



CACFP New Meal Pattern Requirements Training

Afternoon Session

Family Nutrition Bureau
 Telephone: (505) 841-4856/ (505) 827-9961
 Website: newmexicokids.org



Adapted from Institute of Child Nutrition 

Afternoon Training Overview

- New** Whole Grain/Whole Grain-Rich Requirement
- Activity:** "I Spy A Whole Grain or Whole Grain-Rich Product"
- Activity:** "How Do I Complete the MRB"?

Grains Component



Whole Grains

- Provide nutrients children need to stay healthy
 - low in fat
 - no cholesterol
 - high in fiber, vitamins, minerals, and antioxidants



Meals & Whole Grain-Rich Foods

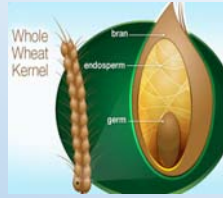
- Each day, **at least one meal or snack** must include a whole grain or whole grain-rich food
- If a child care center only serves breakfast, the grain must be whole grain or whole grain-rich
- If breakfast, lunch, & snack is served, choose which meal to serve the whole grain or whole grain-rich food



Nutrients in 100 g flour (~ 1 cup)	Whole Wheat Flour (100%)	Enriched White Flour (Wheat)
Calories	339.0	364.0
Fiber, g	12.2	2.7
Calcium, mg	34.0	15.0
Magnesium, mg	138.0	22.0
Potassium, mg	405.0	107.0
Folate, mcg	44.0	291.0
Thiamin, Riboflavin, Niacin (mg)	0.5, 0.2, 6.4	0.8, 0.5, 5.9
Iron, mg	3.9	4.6

Key Terms

- **Whole grain**
 - Bran – fiber + protein
 - Germ – starchy inner core
 - Endosperm – vitamins, fats
- **Refined grain** = milled
 - removal of bran and germ
- **Enriched grain**
 - nutrients added
 - fortification process



Whole Grains = Best Choice

- **Whole** Oats (quick, instant)
- 100% **Whole** Wheat
- **Whole** Wheat
- **Whole** Rye
- **Whole** Grain/Whole Cornmeal
- **Whole** Grain Barley
- Quinoa
- Brown Rice

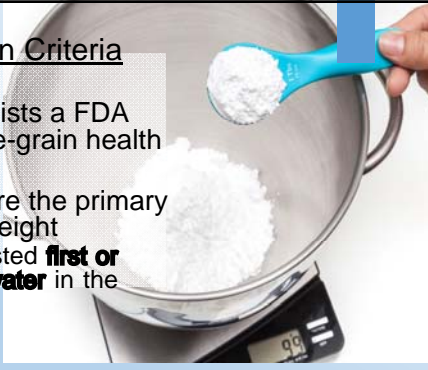


Grain Products (Ingredients) that are Not Whole Grain

- | | |
|-------------------------|-------------------|
| • Enriched flour | White flour |
| - Wheat flour | Unbleached flour |
| - All-purpose flour | Self-rising flour |
| - Rice flour | Enriched rice |
| - Corn grits | Cornmeal |
| - Farina | Couscous |

Whole Grain Criteria

- Food package lists a FDA approved whole-grain health claim
- Whole grains are the primary ingredient by weight
 - Whole grain listed **first or second after water** in the ingredient list



Whole Grain –FDA Health Claim

- “Diets rich in whole grain foods and low in saturated fat and cholesterol may help reduce the risk of heart disease.”



Primary Ingredients by Weight

• Read the Ingredient list

- The words “whole” or “whole grain” will appear before the grain ingredient’s name
- Whole grain should be the first ingredient listed

Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE WHEAT, SOYBEAN OIL, SALT, MONOGLYCERIDES.



Is this a whole-grain waffle?



Check
ingredient
list...

Whole wheat
is the 3rd
Ingredient; this
is **not** a whole
grain waffle.

Ingredients: Enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B₁], riboflavin [vitamin B₂], folic acid), whey, whole wheat flour, egg whites, partially hydrogenated soybean oil, water, wheat bran, sugar, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, calcium carbonate, soy lecithin, niacinamide, reduced iron, vitamin A palmitate, thiamin hydrochloride (vitamin B₁), riboflavin (vitamin B₂), pyridoxine hydrochloride (vitamin B₆), folic acid and vitamin B₁₂.



