



CACFP Short Course
May 4, 2016
8:15 am – 4:00 pm
Hotel Pattee
Perry, Iowa



Improve Your Program

Goals and Objectives

Directors

- Learn ways to improve CACFP management
- Become familiar with the Nutrition and Physical Activity Self-Assessment Program
- Develop a CACFP procurement plan & standards of conduct policy
- Learn about the DHS training registry
- Verbalize ways to incorporate Farm to CACFP in child care

Cooks

- Understand required CACFP food service records
- Learn how to prepare good-tasting & attractive, healthy foods
- Learn about common special diets

Day 2 – May 4, 2016				
7:15-8:15 AM Registration - Lobby				
Breakfast Buffet—Dallas County Board Room				
DIRECTORS: Canisteo Room			COOKS: Spring Valley Ballroom	
8:15-9:15 AM				
Welcome for Directors The CACFP Management Plan		Ann Feilmann, Presenter Robin Holz, Presenter	Welcome for Cooks Full & Complete Recipes	
			Sandy Fiegen, Presenter Sandy Fiegen, Presenter	
9:15-10:00 AM				
Nutrition and Physical Activity Self-Assessment For Child Care (NAPSACC)			Food Production Records Intro to Cooking Activities	Jane Heikenen, Presenter Chef DeeDee Olson
Erin Olson, Presenter				
10:00-11:00 AM				
CACFP Management Tips		Panel led by Jaci Graves	Group A Cooking the New Meal Pattern	Group B Adjusting the Recipes
			Group C Completing the Food Production Record	
11:00-12:00 Noon				
IowaCNP—Staffing, Supervisory Oversight and Training Plan		Christine Crow, Presenter	Group B Cooking the New Meal Pattern	Group C Adjusting the Recipes
			Group A Completing the Food Production Record	
12:00-12:45 PM				
Developing a Written Procurement Plan and Code of Ethics Policy		Robin Holz, Presenter	Group C Cooking the New Meal Pattern	Group A Adjusting the Recipes
			Group B Completing the Food Production Record	
12:45-1:30 PM Lunch—Featuring Child Care Recipes—Dallas Co Board Room Chef DeeDee Olson				
1:30-2:30 PM DHS Training Registry		Erin Clancy, Presenter	CN Labels and Product Specifications	
			Dean Flaws, Presenter	
2:30-3:00 PM Snack—Recipe Tasting—Spring Valley Ballroom Chef DeeDee Olson				
3:00-3:45 PM Farm to CACFP		Haleisa Johnson, Presenter	Understanding Special Diets	
			Lisa Robinson, Presenter	
3:45-4:00 PM Wrap up (Questions, Evaluations, Certificates)		Robin Holz, Presenter	Wrap Up (Questions, Evaluations, Certificates)	
			Sandy Fiegen, Presenter	

Purchases > \$150,000

- Sealed bids – Bids are publicly solicited and a firm fixed price contract is awarded.
- Competitive proposals – Achieved by more than one source submitting an offer, and either a fixed price or cost-reimbursement type contract is awarded when conditions are not appropriate for the use of sealed bids.

Vendor	Item/Service(s)	Bid amount	Selected/Rejected	Reason

- Noncompetitive proposals – This method should rarely be used (only when the item is available only from a single source; an emergency requires it; or after solicitation of a number of sources, competition is determined inadequate). State agency approval is required.

Vendor	Item/Service(s)	Bid amount	Reason

- State agency approval attached (required for non-competitive proposals)
- Bid specifications attached _____
- Debarment certificate attached for selected vendor _____

The organization has written standards of conduct covering conflicts of interest and governing the actions of its employees engaged in purchasing that:

- Prohibit employees from soliciting gifts, travel packages, and other incentives from prospective vendors and contractors.
- Prohibit an employee from participating in the selection, award, and administration of any contract to which an entity or anyone connected to the employee, have financial interest.
- Set standards that define the threshold when the financial interest becomes substantial and when a gift is an unsolicited item of nominal value and may be acceptable.
- Provide for disciplinary actions to be applied in the event the standards are violated.

Policy attached _____

Describe how staff is informed of this policy _____

The organization has responsible administrative practices and sound business judgment to settle procurement issues including source evaluation, protests, disputes, and claims.

- No issues have been identified.
- Documentation of issues attached _____

Name of organization: _____

CACFP Agreement Number: _____ Date: _____

Standards of Conduct

Covering conflicts of interest and governing the actions of its employees engaged in CACFP purchasing

1. Employees involved making CACFP purchases:
 - May not request gifts, travel packages, and other incentives from prospective vendors or contractors.
 - May not be involved in selecting, awarding, or administering any contract when the employee or anyone related to the employee has a financial interest that exceeds \$_____.

2. Unsolicited items valued at \$_____ or less may be accepted.

3. Disciplinary action for violating these standards is:

Policy Approved by: _____
(examples include: board of directors, name of owner, executive director.)

Policy Communicated to: _____
(list applicable positions: director, assistance director, cook, etc.)

Policy Communicated by: _____
(examples include: staff handbook, job description, memo.)

Nutrition and Physical Activity Self-Assessment in Child Care (NAP SACC)

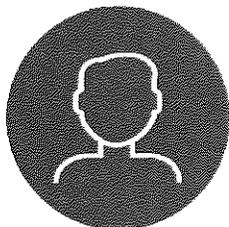


NAP SACC targets nutrition and physical activity policy in child care settings by targeting the:

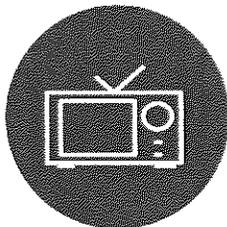
-  Nutritional quality of food served,
-  Amount and quality of physical activity,
-  Staff-child interactions, and
-  Facility nutrition and physical activity policies and practices.

Key steps of NAP SACC include:

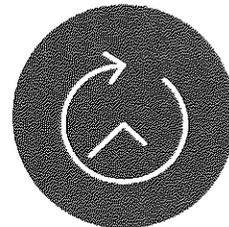
-  **1** Self-assessment: Identify strengths and needs for improvement re: healthy eating practices and regular physical activity.
-  **2** Goal Setting and Action Planning: Set goals for change.
-  **3** Continuing Education for Child Care Providers: Increase staff confidence to make healthy changes through skill building activities.
-  **4** Technical Assistance and Consultation: Link facilities to resources to provide assistance.
-  **5** Follow-up and Reinforcement: Check-in with facilities to assess progress and develop plans for continuous positive



1 in 8
preschoolers are obese in the US



50%
of toddlers ages 12-35 months-old watch MORE television than is recommended



33
12.5 million children spend an average of 33 hours in child care settings where they consume most of their daily calories



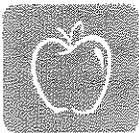
Go NAP SACC

Self-Assessment Instrument

Date: _____

Your Name: _____

Child Care Program Name: _____



Child Nutrition

Go NAP SACC is based on a set of best practices that stem from the latest research and guidelines in the field. After completing this assessment, you will be able to see your program's strengths and areas for improvement, and use this information to plan healthy changes.

For this self-assessment, **child nutrition** topics include foods and beverages provided to children, as well as the environment and teacher practices during meal times. Unless otherwise noted, all questions in this section relate to your program's practices for both toddlers and preschool children.

Before you begin:

- ✓ Gather menus, staff manuals, parent handbooks, and other documents that state your policies and guidelines about child nutrition.
- ✓ Recruit the help of key teachers and staff members who are familiar with day-to-day practices.

As you assess:

- ✓ Answer choices in parentheses () are for half-day programs. Full-day programs should use the answer choices without parentheses.
- ✓ Definitions of key words are marked by asterisks (*).
- ✓ Answer each question as best you can. If none of the answer choices seem quite right, just pick the closest fit. If a question does not apply to your program, move to the next question.

Understanding your results:

- ✓ The answer choices in the right-hand column represent the best practice recommendations in this area. To interpret your results, compare your responses to these best practice recommendations. This will show you your strengths and the areas in which your program can improve.



Foods Provided

1. Our program offers fruit:*

- 3 times per week or less (Half-day: 2 times per week or less) 4 times per week (Half-day: 3 times per week) 1 time per day (Half-day: 4 times per week) 2 times per day or more (Half-day: 1 time per day or more)

* For this assessment, fruit does not include servings of fruit juice.

2. Our program offers fruit that is fresh, frozen, or canned in juice (not in syrup):

- Rarely or never Sometimes Often Every time fruit is served

3. Our program offers vegetables:*

- 2 times per week or less (Half-day: 1 time per week or less) 3–4 times per week (Half-day: 2–3 times per week) 1 time per day (Half-day: 4 times per week) 2 times per day or more (Half-day: 1 time per day or more)

* For this assessment, vegetables do not include french fries, tater tots, hash browns, or dried beans.

4. Our program offers dark green, orange, red, or deep yellow vegetables:*

- 3 times per month or less 1–2 times per week 3–4 times per week 1 time per day or more

* For this assessment, corn is not included as a deep yellow vegetable because it has more starch and fewer vitamins and minerals than other vegetables.

5. Our program offers vegetables that are cooked or flavored with meat fat, margarine, or butter:

- Every time vegetables are served Often Sometimes Rarely or never

6. Our program offers fried or pre-fried potatoes:*

- 3 times per week or more 2 times per week 1 time per week Less than 1 time per week or never

* Fried or pre-fried potatoes include french fries, tater tots, and hash browns that are pre-fried, sold frozen, and prepared in the oven.

7. Our program offers fried or pre-fried meats or fish:*

- 3 times per week or more 2 times per week 1 time per week Less than 1 time per week or never

* Fried or pre-fried meats or fish include breaded and frozen chicken nuggets and fish sticks.

8. Our program offers high-fat meats:*

- 3 times per week or more 2 times per week 1 time per week Less than 1 time per week or never

* High-fat meats include sausage, bacon, hot dogs, bologna, and ground beef that is less than 93% lean.



9. Our program offers meats or meat alternatives that are lean or low fat:*

- 3 times per month or less 1–2 times per week 3–4 times per week Every time meats or meat alternatives are served

* Lean or low-fat meats include skinless, baked or broiled chicken; baked or broiled fish; and ground beef or turkey that is at least 93% lean and cooked in a low-fat way. Low-fat meat alternatives include low-fat dairy foods; baked, poached, or boiled eggs; and dried beans.

10. Our program offers high-fiber, whole grain foods:*

- 1 time per week or less (Half-day: 3 times per month or less) 2–4 times per week (Half-day: 1 time per week) 1 time per day (Half-day: 2–4 times per week) 2 times per day or more (Half-day: 1 time per day or more)

* High-fiber, whole grain foods include whole wheat bread, whole wheat crackers, oatmeal, brown rice, Cheerios, and whole grain pasta.

11. Our program offers high-sugar, high-fat foods:*

- 1 time per day or more 3–4 times per week 1–2 times per week Less than 1 time per week or never

* High-sugar, high-fat foods include cookies, cakes, doughnuts, muffins, ice cream, and pudding.

12. Our program offers high-salt, high-fat snacks:*

- 1 time per day or more 3–4 times per week 1–2 times per week Less than 1 time per week or never

* High-salt, high-fat snacks include chips, buttered popcorn, and Ritz crackers.

13. Children are given sweet or salty snacks outside of meal and snack times:

- 1 time per day or more 3–4 times per week 1–2 times per week Less than 1 time per week or never

Beverages Provided

14. Drinking water is available:

- Only when children ask Only when children ask and during water breaks Only indoors, where it is always visible and freely available* Indoors and outdoors, where it is always visible and freely available*

* Water that is “freely available” is always available to children but may or may not be self-serve. Water may be available from water bottles, pitchers, portable or stationary water coolers, or water fountains.

15. Our program offers children a 4–6 oz. serving* of 100% fruit juice:

- 2 times per day or more 1 time per day 3–4 times per week 2 times per week or less

* A larger serving of juice counts as offering juice more than one time.



16. Our program offers sugary drinks:*

- 1 time per month or more 1 time every few months 1–2 times per year Never

* Sugary drinks include Kool-Aid, fruit drinks, sweet tea, sports drinks, and soda.

17. For children ages 2 years and older,* our program offers milk that is:

- Whole (Regular) Reduced Fat (2%) Low fat (1%) Fat free (Skim)

* This does not include those children with milk allergies.

18. Our program offers flavored milk:

- 1 time per day or more 3–4 times per week 1–2 times per week Never

Feeding Environment

19. Meals and snacks are served to preschool children in the following way:

- Meals and snacks come to classrooms pre-plated with set portions of each food Teachers portion out servings to children Children serve some foods themselves, while other foods are pre-plated or served by teachers Children* always choose and serve most or all foods themselves

* This refers to preschool children who are developmentally ready to choose and serve foods themselves.

20. Television or videos are on during meal or snack times:

- Always Often Sometimes Never

21. When in classrooms during meal and snack times, teachers and staff eat and drink the same foods and beverages as children:

- Rarely or never Sometimes Often Always

22. Teachers and staff eat or drink unhealthy foods or beverages in front of children:

- Always Often Sometimes Rarely or never

23. Teachers enthusiastically role model* eating healthy foods served at meal and snack times:

- Rarely or never Sometimes Often Every meal and snack time

* Enthusiastic role modeling is when teachers eat healthy foods in front of children and show how much they enjoy them. For example, a teacher might say, “Mmm, these peas taste yummy!”



