

**New Mexico Child and Adult Care Food Program
For Centers**

MENU RECORD BOOK

**for
Children 1-12 Years Old**



**New Mexico Children, Youth and Families Department
Child and Adult Care Food Program
P.O. Drawer 5160
Santa Fe, New Mexico 87502-5160**

Child and Adult Care Food Program Sponsor: _____

Beginning Date: _____ Kitchen Name or Location: _____

**NEW MEXICO CHILDREN, YOUTH AND FAMILIES DEPARTMENT
Early Childhood Services
FAMILY NUTRITION BUREAU**

Revised: May 2012

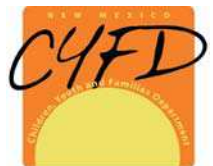


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INTRODUCTION

The Menu Record Book (MRB) has been developed for your use to record breakfast, lunch and snack food items and the quantities of these foods prepared daily. The MRB serves as a basic record for auditing purposes and is a legally-binding document.

The MRB is the **ONLY** form of documentation required by the State Agency to ensure sponsoring organizations serve meals that meet the United States Department of Agriculture (USDA) meal pattern requirements.

The purpose of the MRB is to provide you with useful information to:

- Plan and record menus and portion sizes which meet the USDA meal pattern requirement,
- Plan and record food items which are creditable following Federal and State guidelines,
- Record the calculated amounts of food needed for the number of persons planned,
- Record the actual number of meals served, and
- Maintain a daily, permanent record.

IMPORTANT!

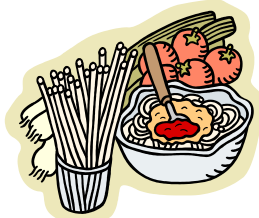
The MRB must be filled out accurately and completely on a **daily basis**. This book must be available at any time for review by the Children, Youth and Families Department, Child and Adult Care Food Program or any other Federal (USDA) Program Audit Unit staff. Meals **cannot** be reimbursed unless they are recorded in the MRB. Failure to complete the MRB correctly may result in financial loss to the sponsoring organization.

IMPORTANT!

Menus should be planned two or more weeks in advance. A four-week cycle menu is recommended. In planning menus, consider the nutritional needs, developmental level, cultural appropriateness and the likes and dislikes of the children in your care. Plan menus that the children will enjoy, using a variety of foods, flavors, textures and colors. Make mealtime a relaxing time that children will look forward to everyday.

At times, menus are revised or substitutions are made because of changes in food deliveries, seasonal availability, and inventory. If the planned menu is changed, take care to correct the MRB to reflect the actual foods and amounts served.

If you serve SNACKS only, please contact the State Agency for a copy of the Snack Menu Record Book. If you have INFANTS (from 0-12 months) in your care, you must follow the infant meal pattern and record meals in the Infant MRB. If you serve children with SPECIAL DIETARY NEEDS, you must have on hand and follow the dietary prescription form in Appendix A from a recognized medical authority. The Family Nutrition Bureau Nutritionists are available for further information or technical assistance.



Please read the instructions and other important information on the next few pages carefully. This MRB should be used with the USDA Food Buying Guide for Child Nutrition Programs and the New Mexico Food Purchasing and Production Guide.

If you have any questions about this Menu Record Book or about the Child and Adult Care Food Program, please contact:

Family Nutrition Bureau
3401 Pan American Freeway, NE
Albuquerque, NM 87107
(505) 841-4856 or 1-800-328-2665 (1-800-EAT-COOL)

-or-

Family Nutrition Bureau
PO Drawer 5160
1920 5th Street
Santa Fe, New Mexico 87502-5160
(505) 827-9954 or (505) 827-9961



DEFINITIONS

The Children, Youth and Families Department (CYFD) reimburses sponsors participating in the Child and Adult Care Food Program (CACFP) for meals served that meet specific regulations from USDA for reimbursable meals. The regulations that must be followed in order to serve a reimbursable meal include guidelines for how the meals are served and what foods are served. The following definitions are used in the CACFP and it is important that sponsors become familiar with them.

Menu Record Book

The Menu Record Book (MRB) is the official record in which the food served and quantities used to meet the meal requirements for the USDA CACFP Meal Pattern are documented.

Creditable Foods These are foods used to meet the requirements for a reimbursable meal. Foods are creditable based on the following: 1) nutrient content; 2) customary function in a meal; 3) USDA regulations; 4) the Food and Drug Administration's (FDA) Standards of Identity; and 5) Federal and State Agency policies.

Non-Creditable Foods

These are foods that do not meet one or more of the five criteria described under creditable foods, above. (Also called "Other Foods" or "Extras" located in Section 5 of the USDA Food buying Guide.) A meal may contain both creditable and some non-creditable foods. Non-creditable foods are allowed, for example, to supply calories to meet the energy needs of growing children, or to improve acceptability of the rest of the meal. However, non-creditable foods may not be used to meet the meal pattern requirements. Some non-creditable foods are also not reimbursable.

Reimbursable Meals

Those meals that are served and meet the following requirements:

- 1) USDA meal pattern requirements;
- 2) Federal regulations;
- 3) State Agency Policies

Non-Reimbursable Meals

Those meals that do not meet the criteria for reimbursement.

Non-Reimbursable Foods

These are foods which are non-creditable (i.e., do not meet the meal pattern guidelines) and non-reimbursable as part of total food costs. Most of these foods are very low in nutritional value and high in cost.

Family Style

This is a style of meal service in which both adults and children participate in setting the table, serving the food, eating together and cleaning up after the meal. All required components of the meal are placed on the table at the start of the meal. The minimum required amount of each meal component must be available for each child and adult. Children are encouraged to take a portion from each meal component.

Component

One of four food categories of the USDA Meal Pattern Requirements, including:

- 1) Milk
- 2) Meat/Meat Alternates
- 3) Grains/Breads
- 4) Fruits/Vegetables

- Disallowance** A meal or meals that are not approved for reimbursement by the State Agency because:
- 1) Meals are ***not recorded*** in the menu record book,
 - 2) Meals are missing one or more of the required components. ***All meals will be disallowed;*** and/or,
 - 3) **Documentation** in the menu record book and/or food receipts indicates that not enough food was served and/or purchased to give each participant the required minimum amount. In this case, the State Agency uses the USDA Food Buying Guide to determine how many servings of each component were available. ***If the number of servings available is less than the number of participants listed on the menu record book, the difference will be the number of meals disallowed.***

**USDA Food
Buying Guide**

The instrument utilized by State Agency review staff to determine the exact quantities of food components required, based on menu record documentation. The servings per purchase unit (sppu) indicated in this guide are used as the final authority when meals are disallowed.

**The New Mexico
Food Purchasing and
Production Guide
(NMFP&PG)**

The tool used to determine the approximate quantities of food required in preparation. The quantities in this book are based on the USDA Food Buying Guide. In the New Mexico Food Purchasing & Production Guide, the amounts are rounded up; therefore, it is not a precise method to disallow meals.

*****Note *****

Disallowance can be the result of substandard record keeping, insufficient documentation in the MRB, preparation of inadequate amounts of food and/or not meeting the meal pattern guidelines.

GUIDELINES

Foods for Use in the New Mexico Child and Adult Care Food Program

MEAT / MEAT ALTERNATES

Refer to the **USDA Food Buying Guide for Child Nutrition Programs, Section 1**, for specific information on purchasing, yields, and crediting Meat/Meat Alternates.

Meat and meat alternates include meat, poultry, fish, cheese, yogurt, dry beans and peas, whole eggs, alternate protein products¹, peanut butter or other nut or seed butters, and nuts and seeds.

Information about Alternate Protein Products (AAP) can be found in 7 CFR Parts 210, 215, 220, 225, and 226.

APP can be credited toward all or part of the meat/meat alternate component of the meal requirements. It may be used alone or in combination with meat or meat alternate and **must** have an accompanying manufacturer's product documentation such as a product specification sheet. Very specific criteria must be met in order for the product to be creditable. Please contact the State Agency Nutritionist before using an alternate protein product.

- **Commercially prepared, canned, fresh or frozen** combination food items such as meat stews, pizzas, chicken nuggets, pot pies, ravioli, burritos and other entree/meat products are creditable foods only if:
 - The product contains creditable food items which meet all or part of the USDA meal pattern, and
 - The CN label and/or a Manufacturer's Product Analysis Sheet are available for review by the State Agency.
- **Shelled nuts and seeds** can meet the entire serving of the meat/meat alternate component at **snack**, but no more than one-half serving of the meat/meat alternate component at lunch and supper.

Caution: to prevent choking, nuts and seeds offered to children under the age of five should be ground or finely chopped. Children under the age of two should not be given nuts or seeds.

- **Yogurt** may be offered as a meat/meat alternate. Only commercially prepared nonfat or lowfat yogurt - either sweetened or unsweetened -- may be served. Homemade yogurt is **NOT** creditable. Fruit, nuts, seeds, cereals, etc, may be added to yogurt in required amounts to meet other food component requirements.
 - Drinkable yogurt is **NOT** creditable.
 - Yogurt products such as “Go-gurt” are creditable.
 - Yogurt products such as frozen yogurt, yogurt flavored products, yogurt bars, yogurt-covered fruit and/or nuts and similar products may **NOT** be served to meet this requirement.
- **Eggs** may be served as all or part of the meat/meat alternate component at lunch and supper. They may be served any style: scrambled, fried, baked, deviled or *hard-cooked*. Eggs served at breakfast are considered "EXTRA" and cannot be used to meet the breakfast requirements. Eggs are also creditable as the meat/meat alternate component when used to make a main dish.

Using fresh eggs (eggs in the shell) for cooking puts children at a greater risk for salmonella infection. Children are considered a “highly susceptible” population with regard to food-borne illness. This means they are at greater risk for serious complications if they get sick from food. Sponsors who combine fresh eggs in a container and do not cook them immediately, or, cook eggs in quantity but then hold the eggs for a period of time, should use pasteurized eggs. If pasteurized eggs are not used, it is important fresh eggs are kept at 41 degrees F or below prior to use. After the eggs are cooked, the holding temperature should be maintained at 145 degrees F or above. Please contact your local environmental department for further information.

- **Natural or process cheese and cheese substitutes are creditable** and provide 16 -1oz servings meat alternate per pound.
- **Homemade soups**, containing meat, fish, poultry or other meat alternates **are** creditable as long as enough meat/meat alternate is prepared to meet the minimum serving size for each child. Canned soups are not creditable as a meat/meat alternate without CN or product documentation.
- **Processed cheese food, cheese food substitutes, cottage and ricotta cheese, are** creditable, but **twice** as much is needed to meet the requirement. For example, one ounce of cheese food is equivalent to ½ ounce meat alternate.
- **Any type of “imitation cheese” or “cheese product” is NOT creditable.**
- **Cheese spreads, canned cheese sauces, powdered cheese products and imitation cheese food products are NOT creditable.** For more information on creditable/non-creditable cheese, please refer to the “Cheese for Every Taste” informational sheet in the Appendix.
- **Wild Game** meat such as deer, buffalo, or elk is **NOT** creditable unless it has been purchased from a USDA inspected establishment.

VEGETABLES / FRUITS

Refer to the **USDA Food Buying Guide for Child Nutrition Programs, Section 2**, for specific information on purchasing, yields, and crediting Vegetables/Fruits.

Each reimbursable breakfast, lunch, and supper must contain fruit and/or vegetables. Snacks may also include fruits and/or vegetables as components.

To help meet nutritional standards for quality and variety, we recommend that:

- Meals should contain **foods high in vitamin A at least two to three times per week and foods high in vitamin C every day**. Lists of fruits and vegetables high in Vitamin C and Vitamin A are found in the Appendix.
 - Meals should include **foods high in fiber**. Fiber is found in all fruits and vegetables. A handout on fiber can be found in the Appendix C.
 - If serving **canned fruit packed in heavy syrup**, we recommend draining and discarding the syrup before measuring the fruit. It is preferable to buy canned fruit packed in its own juices.
 - A serving of cooked vegetable is considered to be **drained**.
 - Any **fresh, frozen, or commercially canned** fruit or vegetable may be used to meet the fruit/vegetable requirement.
 - For health and better nutrition, plan your menus to use a **VARIETY** of fruits and vegetables every day, every week and every season.
-
- To meet meal requirements, **two (2) or more different types of vegetables and/or fruits** must be served at lunch and/or supper. For example, orange juice & orange wedges are considered one type of fruit; therefore an additional fruit and/or vegetable must be served.
 - **Cooked dried peas, beans, or lentils** can be used as a meat alternate or vegetable component, but cannot be used to meet both components at the same meal.
 - **Fruit and vegetable juices** must be 100% full-strength juices. Read the label carefully. Juice blends are creditable if they are blends of **100% juice**. **Juice drinks, “cocktails” and “beverages” that are not 100% juice are not creditable**. The only exception to this rule is CN-labeled juice drink products.
 - **Popsicles** are not creditable. Frozen fruit juice bars are creditable. They must contain 100% full-strength juice or carry a CN label indicating the amount of fruit component met.
 - **Salsa** is creditable under the following criteria:
 - If at least 1/8 cup is served per child and the product contains all vegetable ingredients.
 - Products that contain non-vegetable components, like gums, starches or stabilizers may be credited only if a manufacturer’s analysis is available to determine the portion of the product that is a vegetable ingredient.
 - Only the vegetables may be counted towards the volume requirement.
 - For lunch or supper, **fruit or vegetable juices**, cannot meet more than **one-half (½)** of the fruit and/or vegetable component. Full-strength juice can meet the entire fruit/vegetable component at breakfast or fulfills one of the two components required at snack.

