

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES

BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE

CHILD AND ADULT CARE FOOD PROGRAM

**USDA REQUIREMENTS 6 MEAL MENU TEMPLATE (5 DAY)**

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| NAME OF CENTER/FACILITY Elarly Explorers Preschool |
| YEAR 2018 WEEK OF       |
| BREAKFAST | DATE   /  /     | DATE   /  /      | DATE   /  /     | DATE   /  /     | DATE   /  /     |
| **Milk1** | Milk | Milk | Milk | Milk | Milk |
| **Vegetable, fruit, or portions of both2** | Apple Slices | Applesauce | 100% Orange Juice | Apple Slices | Strawberries & Blueberries |
| **Grain3** Indicate “WG” next to Whole Grain menu items or Meat/Meat alternate**5** (no more than 3 times per week at breakfast only) | Blueberry Muffin | English Muffin | WG Frosted Mini Wheats | WG Oatmeal | Pancakes (HM) |
| **Other Foods** | Butter | Butter, Sunbutter |       | Butter, Brown Sugar | Butter |
| SNACK AM Serve 2 of 5 |       |       |       |       |       |
| **Milk1** |       |       |       |       |       |
| **Meat/Meat Alternates**  |       |       |       |       |       |
| Vegetable |       |       |       |       |       |
| **Fruit**  |       |       |       |       |       |
| Grain3 |       |       |       |       |       |
| **Other Foods** |       |       |       |       |       |
| LUNCH | Chili Mac (HM) | Cheese Pizza | SOYbutter Sandwiches | Corn Dog | Cheese Quesadilla |
| **Milk1** | Milk | Milk | Milk | Milk | Milk |
| **Meat/Meat Alternates** Meat, poultry, or fish or tofu, soy product, or alternate protein products | Ground Beef (HM) | Cheese (CN) | Soybutter | Hot Dog (CN) | Shredded Cheese |
| Vegetable | Tomato Sauce Kidney Beans | Green Beans | Tater Tots | Fries | Corn |
| **Fruit**  | Applesauce | Pineapple Chunks | Mandarin Oranges | Peaches | Fruit Cocktail |
| Grain3 |  Elbow Noodles | WG Pizza Crust (CN) | WG Bread | Corn Dog Breading (CN) | WG Tortilla |
| **Other Foods** | Chili Seasoning | Pizza Sauce | Jelly | Ketchup |       |

1 Unflavored whole milk for age 1, Unflavored low-fat (1%) or unflavored fat-free milk for age 2-5 and Unflavored low-fat (1%), unflavored fat-free, or flavored fat-free for ages 6 and older

3 At least one serving of grain per day must be whole grain rich. Whole grain rich foods contain at least 50 percent whole grains and any remaining grains are enriched.

5 Meat/meat alternates may substitute for the entire grains component at breakfast up to three times per week. One ounce of meat/meat alternates equals one ounce of grains.

11 Vegetables can substitute for the entire fruits component at lunch or supper. If serving two vegetables, they must be two different kinds.

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| SNACK PM Serve 2 of 5 |       |       |       |       |       |
| **Milk1** |       |       |       |       | Mozzarella Cheese |
| **Meat/Meat Alternates**  |       |       |       |       |       |
| Vegetable |       |       |       |       |       |
| **Fruit**  | 100% Apple Juice | 100% Apple Juice | Milk | 100% Apple Juice | 100% Apple Juice |
| Grain3 | Goldfish | Graham Crackers | Animal Crackers | Carrots |       |
| **Other Foods** |       |       |       | Ranch |       |
| SUPPER |       |       |       |       |       |
| **Milk1** |       |       |       |       |       |
| **Meat/Meat Alternates** Meat, poultry, or fish or tofu, soy product, or alternate protein products |       |       |       |       |       |
| Vegetable |       |       |       |       |       |
| **Fruit**  |       |       |       |       |       |
| Grain3 |       |       |       |       |       |
| **Other Foods** |       |       |       |       |       |
| SNACK PM Serve 2 of 5 |       |       |       |       |       |
| **Milk1** |       |       |       |       |       |
| **Meat/Meat Alternates**  |       |       |       |       |       |
| Vegetable |       |       |       |       |       |
| **Fruit**  |       |       |       |       |       |
| Grain3 |       |       |       |       |       |
| **Other Foods** |       |       |       |       |       |

 **Additional Menu Requirements**

1 Unflavored whole milk for age 1, Unflavored low-fat (1%) or unflavored fat-free milk for age 2-5 and Unflavored low-fat (1%), unflavored fat-free, or flavored fat-free for ages 6 and older

2 Pasteurized full-strength juice can meet the vegetables or fruits component at only one meal per day, including all snacks. Juice includes all fruit and vegetable juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice.

3 At least one serving of grain per day must be whole grain rich. Whole grain rich foods contain at least 50 percent whole grains and any remaining grains are enriched.

4 Grain based desserts do not count towards meeting the grain component with the exception of sweet crackers (e.g., graham crackers of any shape and animal crackers).5 Meat/meat alternates may substitute for the entire grains component at breakfast up to three times per week. One ounce of meat/meat alternates equals one ounce of grains.

6 Breakfast cereals cannot contain more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).

7 “Other” foods do not credit toward the CACFP meal pattern. Examples include condiments (e.g., ketchup, margarine, syrup, and jam), bacon, cream cheese, potato chips, pudding, ice cream, and gelatin.

8 A serving is the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, fillers, or other ingredients. The USDA’s [*CACFP*](http://www.fns.usda.gov/sites/default/files/cacfp/CACFP_factBP.pdf)[*Best Practices*](http://www.fns.usda.gov/sites/default/files/cacfp/CACFP_factBP.pdf)recommends serving only lean meats, nuts, and legumes; limiting processed meats to one serving per week; and serving only low-fat or reduced-fat natural cheese..

9 Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts. At lunch and supper, nuts and seeds cannot credit for more than half of the meat/meat alternates component. They must be combined with another meat/meat alternate to meet the total requirement.

10 Yogurt (regular or soy) cannot contain more than 23 grams of total sugars per 6 oz.

11 Vegetables can substitute for the entire fruits component at lunch or supper. If serving two vegetables, they must be two different kinds.

12 Snack must include two of the five components. Only one of the two components may be a creditable beverage. The USDA’s [*CACFP Best Practices*](http://www.fns.usda.gov/sites/default/files/cacfp/CACFP_factBP.pdf)recommends serving a vegetable or fruit for at least one snack component.