24. Our program's collection of posters, books, and other learning materials* that promote healthy eating includes:

- Few or no materials Some materials with limited variety A variety of materials A large variety of materials with new items added or rotated seasonally

* Learning materials that promote healthy eating can include books about healthy eating habits, MyPlate posters, pictures of fruits and vegetables, healthy play foods, fruit or vegetable garden areas, and bowls of fruit.

25. Our program's collection of posters, books, and other learning materials* that promote unhealthy foods includes:

- A large variety of materials with new items added or rotated seasonally A variety of materials Some materials with limited variety Few or no materials

* Learning materials that promote unhealthy eating can include books or games about unhealthy foods, pictures or posters of unhealthy foods, unhealthy play foods, and bowls of candy.

26. Soda and other vending machines are located:

- In the entrance or front of building In public areas, but not entrances Out of sight of children and families There are no vending machines on site

Feeding Practices

27. Teachers praise children for trying new or less-preferred foods:

- Rarely or never Sometimes Often Always

28. When children eat less than half of a meal or snack, teachers ask them if they are full before removing their plates:

- Rarely or never Sometimes Often Always

29. When children request seconds, teachers ask them if they are still hungry before serving more food:

- Rarely or never Sometimes Often Always

30. Teachers require that children sit at the table until they clean their plates:

- Every meal and snack time Often Sometimes Rarely or never

31. Teachers use an authoritative feeding style:*

- Rarely or never Sometimes Often Every meal and snack time

* An authoritative feeding style strikes a balance between encouraging children to eat healthy foods and allowing children to make their own food choices. A teacher might encourage a child to eat broccoli by reasoning with him/her about its taste and benefits, instead of using bribes or threats.



32. Teachers use* children's preferred foods to encourage them to eat new or less-preferred foods:

- Every meal and snack time Often Sometimes Rarely or never

* This can include offering a treat only if a child finishes his/her vegetables, or taking away a treat if a child does not finish his/her vegetables.

33. Teachers use food to calm upset children or encourage appropriate behavior:

- Every day Often Sometimes Rarely or never

34. During meal and snack times, teachers praise and give hands-on help* to guide toddlers as they learn to feed themselves:

- Rarely or never Sometimes Often Always

* Praise and hands-on help includes encouraging finger-feeding, praising children for feeding themselves, and helping children use cups or other utensils.

35. When toddlers are developmentally ready, beverages are offered in an open, child-sized cup:

- Rarely or never Sometimes Often Always

36. During indoor and outdoor physically active playtime, teachers remind children to drink water:

- Rarely or never Sometimes Often At least 1 time per play period

Menus & Variety

37. The length of our program's menu cycle* is:

- 1 week or shorter 2 weeks 3 weeks or longer without seasonal change 3 weeks or longer with seasonal change

* The length of the menu cycle is the length of time that it takes for the menu to repeat.

38. Weekly menus include a variety of healthy foods:

- Rarely or never Sometimes Often Always

Education & Professional Development

39. Teachers incorporate planned nutrition education* into their classroom routines:

- Rarely or never 1 time per month 2-3 times per month 1 time per week or more

* Planned nutrition education can include circle time lessons, story time, stations during center time, cooking activities, and gardening activities.

40. Teachers talk with children informally about healthy eating:

- Rarely or never Sometimes Often Each time they see an opportunity



41. Teachers and staff receive professional development* on child nutrition:

- Never Less than 1 time per year 1 time per year 2 times per year or more

* For this assessment, professional development on child nutrition does not include training on food safety or food program guidelines. Professional development can include taking in-person or online training for contact hours or continuing education credits. It can also include information presented at staff meetings.

42. Professional development for current staff on child nutrition has included the following topics:

See list and mark response below.

- Food and beverage recommendations for children
- Serving sizes for children
- Importance of variety in the child diet
- Creating healthy mealtime environments*
- Using positive feeding practices[†]
- Communicating with families about child nutrition
- Our program's policies on child nutrition

- None 1–3 topics 4–5 topics 6–7 topics

* In a healthy mealtime environment, children can choose what to eat from the foods offered, television and videos are turned off, and teachers sit with children and enthusiastically role model eating healthy foods.
† Positive feeding practices include praising children for trying new foods, asking children about hunger/fullness before taking their plates away or serving seconds, and avoiding the use of food to calm children or encourage appropriate behavior.

43. Families are offered education* on child nutrition:

- Never Less than 1 time per year 1 time per year 2 times per year or more

* Education can be offered through in-person educational sessions, brochures, tip sheets, or your program's newsletter, website, or bulletin boards.

44. Education for families on child nutrition includes the following topics:

See list and mark response below.

- Food and beverage recommendations for children
- Serving sizes for children
- Importance of variety in the child diet
- Creating healthy mealtime environments
- Using positive feeding practices
- Our program's policies on child nutrition

- None 1–2 topics 3–4 topics 5–6 topics



Policy

45. Our written policy* on child nutrition includes the following topics:

See list and mark response below.

- Foods provided to children
- Beverages provided to children
- Creating healthy mealtime environments
- Teacher practices to encourage healthy eating
- Not offering food to calm children or encourage appropriate behavior
- Planned and informal nutrition education for children
- Professional development on child nutrition
- Education for families on child nutrition
- Guidelines for foods offered during holidays and celebrations
- Fundraising with non-food items

- No written policy or policy does not include these topics 1–4 topics 5–8 topics 9–10 topics

* A written policy can include any written guidelines about your program's operations or expectations for teachers, staff, children, and families. Policies can be included in parent handbooks, staff manuals, and other documents.



Sample DRAFT Wellness Policy

(Adapt for your School or Early Childcare Setting)

(Name of facility) Wellness Policy

Our goal is to provide an environment where children and families can both make and learn how to make healthy choices about food and fitness in their daily lives. We believe that healthy children are ready to learn. By modeling healthy choices the children, parents and staff can learn lifelong healthy habits at (Name of facility).

Nutrition

- All meals served at (Name of facility) will follow CACFP guidelines at a minimum as well as the following guidelines:
 - Sugar-sweetened beverages are not served.
 - 100% juice is limited to no more than 4oz. per day.
 - Children older than two years are served reduced fat milk (skim or 1%).
 - Clean, sanitary drinking water is available for children to serve themselves throughout the day.
 - Local foods will be given preference whenever possible.
- Meals will be served in supportive environments and used as an opportunity to enhance children's social development, boost language skills, and improve self-help skills.
- Children will be provided varied opportunities and materials to help them learn about nutrition at a minimum of one time per week, including identifying sources of food and recognizing, preparing, eating, and valuing healthy foods.
- Staff will receive a minimum of 1.5 hours in nutrition education annually.

Physical Activity

- Children will be provided with a minimum of 60 minutes of physical activity during the core day. A combination of both teacher-led and free play will be included.
- All children will have the opportunity to play outdoors a minimum of one time in the core day, and additional times if participating in extended day (except when conditions pose a health risk).
- When outdoor opportunities for large-motor activities are not possible because of conditions, similar activities will be offered indoors.
- Television, video, and computer time will be limited to no more than 30 minutes per core day.
- Children will not be seated for periods longer than is developmentally appropriate for their age. Transitional activities are encouraged.
- Staff members will encourage children to be active, join children in active play and will utilize a curriculum approach to increasing physical activity for preschoolers. (Refer to NEIFFI Curriculum)

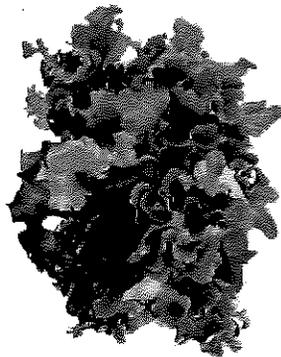
Parent Engagement

- Families will have varied opportunities to learn about nutrition and physical activity through monthly newsletters, at-home activities, classroom activities and volunteering, and parent meetings and workshops.
- (Name of facility) will support parents in their role as their child's first and most important teacher and encourage parents to role model healthy behaviors.



MAY

Featured food of the Month: Leafy Greens



Leafy Green Quick Facts

- Lettuce, spinach, and other salad greens are great sources of vitamin A, vitamin C, and other nutrients. Red and dark green leafy vegetables are generally higher in antioxidants, Vitamin B6, and other nutrients than lighter colored greens.
- Leafy greens are a great choice because they do not contain cholesterol and are naturally low in calories and sodium.

Leafy Green Tips

- Many types of lettuce are available in the grocery store and may be purchased by the head or as prepackaged salad greens. Different types have slightly different flavors. Some have a mild flavor and crisp texture; others have a slightly bitter or tangy flavor that can add a kick to mixed salads.
- Wash your leafy greens well. Separate the leaves and remove any soil or debris.
- Leafy greens can be eaten raw in salads, pesto or wraps or they make a great addition to soups, pastas and pizzas.
- Most greens only need to be cooked briefly. Overcooking turns their vibrant green to a murky green-gray color, changes the flavor, and prolonged cooking takes away some of the nutritional value.
- To reduce the risk of foodborne illness, observe “Use by” dates printed on bagged leafy vegetables and salad mixes and use within two days after opening.
- Store leafy greens in the refrigerator and rinse well before using.
- Add color to your salad by adding a different type of salad green to mix with your usual choice.

Leafy Greens Recipes

Kale Chips

Ingredients:

1 bunch Kale

1 tbsp. Olive Oil

Directions: Preheat oven to 350 degrees. Wash kale and pat dry with a paper towel (moisture will keep them from getting crispy). Remove the leaves from the thick stems and tear into bite size pieces. Drizzle kale with olive oil. Bake until the edges are brown (10-15 minutes).

Green Smoothie

Ingredients:

2 cups any kind of leafy greens (spinach, kale, romaine, etc.)

2 cups water or 2 cups of 100% fruit juice

3 cups of any ripe fruit (apple, berries, banana, etc.)

Directions:

Blend leafy greens and water. Add fruit and blend again.

Strawberry Pecan Salad

Ingredients:

4 cups of any kind of leafy greens (spinach, kale, romaine, etc.)

1 cup sliced strawberries

1/3 cup pecans

¼ cup dried cranberries (or raisins)

Optional: Light salad dressing

Directions: Combine Ingredients and enjoy.

Quick Garlic Kale

Ingredients:

1 tsp. olive oil

1 tbsp. chopped garlic

1/8 tsp. chili flakes

Baby kale

1/8 tsp. salt

Directions: Heat olive oil in a large frying pan over medium-heat. Add garlic and chili flakes and sauté for 30 seconds or until lightly golden. Add kale and sauté, stirring with tongs until wilted and season with salt.

Curriculum Connections



Literacy Connections:

Lettuce Grows on the Ground by Mari Schuh

Do Lions Like Lettuce by Moira Butterfield

Cool Leaf Lettuce from Garden to Table by Katherine Hengel

The Vegetables We Eat by Gail Gibbons

Lettuce Grows on the Ground by Anne Rooney

Vital Vegetables by John Burstein

Eating The Alphabet: Fruits & Vegetables from A to Z by Lois Ehlert

Sesame Street Let's Cook by Susan McQuilan

Vegetable Group by Megan Borgert-Spaniol

Good Enough to Eat: a Kit's Guide to Food and Nutrition by Lizzy Rockwell

Math and Science Connections:

Leafy Greens Discovery Lab

- Explain to students that they will be scientists exploring leafy greens. Introduce them to a variety of greens, and encourage students to use their senses of sight, touch, and smell to explore the leafy greens. Provide scientific tools to explore the greens such as magnifying glasses, tape measures and a scale. Let students begin by exploring the leafy greens independently or in small groups. Ask students guided questions to further their learning. Students can record their observations in a Farm to Preschool journal.

Build a Salad Math

- Have students create a salad with leafy greens and other vegetables. Encourage students to help create their own recipe cards. Try a 1, 2, 3, 4, 5 recipe, where children must pick one of some kind of vegetable, two of another, three of another and so on or try an “Adds up to ten” recipe, where students can choose any combination of leafy greens and other tasty vegetables as long as they total ten pieces all together.

Fruits and Vegetables

- Read the book *Tops and Bottoms* by Janet Stevens and discuss with the class that we eat different parts of different plants. Share photos and describe the parts of different plants that we eat:
 - Roots – beets, carrots, and radishes
 - Flowers – Cauliflower and Broccoli
 - Stems – Asparagus and Celery
 - Fruit – Blueberries, apples and cherries
 - Seeds – pomegranates and pumpkin seeds

Pass around leafy greens for students to explore, and ask what part of the plant the leafy greens are – the leaves!

Pick a better snack



Lettuce

The rule of thumb is, the darker the leaves, the more nutritious it is. Lettuce should have fresh, green leaves which are not wilted, brown or slimy. Wash under clean, running water.

Lettuce is a vegetable which grows as plant leaves.