INGREDIENTS: WHOLE WHEAT, SOYBEAN OIL, SALT, MONOGLYCERIDES.
BHT IS ADDED TO THE PACKAGING MATERIAL TO HELP PRESERVE PRODUCT FRESHNESS.

33% LESS SUGAR

Nutrition Facts
Serving Size 7 Crackers (29g)
Servings Per Container About 8

Amount Per Serving	Calories 120	Calories from Fat 25
		% Daily Value*
Total Fat 3g		6%
Saturated Fat 0g		0%
Trans Fat 0g		
Polyunsaturated Fat 1.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg		0%
Sodium 160mg		6%
Total Carbohydrate 21g		7%
Dietary Fiber 3g		13%
Sugars 0g		
Protein 3g		

ISCUIT



Nutrition Facts
Serving Size 3 (Sets of 4) Waffles (93g)
Servings Per Container About 3

Amount Per Serving	Per Serving	Per Set of 4
Calories	250	80
Calories from Fat	70	25
		% Daily Value*
Total Fat 8g	12%	4%
Saturated Fat 2g	10%	3%
Trans Fat 2.5g		
Cholesterol 30mg	10%	3%
Sodium 600mg	25%	8%
Potassium 130mg	4%	1%
Total Carbohydrate 38g	13%	4%
Dietary Fiber 1g	2%	2%
Sugars 3g		
Other Carbohydrate 34g		
Protein 7g		

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), water, vegetable oil (partially hydrogenated soybean oil, soybean oil, palm oil, and/or palm kernel oil, TBHQ and citric acid for freshness), eggs, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), whey, sugar, salt, calcium carbonate, soy lecithin, niacinamide, reduced iron, yellow #5, vitamin A palmitate, pyridox-

Mixed Dishes



- Examples: pizza, breakfast burrito
- Whole grains primary grain ingredient by weight
- Proper **documentation** or standardized **recipe** is required if the first ingredient is not a whole grain

Whole Grain-Rich Foods

When grain name, such as wheat, rice, or rye flour is listed in the ingredient statement but has no descriptor such as “whole-grain” or “whole wheat” or “brown” rice, we need **Child Nutrition (CN) or Product Formulation Statement (PFS)** documentation (**keep in binder**).

Whole Grain-Rich Pizza Crust Recipe (Serves 16)

- 2 C. whole wheat flour
- 2 C. enriched flour
- 3 T. yeast
- 2 C. warm water
- ½ t salt
- 1 T. + 1 t. honey

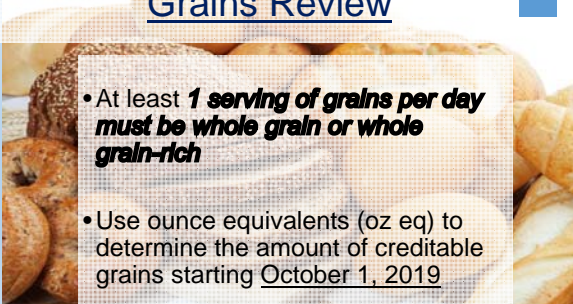
Whole Grain-Rich products contain:

50% or more whole grain ingredients by weight and remaining grains are enriched Keep recipes in a binder!

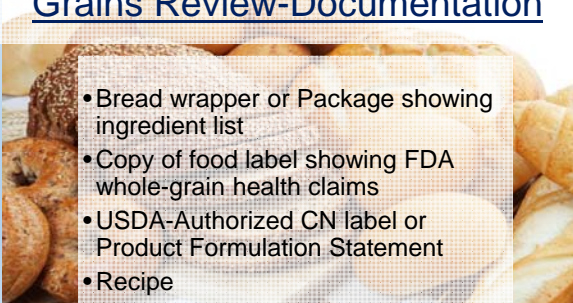
Ideas for Incorporating Whole Grains into Children's Meals

