

Meal Pattern and Menu Checklist

Use this checklist to ensure that all CCFP meal requirements are met. All answers must be marked "Yes."

CHILD MEAL PATTERN REQUIREMENTS

I. Breakfast:	Yes	No
A. 3 components: Fluid Milk, Vegetables and/or Fruits, Grains		
B. Only breakfast cereals (cold/hot) containing 6 g of sugar or less per dry oz are served (refer to the <i>Florida WIC-Approved Cereal List</i>).		
C. Meat/Meat alternates are used to meet entire grains requirement no more than three times/week.		
II. Lunch/Supper:	Yes	No
A. 5 components: Fluid Milk, Meat/Meat Alternates, Vegetables, Fruits, Grains		
B. One vegetable and one fruit <i>or</i> two different vegetables are served (two fruits may not be served).		
III. Snack:	Yes	No
A. 2 different components: Fluid Milk, Meat/Meat Alternates, Vegetables, Fruits, Grains <i>Note: Juice must not be served when milk is the only other component.</i>		
B. Water does not appear on the menu as one of the two required components.		
IV. General Menu Requirements:	Yes	No
A. Fruit juice does not appear on the menu more than once a day.		
B. At least one grain serving per day, across all eating occasions, is 100% whole grain or whole grain-rich. <i>Menus must clearly identify the whole grain or whole grain-rich item (e.g., "WG bread" or "WGR crackers").</i>		
C. Grain-based desserts (e.g. granola bars, cookies) are not served as part of a reimbursable meal. <i>Grain-based desserts may be served as an "extra." Graham and animal crackers are creditable.</i>		
D. Yogurt (milk or soy) contains no more than 23 g of total sugars per 6 oz (15 g/4 oz or 3.8 g/oz).		
E. Children age one receive unflavored whole milk (unless breastfed).		
F. Children ages 2 through five receive unflavored lowfat (1%) or unflavored fat-free (skim) milk.		
G. Flavored milk is not served to children under 6 years of age. <i>Flavored powder/liquid may not be added to milk (cow or soy) for children ages 1-5.</i>		
H. When flavored milk is served to children age 6 years and older, it is fat-free (skim) or lowfat (1%).		
I. The menu clearly identifies the types of milk served (fat content and unflavored or flavored).		
J. Commercially processed combination foods (served at <i>any</i> meal) have a CN label or manufacturer's Product Formulation Statement (PFS) stating the food component contribution. Self-prepared combination foods have a standardized recipe on file.		
K. Pre-packaged grain products must have enriched flour or meal or whole grains as the first ingredient listed on the package. <i>Sugar cannot be the first ingredient.</i>		
L. Meals do not include foods deep-fried on site. <i>Providers may purchase or receive pre-fried foods but must reheat them using an alternate method (baking or pan frying/sautéing).</i>		
M. CCFP funds are not used to purchase non-creditable food items (e.g., grain-based desserts).		
N. Children with special dietary needs (not a disability): parents do not provide more than one component of the reimbursable meal. <i>Parents may supply only one component of the reimbursable meal for children with special dietary needs. The contractor must supply all other components.</i>		
O. Children with documented disabilities: <i>parents may supply one or more components of the reimbursable meal. The contractor must supply at least one component.</i>		
Reminders: • During snack, juice must not be served when milk is the only other component. • Tofu is creditable as a meat/meat alternate.		

INFANT MEAL PATTERN REQUIREMENTS

V. General Menu Requirements:		Yes	No
A. At least one approved iron-fortified infant formula is offered. However, it is strongly encouraged to offer two; one milk-based and one soy-based.			
B. Breastmilk and/or formula is served at every meal and snack.			
C. Solid foods are served to infants when they are developmentally ready for them. <i>Solids should be introduced around 6 months of age but may be served/claimed earlier.</i>			
D. Once an infant is developmentally ready to accept solid foods, the contractor offers them to the infant.			
E. Baby food “desserts” are not served.			
F. Juice is not served as part of a reimbursable meal.			
G. Only ready-to-eat breakfast cereals (cold) containing 6 g of sugar or less per dry oz are served (refer to the <i>Cereal List for Infants</i>). <i>These cereals may only be served at snack to developmentally ready 6-11 month olds.</i>			
H. Yogurt contains no more than 23 g of total sugars per 6 oz (15 g/4 oz or 3.8 g/oz). <i>Soy yogurt is not creditable for infants. Yogurt must be traditional/“cold” yogurt; not baby yogurt blends that are shelf-stable. Whole milk yogurt is recommended.</i>			
I. Cheese food and cheese spread are not served/included on the menu.			
J. Commercially prepared combination baby foods (e.g., chicken and peas or rice) <i>may</i> be served but manufacturer documentation must be on file showing the meal pattern contribution(s) of the food.			
K. When eggs are served to infants, the whole egg (white and yolk) is served.			
L. CCFP funds are not used to purchase non-creditable food items (e.g., juice).			
M. Infants with special dietary needs (not a disability): Parents supply no more than one component. The contractor supplies all other components.			
N. Infants with documented disabilities: Contractor supplies at least one component. <i>Parents may supply one or more components of the reimbursable meal.</i>			
<i>Reminder: a reimbursable meal may contain breastmilk fed to baby by mother</i>			
<i>Reminder: whole grains are not required for infants</i>			
VI. Best Practices for Children Ages One and Older (strongly recommended):			
- Fresh, frozen, or canned vegetables and/or fruits should be served at least twice a week on the breakfast menu and twice a week on the snack menu. Please note: For those centers that claim two snacks and one meal, instead of two meals and one snack, fresh, frozen, or canned vegetables and/or fruits should be served at least twice a week <u>at each</u> snack time. *Good vitamin A sources from vegetables and fruits should be served a minimum of two times a week. *Good vitamin C sources from vegetables and fruits or fruit juice should be served daily.			

*Please refer to *Fruit and Vegetable Sources of Vitamins A and C* found on the CCFP website.