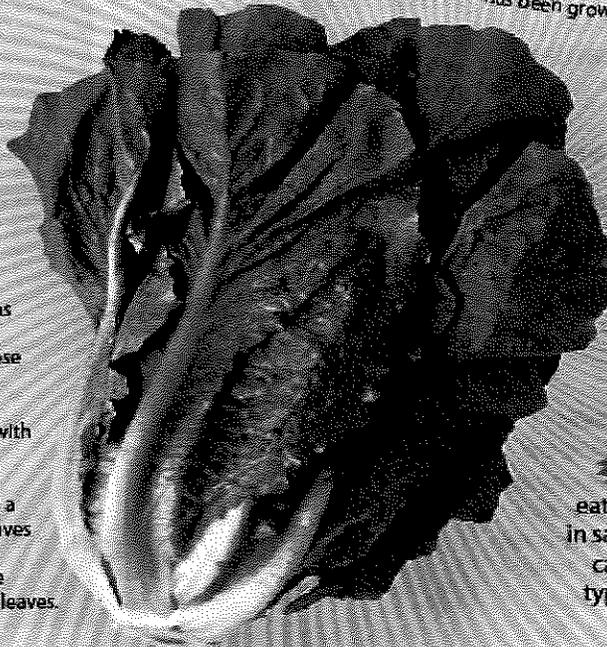
Lettuce actually started out as a weed around the Mediterranean Sea. This vegetable has been eaten for over 4,500 years, and was known to the Egyptians, Greeks and Romans. Christopher Columbus introduced lettuce to North America and it has been grown here ever since.

California raises more lettuce than any other state; followed by Arizona, Florida and Texas.

VARIETIES

There are four main types of lettuce and each type has different varieties:

- Butterhead — forms a loose head and has a buttery texture.
- Crisphead — pale green with leaves packed in a tight head.
- Looseleaf — doesn't form a head, but instead the leaves are joined at the stem.
- Romaine — has a loaf-like shape with darker green leaves.



NUTRITION FACTS

- Good source of vitamin C
- Good source of beta-carotene
- Good source of iron
- Good source of folate
- Good source of fiber

USES

Lettuce is usually eaten raw. Lettuce is often used in salads — a mixture of lettuces can be used. Add lettuce to all types of sandwiches (including hamburgers) and tacos.

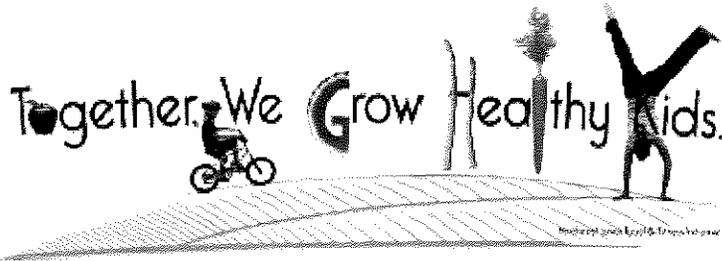
Some lettuce is grown in Iowa.



Financed in part by USDA's supplemental Nutrition Assistance Program in cooperation with the Iowa departments of Public Health and Human Services, equal opportunity providers and employers. The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit www.yesfood.iowa.gov.

This material was developed by the University of Nebraska - Lincoln Extension in Lancaster County.





Spring Vegetables SALAD GREENS

Add salad greens to your diet for a healthy lifestyle!

- Many salad and leafy greens grow in Iowa.
- Good source of vitamin A and C.
- Come in many leaf shapes and colors.
- Greens are vegetables which grow as plant leaves.

You can grow salad too! Salad greens are grown in the spring and the summer before the temperature gets too hot. The best temperature for growth is 60 to 65° F. Greens will flower and produce seeds at 70-80° F. This is called "bolting." Once plants bolt, the crop is done. Try growing greens in pots or window boxes.



Funds to develop and print this newsletter were provided by the Northeast Iowa Funders Network.

Kids in the Kitchen! Shaker Salad

Ingredients:
Handful of salad greens
1 T. shredded cheese
1 T. salad dressing

Combine greens, cheese and dressing in a bowl. Cover with a lid and shake to mix. Serve immediately or chilled.

Add your favorite veggie toppings like beets, carrots, cucumbers, and tomatoes!



Buying tips: Fresh salad greens are usually found loose or bagged. For the best quality, select leaves that are green and crisp, with a nice fresh fragrance. Avoid leaves that are limp, damaged, or spotted. Fresh greens should be dried and packed loosely in a plastic bag and stored in the refrigerator crisper.

Local Food has Value...

Local food has value. We've had a whole school year to experience the bounty of local foods grown in Northeast Iowa. Whether you are a student, a local food producer, an educator, a parent, or community member, local food is good for you, your families, communities, schools and the environment.

REMEMBER what you've LEARNED this year!

As you prepare for a summer of fun, remember to Eat and Play the 5-2-1 way!

www.eatplay521.com

Eat at least **5** fruits and vegetables every day.

Limit screen time to **2** hours or less.

Get **1** hour or more of physical activity every day.

Drink **0** sugar-sweetened drinks. Try water and low-fat milk instead.



Eating Local is Easy as 1-2-3.

1. Look for Iowa foods at your grocery store.
2. Buy direct from the farm.
3. Find a northeast Iowa farmer by visiting

www.iowafreshfood.com

Northeast Iowa Food & Fitness Initiative
www.iowafreshfood.com



Farm to Preschool

Food of the Month: Leafy Greens

I tried leafy greens today!
I thought they were... (circle one)



Awesome!



Okay



Not Very Good



My favorite leafy green recipe was _____

Check out my picture on the back!



(Draw a picture of yourself eating your favorite leafy green recipe on the back!)



Color Me!

Leafy Greens Fun Facts

- *The darker the greens, the greater the nutrition!
- *Dark green leafy vegetables help prevent heart disease, high blood pressure, diabetes, and arthritis. They can even help prevent tooth decay.

CACFP Center

Handy Guide to Creditable Foods

Green

Revised 2/15

1. Creditable foods are used to meet CACFP meal pattern requirements. This list is established by USDA and the Iowa Department of Education, Bureau of Nutrition and Health Services to help assure good nutrition for all participants. The USDA reference is the Crediting Handbook for the CACFP <http://www.fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program>. Organizations are encouraged to consult the Crediting Handbook or contact the State agency with questions regarding specific foods or quantities.
2. This is a partial listing of creditable foods for children one year of age and older, and adult participants.
3. Foods are creditable only if the minimum required quantity of each food component is served. The amount required depends on the age of the participant, the type of meal, the type of food product used and the number served.
4. Water must be made available during meals and throughout the day. Water is not a creditable food and cannot replace any required meal component.
5. An allergy/exception statement from a medical authority is required when a participant cannot follow the meal pattern due to a disability. The allergy/exception statement is recommended if the participant has a food allergy but can follow the meal pattern.

Milk



1. Milk must be pasteurized fluid milk, fortified with vitamins A and D.
2. Participants must be served milk at breakfast, lunch and supper. For children, milk may not be credited for snacks when juice is served as the other component. Milk may be one of the two required components for snacks. Serving milk at supper to an adult participant is optional.
3. Non-dairy beverages that are nutritionally equivalent to milk can be served if a parent note is on file (see p. 2-21 & 2-22).
4. It is recommended that whole milk be served to children between one and two years of age.
5. Milk must be served as a beverage or over cereal.
6. Milk is not creditable when used in cooking (e.g., soup, custard, and pudding).
7. A separate meal pattern and reimbursable foods list is available and must be followed for infants. CACFP requires that breast milk or iron-fortified infant formula be fed until the infant's first birthday. In Iowa, current child care center licensing standards require whole milk, iron-fortified formula or breast milk for children under two years, unless otherwise directed by a physician. CACFP allows children one month to transition to whole cow's milk after the first birthday. An allergy/exception statement is needed to serve iron-fortified formula after 13 months of age. Breast milk may be served to children until two years of age.

Creditable

- Acidified milk (acidophilus), non-fat or fat free (skim), low fat (1%)
- Breast milk, until the child turns two years of age
- Buttermilk, cultured milk or kefir
- Cow's milk, flavored or unflavored including chocolate non-fat or fat free (skim), low fat (1%)
- Cocoa – made only from fluid skim or 1% milk
- Goat's milk, flavored or unflavored including chocolate non-fat or fat free (skim), low fat (1%)
- Lactose-reduced milk non-fat or fat free (skim), low fat (1%)
- Milkshakes – only the milk portion
- Milk substitutes when nutritionally equal to cow's milk* (with a written request from a parent/guardian)
- Organic milk, flavored or unflavored including chocolate non-fat or fat free (skim), low fat (1%)
- Smoothies – only the milk portion credits for milk
- Soy milk – only if a parent note is on file and the nutrients are nutritionally equivalent to cow's milk*
- UHT milk – ultra high temperature (shelf stable) cow's milk
- Whole milk – for children 1-2 years of age only
- Yogurt – for adult participants (and in smoothies, except for breakfast)

*Products known to meet this requirement are 8th Continent Soy Milk (regular and vanilla), Silk Original Soymilk, Pacific Natural Ultra Soymilk (plain and vanilla), Great Value Original Soymilk, Westsoy (organic, plain and vanilla) and Kikkoman shelf-stable product in individual containers (vanilla and chocolate). Allergy/exception statements are required for other brands. Contact the State agency if you have questions about a specific product.

Non creditable

- Almond milk
- Cocoa mix made with water
- Coconut milk
- Coffee creamers
- Cream
- Cream sauce
- Cream soup
- Custard
- Dry milk
- Eggnog
- Evaporated milk
- Half and half
- Ice cream and frozen yogurt
- Ice milk
- Imitation milk
- Pudding
- Pudding pops
- Raw milk (certified or uncertified)¹
- Reconstituted dry milk (only with State approval)
- Rice milk
- Sherbet or sorbet
- Sour cream
- Soy milk, beverage or drink (when not nutritionally equal to cow's milk)
- Sweetened condensed milk
- Whole and 2% milk for children over age 2
- Yogurt – for children ages 1-12 years (creditable only as a meat alternate).

¹Serving this food is prohibited. It may not be served as an "extra" food.



Meat/Meat Alternates

- Meat/meat alternates may include lean meat, poultry, fish, cheese, eggs, nuts, seeds, nut or seed butters, cooked dry beans or split peas, and yogurt. Meats must be inspected by the appropriate health authority. A combination of two meat/meat alternates may be served at the same meal to total the required serving size. A meat/meat alternate is required at lunch and supper; may be served as a component at snack; and may be served as an extra food at breakfast.
- At least ¼ ounce or ½ tablespoon of cooked lean meat or its equivalent must be served to count as part of the required serving.
- Cooked dry beans or split peas may be used either as a vegetable or as a meat alternate, but not both in the same meal.
- Nuts or seeds may fulfill no more than ½ of the required meat/meat alternate serving at lunch and supper.
- In breaded products, and meat sauces only the meat portion is counted.
- For commercial combination products, read labels carefully:
 - If the product name exactly matches a food item listed in the Food Buying Guide (FBG), use it to determine how much to serve.
 - If the product is not listed in the FBG, a Child Nutrition (CN) label (see p 2-15), or signed Product Formulation Statement (PFS) from the manufacturer (not a salesperson or distributor) is required (see p 2-16). Examples of commercial combination foods include meat products that contain cereal, binders and extenders*; canned or frozen stew; commercial lasagna; canned pasta; pizza; pot pie; ravioli; and breaded meats like chicken nuggets or fish sticks.
- If combination foods are prepared from scratch at the center, a standardized recipe must be on file that includes the amount of all ingredients, the serving size, the number of servings it yields, and amount of meat/meat alternate per serving (see p. 2-18).
- Shell fish or nuts may cause food intolerances, especially among preschool participants.

Creditable

Canadian bacon and ham (use FBG for yield) ○
 Cheese, natural or processed ○
 Cheese food, spread or substitute○
 (2 oz. = 1 oz. meat alternate)
 Corndogs - only the hot dog counts as meat ○
 Cottage cheese, ricotta cheese○
 ¼ c. or 2 oz. = 1 oz. meat alternate
 Dried peas, beans, lentils, refried beans, soy beans
 (canned or cooked from dry – ¼ c. = 1 oz. meat alternate)
 Eggs, whole only - fresh, frozen, dried or liquid
 Falafel (only the bean portion counts)
 Fish and shellfish – cooked, count only meat portion
 Fish sticks or portions (use FBG for yield) ○
 Hot dogs (must be all meat; no cereals, binders or extenders) ○
 Hummus (must have recipe or PFS)
 Liver, kidney, tripe
 Lunch meat ○ – all meat; no cereals, binders or extenders*
 (only those listed in the FBG, with CN label or PFS)
 Peanuts, nuts, seeds, soy nuts¹
 Peanut, nut, soy or seed butter, regular¹
 Pizza, homemade (must have recipe) ○
 Pot pies, homemade (must have recipe)
 Quiche (must have recipe) ○
 Sausage (must be all meat; no cereals, binders or extenders)*
 Soups (must be homemade with at least ¼ oz. or
 equivalent of meat/meat alternate per serving to credit)
 Spare ribs, only lean meat portion ○
 Tahini (credit as a seed butter)
 Yogurt, commercial (including tube); plain, flavored, low fat,
 unsweetened or sweetened (use FBG for yield)

○Limit use, since may be high in salt and/or high in saturated fat.