- An **all fluid snack** may not be served. You may not serve juice if you serve milk as the only other component at snack. A serving of **canned fruit** may include a portion of the juice or lite syrup in which the fruit was packed. A serving of **frozen fruit** includes the juice present after the fruit is thawed. **Fresh fruit** may be served whole or in pieces, with or without the skin.
- A serving of **canned fruit** may include a portion of the juice or lite syrup in which the fruit was packed. A serving of **frozen fruit** includes the juice present after the fruit is thawed. **Fresh fruit** may be served whole or in pieces, with or without the skin.
- Pre-packaged, mixed food items such as **fruit cocktail or mixed vegetables** do not meet the entire fruit/vegetable component. Another fruit and/or vegetable must be served to fulfill the requirements because these pre-packaged mixtures are considered just **one** type of fruit/vegetable. If you make your own mixed fruit/vegetable, **and** can list the individual weights of the individual fruits or vegetables, the mixture can count as two or more fruit/vegetables as long as each fruit/vegetable provides **at least 1/8 cup serving** per child.
- Large combination vegetable or fruit salads, such as a **taco salad** or a **fruit plate with cottage cheese**, served as an entree, can be counted as two or more servings of vegetables/fruits. They meet the full requirement for vegetables/fruits at a meal if they contain at least 3/4 cup of two or more vegetables or fruits that contribute at least 1/8 cup each toward the fruit/vegetable component.
- When serving **gelatin with fruit**, a serving must contain **at least 1/8 cup of fruit** to count toward the fruit/vegetable component. Gelatin is a non-creditable item, or an “extra.”
- **Fruit flavored syrup, jams and jellies** (even 100% fruit spreads) do not count toward the fruit/vegetable component. These are an enhancement to the meal.
- **Home canned foods** are not creditable because of the potential food safety risk factors associated with home canned foods.
- **Condiments** (such as ketchup, mayonnaise, barbecue sauce, butter, mustard, jelly, and cream cheese) and **seasonings** are **not creditable** food items. However, they serve an important role in the meal because they enhance the acceptability of the meal.
- **Reconstituted canned, ready-to-serve, and homemade soups** must contain **at least 1/8-cup vegetable per serving** to count toward the vegetable requirement.
- **Posole or hominy** is not creditable as a vegetable since manufacturers do not enrich and/or fortify the corn. These foods can be served as an “extra.”
- **Canned pie filling is NOT creditable.**

GRAINS / BREADS

Refer to the **USDA Food Buying Guide for Child Nutrition Programs, Section 3**, for specific information on purchasing, yields, and crediting Grains/Breads.

Foods that qualify as grains/breads are enriched or whole-grain, or made from enriched or whole-grain meal and/or flour. ***Refer to FCS Instruction 783.1 Rev 2: Exhibit A on page 3-15 of the USDA Food Buying Guide for Child Nutrition Programs for specific crediting information on grains/breads.*** Bran and germ are credited the same as enriched or whole-grain meal or flour. At least ½ grains offered should be whole-grain rich. Such foods include, but are not limited to:

- **Breads** that are enriched or whole-grain or made from enriched or whole-grain meal and/or flour, bran, and /or germ.
- **Biscuits, bagels, rolls, tortillas, muffins, or crackers** made with enriched or whole-grain meal and/or flour, bran, and /or germ.
- **Cereal grains (cooked) such as rice, bulgur, oatmeal, corn grits, wheat, or couscous** that are enriched, whole-grain, or fortified.
- **Corn (or cornmeal, corn flour, corn grits or products made from corn) must be labeled as:**
 - “whole corn” (or other “whole” corn designation such as whole grain corn, whole ground corn, whole cornmeal, whole corn flour, etc.) or
 - “enriched” corn (or other “enriched” corn designation such as enriched yellow cornmeal, enriched corn flour, enriched corn grits, etc.).
- **Ready-to-eat breakfast cereals** that are enriched, whole-grain, or fortified.
 - Breakfast cereals, (cooked or cold) are traditionally served as a breakfast menu item but may be served in meals other than breakfast.
 - New cereals appear on store shelves almost daily. Please read labels carefully and serve only those cereals that contain **no more than 6 grams of sugar**. See Appendix C for examples of “Best Choice” cereals.
- **Macaroni or noodle products** (cooked) made with enriched or whole-grain flour.
- **Sweet food products such as toaster pastries, coffee cake, sweet rolls, and cookies**, when made with whole-grain, enriched or whole-grain meal and/or flour, bran, and/or germ.
 - These food items contain sugar, salt, and/or fat. This should be a consideration when deciding how often to serve them.
 - It is recommended that these food items, when served as a snack, be served no more than twice per week.
 - No more than one sweet grain’s/breads serving per day may be a dessert
- **Grains/Breads must serve the customary function of bread in a meal.** It must be served as an accompaniment to, or be a recognizable part of the main dish (not merely an ingredient). For example, the 2 corn tortillas in an enchilada are creditable.
- **Pie crust** meets the grains/breads component if it is part of a meat/meat alternate dish, *such as a homemade beef pot pie*.

- **Granola bars or grain fruit bars** may be served at breakfast and snack only, however, use caution in determining the serving amount. Often, one individually packaged bar does not equal one serving. Please refer to FCS Instruction 783.1 Rev 2: Exhibit A in the USDA Food Buying Guide for Child Nutrition Programs for more information on crediting granola and grain fruit bars.
- **Rice pudding or bread pudding** is creditable only at snack. Only the rice or bread is credited toward the meal pattern components. The milk used to prepare the item is **not creditable** as fluid milk.
- **Fruit or vegetable breads** such as banana, carrot, pumpkin, squash, etc. may be used as bread/grain alternates if the recipe shows that whole grain or enriched flour is the primary ingredient by weight. The vegetable/fruit ingredients in these items may **not** be used to fulfill the fruit/vegetable component.
- **Rice cakes** can be used to meet the grains/breads component. Three (3) large rice cakes (weighing at least 20 grams or 0.7 ounces) equal one serving of grains/breads.
- **Popcorn** is **NOT** creditable.

MILK

Refer to the USDA Food Buying Guide for Child Nutrition Programs, Section 4, for specific information on purchasing, yields, and crediting milk.

- Milk must be pasteurized, contain vitamins A and D at levels specified by FDA, and consistent with state and local standards.

There are very specific types of milk for CACFP participants over the age of two. Participants (excluding persons with special dietary needs) must be served one of the following: skim or 1%, fat-free or low-fat lactose reduced milk, fat-free or low-fat lactose free milk, fat-free or low-fat buttermilk, and fat-free or low fat acidified milk.

Only **FLUID MILK** meets the milk requirement.

- At lunch or supper, the fluid milk must be served as a beverage.
- At breakfast or snack, milk may be served as a beverage, on cereal, or both, but not cooked into a product such as rice or bread pudding.
- Milk cannot be substituted with yogurt or juice.
- Flavored milk (such as chocolate or strawberry) **can be** used to meet the requirement.

Serving Requirements (Per Meal)

1 – 2 years = 1/2 cup
3 – 5 years = 3/4 cup
6-12 years = 1 cup

**Whole milk is recommended for children 12 – 23 months.

USDA MEAL PATTERN REQUIREMENTS FOR THE CACFP MEAL PATTERN FOR CHILDREN

BREAKFAST MEAL PATTERN COMPONENTS	AGES 1-2	AGES 3-5	AGES 6-12
Milk Milk, fluid	1/2 cup	3/4 cup	1 cup
Vegetables and Fruits Vegetable(s) and/or fruit(s) or Full-strength fruit or vegetable juice or an equivalent quantity of any combination of the above	1/4 cup 1/4 cup	1/2 cup 1/2 cup	1/2 cup 1/2 cup
Grains/Breads Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal or Cooked cereal or Cooked pasta or noodle products or Cooked cereal grains or an equivalent quantity of any combination of grains/breads	1/2 slice 1/2 serving 1/4 cup or 1/3 oz. 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup or 1/2 oz. 1/4 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup or 1 oz. 1/2 cup 1/2 cup 1/2 cup

LUNCH OR SUPPER MEAL PATTERN

COMPONENTS	AGES 1-2	AGES 3-5	AGES 6-12
Milk Milk fluid	1/2 cup	3/4 cup	1 cup
Vegetables and Fruits Vegetables(s) and/or fruit(s) (two or more)	1/4 cup	1/2 cup total	3/4 cup total
Grains/Breads Bread or Cornbread, biscuits, rolls, muffins, etc. or Cooked pasta or noodle products or Cooked cereal grains or an equivalent quantity of any combination of grains/breads	1/2 slice 1/2 serving 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/4 cup 1/4 cup	1 slice 1 serving 1/2 cup 1/2 cup
Meat and Meat Alternates Lean meat or poultry or fish or Cheese or Eggs or Cooked dry beans or peas or Peanut butter or soynut butter or Other nut or seed butters or Peanuts or soynuts or tree nuts or seeds* or Yogurt, plain or sweetened and flavored or an equivalent quantity or any combination or the above meat and meat alternates	1 oz. 1 oz. 1 egg 1/4 cup 2 tbsp. 1/2 oz. = 50% 4 oz.	1-1/2 oz. 1-1/2 oz. 1 egg 3/8 cup 3 tbsp. 1/2 oz. = 50% 6 oz.	2 oz. 2 oz. 1 egg 1/2 cup 4 tbsp. 1 oz = 50% 8 oz.

*** Can only be used to meet half the meat requirement at lunch or supper. Serve with caution to children under five because of the risk of choking.**

SUPPLEMENT (SNACK) MEAL PATTERN

COMPONENTS (Choose 2 different components)	AGES 1-2	AGES 3-5	AGES 6-12
Milk Milk, fluid	½ cup	1/2 cup	1 cup
Vegetables and Fruits Vegetables(s) and/or fruit(s) or Full-strength fruit or vegetable juice or an equivalent quantity of any combination of the above	1/2 cup ½ cup	1/2 cup 1/2 cup	¾ cup ¾ cup
Grains/Breads Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal or Cooked cereal or Cooked pasta or noodle products or Cooked cereal grains or an equivalent quantity of any combination of grains/breads	1/2 slice 1/2 serving 1/4 cup or 1/3 oz. 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup or 1/2 oz. 1/4 cup 1/4 cup 1/4 cup	1 slice 1 serving ¾ cup or 1 oz. 1/2 cup 1/2 cup 1/2 cup
Meat and Meat Alternates Lean meat or poultry or fish or Cheese or Eggs or Cooked dry beans or peas or Peanut butter or soynut butter or Other nut or seed butters or Peanuts or soynuts or tree nuts or seeds* or Yogurt, plain or sweetened and flavored or an equivalent quantity or any combination of the above meat and meat alternates	1/2 oz. 1/2 oz. 1/2 egg 1/8 cup 1 tbsp. 1/2 oz. 2 oz. or 1/4 cup	1/2 oz. 1/2 oz. 1/2 egg 1/8 cup 1 tbsp. 1/2 oz. 2 oz. or 1/4 cup	1 oz. 1 oz. 1 egg 1/4 cup 2 tbsp. 1 oz. 4 oz. or 1/2 cup

* Serve with caution to children under five as food item may be a choking hazard

✓ Remember that an all-fluid snack is not creditable! You may not serve juice if you serve milk as the only other component of a snack.



NEW MEXICO

Child and Adult Care Food Program

Summer Food Service Program



Foods served, as part of the CACFP/SFSP program, can be creditable or non-creditable. Some non-creditable foods may be served as an “extra or enhancement” to the CACFP/SFSP meal.

❑ **Creditable**

- 1) Foods that meet the requirements for CACFP/SFSP meal pattern components.
- 2) Foods that are found in the USDA Food Buying Guide, sections 1-4.
- 3) Creditable food categories include: fluid milk, grains/bread that are enriched or whole-grain, fruits and vegetables, and meat/meat alternates.

❑ **Non-Creditable**

Some foods are classified as “Other” or “Non-Creditable”. This means that they do not meet the USDA requirement for any component in the meal patterns of the food-based menu planning approaches.

- 1) “Other” foods are frequently used as condiments, seasonings, or enhancement to the meal. They are served and recorded as an “extra”.
- 2) Purchasing information on “Other” foods, can be found in Section 5 of the USDA Food Buying Guide.
- 3) Keep in mind that many of these food items are high in salt, fat, or sugar and provide little nutrition and “empty calories.” Consider carefully how often and in what amount you use them. Some examples are: butter, mayonnaise, barbecue sauce, coconut, cream cheese, jam, jelly or preserves, ketchup, salad dressings, and syrups.

❑ **Non-Reimbursable Expenses**

This category of foods is non-reimbursable. These are foods that may NOT be served, even as an “extra”. If these items are purchased, their cost **will not** be considered an allowable food cost.

Revised June 2012

Non-Creditable Food List:

These foods may not be served to meet any part of the CACFP/SFSP meal pattern requirements.

MEAT/MEAT ALTERNATES			
CHEESES -Cheese "product" -Imitation cheese of any kind -Powdered cheese	MEATS/FISH -Bacon -Chorizo -Cold Sandwich Meats not in USDA Food Buying Guide and without CN label -Pepperoni/Salami -Smoked snack sticks w/ beef & chicken -Beef/Turkey/Salmon Jerky -Pork Rinds -Wild game meats (if <u>not</u> USDA inspected) *Hot dogs or Frankfurters and Link Sausage such as Polish, Bratwurst, Italian or Vienna pose a choking hazard and are not recommended for children 1-5 years of age.	YOGURT or YOGURT PRODUCTS -Homemade Yogurt -Yogurt covered fruit/nuts -Frozen Yogurt Products NUTS and SEEDS -Acorns -Chestnuts -Coconut	EGGS -Pasteurized, dried, refrigerated or frozen, egg products that are not made from <u>whole</u> eggs VEGETABLE PROTEIN PRODUCTS -Tofu
VEGETABLES/FRUITS			
FRUITS -Banana chips -Fruit cobbler, pie filling, or pie -Fruit flavored frozen bars or Popsicles -Fruit Flavored Gummy Snacks -Fruit flavored or plain gelatin	-Fruit jams, preserves, & jellies -Fruit leather or roll-ups -Fruit syrups -Popsicles (fruit flavored yogurt or pudding pops)	JUICES -Any fruit beverage that is <u>not</u> 100% fruit juice such as: Lemonade, orangeade, fruit drinks, or beverages, cocktails, nectars, powdered drinks or sport drinks	VEGETABLES -Hominy -Posole corn
OTHER FOODS (USDA Food Buying Guide-Section 5)			
Food items in this category may <u>not</u> be used toward the meal pattern requirements.			
SNACK ITEMS			
Corn nuts, popcorn, potato chips, pudding (canned or packaged), candy, coffee, gum, soda, and tea may <u>not</u> be used toward the meal pattern requirements.			
Milk			
The only item that is creditable toward the milk component is fluid, pasteurized milk. 2% or whole milk for children over the age of 2 years is <u>not</u> creditable for CACFP. Evaporated or non-fat dry (powdered) milk, sour cream, cream cheese, eggnog, or cream are <u>not</u> creditable as milk, but may be used as "other" foods.			

