

Home Child Care Provider Manual Child and Adult Care Food Program (CACFP)



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Family Nutrition Bureau
Child and Adult Care Food Program



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Revised 2017

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- (3) Email: program.intake@usda.gov.

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INTRODUCTION

The information contained in this manual is designed for Family Child Care Home Providers who participate in the Child and Adult Care Food Program in the state of New Mexico. The goal of this manual is to help the Family Child Care Home Provider in New Mexico plan meals that meet the nutritional needs of children cared for in the home as well as providing direction on program requirements for selecting creditable foods, developing menus, and recording and documenting creditable meals.

OBJECTIVES OF THE MANUAL

- ❖ Familiarize the Family Child Care Home Provider with Child and Adult Care Food Program requirements.
- ❖ Demonstrate to the Family Child Care Provider the relationship between growth, development and feeding patterns.
- ❖ Expand the Family Child Care Provider's knowledge of childhood nutrition.
- ❖ Assist the Family Child Care Provider in selecting food items most suitable to meet children's needs.



PROGRAM INFORMATION

Facts about the Child and Adult Care Food Program

The Child and Adult Care Food Program (CACFP) is funded by the United States Department of Agriculture (USDA). It provides reimbursement for nutritious meals served to children enrolled in childcare centers or day care homes throughout the United States. In the state of New Mexico, the New Mexico Children, Youth and Families Department, Family Nutrition Bureau, administers the CACFP.

WHO CAN PARTICIPATE

Child care centers and outside-school-hours care centers can operate in the program either independently or under a sponsoring organization, which accepts final administrative and financial responsibility for the program. Family day care homes must participate under a Home Sponsoring organization. They cannot enter the CACFP directly.

To be eligible to participate in the Program, day care homes must:

- Be located in a residential facility - the provider's own private residence AND
- Be licensed, registered, tribal-approved, or military-approved as a family or group day care home.

The provider must agree to:

- Participate under the authority of a sponsoring organization;
- Sign an agreement with the sponsoring organization that specifies the rights and responsibilities of both parties;
- Prepare and serve meals that meet the CACFP meal pattern requirements;
- Maintain accurate records on daily menus, daily count of the number of meals served to enrolled children, and daily count of the number of enrolled children in attendance;
- Serve meals at no separate charge to all enrolled children;
- Promptly inform the sponsoring organization about any change in: the number of children enrolled for care; meal times; meal types; or, any change in the licensing or approval status;
- Claim only those meal types that have been approved by the administering agency for reimbursement; and,
- Submit household size and income information to the sponsoring organization to document their own enrolled children's eligibility for reimbursed Program meals.

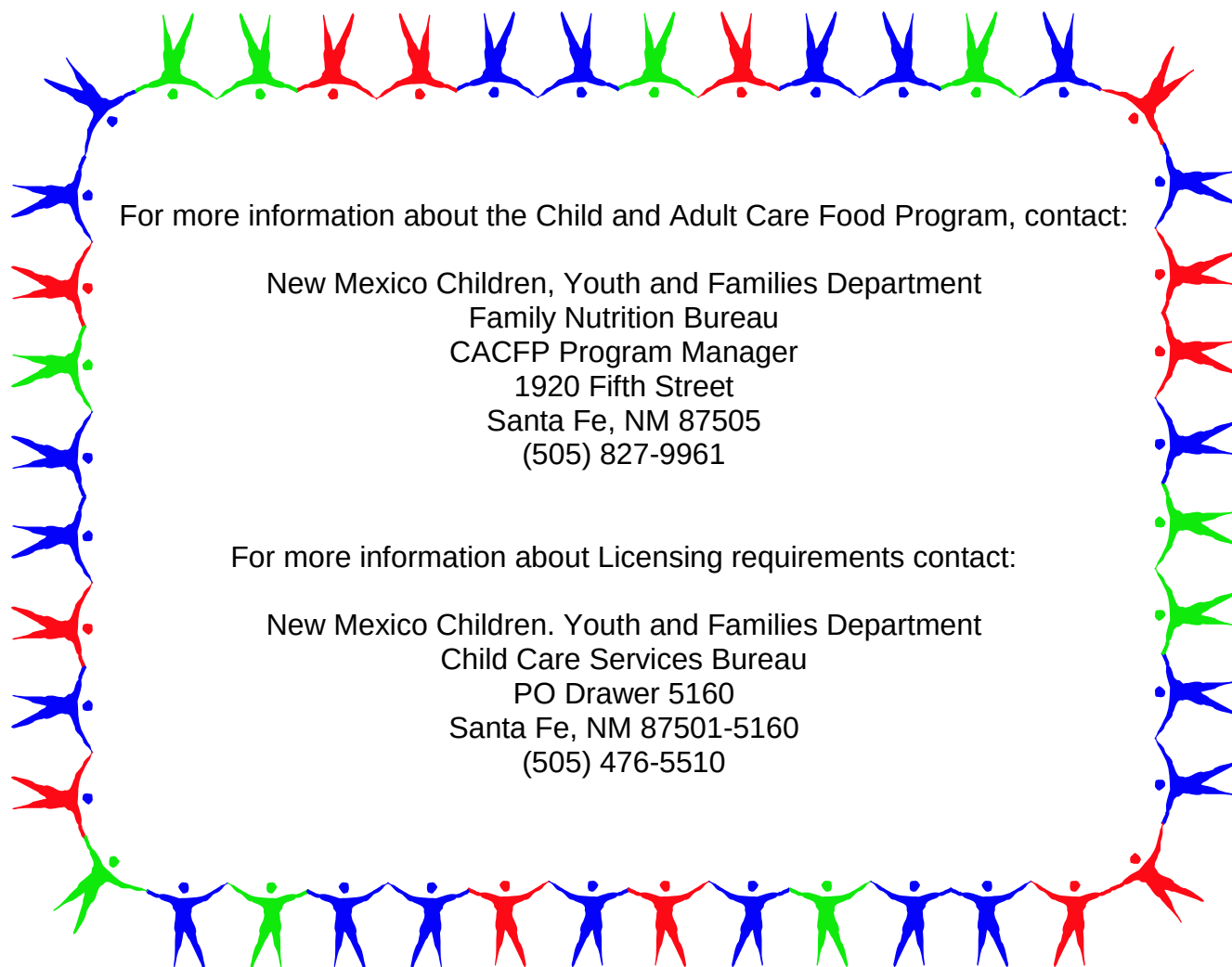


The provider's own children are eligible only when:

- They are enrolled and participating in the Program during the time of the meal service;
- Enrolled nonresidential children are present and participating in the meal service; and
- The household has been determined eligible under the income eligibility guidelines.

Day care homes providers are reimbursed for meals served that meet program requirements.

- This reimbursement is based on a "two tier" system, which was initiated in 1997. There are two reimbursement rates available. (Your sponsor will help you determine your rate – most providers in New Mexico qualify for the higher rate.)



DEFINITIONS

The Children, Youth and Families Department (CYFD) Family Nutrition Bureau reimburses Sponsors participating in the Child and Adult Care Food Program (CACFP) for meals served. However, there are specific regulations regarding meal pattern requirements for meals. The following definitions are used in the CACFP and it is important that sponsors become familiar with them.

Component One of five food categories of the USDA Meal Pattern Requirements, including:
1) Meat/Meat Alternates; 2) Vegetables, 3) Fruits; 4) Grains/Breads; and 5) Milk.

Creditable Foods These are foods used to meet the requirements for a reimbursable meal. Foods are creditable based on USDA meal pattern requirements, Federal regulations and State Agency policies.

Non-Creditable Foods These are foods do not meet the criteria for creditable foods. (Also called "Other Foods" or "Extras".) An example of a non-creditable food is jelly on a peanut butter and jelly sandwich. The jelly does not meet the criteria to be considered a component, but may be served as an enhancement or "extra" in the meal. Non-creditable foods may not be used to meet the meal pattern requirements, but are an allowable cost.

Reimbursable Meals Those meals that are served at a specific time (designated on approved application) and meet the following requirements:
1) USDA meal pattern requirements;
2) Federal Regulations; and,
3) State Agency policies.

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. The home daycare provider should sit down with the children, serve herself/himself a 3-5 year old portion size of all the components, and encourage children to taste new foods.

USDA Food Buying Guide/ NM Purchasing & Production Guide The instrument utilized by State Agency review staff to determine the exact quantities of food components required, based on menu record documentation.

FOOD AND CHILD DEVELOPMENT

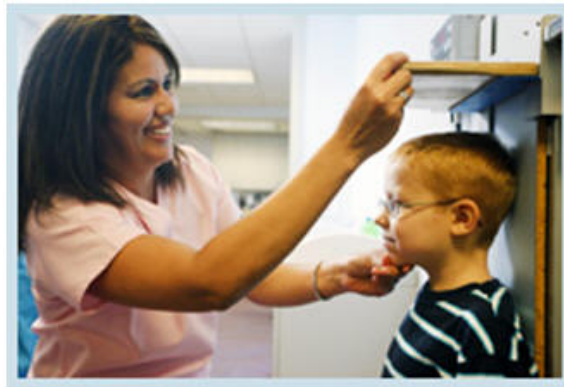
The food needs of children are related to their growth and development. This means more than just how long or tall the child is or how much the child weighs. It also has to do with what skills the child has or can learn. Think about the many differences between a newborn infant, a toddler, and a 5 year old. These differences affect the foods a child can eat and needs to eat - and the way a child should be fed. Within age groups, each child develops skills at a different rate.

Growth

Children need food to grow, and children who are growing fast need more food than usual. Between growth spurts, they are less hungry. Children over the age of 6 months need to begin eating foods from the five food groups to keep them healthy and growing. No one food can provide all the nutrients these young children need. Serve a variety of foods to children so that they get all the nutrients they need.