* Examples include: starch, soy flour, soy protein isolate, isolated soy

¹ Choking risk to those under 4 years and the elderly.

² Alternate protein products may be up to 100% non-meat protein, and must have a CN label or signed Product Formulation Statement (PFS).

³ Serving these foods is prohibited. They may not be served as "extra" foods.

Non creditable

Alternate protein products such as vegetarian patties² (must have CN label or PFS)
 Bacon, bacon-bits, imitation bacon
 Canned cheese sauce
 Canned or frozen combination foods (must have CN label, recipe or PFS)
 Cheese product or imitation cheese (Velveeta)
 Chestnuts
 Coconut
 Commercial breaded meat products (must have CN label or PFS)
 Cream cheese
 Egg substitutes, whites, yolks
 Fish – home caught or home pickled³○
 Frozen yogurt
 Game – venison, squirrel, fish etc. (must be USDA or State inspected)
 Ham hocks, pigs' feet, neck bones, tail bones
 Home canned meats, home slaughtered meats³
 Imitation meats/meat alternates (e.g. imitation crab meat)
 Jerky (beef, turkey salmon)
 Meat products made with binders or extenders² (must have CN label or PFS)
 Nutella
 Pepperoni² (must have CN label or PFS)○
 Pizza, commercial (must have CN label, recipe or PFS)○
 Pot pies, commercial (must have CN label, recipe or PFS)○
 Potted, pressed or deviled canned meat (e.g., Spam)○
 Powdered cheese – in boxed macaroni and cheese
 Processed meats with cereals, binders or extenders²
 (creditable only if CN labeled)*
 Salami (must have CN label or PFS) ○
 Snack meat sticks (smoked, beef, poultry, pepperoni) ○
 Soup – commercial canned
 Soy cheese³ (must have CN label, recipe or PFS)
 Spam
 Sausage - Polish, Summer, Vienna, (must have CN label or PFS) ○
 Turkey bacon (must have CN label or PFS)○
 Tofu, tempeh, seitan
 Vegetable/meat protein mixtures², (must have CN label or PFS)*
 Yogurt – homemade³, yogurt-covered fruits, nuts

Vegetables and Fruits



Green

1. Most fruits and vegetables are creditable. Serve a variety for improved nutrition.
2. A minimum of two different vegetables and/or fruits must be served at lunch and supper. One fruit, vegetable, or juice must be served at breakfast.
3. At least $\frac{1}{4}$ cup (2 tablespoons) of fruit or vegetable must be served to each participant in order to count toward meeting the minimum serving size requirement.
4. All fruit juices must be pasteurized. Full strength (100%) juice must be served. Juices labeled "juice", "full strength juice", "100% juice", "single strength juice", "juice from concentrate" or "reconstituted juice" are full strength. Juices that are naturally high in or fortified with vitamin C are recommended.
5. Juice may count up to $\frac{1}{2}$ of the total fruit/vegetable requirement for lunch or supper.
6. Juice may not be served for snack if milk is the only other required food served.
7. Two different fruits and/or vegetables cannot be served as the two required components at snack. A second food item from a different component group must be served.
8. Two forms of the same food (e.g. apples and apple juice) cannot be credited in the same meal.
9. Combinations such as fruit cocktail, fruit salad, succotash, mixed vegetables, peas and carrots, stew vegetables and casserole vegetables, count as one fruit/vegetable.
10. Cooked dry beans or split peas may be credited as either a vegetable or meat alternate, but not as both in the same meal.

Creditable

Apple cider – must be pasteurized
Baby carrots³
Dried peas, beans, lentils, baked beans, refried beans, soy beans (canned or cooked from dry)
Chopped vegetables, in homemade casserole, stew¹
Coleslaw¹
Cranberry juice blend – if a blend of full strength juices
Cranberry sauce – made with whole cranberries (not jellied)
Dehydrated vegetables – measure when re-hydrated
Desserts made with fruit¹
Dried fruit (apricots, dates, figs, prunes, raisins)
Edamame (green soy beans)
Frozen juice bars – must be made with 100% fruit and/or juice
Fruit cobbler, crisp¹
Fruit cocktail – counts as one fruit
Fruit or vegetable in gelatin or pudding¹
Fruit pie, homemade¹ (must have recipe)
Fruit puree (100% fruit)
Fruit sauce, homemade¹ (must have recipe)
Juice, 100% full strength
Juice blends – if a blend of full strength juices.
Juice concentrates, reconstituted to equal 100% juice
Kale
Kiwi fruit
Mixed vegetables – count as one vegetable
Mushrooms
Mustard greens
Olives^{1,3} ♦
Onion rings, homemade^{1,2} ♦ (must have recipe)
Pickles^{1,3} ♦
Pimentos¹
Pizza sauce¹
Potatoes
Potato skins
Salsa (all vegetable including spices)
Smoothies – including fruits and/or vegetables (puree = juice)
Soup (tomato or veg.) – if commercial, 1 c. soup = $\frac{1}{4}$ c. veg
Spaghetti sauce¹
Tomato paste – 1 Tbsp. = $\frac{1}{4}$ c. vegetable
Tomato puree – 2 Tbsp. = $\frac{1}{4}$ c. vegetable
Tomato sauce – 4 Tbsp. or $\frac{1}{4}$ c. = $\frac{1}{4}$ c. vegetable
Tomato juice
Vegetable juice blend (e.g., V-8 juice)

♦ Limit use, since high in salt and/or high in fat.

Non creditable

Apple butter
Banana chips, commercial
Barbecue sauce
Caffeinated drinks
Chili sauce
Coconut
Corn chips³ (count as grain/bread if whole grain or enriched)
Dry spice mixes
Frozen fruit flavored bars, popsicles
Fruit "drink"
Fruit flavored syrup or powder
Fruit in cookies, breads, muffins, and grain bars – (e.g., Fig Newtons)
Fruit in commercial fruited yogurt
Fruit leather, fruit rollups, fruit shapes
Fruit flavored canned punch (e.g., Hawaiian Punch)
Fruit flavored ice cream
Fruit flavored water
Fruit syrup – from canned fruit
Gummy fruit candy³
Home canned fruits and vegetables
Hominy
Honey, syrups, jam, jelly, preserves
Jell-O, gelatin
Juice cocktails (e.g., cranberry, grape, etc.)
Juice drink
Ketchup, condiments and seasonings
Kool-Aid
Lemon pie filling
Lemonade
Orangeade
Pickle relish ♦
Pizza, commercial² (must have CN label, recipe or PFS)
Popsicles – commercial
Posole
Potato chips, potato sticks³
Pudding with fruit – commercial
Raw sprouts
Sherbet, sorbet (must have CN label, recipe or PFS)
Sports drinks
Toaster pastry filling

¹ Only the vegetable or fruit portion counts. Must have at least $\frac{1}{4}$ cup (2 Tablespoons) per serving.

² If a commercial product, must have a standardized recipe, CN label or PFS.

³ Choking hazard



Grains/Breads

1. Creditable grains/breads must list whole grain or enriched flour/meal, bran or germ as the first ingredient. Cereals must be whole grain, enriched or fortified. Carefully read the ingredient labels to ensure these requirements are met.
2. A grain/bread must be served for breakfast, lunch and supper, and may be one of the two components served at snack.
3. At least ¼ serving of grains/breads must be served to count as part of the required serving size.
4. Children and older adults need nutrient dense foods. Sweets may not be credited as grains/breads at lunch, and must be limited to no more than twice a week at snack. Limiting sweet grains/breads is recommended at breakfast. Sweet food items are indicated with a footnote of 3 or 4.
5. See pages 2-14, 2-17 and 2-18 to determine portion sizes for grains/breads.

Creditable

Bagels
 Banana, carrot, pumpkin, zucchini bread
 Biscuits
 Boston brown bread
 Bread pudding, homemade^{1,3} (must have standardized recipe)
 Breeding or batter on meats (must have CN label, PFS, or standardized recipe)
 Bread sticks, hard² or soft
 Bread stuffing¹
 Cake, cupcakes^{3,5}
 Cereal – dry or cooked, 6 gm. of sugar or less is recommended
 Cereal bars^{1,2,4} (must have if homemade or PFS if purchased)
 Chips² – grain based, enriched or whole grain
 Chow mien noodles
 Cinnamon rolls⁴
 Coffee cake⁴
 Cookies, brownies or bars^{3,5}
 Corn bread or corn muffins
 Corn pone, hoe cake
 Corn tortillas
 Couscous
 Crackers²
 Cream puff shells^{3,5}
 Crepes
 Croissants
 Croutons²
 Doughnuts^{4,5}
 Dumplings
 Egg roll skins, won ton wrappers
 English muffins
 Fig bars³ (only the cookie credits)
 Fruit crisp or cobbler crust, homemade^{1,3,5} (must have recipe)
 Fry bread
 Gingerbread
 Graham crackers
 Grain fruit bars, granola bars^{1,2,4}
 Grains – barley, commmeal, farina, millet, oats, quinoa, rice, wheat (if whole grain, enriched or fortified)
 Granola^{1,2}
 Grits, whole grain or enriched
 Hushpuppies
 Kasha (buckwheat)

Limit use since may be high in salt and/or high in fat.

Macaroni, noodles, spaghetti and other pasta shapes
 Macaroni in boxed or homemade macaroni and cheese
 Muffins
 Pie crust or shell⁵ - dessert pies³, or in main dish pie (must have recipe)
 Pita bread
 Pizza crust
 Popovers
 Pretzels, soft and hard²
 Pop tarts, toaster pastries (only the crust)^{4,5}
 Puff pastry with main dish
 Quick breads including biscuits, muffins, banana, carrot, pumpkin, zucchini
 Rice cakes⁵
 Rice pudding^{1,3} (must have standardized recipe)
 Scones
 Snack crackers²
 Sopapillas³
 Spoon bread
 Sweet rolls, buns, pastries⁴
 Taco or tortilla shells²
 Tortillas
 Turnover crust⁴
 Vanilla wafers (plain cookies)³
 Waffles
 Wheat germ, bran

Non creditable

Caramel corn
 Commercial breadding or batter (must have CN label or PFS)
 Commercial cereal bars (must have CN label or PFS)
 Grains included in smoothies
 Grits (if whole grain or enriched)
 Hominy
 Ice cream cones⁵ (only if whole grain or enriched)
 Nut or seed flour
 Popcorn
 Potatoes, potato pancakes (credit as a vegetable)
 Potato chips, potato sticks
 Tapioca

¹ Only the amount of bread, flour, meal or grain counts.

² Hard, dry foods may cause choking.

³ Sweet food product-creditable for snacks only.

⁴ Sweet food product-creditable for snacks and breakfast only.

⁵ Serving size probably not reasonable.

Grains/Breads^{1, 2} Serving Size Chart

Grain bread products are divided into nine groups according to the serving size needed to provide 14.75 grams of flour. When water, fat, sugar, fruit, or nuts are added, a larger serving is needed to provide this amount of flour.

<p align="center">Group A</p> <p align="center">1 serving = 20 gm or 0.7 oz ½ serving = 10 gm or 0.4 oz</p>	<p align="center">Group D</p> <p align="center">1 serving = 50 gm or 1.8 oz ½ serving = 25 gm or 0.9 oz</p>
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard)⁷ • Chow mien noodles⁷ • Crackers (saltines or soda crackers and snack crackers) • Croutons⁷ • Pretzels (hard)⁷ • Rice cakes, plain⁷ • Stuffing, bread portion (dry)⁷ 	<ul style="list-style-type: none"> • Doughnuts⁴ (cake and yeast raised, unfrosted) • Granola bars⁴ (plain) • Muffins (all, except corn) • Sweet rolls⁴ (unfrosted) • Sweet quick breads (e.g., banana, pumpkin, zucchini) • Toaster pastries⁴ (unfrosted)
<p align="center">Group B</p> <p align="center">1 serving = 25 gm or 0.9 oz ½ serving = 13 gm or 0.5 oz</p>	<p align="center">Group E</p> <p align="center">1 serving = 63 gm or 2.2 oz ½ serving = 31 gm or 1.1 oz</p>
<ul style="list-style-type: none"> • Bagels, bagel chips • Batter type coating, breading • Biscuits • Breads (white, wheat, whole wheat, French, Italian, pumpernickel, raisin) • Buns (hamburger and hot dog) • Crackers (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, wheat, whole wheat) • Pizza crust • Pretzels (soft) • Rolls (white, wheat, whole wheat, potato) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn)⁷ • Taco or tortilla shells⁷ • Wonton wrappers 	<ul style="list-style-type: none"> • Cookies^{3, 7} (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts⁴ (cake and yeast raised, frosted or glazed) • French toast • Grain fruit bars⁴ • Granola bars^{4, 7} (with nuts, raisins, chocolate pieces and/or fruit) • Rice cakes, with chocolate chips or peanut butter • Sweet rolls⁴ (frosted) • Toaster pastries⁴ (frosted)
<p align="center">Group C</p> <p align="center">1 serving = 31 gm or 1.1 oz ½ serving = 16 gm or 0.6 oz</p>	<p align="center">Group F</p> <p align="center">1 serving = 75 gm or 2.7 oz ½ serving = 38 gm or 1.3 oz</p>
<ul style="list-style-type: none"> • Cookies³ (plain) • Cornbread, Johnny cake or hushpuppies • Corn muffins • Croissants • Pancakes or crepes • Pie crust (dessert pies³, fruit turnovers⁴, and meat/meat alternate pies) • Waffles 	<ul style="list-style-type: none"> • Cake³ (plain, unfrosted) • Coffee cake⁴
	<p align="center">Group G</p> <p align="center">1 serving = 115 gm or 4 oz ½ serving = 58 gm or 2 oz</p>
	<ul style="list-style-type: none"> • Brownies³ (plain) • Cake³ (all varieties, frosted)
	<p align="center">Group H</p> <p align="center">1 serving = ½ cup cooked (or 25 gm dry) ½ serving = ¼ cup</p>
	<ul style="list-style-type: none"> • Barley • Breakfast cereals (cooked)^{5, 6} • Bulgur, couscous or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown)
	<p align="center">Group I</p> <p align="center">1 serving = ¾ cup or 1 oz, whichever is less ½ serving = ⅓ cup or .5 oz, whichever is less</p>
	<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold dry)^{5, 6} • Cereal bars^{4, 8}

¹ The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.

² Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³ Sweet food product-creditable for snacks only.

⁴ Sweet food product-creditable for snacks and breakfasts only.

⁵ Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶ Cereals must be whole-grain, enriched, or fortified; list whole grain, bran or germ as the first ingredient on the label; or meet nutrient criteria.

⁷ Hard dry foods may cause choking.

⁸ To count as one full serving of grains/breads, a homemade cereal bar must contain ¾ cup or 1 ounce of the cereal, whichever is less. Purchased cereal bars may not be automatically credited; a Product Formulation Statement must be obtained from the manufacturer. Crediting will depend on the volume or weight of the ready-to-eat cereal in each bar.

Helpful websites and more information on standardizing recipes, recipe adjustment and component contributions:

CACFP Crediting handbook: <http://www.fns.usda.gov/cacfp/cacfp-handbooks>

Measuring success with Standardized Recipes: <http://www.theicn.org/ResourceOverview.aspx?ID=88>

The Food Buying Guide: <http://www.theicn.org/ResourceOverview.aspx?ID=441> this also includes a component contribution excel worksheet

Wisconsin School Nutrition menu planning and recipe resources-includes component analysis worksheet we have been using: <http://dpi.wi.gov/school-nutrition/national-school-lunch-program/menu-planning/recipes>

Converting Common Measures

1. Convert Ounces to Pounds

Ounces	Decimal Amounts in Pounds	Ounces	Decimal Amounts in Pounds	Ounces	Decimal Amounts in Pounds
1 oz	.063 lb	7 oz	.44	13 oz	.81 lb
2 oz	.13 lb	8 oz	.50 lb	14 oz	.88 lb
3 oz	.19 lb	9 oz	.56 lb	15 oz	.94 lb
4 oz	.25 lb	10 oz	.63 lb	16 oz	1.0 lb
5 oz	.31 lb	11 oz	.69 lb		
6 oz	.38	12 oz	.75 lb		

To convert ounces to pounds in decimal units, divide the number of ounces by 16.

2. Convert Decimal to Fraction

Decimal Unit	Fractional Equivalent	Decimal Unit	Fractional Equivalent	Decimal Unit	Fractional Equivalent
.125	1/8	.375	3/8	.66	2/3
.25	1/4	.50	1/2	.75	3/4
.33	1/3	.625	5/8	.875	7/8

3. Convert Volume Measures

1 gallon	= 4 quarts or 16 cups	1 gallon of water	= 8 lbs. or 128 ounces
1 quart	= 4 cups or 2 pints	1 quart of water	= 2 lbs. or 32 ounces
1 pint	= 2 cups	1 pint of water	= 16 ounces
1 cup	= 16 tablespoons	1 cup of water	= 8 ounces
1 Tablespoon	= 3 teaspoons	1 tablespoon of water	= 1/2 ounce



Standardized Recipe Checklist

Use this checklist to determine if recipe contains essential and other helpful information.

Essential components:

- 1. Recipe name that reflects content and is appealing to customers
- 2. Number/Category/Meal for easy access
- 3. Ingredients listed by form (canned, frozen, dehydrated, etc.) and any pre-preparation needed (diced, chopped, grated)*
- 4. Specific weight/volume of each ingredient*
- 5. Detailed instructions (directions) for preparing recipe
- 6. Cooking temperatures and cooking times
- 7. Serving size for single portion(s) *
- 8. Recipe yield
 - Number of portions*
 - Total volume or measure (gallons, piece)
 - Pan size
 - Number of pans
 - Weight or volume in each pan
- 9. Equipment and serving utensils used

*Information required for recipe analysis

Additions for the New Meal Pattern to consider:

- 1. Contribution by serving to meal pattern requirements
- 2. Portion size variations by grade group for meat/meat alternate & grains
- 3. Vegetable subgroup contributions
- 4. Nutrient analysis for total calories, saturated fat, and sodium

Other considerations:

- 1. Recipe variations, alternative ingredients, optional ingredients which will not alter the yield, meal pattern contribution, and nutrition content.
- 2. Food Safety job aids such as HACCP Process 1, 2, 3
- 3. Special diet information (gluten free, carbohydrates)

Recipe Name Banana Muffins

Recipe Category: grain/breads

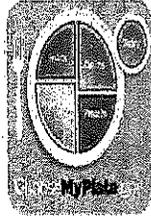
Recipe #:

Ingredients	50 Servings		100 Servings		25 Servings		Directions / HACCP
	Weight	Measure	Weight	Meas	Weight	Measure	
Fresh bananas, peeled	1 lb				8 ounces		1. Mash bananas until no large chunks remain. 2. Set aside.
Enriched all purpose flour	1 lb 14 oz	1 qt 3 cups			15 ounces	3½ cups	3. Combine flour, dry milk, baking powder, sugar, and salt in a mixing bowl larger than 3 quarts. Mix for 1 minute on low speed.
Instant nonfat dry milk		2/3 cup				1/3 cup	4. Add bananas to dry ingredients. Mix for 30 seconds on low speed.
Baking powder							5. In a separate bowl, whisk egg whites, water, and vanilla until frothy. Slowly add to the banana mixture. Mix on low speed for 15-20 seconds, just until all the dry ingredients are moistened.
Sugar							6. Slowly add oil and mix for about 30 seconds on low speed. Do not overmix. The batter will be lumpy.
Salt							7. Using a No. 20 scoop (3 1/3 Tb), portion batter into muffin pans which have been sprayed.
Fresh large egg whites		6 each				3 each	8. Bake until lightly browned: 425 degrees for 10-12 min. in conventional oven, 325 degrees for 10-12 min in convection oven.
Water		2¾ cups				1 1/3 cups	
Vanilla		1 Tb + 1 tsp				2 tsp	
Vegetable oil		¾ cup				¼ c + 2 Tb	

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 muffin	25 servings: 2 lb 13 oz	25 servings: 25 muffins= 1 qt plus 1¼ c (batter)
	50 servings: 5 lb 10 oz	50 servings: 50 muffins= 2 qt plus 2½ c (batter)

Meal Pattern Contribution		
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group
	1 muffin = 1 slice bread	Fruits

Nutrient Analysis (optional)	
Calories:	Saturated Fat: Sodium:



Garbanzo Bean Dip *or Chick Bean Dip*

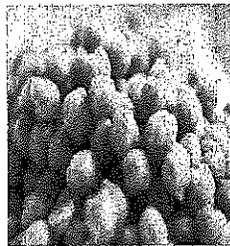
Servings: 12

Ingredients

- 1 15-ounce can garbanzo beans (chickpeas), drained
- 2 Tbsp. vegetable oil
- 1 Tbsp. lemon juice
- 2 Tbsp. onion, chopped

Directions

1. Drain beans and mash in a small bowl until they are smooth.
2. Stir in oil, lemon juice, and onion.
3. Serve on bread, crackers, or tortilla chips, or as a dip with raw vegetables.



Good Enough to Eat: A Kids Guide to Food and Nutrition

By: Lizzy Rockwell



$\frac{1}{2}$ cup dip (bean - meat alternate) and $\frac{1}{2}$ cup celery and carrot sticks

Pick a better snack™



Standardized Recipe Components

Recipe Title: Name that describes the recipe

Recipe Category: classification, for example grains/breads, entrees

Ingredients: Products used in recipe, be specific

Weight /Measure of each ingredient: The quantity of each ingredient listed in weight and/or measure

Preparation Instructions (directions): Directions for preparing the recipe

Cooking temperature and time: The cooking temperature and time, as appropriate

Serving Size: The amount of a single portion in weight or measure

Recipe Yield: The amount weight or measure and number of servings of product at the completion of production that is available for service.

Equipment and utensil to be used: The cooking and serving equipment to be used in preparing and serving the recipe.

Contribution to the Meal Pattern: Identify the component and amount that the recipe contributes

Nutrient Analysis (optional): Nutrient per serving

Factor Method Recipe Adjustment Worksheet

Recipe Title: Hearty Pasta and Bean Salad

Desired Recipe Yield/Number of servings (new): 25

Original Recipe Yield/Number of servings (old): 10

Desired Yield ÷ Original Yield = Factor: 25/10 or 2.5

Ingredient List	Recipe Measure (lb, oz, gal, tsp)	Ingredient Amounts for Original Recipe	Multiply by Factor	Adjusted Ingredient Amounts	Rounded Recipe Amounts
Raw pasta	cups	2	2.5	5 cups	
Kidney beans	cups	2	2.5	5 cups	
Diced zucchini	cups	1	2.5	2.5 cups	
Chopped green pepper	cups	1	2.5	2.5 cups	
Chopped tomato	cups	1	2.5	2.5 cups	
Chopped green olives	cups	1/3	2.5	.8325 (halfway between 3/4 and 7/8)	
Grated parmesan cheese	cups	1/4	2.5	.625 (scant 2/3)	
Low-fat yogurt	cups	1	2.5	2.5 cups	
Chili powder	teaspoon	1/2	2.5	1 1/4 teaspoon	
coriander	teaspoon	1/2	2.5	1 1/4 teaspoon	
paprika	teaspoon	1/2	2.5	1 1/4 teaspoon	
sage	teaspoon	1/4	2.5	.625 teaspoon (scant 2/3 teaspoon)	
Salt and pepper	To taste	To taste	2.5	To taste	

Instructions:

1. Enter recipe name.
2. Enter the desired recipe yield.
3. Enter the original recipe yield.
4. Divide the desired recipe yield by the original yield.
5. Enter the factor that will be used to multiply with each original ingredient amount to obtain the adjusted ingredient amounts.
6. Can also copy the factor in the Multiply by Factor column.
7. Enter ingredients into ingredient list.
8. Enter the recipe measures as listed on the original recipe.
9. Enter recipe amounts from the original recipe in column Ingredient Amounts for Original Recipe
10. Multiply each ingredient by the factor.
11. Convert adjusted ingredient amounts to amounts normally used for weights and measures.

Factor Method Recipe Adjustment Worksheet

Recipe Title: Hearty Pasta and Bean Salad						
Desired Recipe Yield/Number of servings (new): 5						
Original Recipe Yield/Number of servings (old): 25						
Desired Yield ÷ Original Yield = Factor: 5/25 or .20						
Ingredient List	Recipe Measure (lb, oz, gal, tsp)	Ingredient Amounts for Original Recipe	Multiply by Factor	Adjusted Ingredient Amounts	Rounded Recipe Amounts	
Raw pasta	cups	5	.20	1 cup		
Kidney beans	cups	5	.20	1 cup		
Diced zucchini	cups	2.5	.20	.5 cup		
Chopped green pepper	cups	2.5	.20	.5 cup		
Chopped tomato	cups	2.5	.20	.5 cup		
Chopped green olives	cups	3/4	.20	.15 cup or rounded 1/8 cup		
Grated parmesan cheese	cups	2/3	.20	.132 or 1/8 cup		
Low-fat yogurt	cups	2.5	.20	.5 cup		
Chili powder	teaspoon	1 1/4 tsp	.20	1/4 teaspoon		
coriander	teaspoon	1 1/4 tsp	.20	1/4 teaspoon		
paprika	teaspoon	1 1/4 tsp	.20	1/4 teaspoon		
sage	teaspoon	2/3 tsp	.20	1/8 teaspoon		
Salt and pepper	To taste	To taste	.20	To taste		

Instructions:

1. Enter recipe name.
2. Enter the desired recipe yield.
3. Enter the original recipe yield.
4. Divide the desired recipe yield by the original yield.
5. Enter the factor that will be used to multiply with each original ingredient amount to obtain the adjusted ingredient amounts.
6. Can also copy the factor in the Multiply by Factor column.
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Instructions:

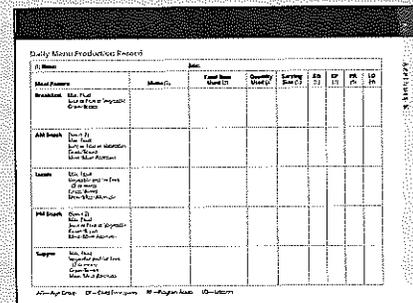
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8. Enter the recipe measures as listed on the original recipe.
9. Enter recipe amounts from the original recipe in column Ingredient Amounts for Original Recipe
10. Multiply each ingredient by the factor.
11. Convert adjusted ingredient amounts to amounts normally used for weights and measures.