Non-Reimbursable Food List:

If these items are purchased, their cost will not be considered an allowable food cost.

SNACK ITEMS				
Potato Chips* Popcorn* *Note: Food items may pose a choking risk to children				
MEAT/MEAT ALTERNATES				
Wild game meats (not USDA inspected)				
OTHER				
Candy	Coffee	Gum	Soda	Tea

Note: This list is designed to be used with the USDA Food Buying Guide for Child Nutrition Programs to determine the creditability of foods. It **DOES NOT** include every food that is non-creditable or non-reimbursable in the NM CACFP/SFSP.

Revised June 2012

DOCUMENTATION FOR COMMERCIALLY PREPARED FOODS

To serve commercially prepared foods, such as pizza, chicken nuggets, burritos, or lasagna, documentation must be provided to support the fact that the ingredients provide the minimum amounts of meal component requirements. There are two ways to document these products:

- Child Nutrition (CN) label, or**
- Manufacturer's Analysis sheet**

What is the Child Nutrition (CN) Label? The CN label:

- is a voluntary Federal labeling program for the Child Nutrition Program,
- provides a warranty for CN-labeled products,
- allows manufacturers to claim a product's contribution to the meal pattern requirements.

A CN label will always contain the following information:

- the CN logo, which is a distinct border,
- the meal pattern contribution statement,
- a six-digit product identification number,
- USDA/FNS authorization,
- the month and year of approval.

NOTE:

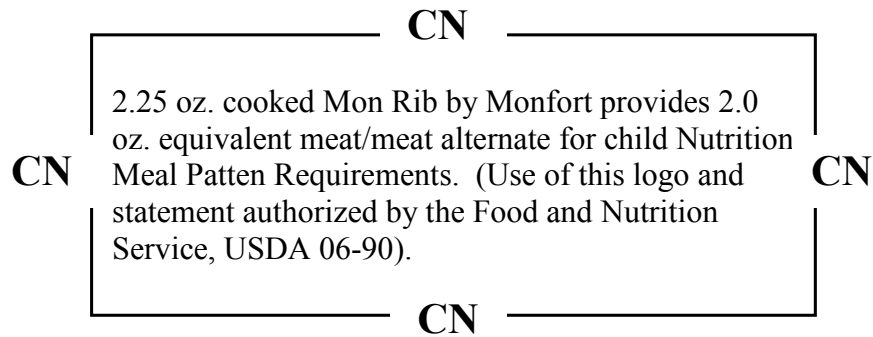
A CN label does not mean the product provides the entire serving of the required CACFP meal component.

It is important to check the quantity of food contained per portion before assuming the product provides complete meal components. Also check with the State Agency to ensure the food items served are creditable.

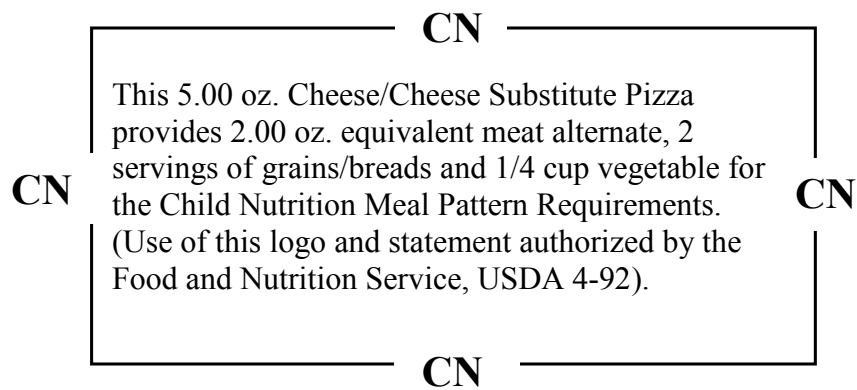
CN (Child Nutrition) Labels

Some Examples

CHAR-BROILED BONELESS PORK RIB SHAPED PATTIE



4" x 6" CHEESE/CHEESE SUBSTITUTE PIZZA



Sample Manufacturer's Product Analysis/Product Formulation

When CN labels are **not** available, a manufacturer's product analysis may be used. This analysis must be signed by an official of the food manufacturer (not the salesperson) and must also document the amount of meal component(s) provided by the product.

Product Analysis for Pizza

This product analysis form provides information to enable the purchaser to determine to what extent a meat product is purported to contribute to the Child Nutrition meal pattern requirements.

Product Name: Pizza with Beef Pattie Crumbles
Product Code: #63627*VPM
List Variety (ies) of Meat Used in Product: Ground Beef-domestic
Total Weight of Uncooked Product: 5.460 oz.
Total Weight of Uncooked Meat Topping: .88 oz.
Weight of Raw Meat: .602 oz.
Percent Fat of Raw Meat: not greater than 26%
(Weight of Dry VPP): .089 oz.
(Weight of Hydrated VPP): .258 oz.
(Weight of Raw Meat & Hydrated VPP): .86 oz.
Weight of Seasonings, etc.: .02 oz.
Total Weight of Precooked Product: 5.10 oz.
Weight of Prebaked Crust: 1.83 oz. = 2 bread servings
Weight of Sauce: .98 oz. = 1/8 cup vegetables
Weight of Precooked Meat (with VPP, etc.): .88 oz.
Weight of Natural Cheese: .705 oz.
Weight of Substitute Cheese: .705 oz.

I certify the above information is true and correct, and the above meat product (ready for serving) contains a total of 2.02 ounces (equivalent to 2.00 ounces) of cooked lean meat/meat alternate when prepared according to directions. I further certify the Textured Vegetable Protein Product (TVPP) used in this product conforms to USDA-FCS requirements of the child nutrition requirements.

Signature

Product Development Supervisor

Company

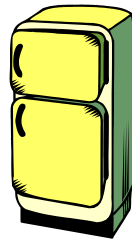
Date

KEY POINTS IN FOOD SAFETY TO AVOID FOOD-BORNE ILLNESS

1. Properly clean site and service area each day. (Refer to Environmental Improvement Division – EID – standards, Hazard Analysis Critical Control Points – HACCP – standards, or a self-inspection company policy/checklist.)
2. Wash hands often for 20 seconds and always before preparing a new or different food item, after using the rest room and before serving food.
3. Train food service employees on the safe use of all types of equipment and on expectations for personal hygiene.
4. Keep hot foods hot (hold at 140°F or hotter) and cold foods cold (hold at 41°F or lower).
5. Serve hot foods within 2 hours after cooking.
6. Keep cold foods cold at 41°F or colder. Coolers must be layered with cooling materials such as ice, ice blankets, and/or ice packs.
7. Keep cold foods refrigerated until packaged for transporting or served.
8. Cover all foods.
9. Promptly dispose of leftovers.
10. Serve leftovers within 72 hours.
11. Keep garbage cans covered and empty them daily.
12. Clean and sanitize items used in the preparation, cooking, serving and delivery of meals.
13. When transporting food, check temperatures often to ensure that the proper temperature is being maintained.
14. Remember to keep thermometers in all refrigerators and freezers. Check them regularly and keep a temperature log. Freezers should be at 0° F or lower, refrigerators should be 40°F or lower.
15. Be sure food thermometers are available, calibrated, sanitized and used properly.
16. Cook foods to proper internal temperatures. Use a food thermometer.
17. Do not partially cook food one day and complete cooking the next day.



18. Prepare sandwiches and salads with a minimum amount of handling to avoid bare hand contact with food, use disposable plastic gloves.
19. Thaw poultry and meat in a refrigerator on bottom shelf, inside a pan to contain any liquids. Do not thaw at room temperature or in the microwave.
20. Never leave raw or cooked meat, poultry, eggs, dairy products, fish or shellfish out at room temperature for more than 2 hours, 1 hour if air temperature is above 90° F.
21. Keep meals and milk, not being served at the time, in the refrigerator or cooler at a temperature of 41° F or below.
22. Follow manufacturer instructions exactly on how to use and clean kitchen equipment.
23. Keep a fire extinguisher and first-aid kit handy and instruct all personnel in their location and use.
24. Remember that you cannot determine food safety by sight, taste, odor, or smell. If there is any doubt, throw the food out.
25. Discard out-dated foods, dented, or bulging cans.



Menu Record Book

Instructions & Sample Page



An electronic PDF fillable Menu Record Form
can be found at www.newmexicokids.org

Child and Adult Care Food Program

INSTRUCTIONS FOR COMPLETING THE MENU RECORD BOOK

✓The following information must be recorded at all times in the CACFP Menu Record Book:

Date	Amounts Prepared
Menu	Planned Number Served
Size of Serving	Actual Number Served (Optional)
Food Items Used	

(1) Meal Pattern

These are the components (or foods) which must be served in order to serve a reimbursable meal.

(2) Menu

Record the food items you plan to serve, making sure they meet the required components for that meal. We recommend planning menus at least 2 weeks in advance. Any extra foods which are served at lunch or supper can be listed here.

(3) Size of Serving

This column lists the minimum serving size for 3-5 year old children. Be sure to plan to serve at least the minimum required amount for the total number you are serving.

(4) Food Items Used

Give a description of the food items prepared and offered at the meal. Abbreviate, if necessary. Use descriptive words as appropriate such as homemade, fresh, canned, frozen, etc. For example:

Frozen concentrated orange juice	Whole wheat bread
Chicken breasts	Boneless ham
Milk, 1%	Homemade chicken soup
Fresh oranges	

(5) Amounts Prepared

This information is extremely important to the success of your program. This is what the State Agency staff uses to determine whether enough food was prepared and offered to the children and/or adults.

This information needs to be recorded **on a daily basis** and as accurately as possible. The number of staff who eats with the children needs to be included when calculating the amount of food to prepare.

Record the size of the container for canned and bottled products and use "pounds" for fresh products.

For example:

1 #10 can of whole kernel corn
4 pounds lettuce

(6) Planned Number Served

The information recorded in this section must specify the planned total number of people to be served. This includes all children and adults that will eat with the children during the meal, participating in family style meal service.

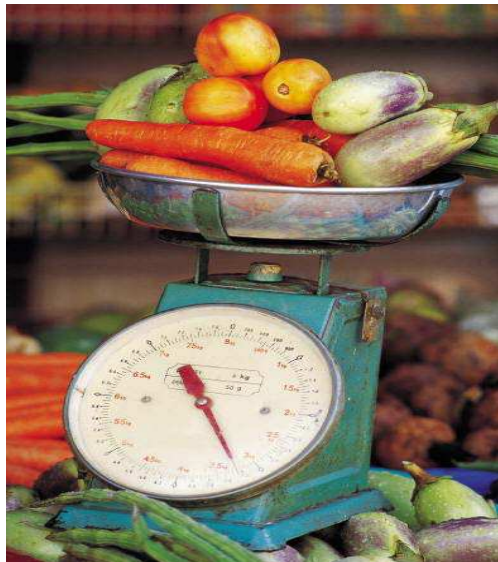
(7) Actual Number Served (Optional)

The actual number served is optional information in the menu record book. It should reflect fewer people than the planned number to serve from column 6.

Remember, when submitting your monthly claim for reimbursement, include only the number of children served. The program does not reimburse meals for adults except in adult day care centers.

REMEMBER . . .

Ensure that the amount of food used is at least the minimum amount required to serve *ALL* children and adults.



