

CACFP MENU CHECKLIST: Infant Meal Pattern

DOES YOUR MENU MEET THE **NEW*** CACFP MEAL PATTERNS?

Breastmilk or Infant Formula and Support of Breastfeeding	Yes/No
The menu for infants ages 0-5 months contains only breastmilk or formula.	
When a parent or guardian provides breastmilk or formula and the infant is consuming solid foods, the center supplies all other required meal components, for the meal to be reimbursable.	
Cereal is not served in bottles, unless supported by a medical statement.	
Optional: Reimbursement is claimed when a mother directly breastfeeds her infant on-site.	
Optional: Meals containing expressed breastmilk are claimed for reimbursement.	
Developmental Readiness for Solids	Yes/No
Introduction of solid foods, of the appropriate texture and consistency, begins at 6 months of age, as developmentally appropriate.	
The center or day care home has a policy or procedure for how parents or guardians communicate their infants' readiness for solids to care providers. NOTE: As best practice, parents or guardians can request in writing when a center or day care home should begin serving solids to infants in care.	
Grains/Breads	Yes/No
No grain-based desserts (brownies, cakes, cereal bars, coffee cakes, cookies, doughnuts, granola bars, pie crusts for dessert pies, sweet rolls, and toaster pastries) are served. ⁵	
Bread, Crackers and Ready-to-eat cereals are only offered at snack and not at meals. NOTE: If these items are served at breakfast, lunch or supper they are not creditable toward a reimbursable meal.	
Breakfast cereals (e.g. ready-to-eat, instant, and regular hot) have 6 grams or less of sugar per ounce. ⁶	
Cereal type is identified on the menu. <i>(For example, puffed rice, granola, Cheerios® or Kix®)</i>	
Fruits/Vegetables	Yes/No
Juice is not served to infants.	
A separate fruit and separate vegetable or a combination of both are offered at snack when infant is developmentally ready.	
Meat/Meat Alternate	Yes/No
Cheese food and/or cheese spread are not served.	
Yogurt contains less than 23 grams of sugar per 6 oz. serving. Soy yogurt is not creditable for reimbursement in the infant meal pattern.	
Infant menus do not contain tofu.	
No deep-fat frying of foods on-site occurs.	
Optional: Whole eggs are served as a meat/meat alternate component.	
Optional: Meat and meat alternates may be served in place of the grains component at breakfast a maximum of three times per week.	

*New CACFP Meal Patterns are effective October 1, 2017. See Important notes below

MENU CHECKLIST

IMPORTANT NOTES

1. Infants enrolled for care in the center or day care home must be offered a meal that follows the CACFP infant meal pattern requirements.
2. Infants do not eat on strict schedules and therefore must be fed during a span of time that is normal for their individual eating habits.
 - See Policy Memo 17-01 here: <http://nutritionnc.com/snp/pdf/cacfp/memos/17-01-FeedingInfantsandMealPatternRequirementsintheCACFP-Q&A.pdf>
 - See Policy Memo 17-02 here: <http://nutritionnc.com/snp/pdf/cacfp/memos/17-02-Q&AonUpdatedMealPatternRequirementfortheCACFP.pdf>
 - Infants do not need to consume the entire meal for the meal to be reimbursed.
3. Parents or guardians may only provide one meal component.
4. Guidelines to determine developmental readiness for solid foods includes (Reference: Policy Memo 17-01)
 - The infant can sit in a highchair or infant feeding chair with good head control
 - The infant has doubled his/her weight and weighs ≥ 13 lbs.
 - The infant opens his/her mouth when food is presented or reaches for food when watching others eat
 - The infant can move food from a spoon to the throat
5. Grain-based desserts include brownies, cakes, cereal bars, coffee cakes, cookies, doughnuts, granola bars, pie crusts for dessert pies, sweet rolls, and toaster pastries. They cannot count towards the grain requirement at any meal or snack under the updated CACFP meal patterns.
6. A list of breakfast cereals containing 6 grams of sugar or less per dry ounce can be found at <http://nutritionnc.com/snp/meal-patterns.htm>
 - Per Policy Memo 17-02, providers may not mix a high sugar cereal with a low sugar cereal to make a new creditable food items that meets the sugar limit requirements. Also, when making homemade granola, the sugar content should be present on the recipe to demonstrate that it meets the breakfast cereal sugar limit (≤ 6 gm per ounce).

MENU CHANGES

Did you check “No” on any items in the Checklist? Use the space below to plan what you will change to meet the new CACFP Meal Patterns.

Menu Item	Planned Improvement
<i>Example: Granola bars are served at snack</i>	<i>Instead of granola bars, serve whole grain crackers, mini bagels, whole grain tortilla chips, mini bagels, or cereal to replace the granola bars as the grain</i>

Go to <http://nutritionnc.com/snp/meal-patterns.htm> for more information.