Plan your day so that infants are fed when hungry and young children are fed every 2 to 3 hours. Because they have small stomachs, children need many chances during the day to meet their food needs. Serve meals and snacks on a regular schedule so that the children know that a meal or snack will be available at a set time each day.

Be sure to serve nutritious snacks that will help children meet their food needs for the day. Serve snacks that are low in sugar, salt and fat such as fresh fruits and vegetables. Offer water to children after meals and snacks to help remove food particles that might contribute to cavities if they cannot brush their teeth. Children should be offered water throughout the day.



Development

Food experiences help meet various needs during infancy and early childhood. For example, infants need to be held, need to suck, and need to learn trust and security. As they get older, they need to develop independence and social skills.

Food experiences also help develop motor skills and dexterity in infancy and childhood. Foods can help teach children about counting, sorting, measuring, colors, shapes, textures, temperatures, odors, and tastes. Developmentally appropriate nutrition education activities help children learn about different types of foods and help them to make healthy food choices.

Infants

Infants develop rapidly during the first year of life. Their food needs also change. Always ask the infant's parents or health care provider for written instructions about what the infant should eat.



Younger infants (0-5 months)

Breast milk or iron-fortified infant formula is the best, and only, source of nutrition needed for infants through the fifth month of development. If a mother is breastfeeding, let her know that you are willing and able to care for her breastfed baby. Make sure to discuss the mother's wishes about supplementing with formula.

Older infants (6-11 months)

When the infant is about 6 months of age, discuss with the parents about introducing solid foods. The introduction of solids should begin around 6 months of age and depends on the infant's developmental readiness for solid foods. Some signs that show an infant is ready:

- ☐ Infant sits with support.
- ☐ Infant holds head steady and opens mouth when spoon approaches.
- ☐ Infant's tongue does not thrust out when the spoon is placed in his mouth.
- ☐ Infant swallows easily without choking or gagging.



Caregivers should feed infants baby foods by spoon only. This helps the infant learn to control the solid foods in their mouth. Never use an infant feeder for solid foods or a bottle with a larger hole cut in the nipple. This might cause the infant to choke. When feeding from a spoon, pay attention to signs that the infant is hungry or full. Feed the infant when she/he opens his/her mouth and leans forward. When the infant turns away or does not open his/her mouth, do not force him/her to eat. When the infant is able to sit and hold his/her head up, encourage him/her to begin to take sips from a small plastic cup. The American Academy of Pediatrics recommends feeding iron-fortified infant formula or breast milk as the primary source of nutrition for the first twelve months of life, and to continue feeding it until the mother and baby decide to stop nursing.

Finger feeding helps infants learn many things - textures, eye-hand and hand-to-mouth coordination, and how to grasp and release objects. Being able to pick up small pieces of soft-textured foods and put it in his/her mouth is developmentally appropriate. Advance the texture of foods-pureed to mashed, mashed to finely ground, ground and chopped as the infant shows the ability to handle the different textures. Never let an infant eat or feed themselves alone due to the risk of choking.

Transitional Feeding on the CACFP Program (12-13 months)

Transitional feeding begins when the eleven month old infant is developmentally ready to try more and different foods – foods that are included on the child CACFP meal pattern such as whole cow's milk. The child care provider begins introducing small amounts of whole milk, usually mixed with breast milk or iron-fortified infant formula (IFIF), and gradually increases the amount of whole milk while decreasing the amount of breast milk or IFIF until the infant is exclusively taking whole milk. This process can take 4-6 weeks. Breast milk also continues to be creditable as a fluid milk beyond 13 months, while IFIF should be discontinued in the 13th month (unless special medical / nutritional needs exist verified by written documentation from an authorized medical authority). To be in compliance with CACFP regulations, the child care provider should record breast milk (or IFIF) on the infant menu before the first birthday. After the first birthday, whole milk or breast milk needs to be recorded on the child menu record page. Always remember to ask the parent for instruction on what foods to give, food textures, and developmental readiness for their infant.

CACFP Meal Pattern Requirements for Infants

	Birth to 5 months	6 to 11 months
<u>Breakfast</u>	4-6 fl. oz. Formula ¹ or Breast milk ^{2,3}	6-8 fl. oz. Formula ¹ or Breast milk ^{2,3} <u>and</u> 0-4 Tablespoons infant cereal, ^{1,4,5} meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; 0-4 oz. yogurt ⁶ , or a combination ⁴ <u>and</u> 0-2 Tablespoons fruits or vegetables or both ⁴
<u>Lunch or Dinner</u>	4-6 fl. oz. Formula ¹ or Breast milk ^{2,3}	6-8 fl. oz. Formula ¹ or Breast milk ^{2,3} <u>and</u> 0-4 Tablespoons infant cereal, ^{1,4,5} meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; 0-4 oz. yogurt ⁶ , or a combination ⁴ <u>and</u> 0-2 Tablespoons fruits or vegetables or both ⁴
<u>Supplement (Snack)</u>	4-6 fl. oz. Formula ¹ or Breast milk ^{2,3}	2-4 fl. oz. Formula ¹ or Breast milk ^{2,3} <u>and</u> 0- ½ slice bread ^{4,5} or 0-2 crackers ^{4,5} or 0-4 tablespoons infant cereal ¹ or ready to eat cereal ^{4,5, 7} <u>and</u> 0-2 Tablespoons fruits or vegetables or both ⁴

1 Infant formula and dry infant cereal must be iron-fortified.

2 Breastmilk or formula, or portions of both, may be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months.

3 For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.

4 A serving of this component is required when the infant is developmentally ready to accept it.

5 A serving of this component must be made from whole-grain or enriched meal or flour.

6 Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

7 Ready to eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

Guidance on Components for Infants in the NM Child & Adult Care Food Program

(0-11 months – all meals) Iron Fortified Infant Formula or Breastmilk	This component can only be met by serving: ✓ Breast milk or ✓ Iron-fortified infant Formula (not low-iron formulas)
(6-11 months – breakfast, lunch, supper or snack) Iron Fortified Infant Cereal	Iron-fortified infant cereals in a box or can: Barley cereal High protein cereal Mixed cereal Oatmeal cereal Rice cereal ✓ Jarred “wet” infant cereals or cereal/fruit mixtures are not reimbursable! ✓ Cereals designed for older children and adults are not reimbursable – such as Cream of Wheat, Malt o Meal
(6-11 months – breakfast, lunch, supper or snack) Vegetables and Fruits	✓ Commercially-prepared vegetable or fruit baby food: ▪ “Jarred” baby foods, where the first ingredient is a fruit or vegetable and the food item is not a pudding or dessert. ▪ Mixtures of more than one fruit or vegetable or some of each is creditable, as long as water is NOT listed first on the ingredient statement. ✓ Home-prepared vegetable or fruit baby food: ▪ Fruits or vegetables for infants can be fresh, frozen, canned, or jarred. Home-prepared fruits/vegetables should be soft-cooked and strained, mashed, chopped, or diced to meet the texture needs of the infant. ✓ Mixtures of meats and/or grains with vegetables and/or fruits are NOT creditable. ✓ Baby food “dinners” are NOT creditable.
(6-11 months – breakfast, lunch, supper or snack) Meat and Meat Alternates	This component includes USDA-inspected meats such as lean beef, pork, lamb, veal, chicken, turkey and liver, or boneless fin fish, whole eggs, natural cheese, cottage cheese, and dried beans or peas. ✓ Commercially-prepared meats made for baby: ▪ “Jarred” baby foods, containing only plain, strained meat is creditable. ✓ Mixtures of meats or grains with vegetables and/or fruits are NOT creditable. ✓ Baby food “dinners” are NOT creditable. ✓ Home-prepared meat baby food: ▪ Meats should be well-cooked and lean, then pureed, strained, mashed, chopped or diced to meet the texture needs of the infant. ✓ Do not feed shellfish (shrimp, crab, lobster, crawfish, scallops, oysters, or clams) to babies less than one year of age. These types of seafood can cause severe allergic reactions in some babies. ✓ Parents may want to limit the amount of tuna fed to their infant to once per week due to the methyl-mercury content. See http://www.fda.gov for more information. ✓ Fresh water -sport fish caught in New Mexico may not be safe to feed to babies less than one year of age. Visit http://www.nmenv.state.nm or contact the NM Environment Dept. for more information.
(6-11 months – only at snack) Grains/Breads	✓ Iron Fortified Infant Cereals, or ✓ Ready to Eat low-sugar cereal (i.e., Cheerios), or ✓ Whole-grain Breads (without nuts, seeds, or hard pieces of whole grain kernels), or ✓ Whole-grain Crackers - low in salt, plain snack crackers made without nuts, seeds or hard pieces of whole grain kernels; served in a form to be eaten as a finger foods.