MENU RECORD FOR CHILDREN 3-5 YEARS OLD

Date: 6-22-10

New Mexico Child and Adult Care Food Program

Name of Person Completing Menu: Marilyn

(1) MEAL PATTERN (REQUIRED COMPONENTS)	(2) MENU	(3) SERVING SIZE 3-5 y.o.	(4) FOOD ITEMS USED	(5) AMOUNTS PREPARED & Units (oz, lb, can size & number, quart, gallon, etc.)	(6) PLANNED Number to Serve	(7) ACTUAL Number Served (OPTIONAL)
BREAKFAST 1. Milk, fluid 2. Vegetable, and/or fruit or full-strength juice 3. Grains/Breads	1. <i>Milk</i> 2. <i>Strawberries</i> 3. <i>Waffles</i>	1. 3/4 C 2. 1/2 C 3. 1/2 SV	1. <i>MILK, lowfat</i> 2. <i>Strawberries, frozen, sliced</i> 3. <i>Waffles, frozen, 1.2 oz ea</i>	2 gal. 12 lbs. 3 lbs	Children: 35 Adults: 4 TOTAL: 39	Children: 34 Adults: 4 TOTAL: 38
A.M. SUPPLEMENT* 1. Milk, fluid 2. Meat/meat alternate** 3. Vegetable, and/or fruit or full-strength juice 4. Grains/Breads	1 st component <i>Yogurt</i> 2 nd component <i>Mango & Kiwi chunks</i>	1. 1/2 C 2. 1/2 OZ 3. 1/2 C 4. 1/2 SV	1 st <i>Yogurt, vanilla</i> 2 nd <i>Mango, fresh, and kiwi, fresh</i>	3 -32oz containers 6 1/2 lbs/ 5 lbs	Children: 43 Adults: 5 TOTAL: 48	Children: 37 Adults: 5 TOTAL: 42
LUNCH 1. Milk, fluid 2. Meat/meat alternate** 3. Vegetable, and/or fruit (2 or more) 4. Grains/Breads	1. <i>Milk</i> 2. <i>Chicken Enchiladas</i> 3. <i>Pinto Beans</i> <i>Lettuce and Tomatoes</i> 4. <i>Corn Tortillas</i>	1. 3/4 C 2. 1 1/2 OZ 3. 1/2 C TOTAL 4. 1/2 SV	1. <i>MILK, lowfat</i> 2. <i>Chicken, diced & cheese, shredded</i> 3. <i>Pinto Beans, canned</i> <i>Shredded lettuce & Diced tomatoes</i> 4. <i>Corn Tortillas</i>	3 gal. 5 1/2 lbs / 2 lbs 1 1/2 #10 cans 1 lb / 3 1/2 lbs 3 lbs	Children: 50 Adults: 6 TOTAL: 56	Children: 44 Adults: 6 TOTAL: 50
P.M. SUPPLEMENT* 1. Milk, fluid 2. Meat/meat alternate** 3. Vegetable, and/or fruit or full-strength juice 4. Grains/Breads	1 st component <i>Cheese sticks</i> 2 nd component <i>Breadsticks</i> <i>Marinara sauce (for dipping)</i>	1. 1/2 C 2. 1/2 OZ 3. 1/2 C 4. 1/2 SV	1 st <i>Mozzarella sticks</i> 2 nd <i>Soft Breadsticks, pre made</i> <i>Marinara sauce (extra)</i>	1 oz each, 34 each 2.5 oz each, 34 ea 1 -64 oz jar	Children: 30 Adults: 4 TOTAL: 34	Children: 22 Adults: 4 TOTAL: 26
SUPPER 1. Milk, fluid 2. Meat/meat alternate** 3. Vegetable, and/or fruit (2 or more) 4. Grains/Breads	1. <i>Milk</i> 2. <i>Grill Cheese Sandwich</i> 3. <i>Tomato Soup</i> <i>Celery and Carrots</i> 4. <i>Bread</i>	1. 3/4 C 2. 1 1/2 OZ 3. 1/2 C TOTAL 4. 1/2 SV	1. <i>MILK, lowfat</i> 2. <i>Cheese, American</i> 3. <i>Tomato soup, canned</i> <i>Celery sticks & Baby carrots</i> 4. <i>Whole wheat bread</i>	1 1/2 gal. 3 pounds 3 - #3 cans 2 lb / 2 lbs 2 pounds	Children: 23 Adults: 3 TOTAL: 26	Children: 19 Adults: 3 TOTAL: 22

* A.M./P.M. Supplements -Select 2 of the 4 components. Juice may not be served when milk is served as the only other component.

** Serving size for meat/meat alternates is the size of serving listed or the equivalent.

MENU RECORD FOR CHILDREN 3-5 YEARS OLD

Date: _____

New Mexico Child and Adult Care Food Program

Name of Person Completing Menu: _____

(1) MEAL PATTERN (REQUIRED COMPONENTS)	(2) MENU	(3) SERVING SIZE 3-5 y.o.	(4) FOOD ITEMS USED	(5) AMOUNTS PREPARED & Units (oz, lb, can size & number, quart, gallon, etc.)	(6) PLANNED Number to Serve	(7) ACTUAL Number Served (OPTIONAL)
BREAKFAST 1. Milk, fluid 2. Vegetable, and/or fruit or full-strength juice 3. Grains/Breads	1.	1. 3/4 C	1. MILK		Children: Adults: TOTAL: _____	Children:
	2.	2. 1/2 C	2.			Adults:
	3.	3. 1/2 SV	3.			TOTAL:
A.M. SUPPLEMENT* 1. Milk, fluid 2. Meat/meat alternate** 3. Vegetable, and/or fruit or full-strength juice 4. Grains/Breads	1 st component	1. 1/2 C	1 st		Children: Adults: TOTAL: _____	Children:
		2. 1/2 OZ				Adults:
	2 nd component	3. 1/2 C	2 nd			
		4. 1/2 SV				
LUNCH 1. Milk, fluid 2. Meat/meat alternate** 3. Vegetable, and/or fruit (2 or more) 4. Grains/Breads	1.	1. 3/4 C	1. MILK		Children: Adults: TOTAL: _____	Children:
	2.	2. 1 1/2 OZ	2.			Adults:
	3.	3. 1/2 C	3.			
		TOTAL				
	4.	4. 1/2 SV	4.			
P.M. SUPPLEMENT* 1. Milk, fluid 2. Meat/meat alternate** 3. Vegetable, and/or fruit or full-strength juice 4. Grains/Breads	1 st component	1. 1/2 C	1 st		Children: Adults: TOTAL: _____	Children:
		2. 1/2 OZ				Adults:
	2 nd component	3. 1/2 C	2 nd			
		4. 1/2 SV				
SUPPER 1. Milk, fluid 2. Meat/meat alternate** 3. Vegetable, and/or fruit (2 or more) 4. Grains/Breads	1.	1. 3/4 C	1. MILK		Children: Adults: TOTAL: _____	Children:
	2.	2. 1 1/2 OZ	2.			Adults:
	3.	3. 1/2 C	3.			
		TOTAL				
	4.	4. 1/2 SV	4.			

* A.M./P.M. Supplements -Select 2 of the 4 components. Juice may not be served when milk is served as the only other component.

** Serving size for meat/meat alternates is the size of serving listed or the equivalent.

Appendix A

A. Information on Selected Topics of Interest:

- a. Easy To Eat Foods for Toddlers
- a. Feeding Children with Special Needs
- b. Guidelines for Menu Planning
- c. Nutrient Density
- d. Tips on Introducing New Foods



EASY TO EAT FOODS FOR TODDLERS

Here is a short list of foods that require little or no modification at all for the child to eat with relative ease. There are many more foods that fall under this classification and should be considered as well as the ones listed below, for a greater variety at mealtime. Not all foods listed below are creditable on the Child and Adult Care Food Program.

- ✦ Soft cooked vegetables cut into small pieces
- ✦ Mashed potatoes
- ✦ Sweet potatoes, cooked and cubed or mashed
- ✦ Macaroni and other short pastas
- ✦ Grated cheese or cottage cheese
- ✦ Shredded meats (small amounts) or loose hamburger meat
- ✦ Soft bread (small pieces only)
- ✦ Soft fruits (bananas, stewed plums, other canned or peeled fruits without seeds or pits)
- ✦ Pudding
- ✦ Hot cereals (oatmeal, malt-o-meal)
- ✦ Soups and broths
- ✦ Scrambled eggs
- ✦ Melons (no seeds)
- ✦ Dumplings
- ✦ Creamed corn
- ✦ Moist dressing
- ✦ Yogurt



Some foods that may cause choking in young children:

- ✗ Popcorn
- ✗ Hard candy, soft candy, (taffy, caramel, jelly beans, etc.)
- ✗ Potato or corn chips
- ✗ Hot dogs
- ✗ Tough meats
- ✗ Ice
- ✗ Cherries, cherry tomatoes, and grapes
- ✗ Nuts and seeds
- ✗ Peanut butter (may be okay if spread very thinly)
- ✗ Dried fruits (raisins, apricots, etc.)
- ✗ Raw vegetables (such as carrots, celery, lettuce leaves, green beans)
- ✗ Large chunks of any food (such as meat, potatoes, raw vegetables or fruit)

Adapted from: American Academy of Pediatrics, Guide to Your Child's Nutrition, William Dietz and Loraine Stern, editors, Villard Books, 1999.

FEEDING CHILDREN WITH SPECIAL DIETARY NEEDS

Many children with chronic medical conditions or disabilities have no special dietary needs, and can be served the same meals as other children participating in the Child and Adult Care Food Program. Some children may have special dietary needs and the CACFP Sponsor must make every reasonable effort to accommodate those with special dietary needs.

To provide a modified meal at a site, the Sponsor would need advance notice from the parent, which includes a written diet instruction that has the following information: a) the child's disability or chronic medical condition and why it restricts his/her diet; b) the major life activity affected by the child's disability; and, c) the food or foods to be omitted, appropriate food substitutions, and any required changes in the texture of foods. The diet instruction must be written by a physician or recognized medical authority. Sponsors should make reasonable accommodations for children who require special meals and may call the Bureau Nutritionists at 1-800-328-2665 for technical assistance in this area.

Some of the most common special diet orders for children are food allergies, food intolerance and diabetes.

FOOD ALLERGY is an abnormal response of the body's immune system to an otherwise harmless food. Usually, the response is to a protein in the food. Although any food may cause an allergic reaction, six foods are responsible for most of these reactions in children. These foods are peanuts, eggs, milk, tree nuts, soy and wheat. Many of the true food allergy symptoms often resemble reactions to other substances such as penicillin or bee stings. Symptoms might include respiratory or gastrointestinal problems, asthma, hives, eczema or difficulty breathing.

FOOD INTOLERANCE is an adverse food-induced reaction that does not involve the body's immune system. Lactose intolerance is one example of a food intolerance. A person with lactose intolerance lacks an enzyme that is needed to digest milk sugar. When the person eats milk products, gas, bloating, and abdominal pain may occur.

DIABETES is a metabolic disorder in which the body is unable to use effectively the carbohydrate in the diet because the person does not produce enough insulin. Insulin is secreted by the pancreas and acts like a key to the body's cells so they can use carbohydrate which has been broken down to the simplest sugar, glucose. When insulin is not present, glucose stays in the blood because it cannot get to the cells to be used for energy. Children who are diabetic often must control the amount and kinds of carbohydrate foods they eat to control their blood sugar.

For more information about feeding children with special dietary needs, for referral assistance, or for assistance to obtain the required written documentation, please contact: New Mexico Department of Health, Maternal and Child Health Bureau, Children's Medical Services District Nutritionist: District 1 (Albuquerque), 897-5700 ext. 28; District 2 (Santa Fe), 827-3566 ext. 547; District 3 (Las Cruces) 528-5119, or District 4 (Tucumcari) 461-2656.

Diet Prescription For Meals at Child Care

Name of Center/Home Provider: _____

Name of Child for whom special meals are requested: _____

Age: _____ Grade Level: _____ Classroom: _____

–Does the child have a disability?

☐ No

☐ Yes – If yes, describe the major life activities affected by the disability and complete Part B:

and- Please complete Part B and have it signed by a certified medical authority.

–If the child is not disabled, does the child have special nutritional or feeding needs?

☐ No

☐ Yes – If yes, please complete Part B and have it signed by a certified medical authority.

Part B:

Diet Prescription (Check all that apply.)

☐ Diabetic

☐ Reduced Calorie

☐ Food Allergy

☐ Increased Calorie

☐ Modified Texture

☐ Food Intolerance

☐ Other (Describe) _____

Foods Omitted:

and Substitutions:

Texture(s) Allowed (check all that apply):

☐ Regular

☐ Chopped

☐ Ground

☐ Pureed

Other Information Regarding Diet or Feeding: _____

_____ Use the back if necessary.

I certify that the above named child needs special day care meals prepared as described above because of the child's disability or special needs.

Physician or Medical Authority's Signature and Date

Parent/Guardian Signature and Date

GUIDELINES FOR MENU PLANNING

I. Planning Considerations Relating to the Child and Adult Care Food Program and the Summer Food Service Program

- ☐ Ages
- ☐ Nutritional needs, including special diets
- ☐ Food preferences
- ☐ Religious beliefs
- ☐ Socioeconomic situation
- ☐ Arrival and departure schedules

II. Planning Considerations Relating to the Food Service Operation

- ☐ Preparation systems (conventional vs. convenience)
- ☐ Number of children to be served
- ☐ Equipment available
- ☐ Employee skills
- ☐ Budget
- ☐ Availability of foods
- ☐ Recipes
- ☐ Hours of operation
- ☐ The location of the kitchen



III. Other Considerations

- ☐ Aesthetic qualities and contrasts (color, texture, flavor, consistency and temperature)
- ☐ Delivery system (including temperature maintenance of foods)
- ☐ Physical needs of the children

NUTRIENT DENSITY


Nutrient density is a measure of the nutrients a food provides compared to the calories it provides.

- Foods lower in calories and higher in nutrients are more *nutrient-dense*, while foods higher in calories and lower in nutrients are less *nutrient-dense*.
- Nutrient-dense foods should be eaten often, whereas nutrient-poor foods should only be eaten occasionally.
- A healthful diet includes mostly nutrient-dense foods.
- Nutrient-poor foods provide calories but not the necessary nutrients for growth and development in children.
- When child care providers teach the children in their care to choose nutrient-dense foods most of the time, they help them to develop a skill that will lead to healthy habits for their lifetime.

Here are two examples:

1. First let's consider a bowl of watermelon and a 12- ounce soda pop. Both provide 150 calories, but the watermelon has Vitamin C, fiber, and other vitamins and minerals, as well as natural sugars. The soda has only simple sugars, or "empty" calories. The watermelon is more nutrient dense than the soda pop.
2. Let's consider two different slices of bread. One is white, enriched bread and one is whole wheat bread. Both have about the same amount of calories – 80, but the whole wheat slice also contains 3 grams of fiber – a nutritional bonus. The whole wheat slice is more nutrient-dense than the slice of white bread.

