (117 oz.)	12 cups to 13-2/3 cups	Institutional size: fruits, vegetables, some other foods

*Can sizes are industry terms and do not necessarily appear on the label.

**The net weight on can or jar labels differs according to the density of the contents. Source: *Food Buying Guide for Child Nutrition Programs*, by Dorothy W. Davis and others. Washington, DC: US Department of Agriculture, 1984.

RECIPE CONVERSION CHARTS

FRACTIONAL EQUIVALENTS (F.E.) * FOR USE IN CONVERTING RECIPES

The following chart is designed to help you change fractional parts of pounds, gallons, cups, etc., to accurate weights or measures. To use this chart, take the number in the F.E. column and look under the heading of Tablespoon, Cup, Pint, Quart, Gallon or Pound to convert to an accurate unit of measure or weight. For example, reading from left to right, the table shows that 7/8 of one pound is 14 ounces, 1/3 of a gallon is 1 quart plus 1-1/3 cups; 1/16 of a cup is 1 tablespoon; etc.

F. E. *	TABLESPOON	CUP	PINT	QUART	GALLON	POUND
1	3 tsp	16 Tbsp	2 cups	2 pints	4 quarts	16 ounces
7/8	2-1/2 tsp	1 cup less 2 Tbsp	1-3/4 cups	3-1/2 cups	3 quarts plus 1 pint	14 ounces
3/4	2-1/4 tsp	12 Tbsp	1-1/2 cups	3 cups	3 quarts	12 ounces
2/3	2 tsp	10 Tbsp plus 2 tsp	1-1/3 cups	2-2/3 cups	2 quarts plus 2 2/3 cups	10-2/3 ounces
5/8	2 tsp (scant)	10 Tbsp	1-1/4 cups	2-1/2 cups	2 quarts plus 1 pint	10 ounces
1/2	1-1/2 tsp	8 Tbsp	1 cup	2 cups	2 quarts	8 ounces
3/8	1-1/8 tsp	6 Tbsp	3/4 cup	1-1/2 cups	1 quart plus 1 pint	6 ounces
1/3	1 tsp	5 Tbsp plus 1 tsp	2/3 cup	1-1/3 cups	1 quart plus 1 1/3 cups	5-1/3 ounces
1/4	3/4 tsp	4 Tbsp	1/2 cup	1 cup	1 quart	4 ounces
1/8	1/2 tsp (scant)	2 Tbsp	1/4 cup	1/2 cup	1 pint	2 ounces
1/16	1/4 tsp (scant)	1 Tbsp	2 Tbsp	4 Tbsp	1 cup	1 ounce

WEIGHT AND VOLUME OF COMMONLY SERVED FOODS

FOOD	WEIGHT	MEASURE (Approximate)
Baking powder	1 oz	2 Tbsp
Baking soda	1 oz	2-1/3 Tbsp
Bread, loaf sandwich crumbs, dry	1 lb 2 lbs 1 lb	16 slices 32 slices 1 qt
Butter, lard, margarine	1 lb	2 cups
Flour, all purpose white, bread, sifted cake, sifted	1 lb 1 lb 1 lb	4 cups 4 cups 4-3/4 cups
Honey	1 lb	1-1/3 cups
Lemon juice	1 lb	2 cups (8-10 lemons)
Lettuce, average head	9 oz	1
Macaroni, dry 1 lb cooked	1 lb 3 lbs	4 cups 2-1/4 qts
Oats, rolled, A.P. (quick)	1 lb	6 cups
Oil, vegetable	1 lb	2 to 2-1/8 cups
Onions, A.P. chopped	1 lb 1 lb	4 to 5 medium 2 to 3 cups
Pepper, ground	1 oz	4 Tbsp
Potatoes, white A.P.	1 lb	3 medium
Rice, dry 1 lb cooked	1 lb 4 to 4-1/2 lbs	2 cups 2 qts
Salad dressing, mayonnaise	1 lb	2 cups
Shortening, hydrogenated	1 lb	2-1/4 cups
Spaghetti, dry 1 lb cooked	1 lb 4 lbs	5 cups 2-1/2 qts
Sugar, brown, solid pack granulated powdered, XXXX, sifted	1 lb 1 lb 1 lb	2 cups 2 cups 3 cups
Vanilla extract	1 oz	2 Tbsp
Vinegar	1 lb	2 cups
Walnuts, E.P.	1 lb	4 cups