Production Records: A Tool to Use

Every family day care home provider wants to meet Child and Adult Care Food Program (CACFP) requirements in the best way possible. A production record is a tool that makes menu planning and record keeping easier. Some states or sponsoring agencies may require production records. Others may encourage this best practice method to meet program guidelines.

A production record is a tool that helps make sure:

- Meals meet CACFP meal patterns
- Food amounts meet program minimums
- Serving sizes are clearly stated
- Leftover amounts are noted



The image shows a sample production record form titled "Daily Menu Production Record". It is a table with columns for "Meal Pattern", "Meals/Day", "Quantity", "Cups", "Oz", "Pb", "Pb", "Pb", and "Pb". The rows are categorized by meal type: Breakfast, All Day Snack, Lunch, All Day Snack, and Supper. Each row has a list of food items and their quantities. The table is designed to be filled out for each day of the week.

Building Blocks for Fun and Healthy Meals (2000).

USDA's *Building Blocks for Fun and Healthy Meals* Appendix K has a sample production record. Use copies of this master or make one for your needs. This sample record shows all meals and snacks on one page. Decide what works best for you. Single meal records may be easier. If you care for children from more than one age group, be sure to list the serving size needed for each age group.

A production record needs to show the date and location of the meal if a center has more than one site.



Here is a step-by-step guide on how to fill out a production record. This issue of *Mealttime Memo* includes a sample record for the lunch menu for Day 4.

Mealtime Memo FOR CHILD CARE

Meal Pattern

List the components for each meal and the minimum serving size. Make sure planned meals meet CACFP program requirements.

Menu

Write the menu and show recipe numbers. Some foods provide more than one food component, such as the Not Fried Rice in the example. Note how much of each component is provided by a serving size. In the example, the recipe lists a #10 scoop as the serving size. The provider will serve two #10 scoops. The component amounts in two #10 scoops are listed. It provides a quick check that all components amounts are planned.

Food Item Used

Note the brand or type of food items used on the menu or recipe in the Food Item Used column. The example has a note that the rice was pre-prepared with another recipe. These records can help organize tasks and save time.

Quantity Used

List the amount of each food component in the Quantity Used column. The amount listed shows enough food was on hand to meet the minimum serving sizes for each age group of children. If adults are served, add the amount of food planned for these meals to the amount needed for the children. In the sample record, each child will be served a one-ounce portion of ham; the adult will have a two-ounce portion. A total of 12 ounces is needed for the meal.

Serving Size

List the scoop, portion server, or ladle size for item. Specify the size of a piece.

Age Group (AG)

Write the age group of the children served in this column. Make a custom record with more age group columns, if needed.

Child Participants (CP)

Enter the number of children served in this column.

Program Adults (PA)

Enter the number of adult meals in this column. Make sure the amount of food available will meet needs for all children and adults.

Left Overs (LO)

Record the amount of any left over foods. Make the column larger and record notes for future meals if amount left over can be safely used another time.

A production record is a best practice.

Mealtime Memo FOR CHILD CARE

Sample Production Record for a CACFP site serving 3-5 year old children (i.e, a single age group)

Daily Menu Production Record

(1) Date:

Site:

Date each record.

Centers with more than one location need to fill in for each location. Homes can list name or address.

Meal Pattern	Menu (2)	Food Item Used (3)	Quantity Used (4)	Serving Size (5)	AG (6)	CP (7)	PA (8)	LO (9)
Meat/Meat Alternate 1 ½ ounce	Lean ham and egg in Not Fried Rice	List brand of ham and size of eggs purchased	12 ounces ham; 7 large eggs	1 ounce	3-5 year olds	10	1 (2-oz)	No ham left
Grains/Bread ½ ounce equivalent (½ slice)	Not Fried Rice (Recipe A-08) (1 slice bread equivalent in two #10 scoops)	Brown Rice – Cooking Rice A-18 prepped with Teriyaki Chicken menu	1 lb 9 oz cooked (2 pans from freezer)	Two #10 scoops (¾ cup)		10	1	2 cups
Fruits and Vegetables ½ cup total, of two different choices	Vegetables in Not Fried Rice (¼ cup in two #10 scoops) Orange Smiles	Frozen peas, carrots for Rice; Fresh Oranges (125 ct size)	13 ounces of each vegetable; 2 lbs oranges	½ cup in rice ½ orange (¼ c)		10	1	1
Milk, ¾ cup (6 ounces) fluid milk	Milk	List brand of milk purchased	3 quarts or ¾ gallon	6 ounce (8 oz adult)		10	1	3 ½ cups

Notes:

Items in script typeface (Quantity Used and LO) are intended to look hand written as these are items filled in on the record when the meal is produced.

Two #10 scoops of Not Fried Rice would provide the equivalent of 1 lean meat (½ ounce per #10 scoop). One ounce lean ham and two #10 scoops of Not Fried Rice provide 2 ounce meat alternate total. Menu written to provide more than minimum serving amounts for children 3-5 years old.

Sources
U.S. Department of Agriculture, Food Nutrition Service. (2012). *Building blocks for fun and healthy meals*. Retrieved November 2, 2012, from www.teamnutrition.usda.gov

Subscribe to *Mealtime Memo* for Child Care online at www.nfsmi.org and receive the link to download the newsletter via e-mail each month!!

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Food Buying Guide Reference

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
Milk, fluid <i>Skim or Nonfat milk, Lowfat milk, Reduced fat milk, Whole milk, Lactose-reduced milk, Lactose-free milk, Buttermilk, Acidified milk (unflavored or flavored)</i>	Gallon	16.0	1/2 pint milk (1 cup milk)	6.3	
	Gallon	21.3	3/4 cup milk	4.7	
	Gallon	32.0	1/2 cup milk	3.2	
	Quart	4.0	1/2 pint milk (1 cup milk)	25.0	
	Quart	5.3	3/4 cup milk	18.9	
Quart	8.0	1/2 cup milk	12.5		
1/2 pint (8 fl oz)	1.0	1/2 pint milk	100.0		
Apples, fresh 125-138 count Whole	Pound	14.8	1/4 cup raw, unpeeled fruit (about 1/4 apple)	6.8	1 lb AP = 0.91 lb (3-2/3 cups) ready-to-cook or -serve raw, cored, unpeeled apple
Apricots, canned Halves Unpeeled	No. 10 can (106 oz)	48.0	1/4 cup fruit and juice	2.1	1 No. 10 can = about 62.0 oz (7-1/3 cups) drained apricots
	No. 2-1/2 can (29 oz)	13.2	1/4 cup fruit and juice	7.6	1 No. 2-1/2 can = about 16.0 oz (1-7/8 cups) drained apricots
	No. 300 can (15-1/4 oz)	6.54	1/4 cup fruit and juice	15.3	
	No.300 can (15-1/4 oz)	6.08	1/4 cup heated, drained fruit	16.5	
Carrots, fresh Baby Ready-to-use	Pound	12.9	1/4 cup raw vegetable	7.8	1 lb AP= 1 lb (about 3-1/8 cups) ready-to-serve raw carrots
	Pound	11.4	1/4 cup cooked, drained vegetable	8.8	1 lb AP= 0.97 lb (about 2-3/4 cups) cooked carrots
Grapes, fresh Seedless Whole Without stem	Pound	10.8	1/4 cup whole fruit (about 7 large grapes)	9.3	

Grains/Breads^{1, 2} Serving Size Chart

Grain bread products are divided into nine groups according to the serving size needed to provide 14.75 grams of flour. When water, fat, sugar, fruit, or nuts are added, a larger serving is needed to provide this amount of flour.

<p align="center">Group A</p> <p align="center">1 serving = 20 gm or 0.7 oz ½ serving = 10 gm or 0.4 oz</p>	<p align="center">Group D</p> <p align="center">1 serving = 50 gm or 1.8 oz ½ serving = 25 gm or 0.9 oz</p>
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard)⁷ • Chow mien noodles⁷ • Crackers (saltines or soda crackers and snack crackers) • Croutons⁷ • Pretzels (hard)⁷ • Rice cakes, plain⁷ • Stuffing, bread portion (dry)⁷ 	<ul style="list-style-type: none"> • Doughnuts⁴ (cake and yeast raised, unfrosted) • Granola bars⁴ (plain) • Muffins (all, except corn) • Sweet rolls⁴ (unfrosted) • Sweet quick breads (e.g., banana, pumpkin, zucchini) • Toaster pastries⁴ (unfrosted)
<p align="center">Group B</p> <p align="center">1 serving = 25 gm or 0.9 oz ½ serving = 13 gm or 0.5 oz</p>	<p align="center">Group E</p> <p align="center">1 serving = 63 gm or 2.2 oz ½ serving = 31 gm or 1.1 oz</p>
<ul style="list-style-type: none"> • Bagels, bagel chips • Batter type coating, breading • Biscuits • Breads (white, wheat, whole wheat, French, Italian, pumpernickel, raisin) • Buns (hamburger and hot dog) • Crackers (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, wheat, whole wheat) • Pizza crust • Pretzels (soft) • Rolls (white, wheat, whole wheat, potato) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn)⁷ • Taco or tortilla shells⁷ • Wonton wrappers 	<ul style="list-style-type: none"> • Cookies^{3, 7} (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts⁴ (cake and yeast raised, frosted or glazed) • French toast • Grain fruit bars⁴ • Granola bars^{4, 7} (with nuts, raisins, chocolate pieces and/or fruit) • Rice cakes, with chocolate chips or peanut butter • Sweet rolls⁴ (frosted) • Toaster pastries⁴ (frosted)
<p align="center">Group C</p> <p align="center">1 serving = 31 gm or 1.1 oz ½ serving = 16 gm or 0.6 oz</p>	<p align="center">Group F</p> <p align="center">1 serving = 75 gm or 2.7 oz ½ serving = 38 gm or 1.3 oz</p>
<ul style="list-style-type: none"> • Cookies³ (plain) • Cornbread, Johnny cake or hushpuppies • Corn muffins • Croissants • Pancakes or crepes • Pie crust (dessert pies³, fruit turnovers⁴, and meat/meat alternate pies) • Waffles 	<ul style="list-style-type: none"> • Cake³ (plain, unfrosted) • Coffee cake⁴
	<p align="center">Group G</p> <p align="center">1 serving = 115 gm or 4 oz ½ serving = 58 gm or 2 oz</p>
	<ul style="list-style-type: none"> • Brownies³ (plain) • Cake³ (all varieties, frosted)
	<p align="center">Group H</p> <p align="center">1 serving = ½ cup cooked (or 25 gm dry) ½ serving = ¼ cup</p>
	<ul style="list-style-type: none"> • Barley • Breakfast cereals (cooked)^{5, 6} • Bulgur, couscous or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown)
	<p align="center">Group I</p> <p align="center">1 serving = ¾ cup or 1 oz, whichever is less ½ serving = ⅓ cup or .5 oz, whichever is less</p> <ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold dry)^{5, 6} • Cereal bars^{4, 8}

¹ The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.

² Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³ Sweet food product-creditable for snacks only.

⁴ Sweet food product-creditable for snacks and breakfasts only.

⁵ Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶ Cereals must be whole-grain, enriched, or fortified; list whole grain, bran or germ as the first ingredient on the label; or meet nutrient criteria.

⁷ Hard dry foods may cause choking.

⁸ To count as one full serving of grains/breads, a homemade cereal bar must contain ¾ cup or 1 ounce of the cereal, whichever is less. Purchased cereal bars may not be automatically credited; a Product Formulation Statement must be obtained from the manufacturer. Crediting will depend on the volume or weight of the ready-to-eat cereal in each bar.