Comparing Nutrient Density of Fruits & Vegetables

<i>More Nutrient-Dense</i>		<i>Less Nutrient-Dense</i>
All fresh fruits and vegetables		French fries
Fruits canned in juice		Fruits canned in heavy syrup
Frozen fruit/juice bars		Olives
100% fruit juices		Onion Rings
Vegetable juices, fresh		Hash Browns
Vegetables, canned (low-sodium)		Vegetables frozen with butter, cheese or other sauces or additives
Plain frozen vegetables		

Comparing Nutrient Density of Meat & Meat Alternates

<i>More Nutrient-Dense</i>
Beans or peas, dried, cooked
Chicken and Turkey, baked, grilled or broiled, without skin
Ground Turkey Breast
Fish and Shellfish, baked, grilled or broiled
Ground Beef (10% or less fat content)
Refried beans made without fat or lard
Tuna packed in water

<i>Less Nutrient-Dense</i>
Beans baked in sauce with pork
Chicken and Turkey, fried
Ground beef (20% or more fat content)
Ground Turkey with skin
Fish and Shellfish, fried
Refried beans made with lard
Tuna packed in oil

Comparing Nutrient Density of Milk and Milk Products

<i>More Nutrient-Dense</i>
Fat Free or Skim Milk
Low-fat cheeses such as ricotta and mozzarella
Cottage Cheese, fat-free or low-fat
Yogurt, fat-free

<i>Less Nutrient-Dense</i>
Cheese made with whole milk or cream such as cream cheese or sour cream
Whipping Cream
Whole Milk
Yogurt made from whole milk

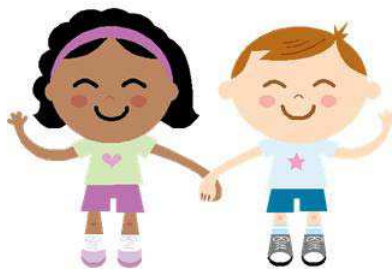
Comparing Nutrient Density of Grains/Breads Products

<i>More Nutrient-Dense</i>
Whole grain breads or grains
Ready-to-eat cereals, whole grain and unsweetened
Rice, brown
Spaghetti, whole grain
Tortillas (whole grain or corn)

<i>Less Nutrient-Dense</i>
Enriched breads or grains made from white flour
Sweetened breads or grains such as coffee cake, cinnamon rolls, cookies and Danish
Higher Fat breads or grains such as croissants, granola, pie crust, pop tarts, etc.

Tips on Introducing New Foods to Children

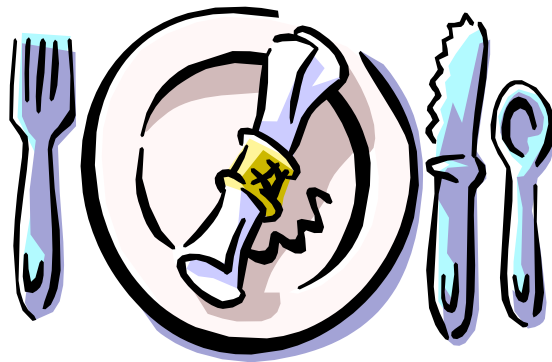
- ✓ Try only one new food at time.
- ✓ Serve a food children will eat along with the new food.
- ✓ Try to serve new foods when children are happy and peaceful. If they are cranky or not feeling well they are more likely to refuse the food.
- ✓ Keep trying. It may take 10 introductions before some children will accept a new food so don't become discouraged if they won't try it right away.
- ✓ Get the children involved in the planning and preparing of different foods. They are more likely to accept a new food if they have helped prepare it.
- ✓ Lead by example. If the providers are excited about trying a new food, the children are more likely to accept it.
- ✓ Introduce new foods on a regular basis. Try having a weekly/biweekly "New Food Day".
- ✓ Encourage the children to help prepare food. They are more likely to try new foods they helped to prepare.
- ✓ Introduce new foods as part of a game (i.e., a counting game).
- ✓ Have families contribute their favorite recipes. This is great way to introduce ethnic foods. Parents can get involved in the preparation of the foods and explain the history of the food.
- ✓ Have a "theme day" when all activities are related to a theme and introduce new foods related to that theme.



Appendix B

B. Sample Menus:

- a. Breakfast
- b. Cold and Hot Lunches
- c. Vegetarian Lunches
- d. Snack Ideas



SAMPLE THREE WEEK CYCLE BREAKFAST MENU

MONDAY	1/2 pt. milk 1 blueberry muffin 1/2 c. orange juice	1/2 pt. milk 1 sl. raisin bread with peanut butter* 1/2 c. cantaloupe	1/2 pt. milk 1 sl. French toast 1/2 c. applesauce
TUESDAY	1/2 pt. milk 1 flour tortilla with cheese* 1/2 c. mixed fruit	1/2 pt. milk 3/4 c. cold cereal 1/2 c. banana	1/2 pt. milk 1/2 c. rice 1/2 c. pineapple/orange juice
WEDNESDAY	1/2 pt. milk 1 sl. w/w bread with peanut butter* 1/2 c. pineapple chunks	1/2 pt. milk 1 breakfast pizza (1/2 English muffin, with 1 scrambled egg * and 1/2 oz. grated cheese*) 1/2 c. orange wedges	1/2 pt. milk 1 sl. pumpkin bread 1/2 c. honeydew
THURSDAY	1/2 pt. milk 1- 4" pancake 1/2 c. strawberries	1/2 pt. milk 1 slice cinnamon toast 1/2 c. apple juice	1/2 pt. milk 1/2 English muffin cottage cheese* 1/2 c. grape juice
FRIDAY	1/2 pt. milk 1/2 bagel 1/2 c. apricots	1/2 pt. milk 1 biscuit Scrambled egg*/ham* 1/2 c. blueberries	1/2 pt. milk 1 flour tortilla refried beans*/cheese* 1/2 c. peach slices

* Extra component at breakfast

SAMPLE THREE WEEK CYCLE LUNCH MENU

(COLD AND HOT LUNCHES COMBINED)

MONDAY	Pizza "Tater": 1 baked potato 2 oz. cheddar cheese 1/4 c. tomato sauce 1 slice garlic toast 1/2 pint milk	Macaroni & Cheese: 2 oz. cheese 1/4 c. celery sticks 1/2 c. apples 1/2 c. macaroni 1/2 pint milk	Fish Sticks: 4 each (2 oz. meat) 1/4 c. coleslaw 1/2 c. baked beans 1 oz. hush puppies 1/2 pint milk
TUESDAY	Chef Salad: 1 oz. ham 1 oz. cheese cubes 1/2 c. carrots, tomato, cucumbers & lettuce 1/4 c. orange 4 saltines 1/2 oz. croutons 1/2 pint milk	Sloppy Josephines: 2 oz. ground turkey or chicken 1/8 c. tomato sauce 1/4 c. zucchini/corn casserole 1/2 c. fresh strawberries 1 hamburger bun 1/2 pint milk	Tacos: 1 oz. cheese 1/4 c. pinto beans 1/4 c. lettuce & tomatoes 1/2 c. cantaloupe 2 corn tortilla taco shells 1/2 pint milk
WEDNESDAY	Lasagna: 1 oz. ground beef 1 oz. mozzarella cheese 1/4 c. corn 1/2 c. pear 1/2 c. lasagna noodles 1/2 pint chocolate milk	Toasted Turkey & Cheese Sandwich: 1 oz. turkey 1 oz. cheese 1/4 c. sliced tomatoes 1/2 c. apple 2 slices whole wheat bread 1/2 pint chocolate milk	Baked Chicken Legs: 2 oz. chicken (without bone) vegetable rice salad: 1/2 c. rice 1/4 c. carrots, green peas and tomatoes 1/2 c. apple juice 1/2 pint chocolate milk
THURSDAY	Mutton Stew: 2 oz. mutton 1/4 c. potatoes 1/4 c. green beans 1/4 c. apricots 1 oz. fry bread 1/2 pint milk	Tuna Pasta Salad: 2 oz. tuna 1/4 c. celery and carrots 1/2 c. honeydew melon 1/4 c. macaroni 4 snack crackers 1/2 pint milk	Beans & Rice with Cheese: 1/4 c. pinto beans 1 oz. cheese 1/2 c. rice 1/4 c. corn 1/2 c. watermelon 1/2 pint milk
FRIDAY	Bean Burritos: 1/4 cup pinto beans 1 oz. cheddar cheese 1/2 c. lettuce & tomatoes 1/4 c. plums 1 flour tortilla 1/2 pint milk	Soup and Sandwich: 1 oz. ham 1 oz. Swiss cheese 1 c. tomato soup 1/2 c. fruit compote 1 whole wheat roll 1/2 pint milk	Sliced Turkey Sandwich: 2 oz. turkey 1/4 c. lettuce & tomato 1/2 c. kiwi 2 slices whole wheat bread 1/2 pint milk

SAMPLE TWO WEEK CYCLE VEGETARIAN LUNCH MENU

MONDAY	Peanut Butter & Banana Sandwich: 2 Tbs. peanut butter 1/2 c. banana 1/4 c. raisins Cheese stick 1 whole wheat bun 1 c. milk	Split Pea Soup: 1 c. split pea soup 1/4 c. corn 1/2 c. plums 1 slice corn bread 1 c. milk
TUESDAY	Garden Lentil Toss: 1/2 c. lentils 1/2 c. cauliflower, broccoli cucumber and carrot 1/4 c. nectarine 1/2 c. rice 1 c. chocolate milk	Cheese Pizza: 2 oz. mozzarella cheese 1/4 c. green pepper rings 1/2 c. peaches pizza crust 1 c. milk
WEDNESDAY	ATS Sandwich: 1/2 c. cottage cheese 1/2 c. avocado, tomato and sprouts 1/4 c. Pineapple tidbits 2 slices whole wheat bread 1 oz. pkg. sunflower seeds 1 c. milk	Breakfast for Lunch: 1 scrambled egg 1/2 c. warmed applesauce 1/4 c. oven-baked potato 1 slice toast 1 c. milk
THURSDAY	Guacamole Tostada: 2 oz. cheddar cheese 1/4 c. avocado, lettuce & tomato 1/2 c. cantaloupe 2 corn tortillas 1 c. milk	Pasta Salad: 2 oz. cheddar cheese 1/4 c. celery, green peppers and carrots 1/2 c. kiwi fruit 1/2 c. pasta 1 c. milk
FRIDAY	Egg and Salad: 1 hard boiled egg vegetable rice salad: 1/2 c. brown rice 1/4 c. carrots, green peas and tomatoes 1/2 c. apple juice 1 c. milk	Toasted Cheese Sandwich: 2 oz. Swiss cheese 1/4 c. sliced tomatoes 1/2 c. apple 2 slices rye bread 1 c. chocolate milk

SNACK MENU

Select-A-Snack Ideas



Meat & Meat Alternates

Beans of any kind
 Cheese (*such as American, Cheddar, Colby, Colby, Monterey Jack, Muenster, Mozzarella, Provolone, and Swiss*)
 Chicken Salad
 Cottage Cheese
 Deli Meat (*such as Turkey, and Ham*)
 Egg Salad
 Hard Boiled Egg
 Peanut Butter
 Seeds and Nuts
 Tuna Salad
 Yogurt

Water (*always an “extra”, never fulfills the requirements to be considered a component*)

Fruits & Vegetables

Apples
 Apricots
 Avocado
 Banana
 Bell Pepper
 Carrot Raisin Salad
 Cherries
 Grapes
 Carrot Curls
 Celery Sticks
 Kiwi
 Lettuce
 Mandarin Oranges
 Melons (*Cantaloupe, Honeydew, Musk Melon, etc.*)
 Oranges
 Green Chile
 Garden Salad
 Spinach Salad
 Potato Salad
 Peaches
 Pears
 Plums
 Strawberries
 Tomatoes
 Watermelon

Grains & Breads

Animal Crackers
 Bagel
 Crackers
 Croissant
 Dinner Roll
 Garlic Bread
 Graham Crackers
 Grain Fruit Bar or Granola Bar
 Pasta
 Pretzels
 Whole Grain Crackers
 Corn Bread
 Whole Grain Bread
 Tortilla
 Trail Mix (*homemade*)
 Hamburger Bun
 Hoagie Bun
 Pita Pockets
 Rice Cakes
 Rye Bread

Milk

Fat-Free Milk
 1% Milk

Combination Items

(*These items meet more than one component.*)

Apples and Peanut Butter “Dip”
 Cheese Pizza
 Cheese Sandwich
 Crackers and Cheese
 Meat Sandwich
 Peanut Butter Sandwich
 Quesadilla
 Rice Cake and Peanut Butter “Sandwich”



- ✓ **Please select two different components to serve a complete snack.**
- ✓ **Remember that an “all-fluid” snack is not creditable!**
- ✓ **Refer to the meal pattern requirements for minimum serving sizes.**

Sample CACFP Three-Week Cycle Snack Menu for 3-5 Year Old Children

***Extra food component or meal enhancement in this snack.**

	Monday	Tuesday	Wednesday	Thursday	Friday
Wk 1	¾ c. Milk Cheese* Quesadilla, 0.5 oz. flour tortilla	1 Tbsp. Peanut Butter ½ c. Apple Slices	0.4 oz. Multi-grain Crackers ½ c. Orange Wedges	0.5 oz. Pita Bread ¼ c. Chicken Salad w/celery & mayo*	0.5 oz. Graham Cracker Sticks ½ c. Applesauce
Wk 2	¼ c. Cottage Cheese ½ c. Peaches	0.4 oz. Bread Sticks ½ c. Marinara Sauce	0.9 oz. Blueberry Muffin ½ c. Fruit Cocktail	¾ c. Milk 1 Tbsp. Peanut Butter on a flour tortilla* Pinwheels	0.4 oz. Whole Wheat Ritz Crackers ½ oz. or ½ Mozzarella Cheese Stick
Wk 3	¾ c. Milk 0.5 oz. English Muffin Pizza (tomato sauce, cheese, pepperoni or other topping)*	2 oz. Yogurt & ½ c. Fruit Parfait w/Cereal*	¾ c. Milk 0.5 oz. Biscuit w/grape preserves*	0.6 oz. Pancakes ½ c. Banana Slices	0.5 oz. Bagel w/cream cheese* ½ c. Cantaloupe