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Not Creditable Foods for Infants in the New Mexico CACFP

NOT CREDITABLE FOR INFANTS AT ANY AGE

Iron Fortified Formula or Breastmilk	Cow's milk of any kind: whole, lowfat, or skim Evaporated Cow's Milk, or home-prepared cow's milk formula Goat's Milk Nonfat Dry Milk Rice Milk Soy Milk, usually called <i>soy beverage</i> Sweetened Condensed Milk Imitation Milks, including those made from rice, nuts, or non-dairy ingredients
Iron Fortified Infant Cereal	Cereal and fruit <u>mixtures</u> in a box, can or jar: (for example: Rice Cereal with Bananas or Infant Oatmeal with Apples) Cereals <u>designed or older children and adults</u>: (for example: Cream of Wheat, Malt O Meal, Quick Cooking /Rolled Oats, Cream of Rice, etc.)
Fruit/Vegetable	All <u>fruit desserts</u>, homemade or in a jar / can (for example: Dutch Apple Dessert, Banana Dessert, Vanilla Custard) Fruits in a jar which list water as the first ingredient Vegetables in a jar which list water as the first ingredient Combinations of grains with veggies and /or fruit that is baked or "puffed" and designed to be finger foods for babies. Fruit or vegetable juice
Meats/Protein	Infant, junior or toddler dinners or combination foods in a jar or can Fish sticks or commercially breaded fish products Fish, canned with bones (such as sardines), Home canned meats Hot dogs; sausages or meat sticks, any type Peanut butter, other nut butters Yogurt with more than 23 grams of sugar per 6 ounce Processed or imitation cheeses, cheese foods, cheese spreads
Grains/Breads	Hot cereals intended for children or adults, such as Malt-O-Meal or Cream of Wheat Infant cereal puffs Bread or Cracker-type products made for infants that pose a choking risk or are sweetened, such as: - Bread or crackers of any type that are made with honey - Cookies, such as: Arrowroot, Teething Cookies, Toddler Cookies, etc. - Crackers or breads with seeds, nut pieces or whole-grain kernels such as wheat berries - Granola bars Ready-to-eat cereals with more than 6 grams of sugar per dry ounce Snack potato or corn chips, pretzels, or cheese twists



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Children

Toddlers (1-2 years)

Toddlers should be offered a variety of foods and textures as they develop. They should begin eating foods which follow the CACFP meal pattern requirements: meat/meat alternates; fruits; vegetables; grains/breads; and, fluid milk. The CACFP meal pattern was designed to be aligned with the American Dietary Guidelines of 2015 and MyPlate. See the MyPlate link for additional nutritional information at: <https://www.choosemyplate.gov/health-and-nutrition-information>. Encourage children to finger feed and use a spoon and cup. Serve soft table foods cut into easy to hold pieces.

At this age, children do not grow as quickly as they did during the first year of life. As a result, their appetites decrease. Serve toddlers small amounts of food. A good guideline is to serve 1 tablespoon of each food for every year of age. Large servings can overwhelm a small child so that he will eat very little. Don't let young children drink so much milk that they do not eat. Whole, pasteurized milk is required for children between 1 and 2 years of age.

Preschoolers (3-5 years)

Children at this age imitate adults. If you want children in your care to eat vegetables, eat yours and enjoy them. Adult caregivers sitting down at the table with their children act as role models to encourage healthy eating. Keep serving foods that are not accepted at first. It can take up to twelve encounters with a food before a child actually tries it! Prepare the new foods in different ways and try again (e.g. raw fruits and vegetables if appropriate for a child's age and skills, instead of cooked).

Mealtimes help children learn about different types of food. It is also a good time for them to learn manners. Teach them polite ways to refuse foods. Adults can encourage conversation and give help when it is needed.



School Age Children (6-12 years and 13-18 years)

School age children are very capable, industrious, and often influenced by their peers. They begin losing their baby teeth, but are able to eat and enjoy most foods. They may have good appetites or not-so-good appetites – often this is dependent on growth or the amount of physical activity they get each day. It is best to allow the child to make their own decisions about what and how much they will eat. It is the responsibility of the caregiver to provide CACFP meals and snacks for them to enjoy! Remember, children have many opportunities to make their own food choices by the time they are in school. As a caregiver, provide guidance on healthy food choices.

Children at this age are establishing eating habits that will last a lifetime. Provide them with quick, easy, nutritious snacks. Encourage them to pay attention to natural hunger cues, and allow them access to plenty of nutritious snacks after school, especially fruits and vegetables. They also need to drink low-fat or skim milk since their bodies are building strong bones and teeth. Limit “screen time” – television, computers and video games at all ages so children have time to socialize and play actively.

Girls and boys go through a growth spurt in early adolescence. They need more calories to support development. Providing CACFP compliant snacks (such fresh fruits and vegetables with a protein food) will provide nutrients needed for growth. Processed foods are high in fat, calories, and sodium and should be offered in limited amounts. The school age child is also at risk for developing eating disorders and may be conscious of calories and fat diets. Provide gentle guidance to help them select healthy foods and build a positive self-esteem.

It is important to nurture the school age child’s natural abilities. School age children should be given the chance to help with cooking activities, read recipes, and help with menu planning. These activities provide valuable life skills and improve the school age child’s self-confidence.



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
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.), or</i> 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
Meats and Meat Alternates (optional)⁵ <i>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.</i>	½ oz.	½ oz.	1 oz.	1.oz

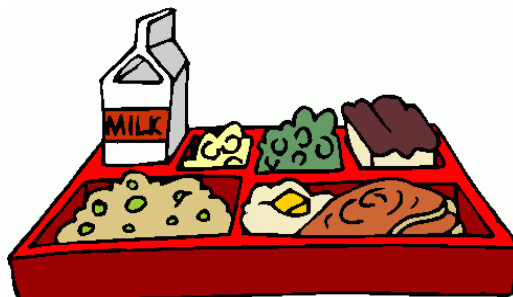
1. Larger portion sizes than specified may need to be served to children 13 through 18 year olds to meet their nutritional needs.
2. Pasteurized full-strength 100% juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
3. At least one serving per day, 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. Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.



LUNCH OR SUPPER MEAL PATTERN

COMPONENTS (Serve all 5)	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	¾ cup	1 cup	1 cup
Vegetables Whole vegetable or 100% vegetable juice ² (1/day)	⅓ cup	¼ cup	½ cup	½ cup
Fruits³ Whole fruit or 100% fruit juice ² (1/day)	⅓ cup	¼ cup	¼ cup	¼ cup
Grains/Breads^{4,5} 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	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 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 seeds ⁷ or Yogurt, plain or flavored (no more than 23 grams sugar per 6 oz.) or An equivalent quantity of any combination of the above	1 oz. ½ egg ¼ cup 2 tbsp. 2 tbsp. ½ oz. = 50% 4 oz.	1 ½ oz. 1 egg ⅓ 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 (cornbread, biscuits, rolls, muffins) 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. = 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. 2 tbsp. 1 oz. 4 oz. or ½ cup	1 oz. 1 egg ¼ cup 2 tbsp. 2 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.

Revised July, 2017

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.

Revised July, 2017

FEEDING CHILDREN WITH SPECIAL DIETARY NEEDS

Many children with chronic medical conditions or disabilities have no special dietary needs, and can be served the same meals as other children participating in the Child and Adult Care Food Program. Some children may have special dietary needs and the CACFP Provider should make every reasonable effort to accommodate those with special dietary needs.

To provide a modified meal at child care, the Provider would need advance notice from the parent, which includes a written diet instruction that has the following information: a) the child's disability or chronic medical condition and why it restricts his/her diet; b) the major life activity affected by the child's disability; and, c) the food or foods to be omitted, appropriate food substitutions, and any required changes in the texture of foods. The diet instruction must be written by a physician or recognized medical authority. If the special dietary need is a result of a disability, the CACFP Provider must provide the special meals, as indicated by the medical authority. Providers should make reasonable accommodations for children who require special meals and may call the Bureau Nutritionists at 1-505-841-4856 or 1-800-328-2665 for technical assistance in this area.

Some of the most common special diet orders for children are food allergies, food intolerance and diabetes.

FOOD ALLERGY is an abnormal response of the body's immune system to an otherwise harmless food. Usually, the response is to a protein in the food. Although any food may cause an allergic reaction, six foods are responsible for most of these reactions in children. These foods are peanuts, eggs, milk, tree nuts, soy and wheat. Many of the true food allergy symptoms often resemble reactions to other substances such as penicillin or bee stings. Symptoms might include respiratory or gastrointestinal problems, asthma, hives, eczema or difficulty breathing.

FOOD INTOLERANCE is an adverse food-induced reaction that does not involve the body's immune system. Lactose intolerance is one example of a food intolerance. A person with lactose intolerance lacks an enzyme that is needed to digest milk sugar. When the person eats milk products, gas, bloating, and abdominal pain may occur.

DIABETES is a metabolic disorder in which the body is unable to use effectively the carbohydrate in the diet because the person does not produce enough insulin. Insulin is secreted by the pancreas and acts like a key to the body's cells so they can use carbohydrate which has been broken down to the simplest sugar, glucose. When insulin is not present, glucose stays in the blood because it cannot get to the cells to be used for energy. Children who are diabetic often must control the amount and kinds of carbohydrate foods they eat to control their blood sugar.

For more information about feeding children with special dietary needs, for referral assistance, or for assistance to obtain the required written documentation, please contact: New Mexico Department of Health, Maternal and Child Health Bureau, Children's Medical Services at 1-877-890-4692.

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.**

December, 2015

NM 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			
8. Check One: ☐ Participant has a disability or a medical condition that requires a special meal and/or accommodation. Sponsors participating in CACFP must comply with requests for special meals and any adaptive equipment. Parents or guardians may supply only one required meal component which meet the meal pattern requirements for children with disabilities. Centers/home providers must supply all the remaining required meal components. Licensed physicians or state-recognized medical authorities who are authorized to write medical prescriptions must sign form. ☐ 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. Schools and agencies participating in federal nutrition programs are encouraged to accommodate reasonable requests. Licensed physicians and state-recognized medical authorities who authorized to write medical prescriptions must sign form. ☐ Participant does not have a disability, but is requesting a special accommodation for a fluid milk substitute that meets the nutrient standards for non-dairy beverages offered as milk substitutes. Sponsors are encouraged to accommodate reasonable request. Please complete the back of this form.					
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):					
12. Indicate food texture for above participant: ☐ Regular ☐ Chopped ☐ Ground ☐ Pureed					
13. Foods to be omitted and substitutions (please list specific foods to be omitted and suggested substitutions. You may attach a sheet with additional information as needed): <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; text-align: center; vertical-align: top;"> A. Foods To Be Omitted _____ _____ _____ _____ </td> <td style="width: 50%; text-align: center; vertical-align: top;"> B. Suggested Substitutions _____ _____ _____ _____ </td> </tr> </table>				A. Foods To Be Omitted _____ _____ _____ _____	B. Suggested Substitutions _____ _____ _____ _____
A. Foods To Be Omitted _____ _____ _____ _____	B. Suggested 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.