Common Grain/Bread Servings¹

How much to serve:

Food	Serving Size		Grain Category
	$\frac{1}{2}$ grain	1 grain	
Animal cookies-store brand	8	16	
Bagel - 3.3 oz. national brand	1/6	$\frac{1}{3}$	
Bread - national brand	$\frac{1}{2}$ slice	1 slice	
Cereal, cooked - store brand	$\frac{1}{4}$ c.	$\frac{1}{2}$ c.	
Cereal, Cheerios	$\frac{1}{3}$ c.	$\frac{3}{4}$ c.	
Cheez-it snack crackers, original	9	18	
Chips Ahoy cookies	2	4	
Corn Chips - store brand small yellow round	9	18	
Ritz snack crackers, original	3	7	
Fish crackers	19	37	
Graham crackers - national brand	1 sheet (2 squares)	2 sheets (4 squares)	
Graham crackers - store brand	1 sheet (2 squares)	2 sheets (4 squares)	
Grain/fruit bars - store brand	1	2	
Granola Bar, with chocolate chips - store brand	1.5	3	
Granola Bar, plain - Nature Valley	1.5	2.5	
Toaster Pastry, plain (52 g)	$\frac{1}{2}$	1	
Toaster Pastry, frosted (52g)	$\frac{3}{4}$	$1\frac{1}{4}$	
Pretzels - store brand	Ring - small	7	13
	Ring - large	4	8
	Stick	19	38
Saltines - national brand	4	7	
Saltines - store brand	4	7	
Oyster cracker -store brand	26	51	
Teddy grahams - plain	10	20	
Tortilla, small (50 g)	1/4	1/2	
Triscuits, original	3	5	
Vanilla Wafers - store brand	5	9	
Wheat Thins, original	5	10	

¹ Adapted from *The CACFP Administrative Manual for Centers*, 6th Edition, page 2-15

How to Combine Age Groups

General Information: When completing the food production record it may be time saving to combine age groups to calculate the required quantities of foods needed. CACFP regulations require that at least the minimum amount of food must be served according to age. CACFP organizations must comply with that requirement, however, additional food may be served to meet the children's needs. By combining age groups there may be some additional food planned.

Instructions:

Step 1: Determine number of children in each age group:

1-2 year olds
3-5 year olds
6-12 year olds

Determine the number of adults (center staff, volunteers, etc.) to be served.

Step 2: Which age group has the most children?

Step 3: Guidelines for combining age groups:

- Children cannot receive a smaller serving size than required.
- Children can receive a larger serving size than required.
- Plan the same serving size for adults as 3-5 year olds.

Step 4: Determine the total number of people (children and adults) to use as the estimated number to serve (food production record - column 5).

Example:

Step 1:

1-2 year olds =	6
3-5 year olds =	52
6-12 year olds =	12
Adults =	15

Step 2: Most of the children are in the 3-5 year old age group. Their serving size will be the reference serving size to use on the food production record.

Step 3: Count every 1-2 year old as one 3-5 year old.
Count every 6-12 year old as two 3-5 year olds
Count every adult as one 3-5 year old.

Step 4:

1-2 year olds =	6 X 1 =	6
3-5 year olds =	52 X 1 =	52
6-12 year olds =	12 X 2 =	24
Adults =	15 X 1 =	<u>15</u>
Minimum total to plan for =		97

Serving Size Chart

1 cup = $\frac{3}{4}$ cup + $\frac{1}{4}$ cup
 = $\frac{1}{2}$ cup + $\frac{1}{2}$ cup
 = $\frac{1}{2}$ cup + $\frac{1}{4}$ cup + $\frac{1}{4}$ cup
 = $\frac{1}{4}$ cup + $\frac{1}{4}$ cup + $\frac{1}{4}$ cup + $\frac{1}{4}$ cup

$\frac{3}{4}$ cup = $\frac{1}{2}$ cup + $\frac{1}{4}$ cup
 = $\frac{1}{4}$ cup + $\frac{1}{4}$ cup + $\frac{1}{4}$ cup
 = $\frac{1}{2}$ cup + $\frac{1}{8}$ cup + $\frac{1}{8}$ cup

$\frac{1}{2}$ cup = $\frac{1}{4}$ cup + $\frac{1}{4}$ cup
 = $\frac{1}{4}$ cup + $\frac{1}{8}$ + $\frac{1}{8}$ cup
 = $\frac{1}{8}$ cup + $\frac{3}{8}$ cup
 = $\frac{1}{8}$ cup + $\frac{1}{8}$ cup + $\frac{1}{8}$ cup + $\frac{1}{8}$ cup

$\frac{1}{4}$ cup = $\frac{1}{8}$ cup + $\frac{1}{8}$ cup

Instructions: This is a chart to identify the minimum quantities of foods to place on the table at the beginning of the meal service according to serving sizes and number of children and adults to be served. The serving size is in the second row. Assume the adult serving size is the same as the child's. Determine the serving size needed. Follow the column down until it intersects with the row that identifies the number of children and supervising adults at the table. The answer at the intersection is the minimum amount that must be placed on the table at the beginning of the meal service.

Food Component →	Milk/Juice/Fruit/Vegetable c = cup				Meat/Bread/Grains oz = ounce			
	$\frac{1}{4}$ c 2 oz	$\frac{1}{2}$ c 4 oz	$\frac{3}{4}$ c 6 oz	1 c 8 oz	.5 oz .5 slices	1 oz 1 slice	1½ oz	2 oz
No of children & adults at table ↓								
2	$\frac{1}{2}$ c 4 oz	1 c 8 oz	$1\frac{1}{2}$ c 12 oz	2 c 16 oz	1 oz 1 slice	2 oz 2 slices	3 oz	4 oz
3	$\frac{3}{4}$ c 6 oz	$1\frac{1}{2}$ c 12 oz	$2\frac{1}{4}$ c 18 oz	3 c 24 oz	$1\frac{1}{2}$ oz $1\frac{1}{2}$ slices	3 oz 3 slices	$4\frac{1}{2}$ oz	6 oz
4	1 c 8 oz	2 c 16 oz	3 c 24 oz	4 c 32 oz	2 oz 2 slices	4 oz 4 slices	6 oz	8 oz
5	$1\frac{1}{4}$ c 10 oz	$2\frac{1}{2}$ c 20 oz	$3\frac{3}{4}$ c 30 oz	5 c 40 oz	$2\frac{1}{2}$ oz $2\frac{1}{2}$ slices	5 oz 5 slices	$7\frac{1}{2}$ oz	10 oz
6	$1\frac{1}{2}$ c 12 oz	3 c 24 oz	$4\frac{1}{2}$ c 36 oz	6 c 48 oz	3 oz 3 slices	6 oz 6 slices	9 oz	12 oz
7	$1\frac{3}{4}$ c 14 oz	$3\frac{1}{2}$ c 28 oz	$5\frac{1}{4}$ c 42 oz	7 c 56 oz	$3\frac{1}{2}$ oz $3\frac{1}{2}$ slices	7 oz 7 slices	$10\frac{1}{2}$ oz	14 oz
8	2 c 16 oz	4 c 32 oz	6 c 48 oz	8 c 64 oz	4 oz 4 slices	8 oz 8 slices	12 oz	16 oz
9	$2\frac{1}{4}$ c 18 oz	$4\frac{1}{2}$ c 36 oz	$6\frac{3}{4}$ c 54 oz	9 c 72 oz	$4\frac{1}{2}$ oz $4\frac{1}{2}$ slices	9 oz 9 slices	$13\frac{1}{2}$ oz	18 oz
10	$2\frac{1}{2}$ c 20 oz	5 c 40 oz	$7\frac{1}{2}$ c 60 oz	10 c 80 oz	5 oz 5 slices	10 oz 10 slices	15 oz	20 oz

Daily Food Production Record

* Center Name: _____ * Date: _____

Instructions: Document the quantity of food prepared for each component. When using a standardized recipe, the quantity refers to the number of portions prepared. When serving a one ingredient item, the quantity refers to the number of pounds, boxes (include weight), cans (include size), etc. The items with an asterisk are required.

Age Range	* Brst	* AMS	* Lunch	* PMS
Ages 1-2				
Ages 3-5				
Ages 6-12				
Supervising Adults				
Total Meals Served				

Meal	* Menu Item	* Food Item or Recipe No.	Serving Size	* Quantity	Temp	Comments
------	-------------	---------------------------	--------------	------------	------	----------

Breakfast						
Fluid Milk	Milk		3/4 c			
Fruit/Veg/Jc	Apricots		1/2 c			
Bread/Grain	Cheerios		1/2 c			
Other Food						

AMS						
Component 1	Rice cakes, chocolate					
Component 2	Milk		1/2 c			
Other Food						

Lunch						
Meat/Meat Alt	Orange Chicken					
Fruit	Apple Wedges		1/4 c			
Vegetable	Baby Carrots		1/4 c			
Bread/Grain	Chow Mein Noodles					
Other Food						
Fluid Milk	Milk		3/4 c			

PMS						
Component 1	Donut wholes, plain					
Component 2	Grapes		1/2 c			
Other Food						

Adult Daily Food Production Record

*Center Name: _____ *Date: _____

Instructions: Document the quantity of food prepared for each component. When using a standardized recipe, the quantity refers to the number of portions prepared. When serving a one ingredient item, the quantity refers to the number of pounds, boxes (include weight), cans (include size), etc. The items with an asterisk are required.

Age Range	* Bfst	* AMS	* Lunch	* PMS
Participating Adults				
Supervising Adults				
Total Meals Served				

Meal	*Menu Item	*Food Item or Recipe No.	Serving Size	*Quantity	Temp	Comments
------	------------	--------------------------	--------------	-----------	------	----------

Breakfast

Fluid Milk						
Fruit/Veg/Jc						
Bread/Grain						
Bread/Grain						

AMS

Component 1						
Component 2						
Other Food						

Lunch

Meat/Meat Alt						
Fruit						
Vegetable						
Bread/Grain						
Bread/Grain						
Fluid Milk						

PMS

Component 1						
Component 2						
Other Food						



**Iowa Child and Adult Care Food Program
On-Site Food Production Worksheet/Record**

*** Name:** _____

*** Date (Month/Day/Year):** _____

1-2 years _____

3-5 years _____

6-12 years _____

Participating Adults _____

Supervising Adults & Volunteers _____

Total Meals Served _____

Requirements:
 1. Menus must be maintained on a separate document. 2. Final Menus and Food Production Records must match and reflect actual meal service. 3. Starred items must be completed.

Instructions:
 Use the data from the Food Buying Guide (FBG) For Child Nutrition Programs (PA-1331) to complete columns 1-4.

Meal and Component	* Name of each food (as purchased). (Write USDA recipe number if used.) (1)	Purchase Unit (box, can size/weight) (2)	Servings Per Purchase Unit (3)	FBG Serving Size or Planned Serving Size (4)	Estimated Number to be Served (5)	* Actual Number Served			Comments (e.g.: Food Temperatures, Leftovers, CN Labels)
						* Amount To Prepare (use Column 6) Use Column 7 to Record Amount Served If Different than Amount Prepared in Column 6. Column 5 ÷ Column 3 = (6)	(7)	(8)	
Breakfast									
Milk									
FV/Veg									
Grain/Bread									
2 nd G/B (adults)									
Milk									
M/M/A									
FV/Veg									
Grain/Bread									
Milk									
M/M/A									
FV/Veg									
Grain/Bread									
2 nd G/B (adults)									
Milk									
M/M/A									
FV/Veg									
Grain/Bread									
Milk									
M/M/A									
FV/Veg									
Grain/Bread									
PM Snack									
Milk									
M/M/A									
FV/Veg									
Grain/Bread									



Iowa Child and Adult Care Food Program On-Site Food Production Record

*Actual Number Served

*Center Name:	1-2 years				
	3-5 years				
*Date (Month/Day/Year):	6-12 years				
	Participating Adults				
	Supervising Adults & Volunteers				
	Total Meals Served				

Bkfst	AM Snack	Lunch	PM Snack	Supper	Late PMS

Requirements: 1. Menus must be maintained on a separate document. 2. Final Menus and Food Production Records must match and reflect actual meal service. 3. Starred items must be completed.

	Meal and Component	*Name of each food served. (Write USDA recipe number if used.)	Planned CACFP Serving Size	* Quantity Prepared/Served (cups, lbs, qts, gal, number, etc.)	Comments (Food Temperatures, Leftovers, CN Label)
Breakfast	Milk				
	Ft/Veg				
	Grain/Bread				
	2 nd G/B (adult)				
	Other foods				
AM Snack	Component 1				
	Component 2				
	Other foods				
Lunch	Milk				
	M/MA				
	Ft/Veg				
	Ft/Veg				
	Grain/Bread				
	2 nd G/B (adult)				
	Other foods				
PM Snack	Component 1				
	Component 1				
	Other foods				
Supper	Milk				
	M/MA				
	Ft/Veg				
	Ft/Veg				
	Grain/Bread				
	2 nd G/B (adult)				
	Other foods				
Late PM	Component 1				
	Component 1				



Iowa Child and Adult Care Food Program Food Production Record for Contracted Meals

★ Center Name: _____

★ Date (Month/Day/Year): _____

Instructions: The food contractor should complete columns 1-3. Starred (★) items must be completed.