Sample CACFP Four Week Cycle Snack Menu

After School – for Children Ages 6-12 years

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>HM tortilla Pizza Roll Up:</u> 0.9 oz tortilla 1 Tbsp tomato paste* 1 oz mozzarella cheese Roll tortilla and microwave to melt cheese, if desired.	1.1 oz waffle, frozen, toasted, spread with 2 Tbsp almond butter Drizzle with syrup or honey.*	1 c. milk 0.9 oz whole grain bagel, toasted Spread with cream cheese*	4 oz yogurt, plain or fruit-flavored ¾ cup melon cubes (fresh or frozen)	<u>Homemade Trail Mix:</u> 1 oz cereal such as Chex, or Cheerios 1 oz nuts Mixed dried fruit and chocolate chips, optional* Place all ingredients in a small sandwich bag, seal the bag, and shake to mix.
0.9 oz cinnamon raisin toast ¾ c. peaches (frozen, fresh or canned)	1oz cheese stick or block 0.7 oz whole grain crackers 100% fruit juice*	¾ cup apple slices 2 Tbsp peanut butter for dipping	<u>Quesadilla:</u> 0.9 oz flour tortilla 1 oz shredded cheese Microwave until cheese is melted, serve with salsa*	1 c. milk 1 oz cold, ready to eat cereal Fresh banana slices*
0.9oz soft breadstick 1 oz mozzarella cheese stick Meatless spaghetti sauce for dipping*	<u>PB & J:</u> 1 cup milk 0.9 oz whole wheat bread slice peanut butter and favorite jelly or jam*	<u>Yogurt Parfait:</u> 4 oz vanilla yogurt ¾ cup fresh or frozen sliced mixed fruit for layering Use a sprinkle of granola cereal as a garnish.*	1 Potato (size 100), baked (White or Russet) 1 oz shredded cheese Bake potatoes in the microwave, sprinkle cheese on top while warm, use veggies or plain yogurt as a garnish*	<u>Bean Burrito:</u> 0.9 oz flour tortilla ¼ cup canned refried beans Shredded cheese* Warm in microwave and serve with salsa, if desired.
1 c. milk 1.8 oz blueberry muffin	0.9oz bagel with Cream cheese* ¾ cup banana slices on top Sprinkle lightly with cinnamon sugar*	0.7 oz Rice cakes 1 oz mild, soft feta or ricotta cheese, spread on top Sprinkle with dried fruit for a colorful presentation, if desired*	<u>Ham and Cheese Biscuit:</u> 0.9 oz pre-made biscuit 1 oz (total) ham slice and cheese slices Slice biscuit and place ham and cheese slices inside. Microwave to warm.	1 c. milk 2.2 oz frozen French Toast, toasted Applesauce cup, used for dipping*

* Extra food component or meal enhancement in this snack.



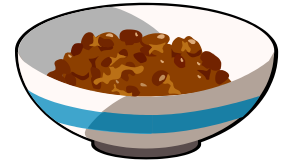
Appendix C

C. Nutritional Information

- a. Breakfast Cereals
- b. Cheese for Every Taste
- c. Snack Crackers
- d. Fabulous Fiber
- e. Granola & Grain/Fruit Bars
- f. Iron for Children
- g. Healthy Habits: Juicy News
- h. Vitamin A
- i. Vitamin C



Breakfast Cereals



➔ Choose and serve cereals that are lower than 35% sugar!

To figure the percent sugar:

1. Locate the Nutrition Facts Label on the package. Find the “Total Carbohydrate” section and note the number of grams listed for Total Carbohydrate. Look for “Sugars” and note the number of grams listed on the label.
2. Divide the number of grams of sugar by the total number of grams of carbohydrate.
3. Multiply the result by 100 to get the percentage.

Nutrition Facts	
Serving Size 1 cup (30g)	
Amount Per Serving	
Calories 108	Calories from Fat 11
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	1%
Cholesterol 0mg	0%
Sodium 201mg	8%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	11%
Sugars 6g	
Protein 2g	
Vitamin A	9%
Vitamin C	23%
Calcium	9%
Iron	95%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

Example:

This product contains 6 grams of sugar.

The Total Carbohydrate is 24 grams.

Divide 6 by 24 to equal 0.25
Multiply 0.25 by 100 to get 25%.

✓ **This product is 25% sugar-**
A good choice!

A Partial Listing of “Best Bets” for Breakfast...

✓✓✓ Best Choice:

✓✓ Good Choice:

✓ Occasional

General Mills

Cheerios (original)*+
Multigrain Cheerios*
Corn Chex
Country Corn Flakes
Kix
Whole Grain Total*+
Wheat Chex+
Wheaties*+
Total*+

Kellogg's

Puffed Wheat
Bran Flakes*+
Mini Wheats*
Just Right W/ Fruit &
Nuts+
Nutri-Grain, Golden Wheat
Frosted Mini Wheats+

Quaker

Shredded Wheat
Oatmeal Squares
Puffed Wheat
Crunchy Bran
Toasted Oatmeal Squares

Post

Shredded Wheat,
Original Raisin Bran,
100% Bran+
Bran Flakes+

General Mills

Berry Berry Kix*
Lowfat Granola+
Multi Bran Chex
Total Raisin Bran*+
Wheaties, Raisin Bran*+
Oatmeal Crisp w/ Raisins

Kellogg's

Frosted Mini Wheats+
Corn Flakes*
Crispix
Raisin Square Mini
Wheats
Rice Krispies Treats
Total Corn Flakes
Nutri-Grain
Complete, Oat Bran
Flakes+

Quaker

Toasted Oatmeal
Squares+
Sun Country Granola+
Life*

Post

Banana Nut Crunch
Blueberry Morning
Fruit & Fiber'n
Grape Nuts
Grape Nut Flakes
Honey Bunches of Oats
Toasties

General Mills

Cinnamon Toast Crunch*
Team Cheerios
Frosted Wheaties
Golden Grahams
Honey Nut Cheerios
Total Raisin Bran+
Trix

Kellogg's

Cracklin' Oat Bran
Honey Crunch Corn
Flakes
Frosted Flakes*
Raisin Bran*+

Quaker

Cinnamon Life
Crispy Corn Puffs
Frosted Oats

Post

Alpha-Bits, Frosted
Honey Comb



REMEMBER!
Serve cereals that are 35% or less sugar!

*** = Available in Bowlpacks**

+ = Source of Fiber

Cheese for Every Taste

A Guide to Creditable/Not Creditable Cheeses in CACFP/SFSP

Cheese definitions:

Natural cheese - a concentrated dairy product produced directly from milk. There are over 2,000 natural cheeses. One way to classify them is by their moisture content: hard grating, hard, semisoft and soft.

Hard grating cheeses: Romano and Parmesan

Hard: Cheddar, Edam, Gouda, Swiss

Semisoft: Blue, Brick, Monterey, Muenster, Mozzarella

Soft: Brie, Camembert, cottage,* cream,** feta, Neuchâtel,**

Pasteurized process cheese - a blend of several natural cheeses pasteurized to prevent further curing. May contain up to 43% water. Creditable in SFSP/CACFP.

Pasteurized process cheese food - pasteurized process cheese to which dried or fluid whey, cream or milk may be added. You need to use twice as much cheese food per serving in the CACFP/SFSP to meet the requirement for a meat/meat alternate.

Pasteurized process cheese spread - Cheese food to which gums or sweeteners are added. **Not** creditable in the CACFP/SFSP. (Cheese Whiz, Velveeta)

Pasteurized process cheese product - Contains pasteurized process cheese food and up to 57.5% water. **Not creditable in the CACFP/SFSP.**

Canned cheese sauce - a commercial product made with a blend of cheese and cheese products, as well as other ingredients. No standard of identity has been established for it. **Not** creditable in the CACFP/SFSP.

Homemade cheese sauce - This sauce may be used to meet all or part of the meat/meat alternate requirement for CACFP/SFSP, if the cheese used to prepare the product is a creditable natural cheese, pasteurized process cheese or pasteurized process cheese food.

Powdered Cheese Food -

This product is reconstituted with water and/or milk to make cheese sauce.

****Not** creditable in CACFP/SFSP

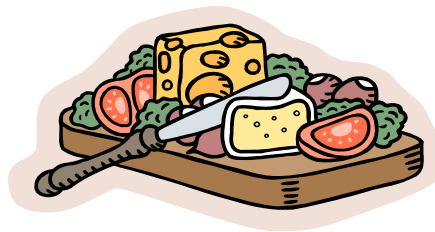
****** Not creditable in CACFP/SFSP

Say Cheese. . .

A guide to selecting creditable cheese in NM CACFP/SFSP

The key to finding cheese that is creditable in CACFP/SFSP is to read the package labels carefully and look for words that tell you the cheese is creditable by matching the label wording with the creditable side of the chart below. Natural or process cheese (including reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread) as well as cheese substitutes are creditable in the CACFP/SFSP.

Natural cheese is a term used to describe cheese that is made from milk to which salt, enzymes and flavorings are added. Different types of cheese are created from using slightly different ingredients. Only those products that conform to the standards of identity for natural cheese can be labeled as such.



Use the chart below to help you decide if a cheese item is creditable.

Look carefully at the package label to pick out the key words.

Remember that the wording must match exactly the creditable side of the chart below.

Items that have different words or words that do not match are not creditable.



Creditable,
As long as the package label says. . .



NOT Creditable,
Because the package label says . . .

Natural or Process Cheese , such as: <ul style="list-style-type: none"> ✓ American, Cheddar, Mozzarella or Swiss ▪ Feta, Brie, or Camembert ▪ Parmesan or Romano ▪ Cottage or Ricotta 	Prepared Cheese or Pasteurized Prepared <ul style="list-style-type: none"> X Cheese Product X Cheese Snack X Pub Cheese
Process Cheese Food <ul style="list-style-type: none"> ✓ Twice as much needed! 2oz cheese food = 1oz meat alternate. 	Cheese Dip or Cheese Sauce <ul style="list-style-type: none"> X In cans, jars or pouches
Process Cheese Spread <ul style="list-style-type: none"> ✓ Twice as much needed! 2oz cheese food = 1oz meat alternate. 	Spreadable Cheese such as: <ul style="list-style-type: none"> X Cream cheese, Neuchâtel cheese X Pimento Spread
Natural or Process Cheese Substitute (Or Cheese food substitute, cheese spread substitute, or any cheese item labeled as "substitute".) <ul style="list-style-type: none"> ✓ Must meet the FDA standard of identity for substitute foods and NOT be nutritionally inferior to the cheese for which it is substituting. 	Imitation Cheese

For complete information on crediting cheese, refer to the USDA Food Buying Guide for Child Nutrition Programs, Page 1-23 to 1-25 or contact your State Agency Nutritionists.

This table lists many cheeses you may know and a few you might want to try.

Name of Cheese	Creditable	Serving Size	Calories	Fat (grams)	% Calories from Fat	Protein (grams)	Calcium	Sodium
Blue	yes	1 oz	100	8.2	74%	6.1	150 mg	396 mg
Brick	yes	1 oz	105	8.4	72%	6.6	191 mg	159 mg
Brie	yes	1 oz	95	7.9	75%	5.9	52 mg	178 mg
Cheddar	yes	1 oz	114	9.4	74%	7.1	204 mg	176 mg
Colby	yes	1 oz	112	9.1	73%	6.7	194 mg	171 mg
Cottage Cheese, creamed	yes*	2 oz	59	2.6	40%	7.1	34 mg	229 mg
Cream Cheese	no	1 oz	99	9.9	90%	2.1	23 mg	84 mg
Edam	yes	1 oz	101	7.9	70%	7.1	207 mg	274 mg
Feta	yes	1 oz	75	6.0	72%	4.0	140 mg	316 mg
Fontina	yes	1 oz	110	7.3	60%	8.8	156 mg	not avail.
Gjetost	yes	1 oz	132	8.4	57%	2.7	113 mg	170 mg
Gouda	yes	1 oz	101	7.8	70%	7.1	198 mg	232 mg
Monterey	yes	1 oz	106	8.6	73%	6.9	212 mg	152 mg
Mozzarella, whole milk	yes	1 oz	80	6.1	69%	5.5	147 mg	106 mg
Mozzarella, part skim	yes	1 oz	72	4.5	52%	6.9	183 mg	132 mg
Muenster	yes	1 oz	104	8.5	74%	6.6	203 mg	178 mg
Neuchâtel	no	1 oz	74	6.6	80%	2.8	21 mg	113 mg
Parmesan, hard	yes	1 oz	111	7.3	59%	10.1	336 mg	454 mg
Provolone	yes	1 oz	100	7.6	76%	7.3	214 mg	248 mg
Ricotta, part skim	yes*	2 oz	86	4.9	51%	7.1	337 mg	155 mg
Romano	yes	1 oz	110	7.6	62%	9.0	302 mg	340 mg
Swiss	yes	1 oz	107	7.8	70%	8.1	272 mg	74 mg
Processed American Cheese	yes	1 oz	106	8.9	76%	6.3	174 mg	406 mg
American Cheese Food	yes*	1 oz	93	7.0	68%	5.6	163 mg	337 mg
American Cheese Spread	no	1 oz	82	6.0	66%	4.7	159 mg	381mg

* Twice as much needed per serving

IRON FOR CHILDREN

Ever wonder why so many child-friendly, ready-to-eat breakfast cereals and infant cereals and formulas are fortified with iron? Iron is a nutrient that's needed to make hemoglobin, the oxygen-carrying component of red blood cells RBC's. Red blood cells circulate throughout the body to deliver oxygen to all its cells. Without enough iron, the body can't make enough RBCs, and tissues and organs won't get the oxygen they need. Because infants and children are growing so rapidly, it is critical for them as well as teens to get enough iron in their daily diets.

Almost two-thirds of iron in the body is found in hemoglobin, the protein in RBCs that carries oxygen to tissues. Smaller amounts of iron are found in myoglobin, a protein that helps supply oxygen to muscles, and in enzymes that assist biochemical reactions.

What foods provide Iron?