- Whole wheat bread
- Whole wheat bagels
- Brown rice
- Whole wheat pasta/macaroni
- Whole wheat tortillas
- Whole grain pita pockets
- Whole grain crackers
- Whole grain muffins
- Whole wheat flour in baking
- Whole grain cereals
- Oatmeal
- Sandwich on whole wheat: bread, pita, sandwich bun, or roll
- Corn Bread (whole corn cornmeal)
- Veggie Roll-Up (veggies with whole wheat pita pocket)
- Stir-Fry with brown rice
- Spaghetti with whole wheat noodles
- Soup, chili, or stew with whole wheat macaroni or barley
- Breakfast with a whole grain cereal
- Burrito with whole wheat tortilla

Grains Review



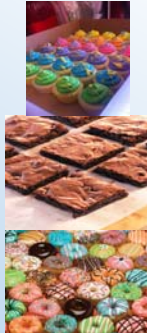
Grains Review-Documentation





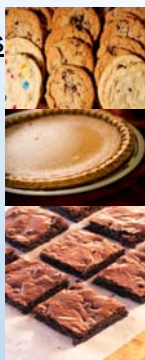
Grain-Based Desserts

- Contains added sugar and saturated fat
 - Increases risk of chronic illnesses
 - Diabetes
 - High Blood Pressure
 - High Cholesterol
 - Obesity
- Cannot count as a grain for any meal or snack



List of **SOME** Grain-Based Desserts (**Creditable/Non-Creditable List**)

- | | |
|------------------|---|
| • Breakfast bars | • Sweet crackers (graham & animal crackers) |
| • Brownies | • Sweet piecrusts |
| • Cakes | • Sweet rolls |
| • Cereal bars | • Toaster pastries |
| • Cookies | |
| • Doughnuts | |
| • Granola bars | |



What Can I Use as
A Grain Instead of
Grain-Based
Desserts?



Exhibit A: Grain Requirement for Child
Nutrition Programs (~~handout~~)



Child and Adult Care Food
Program
Meal Service

Deep-Fat Frying

- May not be used as a preparation method
- Definition
 - Food submerged in hot oil or other fat
- May contribute to chronic illnesses
 - High cholesterol
 - Obesity



Approved Preparation Methods

- Grilling
- Baking
- Roasting
- Stir-Fry
- Pan-Fry



Family Style Meal Service

- New Mexico CACFP requirement**
- Adult meals are not reimbursable
 - Cost of adult meals are an allowable expense





Benefits of Family Style Dining

- Promotes social, emotional, and motor skills.
- Teacher encourages children to try new foods through role modeling.
- Children choose what foods and how much they will eat.

Record Keeping



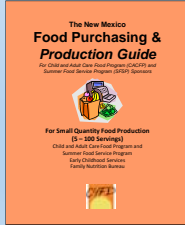
Recording Production

CACFP Menu Record Book
completion documents that the CACFP meal pattern was followed

- Menu (Required for each meal)
 - All meal components served
- Production (Required for each meal)
 - Correct amounts of food prepared for the number of children



New Mexico's Purchasing & Production Guide



- Developed in NM
- USDA's Food Buying Guide information yields.
- Contains tables that calculate amount needed to purchase for the quantity of meals you are planning to prepare.
- 2017 Revised Edition available

Meal Pattern Requirements Production

Food Buying Guide Calculator

- Individual calculators for the 6 food groups
- Determines how much food is needed for a specific number of servings
- <http://fbg.nfsmi.org>





[illegible]

AM/PM Snack: Choose 2 of 5 Components

- Milk not required to be served with snacks.
- Fruit group is a separate group from vegetable group.
- Snack can be 1 fruit and 1 vegetable such as, pineapple and carrots- **New!**



Lunch and Supper: Fruit & Vegetables

Options:

1. Record the names of fruit and vegetable (separate lines)
2. Record the names of 2 different vegetables (separate lines)
3. Record the kind of fruit juice, 100%
**1 serving of fruit juice = 1 fruit
4. Record the kind of vegetable juice, 100%
**1 serving of vegetable juice = 1 vegetable
2. Juice can only be served once per day (Recommendation = no juice)



Lunch and Supper: Grains/Breads

- For whole grain, record "WG"
 - Whole Grain Crackers = WG crackers
- For whole wheat, record "WW"
 - Whole Wheat Bread = WW bread
- For rice, just record, "Brown rice"
- Keep bread wrappers or other packaging for documentation, in binder



Basic Food Safety

- Wash hands often!
- Use a food thermometer
- Sterilize cutting boards and surfaces
- About melons...
- More information:

<http://www.nfsmi.org/ResourceOverview.aspx?ID=348>



Safe Food Handling

- Stored foods must be sealed, labeled and dated
- "First In/First Out" (FIFO)
- Thermometers must be in both refrigerator and freezer
- Until served:
 - **Cold** foods should be kept at **40° F / 4° C** or lower
 - **Hot** foods should be kept at **140° F / 60° C** or higher



2017-18 **New** Cook's Academy Classes

- August 25
- September 8
- October 13
- November 13
- Central New Mexico Community College
 - Robert P. Matteucci Building, Room 201
 - 725 University Blvd SE, ABQ, NM
- Contact Laura Spencer at 505-841-4852



Nutrition Education

Documentation Form:

- Refer to sample in your packet.
- Each center must have a nutrition education activity at least once per month.
- Submit documentation to the address on your form in **September, January, and April.**



Nutrition Education Team

Pam Mitchell Manager (505) 841-4856
pam.mitchell@state.nm.us
Teresa Taylor Nutritionist (505) 841-4856
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NEW MEXICO

Child and Adult Care Food Program

Creditable/Non-Creditable Foods



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

❑ **Creditable**

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

❑ **Non-Creditable**

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

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

❑ **Non-Reimbursable Expenses**

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

Non-Creditable Food List:

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

MEAT/MEAT ALTERNATES			
CHEESES -Cheese "product" -Imitation cheese of any kind -Powdered cheese -Cream cheese	MEATS/FISH -Bacon -Chorizo/Ceviche -Luncheon Meats/Frankfurters (chicken, turkey, beef, pork) not in USDA Food Buying Guide, or without CN label, or which contain byproducts, cereals, binders or extenders --Pepperoni/Salami without CN label -Smoked snack sticks w/ beef & chicken -Beef/Turkey/Salmon Jerky -Pork Rinds -Bologna containing byproducts, cereals, or extenders -Wild meats (if <u>not</u> USDA inspected)	YOGURT or YOGURT PRODUCTS -Homemade Yogurt -Yogurt covered fruit/nuts -Frozen Yogurt Products -Yogurt with more than 23 grams of sugar per 6 ounce	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, sweet crackers (graham, animal) -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.

EXHIBIT A: GRAIN REQUIREMENT FOR CHILD NUTRITION PROGRAMS^{1, 2}

Group A	Minimum Serving Size for Group A	Oz Eq for Group A
<ul style="list-style-type: none"> Bread type coating Bread sticks (hard) Chow mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing. 	1 serving = 20 gm or 0.7 oz $\frac{3}{4}$ serving = 15 gm or 0.5 oz $\frac{1}{2}$ serving = 10 gm or 0.4 oz $\frac{1}{4}$ serving = 5 gm or 0.2 oz	1 oz eq = 22 gm or 0.8 oz $\frac{3}{4}$ oz eq = 17 gm or 0.6 oz $\frac{1}{2}$ oz eq = 11 gm or 0.4 oz $\frac{1}{4}$ oz eq = 6 gm or 0.2 oz
Group B	Minimum Serving Size for Group B	Oz Eq for Group B
<ul style="list-style-type: none"> Bagels Batter type coating Biscuits Breads (sliced white, whole wheat, French, Italian) Buns (hamburger and hot dog) Sweet Crackers³ (graham crackers - all shapes, animal crackers)* Egg roll skins English muffins Pita bread (white, whole wheat, whole grain-rich) Pizza crust Pretzels (soft) Rolls (white, whole wheat, whole grain-rich) Tortillas (wheat or corn) Tortilla chips (wheat or corn) Taco shells 	1 serving = 25 gm or 0.9 oz $\frac{3}{4}$ serving = 19 gm or 0.7 oz $\frac{1}{2}$ serving = 13 gm or 0.5 oz $\frac{1}{4}$ serving = 6 gm or 0.2 oz	1 oz eq = 28 gm or 1.0 oz $\frac{3}{4}$ oz eq = 21 gm or 0.75 oz $\frac{1}{2}$ oz eq = 14 gm or 0.5 oz $\frac{1}{4}$ oz eq = 7 gm or 0.25 oz

¹Under the CACFP, the following foods are whole grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ. For meals and snacks served to children and adults, at least one serving of grains per day in the CACFP must be whole grain-rich starting October 1, 2017. Under the NSLP and SBP, the following food quantities from Groups A-G, must contain at least 16 grams of whole grain or can be made with 8 grams of whole grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

²Some of the following foods, or the accompaniments, may contain more sugar, salt, and/or fat than others. This should be considered when deciding how often to serve them.

