



CHILD AND ADULT CARE FOOD PROGRAM

Menu Self-Assessment

All organizations participating in the Child and Adult Care Food Program (CACFP) are responsible for maintaining a menu that meets the meal pattern requirements. Give yourself peace of mind by completing this self-assessment! Place a check mark next to each true statement. If any boxes remain unchecked, menu changes are needed. For complete meal pattern requirements, review the [CACFP Meal Pattern Chart](#).

CREDITABLE FOODS

- ☐ The menu is free from grain-based desserts.
- ☐ Breakfast cereal contains no more than 6 grams of sugar per dry ounce.
- ☐ Yogurt contains no more than 12 grams of added sugar per 6 ounces.
- ☐ Menu items are not deep-fat fried on-site.
- ☐ The correct type of milk is served to all participants.

DAILY REQUIREMENTS

- ☐ Juice is served no more than once per day.
- ☐ One or more grains per day are whole grain-rich.
- ☐ All extras and spreads are listed on the menu.
- ☐ Every snack contains at least two components.
- ☐ Every breakfast contains fluid milk, grain, and a fruit and/or vegetable.
- ☐ A meat/meat alternate is served in place of a grain at breakfast 3 times or less per week.
- ☐ Every lunch and supper contains fluid milk, grain, fruit, vegetable, and meat/meat alternate.
- ☐ If a vegetable is served instead of a fruit at lunch/supper, two different kinds of vegetables are served.

Allowable Flexibilities for Adult Centers

- *A serving of fluid milk is optional for suppers served to adult participants.*
- *Yogurt can be served in place of fluid milk no more than 1 time per day.*
- *If yogurt is served in place of milk, yogurt cannot be a meat alternate in the same meal.*

REQUIRED STATEMENTS

- ☐ Nondiscrimination statement: "This institution is an equal opportunity provider."
- ☐ Milk type for served age groups: "Whole milk is served to children 12-23 months. Children 24 months and older are served low-fat or fat-free milk." Adult Centers: "All participants are served low-fat or fat-free milk."
- ☐ Ingredients in mixed or multi-component items (e.g., "Fruit cocktail = pineapple, cherry, peach" or "Turkey Wrap = turkey breast, cheese, tortilla")

MENU BINDER

The following documentation must be kept on file to credit foods towards the meal pattern:

- ☐ Nutrition Facts labels for whole grain-rich items.
- ☐ Nutrition Facts labels for ready-to-eat cereals.
- ☐ Nutrition Facts labels for yogurt.
- ☐ Child Nutrition (CN) label or Product Formulation Statement (PFS) for commercially processed foods.
- ☐ Standardized recipes for homemade items.

RECOMMENDED BEST PRACTICES

- ☐ All homemade items are labeled "HM."
- ☐ All whole grain-rich items are labeled "WGR."
- ☐ All processed meat/grain items are labeled "CN" or "PFS."
- ☐ Description of how water is made available throughout the day.
- ☐ If Serving Juice: "All juices served are 100% juice."