There are two forms of dietary iron: heme and non-heme. Heme iron is derived from hemoglobin, the protein in red blood cells that delivers oxygen to cells, and therefore only found in animal-based foods. Heme iron is more easily absorbed in the body. Non-heme iron is found in plant-based foods. This is the form of iron that is added to iron-enriched or fortified foods. It is not as easy for the body to absorb non-heme iron, but it remains an important dietary nutrient.

How much iron does my child need each day?

	Age	Iron (mg)
Infants	0 - 6 months	6
	6 - 12 months	11
Children	1-3 years	7
	4-8 years	10
Boys	9-13 years	8
	14-18	11
Girls	9-13 years	8
	14-18	15

BEST SOURCES	GOOD SOURCES	FAIR SOURCES
Apricots-dried Beans-dried Beef Cashews Cereal-iron fortified Currants Kidney Lentils Liver, (chicken, beef, etc.) Peaches-dried Spinach Turkey	Almonds Beet Greens Chard Eggs Peanuts Peas-Split Peas-green Pork Prunes Raisins Tuna Walnuts	Asparagus Bread-enriched Broccoli Brussel Sprouts Collards Dandelion Greens Kale Mustard Greens Sweet Potatoes Tomato Juice Turnip Greens

Did you know?

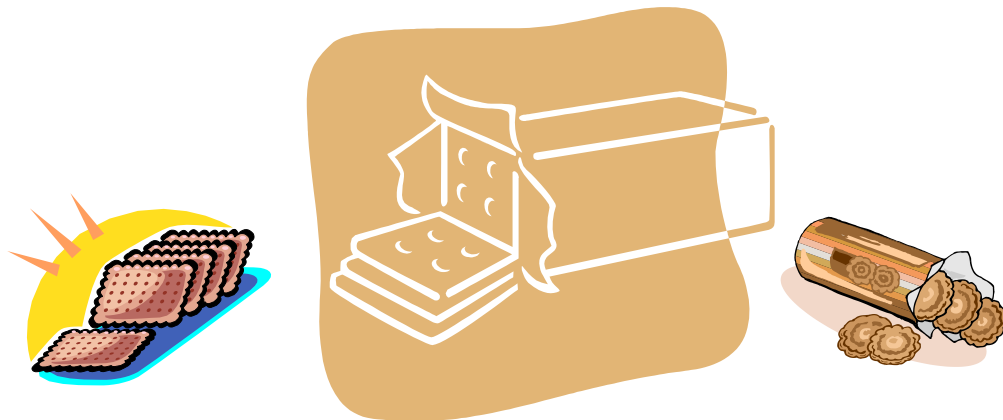
- Iron from animal sources is more easily absorbed than iron from plant sources.
- Serving a wide variety of foods each day, including meat and meat alternates, vegetables, and whole grains, helps assure adequate iron intake each day.
- Serving a vitamin-C rich food with meals increases the body's absorption of iron from the meal.
- Serving meat, fish or poultry at a meal makes iron from other foods at the same meal more available to the body.
- Cooking foods in cast iron adds iron to the diet.

SNACK CRACKERS



Crackers are an acceptable grain/bread in the Child and Adult Care Food Program (CACFP). When serving crackers, please note the following:

- ✓ One serving of crackers is 20 grams or .7 ounces.
- ✓ Many varieties of whole grain, lower salt, and low fat crackers are available! Be sure to check the nutrition facts label for information on the content of fiber, sodium and fat.
- ✓ Steer away from any crackers that have more than 30% of the calories from fat.
- ✓ It is important to serve a variety of grains/breads, so limit the number of times per week or month you serve crackers!



Notice the Nutrition Facts label when serving crackers. Most labels list the serving size as one ounce, which is more than the minimum required for a full serving. You can use the serving size listed on the box so that you meet or exceed the serving size for the children in your care. You may also use your scale to determine the number of crackers to serve. Remember that every different type of cracker has a different weight and therefore, a different number of crackers are needed to meet the minimum serving size.

On the reverse side of this handout is a comparison of crackers that you might find helpful. Notice the different serving sizes and that some crackers are lower in fat, sodium or sugar, or higher in fiber.

Read labels to get the best in value and variety!

Comparison of Snack Crackers

Brand Name	Serving Size (equals about 20 grams)	% Calories from Fat	Comments
Cheese Nips - original	20 each	40%	
Cheese Nips-reduced fat	20 each	27%	
Chicken in a Biskit	10 each	50%	2 g sugar/14 crackers
Club crackers - original	6 each	36%	
Club crackers-reduced sodium	6 each	36%	
Club crackers-reduced fat	6 each	29%	2 g sugar/4 crackers
Harvest Crisps - Five Grain	8 each	23%	no sugar
Harvest Crisps - Garden Vegetable	10 each	23%	4g sugar, 1g fiber/13 crackers
Nabisco Cheese Nips Air Crisps	21 each	23%	<1 g sugar/32 crackers
Pepperidge Farm Goldfish- original	36 each	43%	
Pepperidge Farm Goldfish-cheddar	36 each	36%	
Ritz	6 each	44%	1 g sugar/5 crackers
Ry-Krisp	3 each	0%	contains only whole grain flour
Saltine crackers	8 each	19- 25%	no fiber, 0 - 2 g sugar/5 crackers
SnackWells Wheat Crackers	6 each	0	2 g sugar, 1 g fiber/5 crackers
Townhouse	6 each	50%	
Triscuits - original	5 each	32%	4 g fiber/7 crackers
Triscuits- reduced fat	5 each	19%	4 g fiber/7 crackers
Twigs	10 each	40%	1 gm sugar <1g. fiber/15 crackers
Vegetable Thins	9 each	50%	2 g sugar, 1 g fiber/14 crackers
Waverly	6 each	43%	
Wheat Thins - original	11 each	36%	2 g fiber/16 crackers
Wheat Thins - Air Crisps	16 each	31%	3 g sugar/24 crackers
Wheatables - Garden Vegetable	16 each	43%	2 g sugar/26 crackers
Wheatsworth	6 each	38%	1 g fiber/5 crackers
Zesta Soup Crackers	60 each	36%	No sugar

FABULOUS FIBER

Fiber is found in plant foods -- whole grains, fruits, vegetables, and legumes. Fiber is the part of the plant that cannot be digested by the body. We often hear about two types of fiber: insoluble and soluble.

Insoluble fiber does not dissolve in water. Sometimes referred to as “roughage”, it aids in digestion by binding with water in the intestines to help prevent constipation. Insoluble fiber is found in bran and whole grains.

Soluble fiber, on the other hand, dissolves in water. Instead of giving a coarse and hearty texture to food, it dissolves to become gummy or viscous. In the body, it helps to regulate the use of sugars and binds with fatty substances so that they will be discarded. Soluble fiber is found in oat bran, fruits, vegetables, and legumes, such as pinto beans.

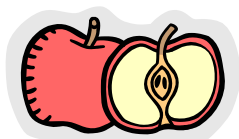
From childhood on, following an eating pattern that is low in fat and high in fiber helps reduce the risk of some types of cancer, heart disease, and some chronic diseases. As children grow and develop, they need more fiber in their diet.

How Much is Enough? For children over one year of age, take the child’s age +5=# of grams of fiber required daily.

Fiber Boosting Tips

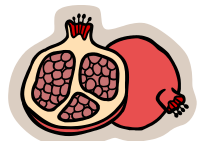
- **Serve high fiber snacks such as fresh or dried fruit, raw vegetables, and nuts.
- **Enjoy oatmeal or a fiber packed breakfast cereal with fresh or dried fruit.
- **Choose breads, cereals, and pastas that are whole grains. Remember that brown bread is not necessarily whole grain – check the label for the words “whole grain”!
- **Got 5-A-Day? Eat at least five servings of fruits and veggies daily. Remember, raw veggies and fruit have more fiber than cooked.
- **Choose whole fruits over juices. Juicing removes the skin and pulp, where most of the fiber is found.
- **Kids should eat at least 6 servings of grains, cereals, pasta, and rice daily. Remember to choose whole grains whenever possible.





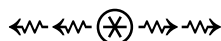
Fiber Content of Foods

Food	Amount*	Grams of Fiber
Grains		
Mini-Wheats Cereal	1 cup	6
Oatmeal	1 cup	4
Barley, cooked	1/2 cup	3
Bran Muffin	1 small	2
Whole Wheat Bread	1 slice	2
Vegetables		
Green Peas, cooked	1/2cup	4
Sweet Potato	1/2cup	3
Broccoli	1/2cup	2
Carrots	1/2cup	2
Fruits		
Strawberries	1 cup	4
Apple, unpeeled	1 medium	3
Orange	1 small	2
Asian Pear	1/2 medium	2
Blueberries	1/2 cup	2
Legumes		
Pinto Beans	1/2 cup	7
Baked Beans	1/2 cup	6
Garbanzo Beans	1/2 cup	5
Lentils	1/2 cup	4
Nuts and Seeds		
Peanuts	1 oz	3
Sunflower Seeds	1 oz	3



*The amount listed may or may not be the correct serving size to meet CACFP / SFSP meal pattern requirements . . . please refer to meal pattern requirements for actual serving sizes!

Granola Bars and Grain/Fruit Bars



- ✓ Granola (plain) is a ready to eat cereal consisting of, primarily, rolled oats and one or more sweeteners. Granola bars are made with plain granola or with granola that has added nuts and/or fruits.
- ✓ Grain/Fruit bars are grain-based bars that have a fruit filling.
- ✓ Granola bars and grain/fruit bars must have whole grain or enriched flour, meal, bran and/or germ, as the **first** or **second** ingredient by weight.
- ✓ Granola bars and grain/fruit bars are found in two different USDA grain/bread groupings:
 - **Group D** (Plain granola bars)
0.9 oz. or 25 gm. = ½ serving 1.8 oz. or 50 gm. = 1 serving
 - **Group E** (Grain/fruit bars and granola bars with added nuts, raisins, chocolate pieces or fruit)
1.1 oz. or 31 gm. = ½ serving 2.2 oz. or 63 gm. = 1 serving
- ✓ Providers are responsible for providing at least the minimum serving size for the age group they are serving. Many granola bars and grain/fruit bars do **NOT** meet the minimum serving size required for SFSP and CACFP. The serving size might be more than one bar.
- ✓ Granola and grain/fruit bars are generally expensive and may cost even more per serving than the reimbursement offered by USDA.
- ✓ Granola and grain/fruit bars may be served as bread alternates at breakfast or snack.
- ✓ Granola, grain/fruit bars and other sweet grain-based foods should be served only occasionally -- never more than twice a week -- so that meals and snacks contain a variety of bread and grain products.
- ✓ Nutrition bars, meal replacement bars, protein bars and other bar products that do **NOT** say "granola" or "grain/fruit" bar are not creditable. However, new products appear on the market daily. Contact the state agency if there are questions about crediting a new product.

REMEMBER:

One bar may not meet the minimum weight requirements for one serving!
Read labels carefully!



Some creditable products are:

Creditable -Group D Plain Granola Bars

$\frac{1}{2}$ serving = .9 ounces or 25 grams

1 serving = 1.8 ounces or 50 grams

General Mills

Nature Valley Oats and Honey, Cinnamon

2 bars = 42 grams

$\frac{1}{2}$ serving = $1\frac{1}{4}$ bars

1 serving = $2\frac{1}{4}$ bars

Quaker

Breakfast Squares, Brown Sugar

1 bar = 60 grams

$\frac{1}{2}$ serving = $\frac{1}{2}$ bar

1 serving = 1 bar

Creditable -Group E Grain/Fruit Bars

$\frac{1}{2}$ serving = 1.1 ounces or 31 grams

1 serving = 2.2 ounces or 63 grams

General Mills

Nature Valley Roasted Almond

2 bars = 42 grams

$\frac{1}{2}$ serving = 2 bars

1 serving = 3 bars

Nature Valley Trail Mix Bars

1 bar = 35 grams

$\frac{1}{2}$ serving = 1 bar

1 serving = 2 bars

Health Valley

Bar (with nuts, raisins, chocolate pieces and/or fruit)

1 bar = 42 grams

$\frac{1}{2}$ serving = $\frac{3}{4}$ bar

1 serving = $1\frac{1}{2}$ bars

Kellogg's

Nutritgrain Bars (with fruit)

1 bar = 37 grams

$\frac{1}{2}$ serving = 1 bar

1 serving = $1\frac{3}{4}$ bars

Quaker

Breakfast Squares, with fruit

1 bar = 60 grams

$\frac{1}{2}$ serving = $\frac{3}{4}$ bar

1 serving = $1\frac{1}{4}$ bar

Chewy Granola Bars (with fruit,
nuts and/or candy pieces)

1 bar = 28 grams

$\frac{1}{2}$ serving = $1\frac{1}{4}$ bars

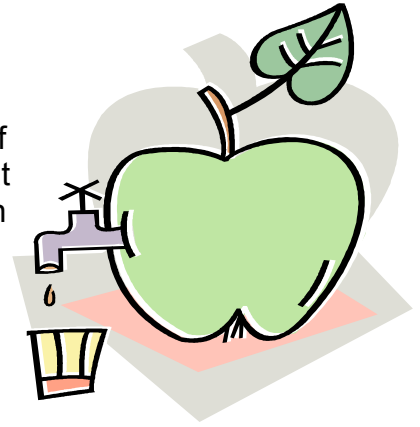
1 serving = $2\frac{1}{4}$ bars



The food items illustrated are used solely as examples and do not represent product endorsements.

Healthy Habits: Juicy News

Juice (100% fruit or vegetable juice, that is!) is a great source of a number of essential nutrients like vitamin C, vitamin A, and potassium. It is also a great way to get important fluids in a child's diet. 100% fruit or vegetable juice can and should be a part of a child's total dietary intake. That being the case, it is just as important to provide other beverages for the children in your care. When it comes to juice, there is such a thing as "too much of a good thing!"



