

# Child Care & Nutrition, Inc.

## Regular Menu Policy Guide

<b>Policy</b>	<b>Policy Description</b>
Breads/Grains	<ul style="list-style-type: none"> <li>• Whole grain, bran, germ or enriched or made with whole-grain, bran, germ and/or enriched meal or flour. Cereal must be made with one of the former listed items, or fortified.</li> <li>• Labeling on the breads/grains must contain the enriched or whole grain item.</li> <li>• Item must be provided in adequate quantities (see CACFP age and portion guideline chart)</li> <li>• Some types of breads/grains should be limited to SAD (Sweets and Desserts) of 2 x per week. This includes, but is not limited to, sweet rolls, donuts, cookies, bars, cakes, crisps, pies, sweet cereals, etc</li> <li>• Grain chips such as pretzels, tortilla, corn chips are creditable for lunch/supper &amp; snacks.</li> </ul>
Combination Dishes	<p>Combination dishes include a combination of the different components:</p> <ul style="list-style-type: none"> <li>• Combination <b>main</b> dishes, such as casseroles can contain up to three food groups and one of those must be a meat/meat alternate.</li> <li>• Combination <b>side</b> dishes contain up to two different food groups.</li> </ul>
Commercial or Convenience Dishes	<p>Commercially made (not home made) items are usually referred to as “convenience” foods can contain high contents of salt and fat. Limit these to two times per week or less as they are high in salt and fat. Below is a list of some of the items we often see used too much!</p> <ul style="list-style-type: none"> <li>• Hot dogs</li> <li>• Chicken nuggets (don’t count the breading!)</li> <li>• Macaroni &amp; cheese (powdered cheese does not qualify as a meat!)</li> <li>• Corn dogs</li> <li>• Pizza (commercial pizza can be <u>claimed ONLY for bread/grain if</u> crust is enriched!)</li> <li>• Lunch meat or bologna</li> <li>• Spam</li> </ul>
Fruits & Vegetables	<p>Plants &amp; trees provide fruits and vegetables. Juices made from these sources qualify if served in 100% full strength form.</p> <ul style="list-style-type: none"> <li>• Home frozen fruits/vegetables or 100% juices made from plant or tree produce (gardens) may be served at any time.</li> <li>• Home canned fruits/vegetables are not allowed on the CACFP</li> <li>• Cooked dry beans or peas may be counted as a vegetable <u>or</u> meal alternate, but not both in the same meal (pea soup, pork ‘n beans)</li> <li>• Flavorings and garnishes such as ketchup, jellies, jams, ade-drinks, punches, nectars, fruit in yogurt, etc. do not qualify.</li> </ul>
Meat/Meat Alternates	<p>Meat (lean) includes any type of ham, or pork meat (not bacon, however), beef, lamb, turkey, chicken or fish.</p> <p>Meat alternates include:</p> <ul style="list-style-type: none"> <li>• Nut or seed butters ~ except acorn, chestnuts &amp; coconuts ~ Use them to subsidize the meat in casseroles or other combination dishes at lunches and suppers as there are concerns with the quantity needed to meet the minimum requirements for the age group at these meals. Okay anytime alone for snacks</li> <li>• Items made from <b>dried beans</b> or <b>dried peas</b> (pea soup, pork ‘n beans, etc)</li> <li>• Cheese ~ including processed cheese (do not use “processed cheese <b>product</b>” as those items are not creditable)</li> <li>• Yogurt (plain or flavored)</li> <li>• Nuts &amp; seeds ~ except acorn, chestnut &amp; coconut (consider age and ability of individual children to avoid choking issues and only 50% of the portion can be counted at lunch or supper)</li> <li>• Eggs (1 per child)</li> </ul> <p><b>**NOT ALLOWED:</b> <i>Hunted animals, including ~ but not limited to ~ deer, pheasant, elk, bear, or game fish</i></p>
Milk	<p>ONLY fluid milk qualifies as milk on the Food Program. This includes whole milk, chocolate milk, 2%, 1% or skim. Acidified and lactose reduced are also creditable as long as it was purchased in liquid form. Must be pasteurized, also!</p>

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### Problems we See!