³Considered a grain-based dessert and cannot count towards the grain component at any meal served under the CACFP beginning October 1, 2017, as specified in §226.20(a)(4). Allowed only as dessert at lunch served under the NSLP as specified in §210.10.

***NOTE: Food items in red letters are NOT creditable for CACFP beginning October 1, 2017.**

Group C	Minimum Serving Size for Group C	Oz Eq for Group C
<ul style="list-style-type: none"> • Cookies³ (plain - includes vanilla wafers)* • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers^{4,*} and meat/meat alternate pies) • Waffles 	1 serving = 31 gm or 1.1oz $\frac{3}{4}$ serving = 23 gm or 0.8 oz $\frac{1}{2}$ serving = 16 gm or 0.6 oz $\frac{1}{4}$ serving = 8 gm or 0.3 oz	1 oz eq = 34 gm or 1.2 oz $\frac{3}{4}$ oz eq = 26 gm or 0.9 oz $\frac{1}{2}$ oz eq = 17 gm or 0.6 oz $\frac{1}{4}$ oz eq = 9 gm or 0.3 oz
Group D	Minimum Serving Size for Group D	Oz Eq for Group D
<ul style="list-style-type: none"> • Doughnuts³ (cake and yeast raised, unfrosted)* • Cereal bars, breakfast bars, granola bars⁴ (plain)* • Muffins (all, except corn) • Sweet roll⁴ (unfrosted)* • Toaster pastry⁴ (unfrosted)* 	1 serving = 50 gm or 1.8 oz $\frac{3}{4}$ serving = 38 gm or 1.3 oz $\frac{1}{2}$ serving = 25 gm or 0.9 oz $\frac{1}{4}$ serving = 13 gm or 0.5 oz	1 oz eq = 55 gm or 2.0 oz $\frac{3}{4}$ oz eq = 42 gm or 1.5 oz $\frac{1}{2}$ oz eq = 28 gm or 1.0 oz $\frac{1}{4}$ oz eq = 14 gm or 0.5 oz
Group E	Minimum Serving Size for Group E	Oz Eq for Group E
<ul style="list-style-type: none"> • Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces)* • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees)* • Doughnuts⁴ (cake and yeast raised, frosted or glazed)* • French toast • Sweet rolls⁴ (frosted)* • Toaster pastry⁴(frosted)* 	1 serving = 63 gm or 2.2 oz $\frac{3}{4}$ serving = 47 gm or 1.7 oz $\frac{1}{2}$ serving = 31 gm or 1.1 oz $\frac{1}{4}$ serving = 16 gm or 0.6 oz	1 oz eq = 69 gm or 2.4 oz $\frac{3}{4}$ oz eq = 52 gm or 1.8 oz $\frac{1}{2}$ oz eq = 35 gm or 1.2 oz $\frac{1}{4}$ oz eq = 18 gm or 0.6 oz
Group F	Minimum Serving Size for Group F	Oz Eq for Group F
(These items are only allowed under the NSLP and SBP)		
<ul style="list-style-type: none"> • Cake³ (plain, unfrosted) * • Coffee cake⁴ ‡ 	1 serving = 75 gm or 2.7 oz $\frac{3}{4}$ serving = 56 gm or 2 oz $\frac{1}{2}$ serving = 38 gm or 1.3 oz $\frac{1}{4}$ serving = 19 gm or 0.7 oz	1 oz eq = 82 gm or 2.9 oz $\frac{3}{4}$ oz eq = 62 gm or 2.2 oz $\frac{1}{2}$ oz eq = 41 gm or 1.5 oz $\frac{1}{4}$ oz eq = 21 gm or 0.7 oz

³Considered a grain-based dessert and cannot count towards the grain component at any meal served under the CACFP beginning October 1, 2017, as specified in §226.20(a)(4). Allowed only as dessert at lunch served under the NSLP as specified in §210.10.