COMMON ABBREVIATIONS

FOUND IN RECIPES

t or tsp =teaspoon(s)	wt = weight
T or Tbsp = tablespoon(s)	ea = each
C = cup(s)	pc(s) = piece(s)
pt = pint(s)	sl = slice(s)
qt = quart(s)	# = number (i.e. #10 can)
gal = gallon(s)	pkd = packed
	AP = as purchased
	MBG = Meat Buyers Guide
oz = ounce(s)	EP = edible portion
fl oz = fluid ounce(s)	o F = degrees Fahrenheit

MEASURE EQUIVALENTS

3t = 1 T	16 oz = 1 lb
4t = 1-1/3 T	1 lb 4 oz = 1-1/4 lb
4 -1/2 t = 1-1/2 T	1 lb 8 oz = 1-1/2 lb
4T = 1/4 C	1 lb 12 oz = 1-3/4 lb
16 T = 1 C	4 fl oz = 1/2 C
2 C = 1 pt	8 fl oz = 1 C
4 C = 1 qt	16 fl oz = 1 pt
2 pt = 1 qt	32 fl oz = 1 qt
4 qt = 1 gal	128 fl oz = 1 gal

SCOOP and DISHER EQUIVALENTS

Scoop or disher number	Level Measure	Scoop or disher number	Level Measure
6	2/3 cup	24	2-2/3 Tablespoons
8	1/2 cup	30	2-1/5 Tablespoons
10	3/8 cup	40	1-3/5 Tablespoons
12	1/3 cup	50	3-4/5 teaspoons
16	1/4 cup	60	1 Tablespoon
20	3-1/5 Tablespoons		

AMOUNT TO PREPARE WHEN SERVING 1/8 CUP AND 3/8 CUP

How to use these charts: If you are going to be serving 1/8 cup of fruit or vegetable or 3/8 cup of fruit or vegetable, use these charts to see the equivalent 1/4 cup servings.



PLANNING CHART FOR 1/8 CUP FRUIT OR VEGETABLE SERVINGS	
NUMBER OF 1/8 CUP SERVINGS NEEDED	EQUIVALENT NUMBER* OF 1/4 CUP SERVINGS
25	15
50	25
75	40
100	50
150	75
200	100
250	125
300	150
350	175
400	200
450	225
500	250

For numbers which are not on this 1/8 cup chart, divide the number of meals to be prepared by 2, and look that number up in the New Mexico Simplified Food Buying Guide. For example, if you need to prepare 160 (1/8 cup) servings, divide 160 by 2, which = 80. Look up 80 (1/4 cup) servings to determine how much to prepare for 160 (1/8 cup) servings.

PLANNING CHART FOR 3/8 CUP FRUIT OR VEGETABLE SERVINGS	
NUMBER OF 3/8 CUP SERVINGS NEEDED	EQUIVALENT NUMBER OF 1/4 CUP SERVINGS
25	40
50	75
75	115
100	150
150	225
200	300
250	375
300	450
350	525
400	600
450	675
500	750

For numbers which are not on this 3/8 cup chart, multiply 1.5 by the number of meals being prepared and look that number up in the New Mexico Simplified Food Buying Guide. For example, if you need to prepare 160 (3/8 cup) servings, multiply 160 by 1.5, which = 240. Look up 240 (1/4 cup) servings to determine how much to prepare for 160 (3/8 cup) servings.

* All numbers rounded up to nearest 5 servings.