<b>Food Issues</b>	<b>Common Problems found with these foods....</b>	<b>Correct it by...</b>
Raisins	1/2 cup serving size for breakfast and snack. Not reasonable portion for a two year old!	Offer other fruit or juice <b>WITH</b> raisins!
Commercial Pizza	Not enough meat or cheese to qualify as a meat on commercial pizza! And, is the crust enriched?	Add more cheese or meat slices, look at the label to make sure crust <b>IS</b> enriched and write "en crust" on the bread line
Chicken Nuggets	Not enough breading on most commercial chicken nuggets to count as a bread	Add crackers or one-half slice of bread with chicken nuggets
Peanut Butter	Ooooh, we see this a lot. You need 2 tablespoons (ages one - two years) or 3 tablespoons (ages three through five years of age) of peanut butter to meet the meat component for lunch!!! That much can be a choking hazard for even a four-year old! Also, not ALL that peanut butter will fit a half slice of bread (minimum portion size for up to 6 year olds) So, with gobs of peanut butter and small portions of bread, it is just hard to get the correct portion sizes	Offer an additional portion of yogurt, meat or cheese slices, or nuts or seeds (depending on age and ability of children) or <b>OTHER</b> meat alternate to lessen peanut butter choking issues and meet requirements!
Macaroni & Cheese	<ul style="list-style-type: none"> <li>Commercial Macaroni and cheese does not contain enough cheese per child to count as a meat.</li> <li>Home made will add more cheese, but be sure you have enough to meet the minimum requirements (1-1/2 ounces per 3-5 year old)</li> </ul>	Offer another meat alternate and <i>use macaroni <b>IF</b> noodles are enriched</i> as the bread component in lunch or supper
Fish sticks	Some fish stick products require <b>NINE</b> fish sticks to meet the requirement for a 1-1/2 ounce size serving. Other brands may need less, but brands and preparation by the company is important to watch on the labels. <b>ALSO</b> , the breading probably won't qualify as it may not have enough enriched flour to meet the minimum amount needed for a bread serving.	Offer fish patties or another meat/meat alternate with the fish (cheese, dried beans, etc) Offer crackers or 1/2 slice of bread and don't claim breading on fish sticks

### Infant Issues

<b>Infant Food Issues</b>	<b>Common Problems found with these foods...</b>	<b>Correct it by..</b>
Infant Dinners (turkey, beef, etc)	Does not contain enough meat for it to qualify. Fillers are cereals, but not necessarily enriched. There is no significant nutritional value in commercial infant dinners!	Do not use infant dinners. Use actual meat (or meat with gravy) from the jars, or grind from the foods served to older children from the table.
Parent supplied Iron fortified infant formula	Are you sure it is Iron fortified? Make sure CCNI has a formula statement signed by parent in office.	Read the label and verify that it is <b><i>IRON Fortified!</i></b>
Fruity infant desserts	They are not 100% fruit or vegetable	Do not serve or claim desserts
Jarred infant cereal	Iron-Fortified Infant cereal only comes from the box and includes rice, barley, oat and mixed.	Do NOT serve or claim jarred or flavored infant cereal
Infant cereal with added fruit	Does not qualify	Do not serve or claim
DHA added infant foods	Does not qualify	Do not serve or claim
Hot dogs, Peanut butter, fish sticks	Does not qualify – choking hazard for infants	Do not serve or claim
Yogurt	Does not qualify for infants	Do not serve or claim
Regular boxed cereal	Does not qualify for infants	Do not serve or claim
Egg whites	Egg whites do not qualify as they may contain allergens for infants. <u>Egg yolks</u> ARE okay!	Do not serve or claim egg whites
Vegetable juice	ONLY fruit juice qualifies at breakfast and snack	Do not serve or claim