⁴Considered a grain-based dessert and cannot count towards the grain component at any meal served under the CACFP beginning October 1, 2017, as specified in §226.20(a)(4). Allowed for desserts at lunch served under the NSLP as specified in §210.10, and for breakfasts served under the SBP.

*NOTE: Food items in red letters are NOT creditable for CACFP beginning October 1, 2017.

Group G <i>(These items are only allowed under the NSLP and SBP)</i>	Minimum Serving Size for Group G	Oz Eq for Group G
<ul style="list-style-type: none"> • Brownies³ (plain)* • Cake³ (all varieties, frosted)* 	1 serving = 115 gm or 4 oz ¾ serving = 86 gm or 3 oz ½ serving = 58 gm or 2 oz ¼ serving = 29 gm or 1 oz	1 oz eq = 125 gm or 4.4 oz ¾ oz eq = 94 gm or 3.3 oz ½ oz eq = 63 gm or 2.2 oz ¼ oz eq = 32 gm or 1.1 oz
Group H	Minimum Serving Size for Group H	Oz Eq for Group H
<ul style="list-style-type: none"> • Cereal Grains (barley, quinoa, etc.) • Breakfast cereals (cooked)^{5,6} • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown) 	1 serving = ½ cup cooked or 25 gm dry	1 oz eq = ½ cup cooked or 1 ounce (28 gm) dry
Group I	Minimum Serving Size for Group I	Oz Eq for Group I
<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold, dry)^{5,6} 	1 serving = ¾ cup or 1 oz, whichever is less	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = ¼ cup or 1 ounce for granola

³Considered a grain-based dessert and cannot count towards the grain component at any meal served under the CACFP beginning October 1, 2017, as specified in §226.20(a)(4). Allowed only as desserts at lunch served under the NSLP as specified in §210.10.

⁵Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfast served under the SBP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶Under the CACFP, cereals must be whole grain, enriched, or fortified, and must contain no more than 6 grams of sugar per dry ounce. Under the NSLP and SBP, cereals must be whole grain, whole grain and enriched, or fortified.

*NOTE: Food items in red letters are NOT creditable for CACFP beginning October 1, 2017.

