

## Menu Review Checklist

Use this checklist to ensure that all Child Care Food Program meal requirements are met.  
(All answers must be marked "Yes")

Note: This checklist is based on the *NEW Meal Pattern for Children*.  
Self-prep facilities must be in full compliance by no later than October 1, 2017.

<b>Breakfast:</b>	<b>Yes</b>	<b>No</b>
<ul style="list-style-type: none"> <li>▪ <b>3 components:</b> Fluid Milk, Vegetables and/or Fruits, Grains</li> </ul>		
<ul style="list-style-type: none"> <li>▪ Only ready-to-eat breakfast cereals containing 6 grams of sugar or less per dry ounce are on the menu (Refer to the <i>Florida WIC-Approved Cereal List</i>).</li> </ul>		
<ul style="list-style-type: none"> <li>▪ Meat/Meat alternates are used to meet entire grains requirement no more than three times a week.</li> </ul>		
<b>Lunch/Supper:</b>	<b>Yes</b>	<b>No</b>
<ul style="list-style-type: none"> <li>▪ <b>5 components:</b> Fluid Milk, Meat/Meat Alternates, Vegetables, Fruits, Grains</li> </ul>		
<ul style="list-style-type: none"> <li>▪ One vegetable and one fruit <i>or</i> two different vegetables are served (two fruits may not be served).</li> </ul>		
<b>Snack:</b>	<b>Yes</b>	<b>No</b>
<ul style="list-style-type: none"> <li>▪ <b>2 different components:</b> Fluid Milk, Meat/Meat Alternates, Vegetables, Fruits, Grains</li> </ul> <p><i>Note: Juice must not be served when milk is the only other component.</i></p>		
<b>General Menu:</b>	<b>Yes</b>	<b>No</b>
<ul style="list-style-type: none"> <li>▪ Fruit juice does not appear on the menu more than once a day.</li> </ul>		
<ul style="list-style-type: none"> <li>▪ Only ready-to-eat breakfast cereals containing 6 grams of sugar or less per dry ounce are on the menu (Refer to the <i>Florida WIC-Approved Cereal List</i>).</li> </ul>		
<ul style="list-style-type: none"> <li>▪ At least one grain serving per day, across all eating occasions, is 100% whole grain. This is noted on the menu (e.g. "whole grain bread" or "WG bread")</li> </ul>		
<ul style="list-style-type: none"> <li>▪ Grain-based desserts (e.g. granola bars, cookies) are not served as part of a reimbursable meal.</li> </ul>		
<ul style="list-style-type: none"> <li>▪ Yogurt contains no more than 23 grams of total sugars per 6 ounces (15 g/4 oz or 3.8 g/oz).</li> </ul>		
<ul style="list-style-type: none"> <li>▪ The type(s) of milk served is noted on the menu (fat content and if flavored).</li> </ul>		
<ul style="list-style-type: none"> <li>▪ Children age one receive unflavored whole milk (unless breastfed).</li> </ul>		
<ul style="list-style-type: none"> <li>▪ Children ages 2 through five receive unflavored low-fat (1%) or unflavored fat-free (skim) milk.</li> </ul>		
<ul style="list-style-type: none"> <li>▪ Flavored milk is not served to children under 6 years of age.</li> </ul>		
<ul style="list-style-type: none"> <li>▪ Flavored milk served to children age 6 years and older is fat-free (skim).</li> </ul>		
<ul style="list-style-type: none"> <li>▪ Commercially processed combination foods (e.g. pizza, chicken nuggets, ravioli) have a CN label or manufacturer's Product Formulation Statement (PFS) stating the food component contribution.</li> </ul>		

Note: Refer to *Revised Exhibit A* to ensure correct portions of grain/bread food items are served.