The brands of **unflavored non-dairy beverages** for children ages 1-5 years which meet the definition of being nutritionally equivalent to cow's milk include: 8th Continent Soymilk (Original), Pacific Ultra Soy (Original), Kirkland Organic Soymilk (plain), Silk Original Soymilk, Great Value Original Soymilk, and Kikkoman Pearl Organic Smart Original in 8-fluid ounce single-serving container only.

Children 6 years old 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

Centers 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 center 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 center. (Whole 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 center. (Whole organic milk if the child is 12 – 24 months)

Signature of Parent/Guardian: _____ Date _____

October, 2016

NON-DAIRY BEVERAGES

In the case of children who cannot consume cow's milk due to medical or other special dietary needs, other than a disability, non-dairy beverages may be served in lieu of fluid milk.

Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk, as outlined in the National School Lunch Program (NSLP) regulations 7 CFR 210.10 (m)(3). These nutritional standards per cup of milk are as follows:

Nutrient	USDA Requirement Per Cup	Daily %
Calcium	276 mg	28%
Protein	8 mg	16%
Vitamin A	500 IU	10%
Vitamin D	100 IU	25%
Magnesium	24 mg	6%
Phosphorus	222 mg	22%
Potassium	349 mg	10%
Riboflavin	0.44 mg	26%
Vitamin B-12	1.1 mcg	18%

The New Mexico Child & Adult Care Food Program has identified creditable non-dairy milk substitutes that meet the above criteria. **Creditable unflavored non-dairy beverages for children 1-5 years of age** include: 8th Continent Soymilk (original), Pacific Natural Ultra Soy (plain), Great Value Original Soymilk (plain) - Walmart, Kirkland Organic Soymilk (plain) - Costco, Silk Original Soymilk (plain), and Lucerne Original Soy Milk. **Flavored non-dairy beverages can only be served to children 6 years and older and adults. These include:** Kikkoman Pearl Smart Original Soymilk (vanilla and chocolate) in the 8 fluid ounce single-serving size only; 8th Continent Soymilk (vanilla); and Pacific Ultra Soy (vanilla).

Parents or guardians may now request in writing non-dairy milk substitutions, as described above, without providing a medical statement. As an example, if a parent has a child who follows a vegan diet, the parent can submit a written request, using the form "CACFP Parent/Guardian Request for Fluid Milk Substitution," to the child's caretaker asking that soy milk be served in lieu of cow's milk. The written request must identify the medical or other special dietary need that restricts the diet of the child. Non-dairy substitutions are at the option and the expense of the home. If the parent/guardian submits a written request for a creditable non-dairy milk substitute and provides the substitute, the caregiver may serve the requested substitute and claim reimbursement. If the parent/guardian submits a written request for a creditable non-dairy milk substitute and chooses not to provide the substitute, the caregiver has the option to meet the request of the parent/guardian by supplying the non-dairy milk substitute and claim reimbursement. If the parent requests a non-creditable soymilk, a medical statement from the doctor will be needed for reimbursement.

The requirements related to milk or food substitutions for a participant who has a medical disability and who submits a medical statement signed by a licensed physician remain unchanged.

Vendors of approved non-dairy milk substitutes can be found by accessing the company's website:

www.8thcontinent.com/product-finder
www.pacificfoods.com/where-to/buy

CACFP Approved Non-Dairy Beverages

**Great Value
Original Soymilk
Walmart**



**Pacific Ultra Soy
Original or
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)**



October 2016

WATER AVAILABILITY

Child care centers, family day care homes, emergency shelters and at-risk afterschool care centers participating in the CACFP must make drinking water available to children as nutritionally appropriate. Throughout the day (including mealtimes), water must be made available to children to drink upon their request. Since small children may not think to ask for it, offering water means asking the child whether they would like water at different times throughout the day. For very small children, this may require visual cues such as showing the cup or pitcher while verbally offering the water. Facilities can also choose to make water available for children to self-serve, for example:

- Providing disposable cups near sinks that are available to children during mealtimes, with a step stool if children are not able to reach the sink; and
- Providing covered water pitchers and disposable cups if water fountains are not available.

While drinking water must be made available to children during mealtimes, it is not part of the reimbursable meal or snack and cannot be served instead of fluid milk. Additionally, if juice is served as one of the two required components, water cannot be served as a choice instead of juice. Caregivers should not serve young children too much water before and during mealtimes. Excess water may reduce the amount of food and milk consumed by the children. Facilities should serve water with snacks when no other beverage is being served.

If safe water is not readily available in a facility, purchasing water for children is considered a reasonable and allowable cost for CACFP facilities. However, purchasing water for adult or employee consumption is not an allowable cost.

Revised July 2016



New Mexico CACFP Requirements for Recording and Documenting Creditable Meals

In order to claim and be reimbursed for meals served, providers must choose creditable foods, prepare those foods for the children in their care, and serve meals that meet the CACFP meal pattern requirements.

It is then critical for the provider to:

1. Maintain accurate records on daily menus,
2. Maintain a daily count of the number of meals served to enrolled children, and
3. Maintain a daily count of the number of enrolled children in attendance.

Remember:

- *Serve at least the minimum amount from each required component.*
- *Record meals and attendance daily or they will not be counted.*
- *Sponsor and state reviewers may visit homes unannounced.*
- *Follow health and safety requirements for child care at all times.*
- *Providers are reimbursed for creditable foods only.*
- *Providers can claim only 2 main meals and one snack or 1 main meal and 2 snacks per child, per day.*
- *A Parent Child Enrollment Form (PCEF) form must be received by the sponsor's office prior to claiming a child.*



NM CACFP

Sample Menu Record Pages for Infants and Children

- ▶ *The following pages show the proper way to fill out the menu record pages for infants and for children in your care.*
- ▶ *If you have questions on recording meals, ask your monitor or sponsoring agency.*



NM CACFP HOMES WEEKLY INFANT FOOD RECORD

HOME PROVIDER NAME		EPICS #		SPONSOR				MONITOR								
		Date:				Date:				Date:						
		FOOD ITEM USED	✓ foods 0-5 m	# served	✓ foods 6-11 m	# served	FOOD ITEM USED	✓ foods 0-5 m	# served	✓ foods 6-11 m	# served	FOOD ITEM USED	✓ foods 0-5 m	# served	✓ foods 6-11 m	# served
BREAKFAST Infant formula ¹ and/or Breast Milk ²⁻³ 		1.					1.					1.				
Meat/Meat Alternate, ^{4, 6} and/or Infant Cereal (iron fortified) ¹ 		2.					2.					2.				
Fruit and/or vegetable (no juice) 		3.					3.					3.				
A.M. SNACK (supplement) Infant formula ¹ and/or Breast Milk ²⁻³ 		1.					1.					1.				
Infant Cereal ¹ and/or bread, or crackers, or ready-to-eat cereal ^{1, 4, 7} 		2.					2.					2.				
Fruit and/or vegetable (no juice) 		3.					3.					3.				
LUNCH Infant formula ¹ and/or Breast Milk ²⁻³ 		1.					1.					1.				
Meat/Meat Alternate, ^{4, 6} and/or Infant Cereal ¹ 		2.					2.					2.				
Fruit and/or vegetable (no juice) 		3.					3.					3.				
P.M. SNACK (supplement) Infant formula ¹ and/or Breast Milk ²⁻³ 		1.					1.					1.				
Infant Cereal ¹ and/or bread, or crackers, or ready-to-eat cereal ^{1, 4, 7} 		2.					2.					2.				
Fruit and/or vegetable (no juice) 		3.					3.					3.				
SUPPER Infant formula ¹ and/or Breast Milk ²⁻³ 		1.					1.					1.				
Meat/Meat Alternate, ^{4, 6} and/or Infant Cereal ¹ 		2.					2.					2.				
Fruit and/or vegetable (no juice) 		3.					3.					3.				
LATE P.M. SNACK (supplement) Infant formula ¹ and/or Breast Milk ²⁻³ 		1.					1.					1.				
Infant Cereal ¹ and/or bread, or crackers, or ready-to-eat cereal ^{1, 4, 7} 		2.					2.					2.				
Fruit and/or vegetable (no juice) 		3.					3.					3.				

