



## CACFP MENU CHECKLIST: Adult Meal Patterns

### DOES YOUR MENU MEET THE CACFP MEAL PATTERNS?

Milk	Yes/No
1% or skim unflavored or flavored milk is served.	
Type of milk is identified on the menu.	
Grains/Breads	Yes/No
At least one whole grain-rich serving is served per day.	
No grain-based desserts (such as brownies, cakes, cereal bars, coffee cakes, cookies, doughnuts, granola bars, pie crusts for dessert pies, sweet rolls, and toaster pastries) are served.	
Cereals have 6 grams or less of sugar per ounce.	
Type of cereal is identified on the menu <i>(For example, Cheerios® or Kix®).</i>	
Whole grain-rich foods are identified on menu. <i>(For example, "turkey sandwich on whole grain-rich bread," "whole wheat pasta," "brown rice", "oatmeal.")</i> The abbreviations "WW" and "WG" for whole wheat and whole grain are acceptable.	
Fruits/Vegetables	Yes/No
Juice is limited to one serving or less per day on menus.	
A separate fruit and separate vegetable are offered at lunch and supper <i>(Note: two different vegetables are allowed at lunch and supper).</i>	
Meat/Meat Alternate	Yes/No
Yogurt contains less than 23 grams of sugar per 6 ounce serving.	
Tofu, if used, is commercially prepared, contains 5 grams of protein per 2.2 ounces by weight and is easily recognizable as a meat substitute.	
No deep-fat frying of foods on-site occurs.	
Optional: Meat and meat alternates may be served in place of the grain component at breakfast a maximum of three times per week.	

## MENU CHECKLIST- ADULTS

### IMPORTANT NOTES

- ❑ Whole grain rich foods are foods that contain 100% whole grains. They are also foods that contain at least 50% whole grains, as long as the remaining grains in the food are enriched. Example of whole grain-rich foods include: 100% whole wheat bread, whole grain tortillas, oatmeal, brown rice, whole grain crackers, whole grain cereal flakes, and whole grain muffins.
- ❑ 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. Sweet crackers (graham and animal crackers) are creditable.
- ❑ A list of cereals containing 6 grams of sugar or less per dry ounce can be found on our website under Meal Patterns & Nutrition Resources.
- ❑ Menus must identify the following information:
  - Type of milk served
  - Whole grain-rich foods (“WW” and “WG” for whole wheat and whole grain are acceptable)
  - Type of cereal served

### 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 CACFP Meal Patterns.

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