CACFP Program requirements regarding fruit and vegetable juice:

- Only 100% fruit or vegetable juice is creditable on the CACFP.
- Try not to serve juice to meet the fruit/vegetable requirement too many times throughout the day or week. It may fill up the children and take the place of other needed nutrients.

Recommendations for serving juice:



- For children 1-6 years of age, juice should be limited to 4-6 oz per day.
- For younger toddlers or infants, **never** offer juice in a bottle. This can cause baby bottle tooth decay.
- Toddlers and young children often drink too much juice because it tastes good and is easily packaged to take along.
- Rather than serving juice, encourage children to eat more fruits and vegetables which contain not only all the nutrients that are contained in the juice but also fiber – an important and difficult to get nutrient for children.
- Be a savvy shopper! At the grocery store, purchase only 100% fruit or vegetable juice – specifically look for the words, "100% juice" on the label. There are new items on the shelves daily. Be wary of any item labeled as a juice "beverage", "aide", "cocktail" or "fruit drink". Also, be aware that many manufacturers will label a non-juice item with the words, "100% vitamin C".

Fluids for children:

- Offer water regularly throughout the day, between meals, and more often when the weather is hot. Water is often the best way to quench a child's thirst.
- Sugared beverages, such as sodas, Gatorade and fruit drinks contain few nutrients. Children do not need these beverages.
- In addition to sugar, artificial colors and artificial flavors, sodas can often contain significant amounts of caffeine which is a central nervous system stimulant.

Vitamin A



Vitamin A is a fat-soluble vitamin that helps you see normally in the dark and promotes the growth and health of all body cells and tissues. It also protects against infection by keeping healthy the skin and tissues in the mouth, stomach, intestines and respiratory tract.

Vitamin A is a fat-soluble vitamin, which is found in both animal origin and plant-based foods. Foods like eggs, whole milk, liver and fish oils contain Vitamin A. When vitamin A is found in plant-based foods, it is in the form of beta carotene or caroteniod.

Most vitamin A rich fruits and vegetables are colored deep orange, yellow or dark green. These foods add color, taste and variety to your menus. When planning a menu for children on the CACFP program, include fruits and vegetables which are good sources of vitamin A at least two times per week.

What are the food sources of Vitamin A?

<u>Fruits</u>	<u>Vegetables</u>
Apricots	Broccoli
Cantaloupe	Carrots
Mango	Peppers, red - chile and sweet
Nectarines	Pumpkin
Plums	Spinach
Grapefruit	Squash, winter
Peaches	Sweet potato
Papaya	Vegetable juice






Vitamin C

Vitamin C is a water-soluble vitamin that is essential to many functions in the body. It helps produce the connective tissue collagen, helps form and repair red blood cells, bones and other tissues, helps keep capillary walls and blood vessels firm, protects against bruising, helps maintain healthy gums and heal cuts and wounds and helps protect from infection by keeping the immune system healthy. Most importantly for children, it helps the body absorb non-heme iron (iron from plant sources). Water soluble vitamins need to be ingested since the body cannot store them. For children and adults, eating more fruits and vegetables is important for good health.

Vitamin C is found in citrus fruits and many other fruits and vegetables, including berries, melons, peppers, many dark-green leafy vegetables, potatoes and tomatoes.

What are the food sources of Vitamin C?

<u>Fruits</u>	<u>Vegetables</u>
Cantaloupe	Asparagus
Grapefruit sections	Broccoli
Grapefruit	Brussels Sprouts
Honeydew	Cabbage
Kiwi	Cauliflower
Mandarin orange	Chicory
Mango	Collards
Orange juice	Kale
Orange	Mustard greens
Papaya	Peas, edible pod
Pineapple/orange juice	Peppers, chile
Plums	Peppers, sweet
Strawberries	Snow Peas
	Tomato juice
	Turnip greens








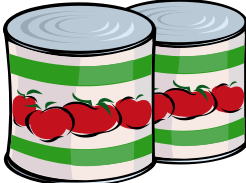
Appendix D

D. Kitchen Helps/Tips/Hints:

- a. Common Can and Jar Sizes
- b. Recipe Conversion Charts
- c. Weight and Volume
- d. Abbreviations and Measure Equivalents
- e. Planning Chart for Servings



COMMON CAN AND JAR SIZES

Can Size (Industry Term)*	Average net weight of fluid measure per can**	Average Volume per can	Principal Products
8 oz. can 	8 oz.	1 cup	Ready-to-serve soups, fruits, vegetables
No. 1 can 	10-1/2 oz. to 12 oz.	1-1/4 cups	Condensed soups, some fruits, vegetables, meat, fish
No. 300 can 	14 oz. to 16 oz. (1 lb.)	1-3/4 cups	Some fruits and meat products
No. 303 can 	16 oz. (1 lb) to 17 oz. (1 lb. 1 oz.)	2 cups	Small cans: fruits and vegetables, some meat and poultry products, ready-to-serve soups
No. 2 can 	20 oz. (1 lb. 4 oz.) or 18 fl. oz. (1 pt. 2 fl. oz.)	2-1/2 cups	Juices, ready-to-serve soups, some fruits
No. 2-1/2 can 	26 oz. (1 lb. 10 oz) to 30 oz. (1 lb. 14 oz.)	3-1/2 cups	Family size: fruits, some vegetables
No. 3 cylinder 	51 oz. (3 lb. 3 oz.) or 46 fl. oz. (1 qt. 14 fl. oz.)	5-3/4 cups	Condensed soups, some vegetables, meat and poultry products, fruit and vegetable juices
No. 10 can 	6 lb. (96 oz.) to 7 lb. 5 oz. (117 oz.)	12 cups to 13-2/3 cups	Institutional size: fruits, vegetables, some other foods

*Can sizes are industry terms and do not necessarily appear on the label.

**The net weight on can or jar labels differs according to the density of the contents. Source: *Food Buying Guide for Child Nutrition Programs*, by Dorothy W. Davis and others. Washington, DC: US Department of Agriculture, 1984.

RECIPE CONVERSION CHARTS

FRACTIONAL EQUIVALENTS (F.E.) * FOR USE IN CONVERTING RECIPES



The following chart is designed to help you change fractional parts of pounds, gallons, cups, etc., to accurate weights or measures. To use this chart, take the number in the F.E. column and look under the heading of Tablespoon, Cup, Pint, Quart, Gallon or Pound to convert to an accurate unit of measure or weight. For example, reading from left to right, the table shows that $\frac{7}{8}$ of one pound is 14 ounces, $\frac{1}{3}$ of a gallon is 1 quart plus $1\frac{1}{3}$ cups; $\frac{1}{16}$ of a cup is 1 tablespoon; etc.

F. E. *	TABLESPOON	CUP	PINT	QUART	GALLON	POUND
1	3 tsp	16 Tbsp	2 cups	2 pints	4 quarts	16 ounces
$\frac{7}{8}$	2- $\frac{1}{2}$ tsp	1 cup less 2 Tbsp	1- $\frac{3}{4}$ cups	3- $\frac{1}{2}$ cups	3 quarts plus 1 pint	14 ounces
$\frac{3}{4}$	2- $\frac{1}{4}$ tsp	12 Tbsp	1- $\frac{1}{2}$ cups	3 cups	3 quarts	12 ounces
$\frac{2}{3}$	2 tsp	10 Tbsp plus 2 tsp	1- $\frac{1}{3}$ cups	2- $\frac{2}{3}$ cups	2 quarts plus 2 $\frac{2}{3}$ cups	10- $\frac{2}{3}$ ounces
$\frac{5}{8}$	2 tsp (scant)	10 Tbsp	1- $\frac{1}{4}$ cups	2- $\frac{1}{2}$ cups	2 quarts plus 1 pint	10 ounces
$\frac{1}{2}$	1- $\frac{1}{2}$ tsp	8 Tbsp	1 cup	2 cups	2 quarts	8 ounces
$\frac{3}{8}$	1- $\frac{1}{8}$ tsp	6 Tbsp	$\frac{3}{4}$ cup	1- $\frac{1}{2}$ cups	1 quart plus 1 pint	6 ounces
$\frac{1}{3}$	1 tsp	5 Tbsp plus 1 tsp	$\frac{2}{3}$ cup	1- $\frac{1}{3}$ cups	1 quart plus 1 $\frac{1}{3}$ cups	5- $\frac{1}{3}$ ounces
$\frac{1}{4}$	$\frac{3}{4}$ tsp	4 Tbsp	$\frac{1}{2}$ cup	1 cup	1 quart	4 ounces
$\frac{1}{8}$	$\frac{1}{2}$ tsp (scant)	2 Tbsp	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	1 pint	2 ounces
$\frac{1}{16}$	$\frac{1}{4}$ tsp (scant)	1 Tbsp	$\frac{2}{3}$ Tbsp	4 Tbsp	1 cup	1 ounce

WEIGHT AND VOLUME OF COMMONLY SERVED FOODS

FOOD	WEIGHT	MEASURE (Approximate)
Baking powder	1 oz	2 Tbsp
Baking soda	1 oz	2-1/3 Tbsp
Bread, loaf	1 lb	16 slices
sandwich	2 lbs	32 slices
crumbs, dry	1 lb	1 qt
Butter, lard, margarine	1 lb	2 cups
Flour, all purpose	1 lb	4 cups
white, bread, sifted	1 lb	4 cups
cake, sifted	1 lb	4-3/4 cups
Honey	1 lb	1-1/3 cups
Lemon juice	1 lb	2 cups (8-10 lemons)
Lettuce, average head	9 oz	1
Macaroni, dry	1 lb	4 cups
1 lb cooked	3 lbs	2-1/4 qts
Oats, rolled, A.P. (quick)	1 lb	6 cups
Oil, vegetable	1 lb	2 to 2-1/8 cups
Onions, A.P.	1 lb	4 to 5 medium
chopped	1 lb	2 to 3 cups
Pepper, ground	1 oz	4 Tbsp
Potatoes, white A.P.	1 lb	3 medium
Rice, dry	1 lb	2 cups
1 lb cooked	4 to 4-1/2 lbs	2 qts
Salad dressing, mayonnaise	1 lb	2 cups
Shortening, hydrogenated	1 lb	2-1/4 cups
Spaghetti, dry	1 lb	5 cups
1 lb cooked	4 lbs	2-1/2 qts
Sugar, brown, solid pack	1 lb	2 cups
granulated	1 lb	2 cups
powdered, XXXX, sifted	1 lb	3 cups
Vanilla extract	1 oz	2 Tbsp
Vinegar	1 lb	2 cups
Walnuts, E.P.	1 lb	4 cups

COMMON ABBREVIATIONS

FOUND IN RECIPES

t or tsp =teaspoon(s)	wt = weight
T or Tbsp = tablespoon(s)	ea = each
C = cup(s)	pc(s) = piece(s)
pt = pint(s)	sl = slice(s)
qt = quart(s)	# = number (i.e. #10 can)
gal = gallon(s)	pkd = packed
	AP = as purchased
	MBG = Meat Buyers Guide
oz = ounce(s)	EP = edible portion
fl oz = fluid ounce(s)	°F = degrees Fahrenheit

MEASURE EQUIVALENTS

3t = 1 T	16 oz = 1 lb
4t = 1-1/3 T	1 lb 4 oz = 1-1/4 lb
4 -1/2 t = 1-1/2 T	1 lb 8 oz = 1-1/2 lb
4T = 1/4 C	1 lb 12 oz = 1-3/4 lb
16 T = 1 C	
2 C = 1 pt	8 fl oz = 1 C
4 C = 1 qt	16 fl oz = 1 pt
2 pt = 1 qt	32 fl oz = 1 qt
4 qt = 1 gal	128 fl oz = 1 gal



SCOOP and DISHER EQUIVALENTS

Scoop or disher number	Level Measure	Scoop or disher number	Level Measure
6	2/3 cup	24	2-2/3 Tablespoons
8	1/2 cup	30	2-1/5 Tablespoons
10	3/8 cup	40	1-3/5 Tablespoons
12	1/3 cup	50	3-4/5 teaspoons
16	1/4 cup	60	1 Tablespoon
20	3-1/5 Tablespoons		

AMOUNT TO PREPARE WHEN SERVING 1/8 CUP AND 3/8 CUP

How to use these charts: If you are going to be serving 1/8 cup of fruit or vegetable or 3/8 cup of fruit or vegetable, use these charts to see the equivalent 1/4 cup servings. Then, look in your Simplified Food Buying Guide to find out how many purchase units (for example, pounds or #10 cans) you will need of each.



PLANNING CHART FOR 1/8 CUP FRUIT OR VEGETABLE SERVINGS	
NUMBER OF 1/8 CUP SERVINGS NEEDED	EQUIVALENT NUMBER* OF 1/4 CUP SERVINGS
25	15
50	25
75	40
100	50
150	75
200	100
250	125
300	150
350	175
400	200
450	225
500	250

For numbers which are not on this 1/8 cup chart, divide the number of meals to be prepared by 2, and look that number up in the New Mexico Simplified Food Buying Guide. For example, if you need to prepare 160 (1/8 cup) servings, divide 160 by 2, which = 80. Look up 80 (1/4 cup) servings to determine how much to prepare for 160 (1/8 cup) servings.

PLANNING CHART FOR 3/8 CUP FRUIT OR VEGETABLE SERVINGS	
NUMBER OF 3/8 CUP SERVINGS NEEDED	EQUIVALENT NUMBER OF 1/4 CUP SERVINGS
25	40
50	75
75	115
100	150
150	225
200	300
250	375
300	450
350	525
400	600
450	675
500	750

For numbers which are not on this 3/8 cup chart, multiply 1.5 by the number of meals being prepared and look that number up in the New Mexico Simplified Food Buying Guide. For example, if you need to prepare 160 (3/8 cup) servings, multiply 160 by 1.5, which = 240. Look up 240 (1/4 cup) servings to determine how much to prepare for 160 (3/8 cup) servings.

* All numbers rounded up to nearest 5 servings.