SEE REVERSE FOR MEAL PATTERN REQUIREMENTS and ADDITIONAL GUIDANCE

MARCH 2017

NM CACFP HOMES WEEKLY INFANT FOOD RECORD – page 2

		Date:				Date:					
		FOOD ITEM USED	✓ foods 0-5 m	# served	✓ foods 6-11 m	# served	FOOD ITEM USED	✓ foods 0-5 m	# served	✓ foods 6-11m	# served
BREAKFAST Infant formula ¹ and/or Breast Milk ²⁻³ 		1.					1.				
Meat/Meat Alternate ^{4, 6} and/or Infant Cereal ¹ 		2.					2.				
Fruit and/or vegetable (no juice) 		3.					3.				
A.M. SNACK (supplement) Infant formula ¹ and/or Breast Milk ²⁻³ 		1.					1.				
Infant Cereal ¹ and/or bread, or crackers, or ready-to-eat cereal ^{1, 4, 7} 		2.					2.				
Fruit and/or vegetable (no juice) 		3.					3.				
LUNCH Infant formula ¹ and/or Breast Milk ²⁻³ 		1.					1.				
Meat/Meat Alternate ^{4, 6} and/or Infant Cereal ¹ 		2.					2.				
Fruit and/or vegetable (no juice) 		3.					3.				
P.M. SNACK (supplement) Infant formula ¹ and/or Breast Milk ²⁻³ 		1.					1.				
Infant Cereal ¹ and/or bread, or crackers, or ready-to-eat cereal ^{1, 4, 7} 		2.					2.				
Fruit and/or vegetable (no juice) 		3.					3.				
SUPPER Infant formula ¹ and/or Breast Milk ²⁻³ 		1.					1.				
Meat/Meat Alternate ^{4, 6} and/or Infant Cereal ¹ 		2.					2.				
Fruit and/or vegetable (no juice) 		3.					3.				
LATE P.M. SNACK (supplement) Infant formula ¹ and/or Breast Milk ²⁻³ 		1.					1.				
Infant Cereal ¹ and/or bread, or crackers, or ready-to-eat cereal ^{1, 4, 7} 		2.					2.				
Fruit and/or vegetable (no juice) 		3.					3.				

MEAL PATTERN REQUIREMENTS FOR INFANTS (Birth – 11 months)	Birth – 5 months	6 – 11 months
BREAKFAST Infant formula (iron fortified) ¹ or Breast Milk ²⁻³	4-6 fl. ounces	6-8 fl. ounces
Infant Cereal (iron fortified), dry ^{1, 4} OR Meat, fish, poultry ⁴ , or Whole egg ⁴ , or Cooked, dry beans, peas, lentils ⁴ , or Cheese ⁴ , or Cottage cheese ⁴ , or Yogurt ^{4,7} or a combination of the above	0 0 0 0 0 0	0-4 Tbsp. 0-4 Tbsp. 0-4 Tbsp. 0-2 oz. 0-4 oz. vol. 0-8 oz.
Fruit and/or vegetable (no juice)	0	0-4 Tbsp.
SNACK (supplement) Infant formula (iron fortified) ¹ or Breast Milk ²⁻³	4-6 fl. ounces	2-4 fl. ounces
Infant Cereal (iron fortified), dry ¹ Ready to eat breakfast cereal ^{4,6} Whole-grain or enriched bread or whole grain or enriched cracker type product ^{4,6}	0 0 0 0	0-4 Tbsp. 0-4 Tbsp. 0-½ Slice 0-2 crackers
Fruit and/or vegetable (no juice)	0	0-4 Tbsp.
LUNCH / SUPPER Infant formula (iron fortified) ¹ or Breast Milk ²⁻³	4-6 fl. ounces	6-8 fl. ounces
Infant Cereal (iron fortified), dry ^{1, 4} OR Meat, fish, poultry ⁴ , or Whole Egg ⁴ , or Cooked, dry beans, peas, lentils ⁴ , or Cheese ⁴ , or Cottage cheese ⁴ , or Yogurt ^{4,7} or a combination of the above	0 0 0 0 0	0-4 Tbsp. 0-4 Tbsp. 0-2 oz. 0-4 oz vol. 0-8 oz.
Fruit and/or vegetable (no juice)	0	0-4 Tbsp.

- ¹ Infant formula and dry infant cereal shall be iron-fortified.
² It is recommended that breast milk be served in place of formula from birth through 11 months.
³ For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.
⁴ A serving of this component is required when the infant is developmentally ready to accept it.
⁵ Bread/Grains shall be made from whole-grain (WG) or enriched meal or flour.
⁶ Ready to eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
⁷ Yogurt must contain no more than 23 grams of total sugars per 6 oz.

- Points to Remember:**
✓ Please write legibly and keep menu records daily, as soon as meals are served.
✓ Introduce solid foods when the baby is developmentally ready, but not before the age listed on meal pattern.
✓ Each infant must be offered the required amount of each food group at all meals; however, infants may refuse to eat.
✓ Only 2 meals and 1 snack OR 2 snacks and 1 meal may be claimed per child per day, depending on your approved meal pattern.
✓ Please ensure the Infant Menu Record is filled in completely.

I certify that the information contained in all menus / sheet(s) submitted is accurate in all respects. I realize the menus and attendance sheet(s) are being given in connection with the receipt of federal funds and that deliberate misrepresentation may result in state or federal prosecution. I am serving meals to enrolled children without discriminating on the basis of race, color, sex, age, national origin, or disability.

Initials of Care Provider: _____ Initials of Reviewer: _____

ONLY USE THIS FORM FOR INFANTS (0-12 months)
Only two meals and one snack OR two snacks and one meal may be claimed per child per day.28

Rev. MARCH 2017

NM CACFP HOMES WEEKLY INFANT FOOD RECORD

HOME PROVIDER NAME <i>Ima Goodsitter</i>			EPICS # <i>007</i>			SPONSOR <i>Great Agency</i>					MONITOR <i>Diana M</i>					
		Date: <i>Monday 11/2</i>				Date: <i>Tuesday 11/3</i>				Date: <i>Wednesday 11/4</i>						
		FOOD ITEM USED	✓ foods 0-5 m	# served	✓ foods 6-11 m	# served	FOOD ITEM USED	✓ foods 0-5 m	# served	✓ foods 6-11 m	# served	FOOD ITEM USED	✓ foods 0-5 m	# served	✓ foods 6-11 m	# served
BREAKFAST Infant formula ¹ and/or Breast Milk ²⁻³ 		1. <i>Breast milk</i>	✓	1			1. <i>Breast milk / formula</i>	✓	1			1. <i>Breast milk</i>	✓			
Meat/Meat Alternate, ^{4, 6} and/or Infant Cereal (iron fortified) ¹ 		2.					2.					2.			✓	
Fruit and/or vegetable (no juice) 		3.					3.					3.			✓	
A.M. SNACK (supplement) Infant formula ¹ and/or Breast Milk ²⁻³ 		1. <i>Breast milk / formula</i>	✓	1	✓	1	1. <i>Breast milk / formula</i>	✓	1	✓	1	1. <i>Breast milk / formula</i>	✓	1	✓	1
Infant Cereal ¹ and/or bread, or crackers, or ready-to-eat cereal ^{1, 4, 7} 		2. <i>IFIC</i>			✓		2. <i>IFIC</i>			✓		2. <i>IFIC</i>			✓	
Fruit and/or vegetable (no juice) 		3. <i>Applesauce</i>			✓		3. <i>Prunes</i>			✓		3. <i>Applesauce</i>			✓	
LUNCH Infant formula ¹ and/or Breast Milk ²⁻³ 		1. <i>Formula</i>			✓	1	1. <i>Breast milk / formula</i>	✓	1			1.				
Meat/Meat Alternate, ^{4, 6} and/or Infant Cereal ¹ 		2. <i>Pureed turkey</i>			✓		2. <i>Pureed chicken</i>					2.				
Fruit and/or vegetable (no juice) 		3. <i>Strained carrots</i>			✓		3. <i>Pureed peas</i>					3.				
P.M. SNACK (supplement) Infant formula ¹ and/or Breast Milk ²⁻³ 		1. <i>Formula</i>			✓	1	1.					1.				
Infant Cereal ¹ and/or bread, or crackers, or ready-to-eat cereal ^{1, 4, 7} 		2. <i>Cheerios</i>			✓		2.					2.				
Fruit and/or vegetable (no juice) 		3. <i>Banana slices</i>			✓		3.					3.				
SUPPER Infant formula ¹ and/or Breast Milk ²⁻³ 		1.					1. <i>Breast milk</i>			✓	2	1. <i>Breast milk</i>			✓	2
Meat/Meat Alternate, ^{4, 6} and/or Infant Cereal ¹ 		2.					2. <i>Shredded chicken</i>			✓		2. <i>Tilapia</i>			✓	
Fruit and/or vegetable (no juice) 		3.					3. <i>Mashed beans</i>			✓		3. <i>Potatoes & peas</i>			✓	
LATE P.M. SNACK (supplement) Infant formula ¹ and/or Breast Milk ²⁻³ 							1. <i>Breast milk</i>			✓	2	1. <i>Breast milk</i>			✓	2
Infant Cereal ¹ and/or bread, or crackers, or ready-to-eat cereal ^{1, 4, 7} 							2. <i>WC crackers</i>			✓		2. <i>Saltines</i>			✓	
Fruit and/or vegetable (no juice) 							3. <i>Avocado slices</i>			✓		3. <i>Green beans</i>			✓	

 Reminders: -Serve Whole grain 1x/day-write on menu -Yogurt 23g sugar/6oz -Cereal 6g sugar/oz max		Provider's Name:		EPICS #:		Phone #:		Month/Year:	
		Date:		Date:		Date:		Date:	
		FOOD ITEM		FOOD ITEM		FOOD ITEM		FOOD ITEM	
BREAKFAST (Serve all 3)		<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>
									
									
									
AM SNACK (Serve 2 of 5)		<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>
									
									
									
									
LUNCH (Serve all 5)		<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>
									
									
									
									
PM Snack (Serve 2 of 5)		<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>
									
									
									
									
Supper (Serve all 5)		<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>
									
									
									
									
Late PM Snack (Serve 2 of 5)		<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>	<i>Circle: Whole 1% Skim</i>
									
									
									
									

I certify that the information contained in all menus and sheet(s) submitted is accurate in all respects. I realize the menu and attendance sheet(s) are being given in connection with the receipt of federal funds and that deliberate misrepresentation may result in state or federal prosecution. I accept children and serve meals to children regardless of sex, race, color, disability or national origin.