SAMPLE

MENU RECORD FOR CHILDREN 3-5 YEARS OLD

SAMPLE

Date: 6-19-17

New Mexico Child and Adult Care Food Program

Name of Person Completing Menu: Athena

(1) MEAL PATTERN (REQUIRED COMPONENTS)	(2) MENU	(3) SERVING SIZE 3-5 y.o.	(4) FOOD ITEMS USED	(5) AMOUNTS PREPARED & Units (oz, lb, can size & number, quart, gallon, etc.)	(6) PLANNED Number to Serve	(7) ACTUAL Number Served
BREAKFAST 1. Milk, fluid(1%,Skim)*** 2. Vegetable, and/or fruit or full strength juices 3. Grains/Breads (Whole)* and/or Meat/Meat Alternates**	1. Milk 2. Strawberries 3. Cheerios	1. 3/4 C 2. 1/2 C 3. 1/2 SV	1. MILK (Circle): Whole, 1% Skim 2. Strawberries, frozen, sliced 3. Cheerios, cold, dry cereal	2 gal. 12 lbs. 2.5 lbs	Children: 35 Adults: 5 TOTAL: 40	Children: 34 Adults: 4 TOTAL: 38
A.M. SUPPLEMENT* 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. Vegetable 4. Fruit 5. Grains/Breads (Whole)*	1 st component Yogurt 2 nd component Mango & Kiwi chunks	1. 1/2 C 2. 1/2 OZ 3. 1/2 C 4. 1/2 C 5. 1/2 SV	1 st Yogurt, vanilla 2 nd Mango, fresh, and kiwi, fresh	3 -32oz containers 6 1/2 lbs / 5 lbs	Children: 45 Adults: 5 TOTAL: 50	Children: 37 Adults: 5 TOTAL: 42
LUNCH 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. 1 Vegetable (V) 4. 1 Fruit (F) 5. Grains/Breads (Whole)*	1. Milk 2. Chicken Enchiladas 3. V Pinto Beans, Lettuce, tomato 4. F Peaches 5. Corn Tortillas	1. 3/4 C 2. 1 1/2 OZ 3. 1/4 C 4. 1/4 C 5. 1/2 SV	1. MILK (Circle): Whole, 1% Skim 2. Chicken, diced /cheese, shredded 3. V Pinto Beans, canned, Shredded lettuce, Diced tomatoes 4. F Halved fresh peaches 5. Corn Tortillas	3 gal. 5 1/2 lbs / 2 lbs 1 1/2 #10 cans, 1 lb / 3 1/2 lbs 6 lbs 3 lbs	Children: 53 Adults: 7 TOTAL: 60	Children: 44 Adults: 6 TOTAL: 50
P.M. SUPPLEMENT* 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. Vegetable 4. Fruit 5. Grains/Breads (Whole)*	1 st component Cheese sticks 2 nd component Breadsticks Marinara sauce (for dipping)	1. 1/2 C 2. 1/2 OZ 3. 1/2 C 4. 1/2 C 5. 1/2 SV	1 st Mozzarella sticks 2 nd WG Soft Breadsticks Marinara sauce (extra)	1 oz each, 34 each 2.5 oz each, 34 ea 1 -64 oz jar	Children: 25 Adults: 5 TOTAL: 30	Children: 22 Adults: 4 TOTAL: 26
SUPPER 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. 1 Vegetable (V) 4. 1 Fruit (F) 5. Grains/Breads (Whole)*	1. Milk 2. Grilled Cheese Sandwich 3. V Tomato Soup (1 cup = 1/4 c.) 4. F Fresh grapes 5. Bread	1. 3/4 C 2. 1 1/2 OZ 3. 1/4 C 4. 1/4 C 5. 1/2 SV	1. MILK (Circle): Whole, 1% Skim 2. Cheese, American 3. V Tomato soup, canned 4. F Fresh grapes 5. WW Bread	1 1/2 gal. 3 pounds 3 - #3cans 3 lbs 2 pounds	Children: 25 Adults: 5 TOTAL: 30	Children: 19 Adults: 3 TOTAL: 22

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

Revised October, 2016



CHILD AND ADULT CARE FOOD PROGRAM CENTER NUTRITION EDUCATION DOCUMENTATION



Sponsoring Organization: _____ Agreement # : _____

Center Name (if different from above): _____ # of Centers: _____

Name of Person Conducting Activity: _____ Person's Title _____

Remember that nutrition education ***always*** must include education about food and/or nutrients.
It may also include games, discussion groups, taste testing, physical activity, etc. Each activity
should be appropriate for the age and development of the participants in your center.

Name of Activity: _____ Date: _____

Learning Outcome (s): *Participants will be able to* _____
_____ *after this activity.*

Describe the activity: _____

What did the participants like best? _____

Creditable foods used for activity:

(Fluid Milk, Meat/Meat Alternate, Fruit/ Vegetable, Grain/Bread)

NUTRITION EDUCATION INCLUDED:

(check all that apply)

- ☐ Activity or Game
- ☐ Art, Literature or Music
- ☐ Celebration
- ☐ Contest
- ☐ Cooking
- ☐ Food Safety
- ☐ Hands On
- ☐ Health/Fitness
- ☐ Internet Activity
- ☐ Make Healthier Choices
- ☐ MyPlate
- ☐ Science/Nature/Gardening
- ☐ Take-Home Education Info
- ☐ Taste Testing
- ☐ Try New Food
- ☐ Other: _____

REQUIREMENTS:

- ✓ Each center must have a nutrition education activity, in at least one classroom, once a month.
- ✓ All activities must be documented and kept in the center files for State Agency Reviewers.
- ✓ Mail or fax one copy of the **September, January and April** Nutrition Education Documentation form for each center to:
Family Nutrition Bureau
Attn: Nutritionist
3401 Pan American Freeway NE
Albuquerque, NM 87107

(505) 841-4856 (Phone)

(505) 841-4858 (Fax)



MENU RECORD FOR CHILDREN 3-5 YEARS OLD

Date: _____

New Mexico Child and Adult Care Food Program

Name of Person Completing Menu: _____

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

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

Revised October, 2016

MENU RECORD FOR CHILDREN 3-5 YEARS OLD

Date: _____

New Mexico Child and Adult Care Food Program

Name of Person Completing Menu: _____

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

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

Revised October, 2016