ONLY USE THIS FORM FOR CHILDREN 1-18 YEARS OLD & HANDICAPPED ADULTS (no infants)
 Only two meals and one snack OR two snacks and one meal may be claimed per child per day.
 Provider's Signature _____

Rev. MARCH 2017

NM CHILD AND ADULT CARE FOOD PROGRAM (CACFP) HOME FOOD RECORD FOR CHILDREN

		Provider's Name: <i>Ima Goodsitter</i>		EPICS #: <i>Agent 007</i>	Phone #: <i>123-4567</i>	Month/Year: <i>11/2017</i>
		Date: <i>11/02</i>	Date: <i>11/03</i>	Date: <i>11/04</i>	Date: <i>11/05</i>	Date: <i>11/06</i>
		FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM
BREAKFAST (Serve all 3) May serve Meat/Meat Alternate instead of bread 3 times/week		<i>Milk, 1%</i>	<i>Milk, 1% & whole</i>	<i>Milk, 1%</i>	<i>Milk, 1% & whole</i>	<i>Milk, 1%</i>
		<i>Bananas</i>	<i>Pears</i>	<i>Cantaloupe</i>	<i>Blueberries, fresh</i>	<i>Strawberries</i>
		<i>Oatmeal</i>	<i>Cinnamon muffins (HM)</i>	<i>Pinto beans & Tortilla (HM burrito)</i>	<i>Cheerios</i>	<i>Egg (scrambled), WW Toast</i>
AM SNACK (Serve 2 of 5)				<i>Milk, 1% - smoothie</i>		
			<i>Raisins</i>			<i>Broccoli (fresh)</i>
		<i>Applesauce</i>	<i>Celery</i>		<i>Watermelon</i>	
		<i>Wheat crackers</i>		<i>Strawberry/banana</i>	<i>WW bread (1/2 grilled sandwich)</i>	<i>Yogurt & dill dip</i>
			<i>Peanut butter</i>	<i>Yogurt</i>	<i>Cheese, cheddar</i>	
LUNCH (Serve all 5)		<i>Milk, 1%</i>	<i>Milk, 1% & whole</i>	<i>Milk, 1%</i>	<i>Milk, 1% & whole</i>	<i>Milk, 1%</i>
		<i>Green chile (mild)</i>	<i>Broccoli</i>	<i>Spinach/tomato salad</i>	<i>Peas</i>	<i>Calabacitas (corn & squash)</i>
		<i>Cantaloupe</i>	<i>Carrots</i>	<i>Honeydew melon</i>	<i>Fresh apple slices</i>	<i>Watermelon</i>
		<i>Corn tortillas</i>	<i>Multigrain roll</i>	<i>Pizza crust (HM)</i>	<i>Whole wheat bread</i>	<i>Flour tortilla</i>
		<i>Beef</i>	<i>Chicken (HM chicken salad)</i>	<i>Cheese, mozzarella</i>	<i>Tuna, albacore</i>	<i>Beans (HM burrito)</i>
PM Snack (Serve 2 of 5)			<i>Milk, 1% & whole</i>			<i>Milk, 1%</i>
		<i>Carrot Sticks</i>				
				<i>Fruit cocktail</i>	<i>Orange Juice (100%)</i>	
			<i>Tortilla</i>	<i>Goldfish crackers</i>	<i>WW Toast</i>	<i>WG Cheerios</i>
		<i>Cottage Cheese</i>	<i>PB (pinwheels)</i>	<i>Egg, hard boiled</i>		
Supper (Serve all 5)		<i>Milk, 1%</i>		<i>Milk, Lowfat</i>		
		<i>Lettuce salad</i>		<i>Potatoes</i>		
		<i>Oven fries</i>		<i>Carrots</i>		
		<i>Cornbread (HM)</i>		<i>Flour tortilla</i>		
		<i>Shredded pork</i>		<i>Beef (for stew)</i>		

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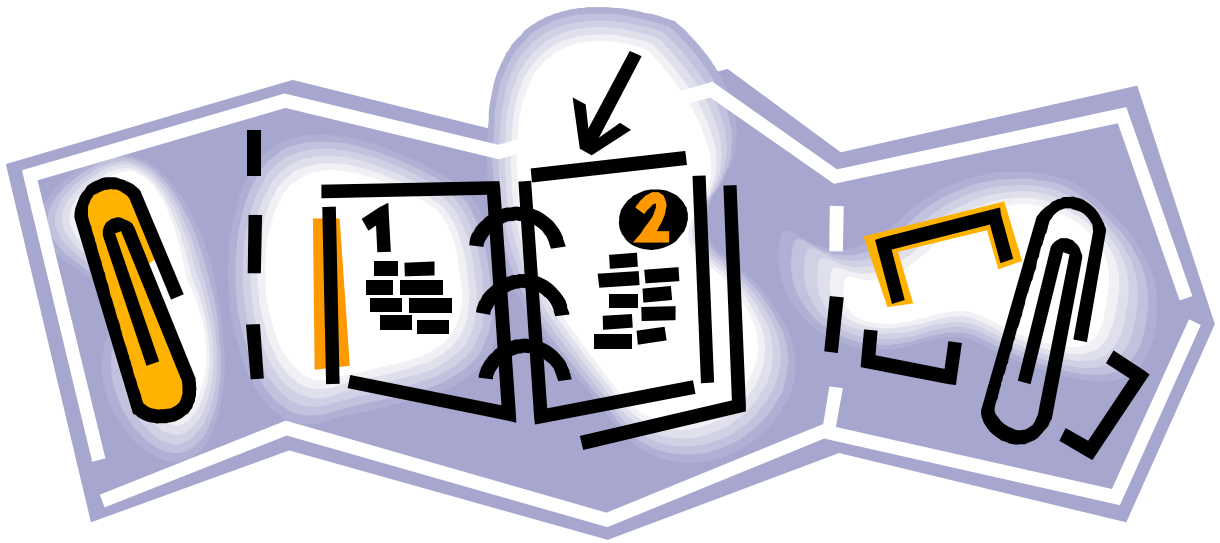
ONLY USE THIS FORM FOR CHILDREN 1-18 YEARS OLD& HANDICAPPED ADULTS (no infants)
Only two meals and one snack OR two snacks and one meal may be claimed per child per day

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Provider's Signature _____

Rev. August 2016

APPENDIX



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, too. The parents may even get involved in the preparation of the foods and explain the history of the food, when it is customarily used, etc.
- ✓ Have a "theme day" when all activities are related to a theme and introduce new foods related to that theme.



NUTRIENT DENSITY

Part of the secret of eating well *without overeating* is choosing foods that are *nutrient dense*. These are foods that have lots of nutrients for the number of calories per serving.

- Food that are low in calories and high in nutrients are more nutrient dense, while foods high in calories and low in nutrients are less nutrient dense.
- Nutrient dense foods should be eaten often, while nutrient-poor foods should be eaten rarely.
- A healthy diet includes mostly nutrient dense foods.
- Nutrient-poor foods provide calories but not the nutrients needed for child growth and development.
- When childcare providers teach children to select nutrient dense foods most of the time, they help them to develop a skill which will lead to healthy habits for life.

Here are a few examples:

1. 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. An 8 ounce glass of skim milk and 1 and 1/2 ounces of cheddar cheese both supply about 300 mg. calcium. However, the skim milk contains 85 calories and the cheddar cheese contains 170 calories. The skim milk is more nutrient dense than the cheddar cheese, and may be a better choice for someone who is watching their calorie and fat intake.
3. Let's consider two different slices of bread. One is enriched white bread, and the other is whole wheat bread. Both have the same calories – 80, but the slice of wheat bread contains 3 grams of fiber – a nutritional bonus. The slice of whole wheat bread is more nutrient dense than the slice of white bread.

Choose the food which is more nutrient dense:

Fruit roll ups or fruit salad

Sausage or pork Chop

Onion rings or apple Wedges

Creamed corn or corn on the cob

Lean or regular Ground Beef

NUTRIENT DENSITY AND CHILDREN

When feeding children, it is important to serve nutrient dense foods for many reasons:

- * Children have small stomachs, and can easily fill up on high calorie, low nutrient-dense foods.
- * Children are growing everyday and need a steady supply of nutritious foods for optimal brain, organ, muscle and skeletal development.
- * Children need energy from nutritious foods to think, to play and to process the information they are receiving about the world around them.
- * The food choices you make for children will lay the foundation for eating patterns they will probably have for the rest of their lives.

Sounds overwhelming when it is put that way, doesn't it? Yes, feeding children is a big responsibility, but it is also very rewarding. There are no "good" foods or "bad" foods. All foods can be enjoyed, as we remember two key points: moderation and variety.

The following charts are meant to assist you plan your meals with "nutrient density" in mind. Foods are categorized as high - good -or lower nutrient density. When serving foods, choose **more often** from the high nutrient dense foods, and **less often** from the lower nutrient dense foods. On each page there is a key telling you which nutrients are found in each component.

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 juice		Olives
Frozen fruit/juice bars		Onion Rings
100% fruit juices		Hash Browns
Vegetable juices, fresh		Vegetables frozen with butter, cheese or other sauces or additives
Vegetables, canned (low-sodium)		
Plain frozen vegetables		

Comparing Nutrient Density of....

Meat & Meat Alternates

<i>More Nutrient-Dense</i>
Beans or peas, dried, cooked
Chicken and turkey, baked, grilled or broiled, without skin
Ground turkey Breast
Fish and Shellfish, baked, grilled or broiled
Ground Beef (10% or less fat content)
Refried beans made without fat or lard
Tuna packed in water



<i>Less Nutrient-Dense</i>
Beans baked in sauce with pork
Chicken and turkey, fried
Ground beef (20% or more fat content)
Ground turkey with skin
Fish and shellfish, fried
Refried beans made with lard
Tuna packed in oil

Milk and Milk Products

<i>More Nutrient-Dense</i>
Fat Free or Skim Milk
Low-fat cheeses such as ricotta and mozzarella
Cottage Cheese, fat-free or low-fat
Yogurt, fat-free



<i>Less Nutrient-Dense</i>
Cheese made with whole milk or cream such as cream cheese or sour cream
Whipping cream
Whole milk
Yogurt made from whole milk

Grains/Breads Products

<i>More Nutrient-Dense</i>
Whole grain breads or grains
Ready-to-eat cereals, whole grain and unsweetened
Rice, brown
Spaghetti, whole grain
Tortillas (whole grain or corn)



<i>Less Nutrient-Dense</i>
Enriched breads or grains made from white flour
Sweetened breads, crackers, or grains such as coffee cake, cinnamon rolls, cookies pop tarts, and Danishes (NOT CREDITABLE)
Higher fat breads or grains such as croissants, granola, pie crust, etc.

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 (at the top) and the total amount of sugars.
2. Calculate the amount of sugar by dividing grams sugar into serving size in grams.
3. 6 grams divided by 28.3 grams (1 oz.) equals 0.212. **So, cereals with 0.212 grams sugar or less per portion are 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%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

Example:

Serving size = 30 grams.

This product contains 6 grams of sugar.

Divide grams sugar by the serving size in grams

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

0.2 grams sugar is less than 0.212 which is the maximum amount of sugars, so...

✓ **This product is creditable!**

July, 2016

Creditable CACFP Cereals (6 grams Sugar or Less)



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

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

* = Cereal is whole grain

July, 2016

Say Cheese. . .

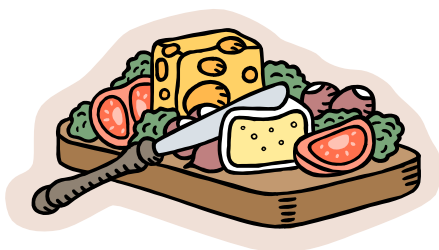
A guide to selecting creditable cheese in NM CACFP/SFSP



The key to finding cheese that is creditable in CACFP/SFSP 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 natural cheese 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 . . .

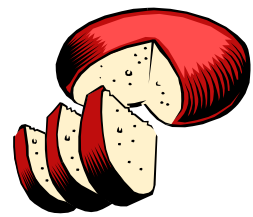
Natural or Processed Cheese, such as: ✓ American, Cheddar, Mozzarella or Swiss ✓ Feta, Brie, or Camembert ✓ Parmesan or Romano ✓ Cottage or Ricotta	Prepared Cheese or Pasteurized Prepared ✓ Cheese Product ✓ Cheese Snack ✓ Pub Cheese
Processed Cheese Food ✓ Twice as much needed! 2oz cheese food = 1oz meat alternate.	Cheese Dip or Cheese Sauce ✓ In cans, jars or pouches
Processed Cheese Spread ✓ Twice as much needed! 2oz cheese food = 1oz meat alternate.	Spreadable Cheese such as: ✓ Cream cheese, Neuchâtel cheese ✓ Pimento Spread



For complete information on crediting cheese, refer to the USDA Food Buying Guide for Child Nutrition Programs, Page 1-23 to 1-25 or contact your State Agency Nutritionists.

July 2016

This table lists many cheeses you may know and a few you might want to try.



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
American Cheese Spread	no	1 oz	82	6.0	66%	4.7	159 mg	381mg

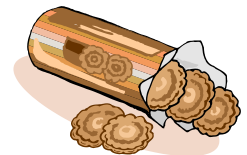
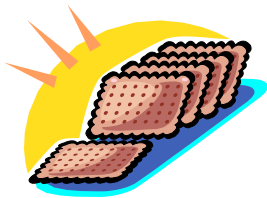
* Twice as much needed per serving

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 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!



When serving crackers, take note of the Nutrition Facts label. 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 fat.

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 Tid-Bits	22 each	54%	
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

What is it?

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.

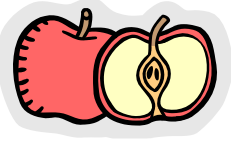
Soluble fiber, on the other hand, dissolves in water. Instead of giving a coarse and hearty texture to food, it dissolves to become gummy or viscous. In the body, it helps to regulate the use of sugars and binds with fatty substances so that they will be discarded. Soluble fiber is found in oat bran,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

Fiber Boosting Tips

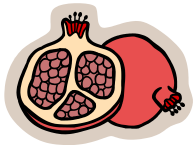
- Serve high fiber snacks such as fresh or dried fruit, raw vegetables, and nuts.
- Enjoy oatmeal or a fiber packed breakfast cereal with fresh or dried fruit.
- Choose breads, cereals, and pastas that are whole grain. Remember that brown bread is not necessarily whole grain – check the label for the 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

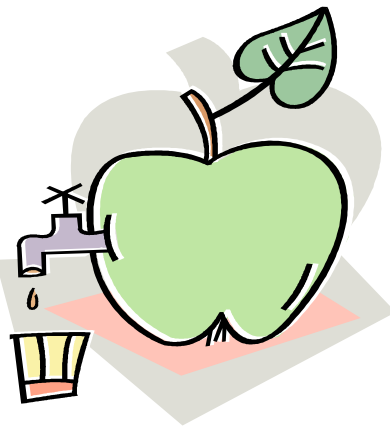
<i>Food</i>	<i>Amount*</i>	<i>Grams of Fiber</i>
Grains		
Mini-Wheats Cereal	1 cup	6
Oatmeal	1 cup	4
Barley, cooked	1/2 cup	3
Bran Muffin	1 small	2
Whole Wheat Bread	1 slice	2
Vegetables		
Green Peas, cooked	1/2cup	4
Sweet Potato	1/2cup	3
Broccoli	1/2cup	2
Carrots	1/2cup	2
Fruits		
Strawberries	1 cup	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

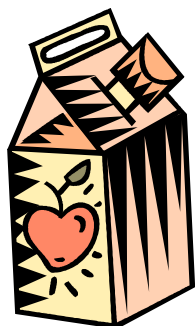
Juice (100% fruit or vegetable juice, that is!) is a great source of a number of essential nutrients like vitamin C, vitamin A, and potassium. It is also a great way to get important fluids in a child's diet. 100% fruit or vegetable juice can and should be a part of a child's total dietary intake. That 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.

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:

- Offer water regularly throughout the day, between meals, and more often when the weather is hot. 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.
- In addition to sugar, artificial colors and artificial flavors, sodas can often contain significant amounts of caffeine which is a central nervous system stimulant.

July, 2016

IRON for CHILDREN

Every 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 is needed to make hemoglobin, the oxygen carrying component of red blood cells (RBCs). 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 muscle 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

What are food sources of Iron?

BEST SOURCES	GOOD SOURCES	FAIR SOURCES
Apricots-dried Beans-dried Beef Cashews Cereal-iron fortified Currants Kidney Lentils Liver Peaches-dried Spinach Turkey	Almonds Beet Greens Chard Eggs Peanuts Peas-Split Peas-green Pork Prunes Raisins Tuna Walnuts	Asparagus Bread-enriched Broccoli Brussels Sprouts Collards Dandelion Greens Kale Mustard Greens Sweet Potatoes Tomato Juice Turnip Greens

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 vitamin C – rich foods at meals makes iron from other foods more available to the body.

Cooking foods in cast iron cookware adds iron to the diet.



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	Peppers, red - chile and sweet
Nectarines	Pumpkin
Plums	Spinach
Grapefruit	Squash, winter
Peaches	Sweet potato
Papaya	Vegetable juice
	



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.

What are some food sources of Vitamin C?

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

SAMPLE FOUR WEEK CYCLE BREAKFAST MENU

(portions for ages 3-5)

MONDAY	½ pt. milk 0.5 oz w/w English muffin ½ hard boiled egg* ½ c. orange wedges	½ pt. milk 0.5 oz whole wheat toast ¼ cup yogurt* ½ c. blueberries	½ pt. milk 0.5 oz w/w French toast 1/2 c. applesauce	½ pt. milk <u>Breakfast Burrito:</u> ¼ c. pinto beans* ¼ c. grated cheese* 0.6 oz w/w tortilla ½ c. cubed mango
TUESDAY	½ pt. milk 0.5 oz w/w tortilla with cheese* ½ c. mixed fruit	½ pt. milk ¾ c. Multi-grain Cheerios ½ c. banana	½ pt. milk ½ c. oatmeal ½ c. strawberries	½ pt. milk <u>Omelet Bake:</u> 1 egg* ⅛ c. grated cheese* ¼ c. green peppers ⅛ c. onion (<i>extra</i>) ¼ c. diced peach
WEDNESDAY	½ pt. milk 0.5 oz w/w bread with 2 T sunflower seed butter* ½ c. pineapple chunks	½ pt. milk <u>Breakfast pizza:</u> 0.5 oz w/w English muffin, with ½ oz. grated cheese* ½ c. orange wedges	½ pt. milk 0.6 oz slice corn bread ½ c. honeydew	½ pt. milk 0.6 oz. frozen waffle ½ c. strawberries
THURSDAY	½ pt. milk 0.6 oz. whole grain pancake ½ c. strawberries	<u>Fruit Smoothie:</u> ½ pt milk ¼ c. yogurt* ½ c. mango or mixed fruit 0.9 oz banana whole grain muffin	½ pt. milk 0.5 oz whole wheat biscuit 1 scrambled egg* ⅛ c. green/red pepper ½ c. blueberries	½ pt. milk 0.9 oz. cinnamon muffin (HM) ½ c. grapes
FRIDAY	½ pt. milk 0.5 oz w/w bagel with 2 T. peanut butter* ½ c. apricots	½ pt. milk ½ c. oatmeal squares cereal ½ c. mixed berries	½ pt. milk 0.5 oz corn tortilla 1 oz. refried beans*/cheese* ½ c. peach slices	½ pt. milk ½ oz Canadian bacon* and ½ oz Swiss cheese* on ½ slice w/w toast ½ c. pineapple tidbits

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

* Meats/Meat Alternates (yogurt, cheese, egg, etc.) may be offered 3 times per week instead of OR in addition to Grains/Breads

August, 2016



SAMPLE FOUR WEEK CYCLE LUNCH or SUPPER MENU

COLD AND HOT MEALS COMBINED

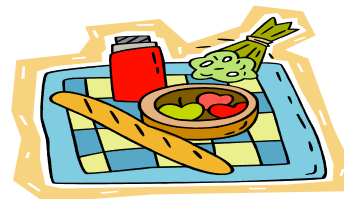
(portions for ages 3-5)

MONDAY	<u>Stuffed Spud:</u> 1 oz baked ham cubes ½ oz cheddar cheese ¼ c. baked potato ¼ c. kiwi .5 oz w/w 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 0.5 oz whole wheat bun ½ pint milk	<u>Quesadillas:</u> ¼ c. pinto beans ½ oz cheese ¼ c. snap peas ¼ c. honeydew 0.5 oz tortilla ½ pint milk
TUESDAY	<u>Chef Salad:</u> 1 oz. diced chicken 1/2 oz. cheese cubes 1/4 c. cherries ¼ c. lettuce and cucumbers 0.5 oz whole grain crackers ½ pint milk	<u>Sloppy Josephines:</u> 1.5 oz. ground beef 1½ c. tomato sauce ¼ c. zucchini/corn ¼ c. red grapes 0.5 oz whole wheat hamburger bun ½ pint milk	<u>Lentil Soup:</u> 3/8 c. lentils ¼ c. carrots/celery ¼ c. cantaloupe 0.5 oz whole wheat roll ½ pint milk	<u>Baked Ham:</u> 1 ½ oz ham ⅛ c. baked sweet potato ⅛ spinach salad ¼ c. strawberries 0.5 oz dinner 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. w/w lasagna noodles ½ pint milk	<u>Chicken and Bean Enchilada Bake:</u> 1 ½ oz diced chicken ¼ c. black/kidney beans ¼ c. pears 0.5 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	<u>Hearty Irish Stew:</u> 1 ½ oz lamb (or beef) stew meat ¼ c. cubed potatoes ¼ c. chopped carrots ¼ c. apricots 0.5 oz whole grain bread ½ pint milk
THURSDAY	<u>Green Chili Stew:</u> 1.5 oz ground turkey ¼ c. potatoes ⅛ c. green chili ¼ c. apricots 0.5 oz whole grain crackers ½ pint milk	<u>Tuna Pasta Salad:</u> ½ egg, hard boiled 1 oz tuna ¼ c. celery & carrots ¼ c. honeydew melon ¼ c. whole grain macaroni ½ pint milk	<u>Farmer's Harvest Chili:</u> 3/8 c. pinto beans ⅛ c. tomato sauce ¼ c. pineapple ¼ c. corn 0.5 oz w/w roll ½ pint milk	<u>Chinese Stir Fry:</u> 1 ½ oz chicken tenders ¼ c. broccoli, green pepper and carrots ¼ c. sliced star fruit or pineapple ¼ c. rice ½ pint milk
FRIDAY	<u>Bean Burritos:</u> ½ c. pinto beans ½ oz. cheddar cheese 1/4c. lettuce & tomatoes ¼ c. plums 0.5 oz w/w flour tortilla ½ pint milk	<u>Kickin' Chicken:</u> 1.5 oz. grilled chicken breast ¼ c. green/red pepper ¼ c. pineapple slices 0.5 oz corn bread ½ pint milk	<u>Fish in Blankets:</u> 1.5 oz. tilapia ⅛ c. salsa ⅛ c. lettuce, tomato ¼ c. kiwi 0.5 oz slice w/w tortilla ½ pint milk	<u>Pork Posole:</u> 1 ½ oz pork ½ c. posole (extra) ⅛ c. red chile ¼ c. shredded romaine ½ c. orange sections ½ w/w tortilla ½ pint milk

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

* "Extra" food items are non-creditable foods used as meal enhancements.

August, 2016



SAMPLE FOUR WEEK CYCLE VEGETARIAN LUNCH or SUPPER MENU

(portions for ages 3-5)

MONDAY	<u>Peanut Butter & Banana Sandwich:</u> 2 Tbs. peanut butter ½ cup banana ¼ c. celery sticks 1 oz. cheese stick 0.5 oz whole wheat bun ¾ cup 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 0.6 oz serving corn bread ¾ cup milk	<u>Salmon Patties over Fresh Spinach:</u> 1 oz. ground salmon ½ egg, beaten ½ slice wheat bread, crumbled ¼ cup fresh spinach ¼ cup watermelon ¾ cup milk	<u>Bean Burritos:</u> ¼ cup pinto beans ½ oz. cheese ¼ cup shredded lettuce / chopped tomatoes ¼ cup plums 0.5 oz flour tortilla ¾ cup 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 cup 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 cup milk	<u>Eggplant Sandwich:</u> 1 ½ oz. Swiss cheese ¼ cup sliced baked eggplant ½ slice rye bread ¼ cup mandarin slices ¾ cup milk	<u>Tortilla Española:</u> 1 egg ¼ cup oven baked potatoes ¼ spinach/tomato salad * ½ slice wheat bread ¾ cup milk
WEDNESDAY	<u>A.T. 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 cup milk	<u>Breakfast for Lunch:</u> 1 scrambled egg ¼ c. warmed applesauce ¼ c. oven-baked potato 0.5 oz. whole wheat toast ¾ cup milk	<u>Tilapia Tacos with Corn Salad:</u> 1 oz. tilapia 2 corn tortillas 0.5 oz black beans <i>with</i> ¼ cup whole corn kernels, ⅛ cup tomato <i>and</i> ¼ cup red pepper ¼ cup sliced peaches ¾ cup milk	<u>Pizza Tater:</u> 1 baked potato 1 ½ oz. Cheddar ¼ cup salsa ¼ cup mixed fruit 0.6 oz. corn bread ¾ cup milk
THURSDAY	<u>Guacamole Tostada:</u> 1 ½ oz. cheddar cheese ¼ c. avocado & tomato ¼ c. cantaloupe 0.5 oz corn tortillas ¾ cup milk	<u>Pasta Salad:</u> 1 ½ oz. Cheddar (or: tofu cubes, firm) ¼ c. green peppers and carrots ¼ c. kiwi fruit ¼ c. whole wheat pasta ¾ cup milk	<u>Quinoa with Asparagus:</u> ¼ cup black beans ¼ cup quinoa ¼ cup asparagus ¼ cup star fruit or kiwi ¾ cup milk	<u>Chef's Salad:</u> 1 hard boiled egg ¼ cup carrots, tomatoes, cauliflower, broccoli and peppers ¼ cup orange slices 4 saltines ¾ cup 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 cup 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 cup milk	<u>Tuna Pasta Salad:</u> 1 ½ oz. tuna ¼ cup macaroni ¼ cup celery, green peppers and carrots ¼ cup pineapple rounds ¾ cup milk	<u>Skillet Meal:</u> 1 ½ oz. tofu cubes ¼ cup green beans ¼ cup mushrooms ¼ cup sweet potatoes * ½ slice toasted bread ¾ cup milk

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

* "Extra" food items are non-creditable foods used as meal enhancements.

* Two different vegetables may substitute for the fruit portion at lunch / supper.



October, 2016

Sample Four-Week Snack Menu

MONDAY	Skim milk Blueberry muffin (homemade)	Raisin bread with peanut butter Melon*	Rice crackers Feta or Ricotta cheese (as spread) Dried fruit (as topping)*	Whole grain crackers Hummus Orange wedges*
TUESDAY	Half grilled ham & cheese on wheat bread Baby carrots*	Skim milk Cold cereal (6 g. sugar/oz. or less) Banana	Parfait – plain yogurt, fresh fruit and granola*	Apple cubes Quesadilla with cheddar (whole wheat tortilla)*
WEDNESDAY	Skim milk Wheat bread with peanut butter Melon cubes*	Snack Pizza: English muffin, tomato sauce, and shredded cheese 100% mandarin orange juice*	Skim milk Pumpkin bread	Whole wheat pita Chicken salad
THURSDAY	Cottage cheese Peach chunks	Cinammon oatmeal Skim milk	Yogurt (plain) Fresh strawberries Toast*	<i>Sun Butter</i> (from sunflower seeds) Celery sticks
FRIDAY	Bread sticks Marinara	Roll Scrambled eggs (or hardboiled) Blueberries*	Bean burrito: Flour tortilla, refried beans and cheese *	Whole grain crackers Mozzarella Stick (string cheese)

* Menu includes an extra or optional component.



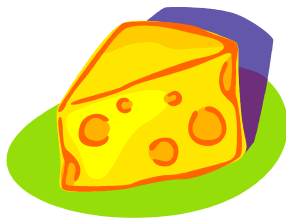


Select-A-Snack Ideas



Meat & Meat Alternates

Beans of any kind
 Cheese (*such as American, Cheddar, Co-Jack, 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

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

Milk

Unflavored Fat-Free Milk
 Unflavored 1% Milk

Note: whole milk should be served only to children 12-24 months of age.

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 but cannot be counted as a component

- ✓ Please select at least two different components to serve a complete snack
- ✓ Remember an all-liquid snack is not reimbursable
- ✓ Consult the meal pattern requirements for minimum portion sizes