Number of Meals Ordered		★Actual Number of Meals Served				
Breakfast			Bkfst	AM Snack	Lunch	PM Snack
AM Snack		Ages 1-2				
Lunch		Ages 3-5				
PM Snack		Ages 6-12				
School personnel circle which menu planning system is used: <input type="checkbox"/> Traditional school lunch meal pattern for preschool <input type="checkbox"/> New school nutrition standards <input type="checkbox"/> CACFP meal pattern		Participating Adults				
		Adults & Visitors				
		Total Meals Served				

Meal	★Component (Name of each food served.) (Write USDA recipe number if used.) (1)	Planned Serving Size or CN Label Contribution (2)	★Total Amount Delivered (3)	Comments (e.g., Leftovers, Food Temperatures at time of arrival)
Breakfast	Vegetable/Fruit/Juice		Cups/qts./lb.	
	Grain/bread		Cups/# slices/oz.	
	2 nd Grain/Bread (adults)			
	Milk		Cups/qts./gal.	
AM Snack	Component 1			
	Component 2			
Lunch	Meat/Meat Alternate		Oz./lbs.	
	Vegetable/Fruit		Cups/qts./lbs.	
	Vegetable/Fruit		Cups/qts./lbs.	
	Grain/bread		Cups/# slices/oz.	
	2 nd Grain/Bread (adults)			
	Milk		Cups/qts./gal.	
PM Snack	Component 1			
	Component 2			

Signature of Person Responsible _____

CACFP MEAL TRANSPORT SHEET

Center/Site Name: _____

Number of Meals Ordered: _____

Date: _____

Number of Meals Sent: _____

Menu Item (BREAKFAST)	Serving Size	Amount Sent	Temperature			
			Kitchen	Time Taken	Center	Time Taken

Menu Item (LUNCH)	Serving Size	Amount Sent	Temperature			
			Kitchen	Time Taken	Center	Time Taken

Menu Item (SNACK)	Serving Size	Amount Sent	Temperature			
			Kitchen	Time Taken	Center	Time Taken

SPECIAL INSTRUCTIONS from Kitchen:	NOTES to Kitchen:

Meals Served:	Ages 1-2	Breakfast: _____	Lunch: _____	Snack: _____
	Ages 3-5	Breakfast: _____	Lunch: _____	Snack: _____
	Ages 6-12	Breakfast: _____	Lunch: _____	Snack: _____
	Staff:	Breakfast: _____	Lunch: _____	Snack: _____
	Total Meals:	Breakfast: _____	Lunch: _____	Snack: _____

Sent by: _____
Signature

Received by: _____
Signature

INSTRUCTIONS
CACFP Meal Transport Sheet

The Meal Transport Sheet is required when center staff is not responsible for preparation of the meals. Completion of this form can be substituted for the Child Care Menu Book, if adequate information is supplied.

TO BE COMPLETED BY FOOD SERVICE PERSONNEL:

1. **Center** – self-explanatory.
2. **Date** – self-explanatory.
3. **Number of Meals Ordered** – record the number of meals ordered by center staff.
4. **Number of Meals Sent** – record the number of meals sent.
5. **Menu Item** – enter the food items that were prepared for the center.
6. **Serving Size** – enter the serving size allowed for each menu item.
7. **Amount Sent** – enter the total amount sent of each food item listed. If meals are sent in bulk, then record the total amount. If meals are sent in portioned trays, record total number of servings sent.
8. **Kitchen Temperature** – record the temperature of each food item as it is packed for transport.
9. **Time Taken** – record the time when the temperature was taken for each item.
10. **Special Instructions from Kitchen** – indicate additional information from the food service to the center staff.
11. **Sent by** – kitchen staff that is responsible for preparing and/or portioning the trays signs here.

TO BE COMPLETED BY CENTER STAFF:

1. **Center Temperature** – record the temperature of each food item prior to serving. Hot food items with temperatures below 135 degrees F for longer than two hours must be reheated to 165 degrees F for a minimum of 15 seconds. Food held below 135 degrees F longer than 4 hours must be discarded.
2. **Time Taken** – record the time when temperatures were taken for each item.
3. **Notes to Kitchen** – record any correspondence from the center to kitchen staff.
4. **Total Meals Served** – record the total number of meals served to participants (children) and staff.
5. **Received by** – the center staff person that receives food items should ensure that correct portions are available. After determining that the food is adequate, the person signs the form.

The completed form should be returned to the kitchen and a copy should be maintained in the center file with the menus and/or Child Care Menu Book.



Meal Components: Meat/Meat Alternate-Dark Green Vegetable-Grains

Main Dishes D-53r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Low-fat mozzarella cheese, low moisture, part-skim, shredded	8 oz	2 cups	1 lb	1 qt	10. Divide cheese sauce evenly and pour over pasta mixture. 11. Cover with foil and bake: Conventional oven: 350 °F for 8 minutes Convection oven: 350 °F for 4 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 12. Critical Control Point: Hold for hot service at 135 °F or higher. 13. Portion two 6 fl oz spoodles (1 ½ cups).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

For a creamier sauce, use an equal quantity of fat-free half and half in place of milk.

Serving	Yield		Volume	
	25 Servings: about 14 lb	50 Servings: about 27 lb 8 oz	25 Servings: 1 steam table pan	50 Servings: 2 steam table pans
1 ½ cups (two 6 fl oz spoodles) provides 1 oz equivalent meat/meat alternate, ½ cup dark green vegetable, and 1 ¾ oz equivalent grains.				

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	25 servings	50 servings
Broccoli	1 lb 9 oz	3 lb 2 oz

Nutrients Per Serving

Calories	299.26	Saturated Fat	2.16 g	Iron	2.32 mg
Protein	18.64 g	Cholesterol	25.88 mg	Calcium	230.49 mg
Carbohydrate	44.43 g	Vitamin A	618.36 IU (77.54 RAE)	Sodium	417.56 mg
Total Fat	5.50 g	Vitamin C	17.23 mg	Dietary Fiber	5.53 g



Meal Components: Meat/Meat Alternate-Dark Green Vegetable-Grains

Main Dishes D-53r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 gal 2 qt		3 gal	Process #2: Same Day Service 1. Heat water to a rolling boil. 2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well. 3. Toss cooked pasta with garlic. For 25 servings, add 2 tsp (reserve remaining garlic for step 5). For 50 servings, add 1 Tbsp 1 tsp garlic (reserve remaining garlic for step 5). 4. Transfer pasta to steam table pan (12" x 20" x 2 1/4"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 5. Cook broccoli for 5 minutes in boiling water. Drain broccoli and toss with remaining garlic. 6. Add broccoli and chicken to pasta. Mix well. 7. Sauce: Combine broth, salt, pepper, and milk. Bring to a boil, stir constantly. For 25 servings, use 1 qt milk (reserve remaining milk for step 8). For 50 servings, use 2 qt milk (reserve remaining milk for step 8). 8. Combine remaining milk with flour and add to broth mixture. Reduce heat to low. Stir constantly for 5 minutes until sauce thickens. 9. Add cheese. Continue to stir until cheese melts.
Penne pasta, multi-grain, dry	3 lb	3 qt 3 1/2 cups	6 lb	1 gal 3 1/2 qt	
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
*Fresh broccoli florets, chopped 1"	1 lb 9 oz	2 qt 3 1/4 cups	3 lb 2 oz	1 gal 1 1/2 qt	
Frozen, cooked diced chicken, thawed, 1/2" pieces	1 lb	3 1/4 cups	2 lb	1 qt 2 1/2 cups	
Low-sodium chicken broth		1/2 cup		1 cup	
Salt		1 Tbsp		2 Tbsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	
Nonfat milk		1 qt 1 1/2 cups		2 qt 3 cups	
Enriched all-purpose flour		1/4 cup		1/2 cup	
Reduced-fat cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

HEARTY PASTA BEAN SALAD



Ingredients	For 50 Servings		Directions
	Weight	Measure	
Whole wheat pasta (Raw)		5 cups	<ol style="list-style-type: none"> 1. Cook pasta according to directions on the package and drain and rinse. 2. Open the cans of beans drain them and rinse them well. 3. Wash and chop the vegetables. 4. In a separate bowl mix veggies and beans. Mix in pasta. Stir them all together. 5. Combine the other ingredients parmesan cheese, yogurt, seasonings to make the dressing. 6. Pour dressing on top of pasta mixture. Stir to coat. 7. Keep cold for cold service.
Kidney Beans		2.5 cups	
Black Beans		2.5 cups	
Diced Zucchini		2.5 cups	
Diced Green Pepper		2.5 cups	
Diced Roma Tomatoes		2.5 cups	
Chopped Green olives		.75 cups	
Grated Parmesan Cheese		.5 cup+2 T	
Plain Low-fat Yogurt		2.5 cups	
Chili Powder		1.25 tsp	
Spanish paprika		1.25 tsp	
Dried Sage		.5 tsp	
Salt		.5 tsp	
Pepper		.5 tsp	

Serving Size: 1/3 cup Yield: Servings 50
 Credit: 1/4 cup veg, 1/2 grain/bread

RAINBOW VEGETABLE SALAD



Ingredients	For 50 Servings		Directions
	Weight	Measure	
Diced Zucchini		5 cups	<ol style="list-style-type: none"> 1. Wash and prepare all the vegetables. 2. Mix vegetables together in a large bowl. 3. Mix the ingredients together for dressing. 4. Add dressing to the vegetables and stir well. 5. Keep cold for cold service.
Diced Summer Squash		5 cups	
Diced Cucumber		5 cups	
Diced Orange Peppers		2.5 cups	
Diced Roma Tomatoes		5 cups	
Sliced Radishes		5 cups	
Diced Red Onion		2.5 cups	
<u>DRESSING</u>			
Cider Vinegar		5 cups	
Vegetable Oil		3 1/3 cups	
Sugar		1/3 c	
Black Pepper		+1T+1tsp cups	
Italian Seasoning		5 tsp.	
Garlic Powder		5 tsp.	
		5 tsp.	

Serving Size: 1/2 cup Yield: Servings 50

Credit: 1/2 cup vegetable

YAM APPLE DELIGHT



Ingredients	For 45 Servings		Directions
	Weight	Measure	
Canned Yams Chunky Natural Applesauce Cinnamon Brown Sugar Whole Wheat Flour Oatmeal Butter	6 LBS	12 cups 3 Tbsp. 3 cups 1.5 cups 6 cups 1.5 cups	<ol style="list-style-type: none"> 1. Preheat oven to 350* 2. Open the cans of yams and drain them. Set aside 3. Mix in a bowl the brown sugar, wheat flour, oatmeal and butter until it's crumbly. Set Aside 4. Place ½ the applesauce on the bottom of the pan sprinkle with <u>1 1/2 Tbsp.</u> of the cinnamon. 5. Spoon some of the oatmeal topping on top of the applesauce. 6. Evenly arrange yams on top. 7. Add remaining applesauce. Sprinkle with cinnamon and rest of the oatmeal topping 8. Bake in oven for 35 to 40 min.

Serving Size: 2/3 cup Servings 45 each

Credit: ¼ cup fruit, ¼ cup orange veg, ½ grain/bread

BLT PASTA SALAD



Ingredients	For 75 Servings		Directions
	Weight	Measure	
Whole Wheat Pasta (rotini)	2.5 lbs	13.5 cups	<ol style="list-style-type: none"> 1. Cook pasta until tender. Drain and cool under cold running water. 2. Wash tomatoes and cut in half. 3. Mix ranch dressing, baby spinach, tomatoes, cheese and bacon bits gently with the pasta. 4. Keep cold foods cold for cold service. 5. Serve same day for best quality.
Low Fat Ranch Dressing		1.75 c+2 T	
Baby Spinach Leaves		5 cups	
Grape or Cherry tomatoes (halves)		5 cups	
Low Fat Cheese Mozzarella or Mexican Blend Bacon Bits		1.25 cups 1/3 cup	

Serving Size: 1/3 cup Yield: Servings 75

Credit: 1/8 cup veg, 1/2 grain/bread

Cheesy Butternut Mac

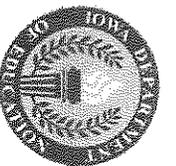


Ingredients	For 70 Servings		Directions
	Weight	Measure	
Butternut squash peeled and cubed	9.5 lb	15 cups	<ol style="list-style-type: none"> 1. Pre heat oven to 350*. Spray a baking pan with pan spray. 2. In a large sauce pan cook the squash until tender. Then drain it and mash with a potato masher and set aside. 3. Cook the pasta as directed. Drain pasta, rinse under hot water. 4. Wash and then slice the mushrooms and green onions thin. 5. In a large sauce pan, melt butter and sauté mushrooms and green onions until tender. 6. Sprinkle flour over mushroom mixture. Cook and stir 1 more minute. 7. Add milk, salt, pepper, onion powder, garlic powder. Cook over med heat until thickened. 8. Remove from heat. Stir in squash and pasta. 9. Transfer half of the pasta to the prepared baking pan. 10. Sprinkle with 2/3 of the cheese. Add remaining pasta mixture and sprinkle top with the rest of the cheese. 11. Bake uncovered 15 to 20 minutes until cheese is melted.
Whole grain pasta (rotini)	40 oz.	8 ¾ c	
Butter		5 T.	
Portabella mushrooms sliced (Can use canned)	1 lb	5 c raw or 2 c canned	
Green onions		.5 c + 2 T.	
All-purpose Flour		5 cups	
Fat Free Milk		1 ¼ tsp	
Salt		1 ¼ tsp	
Black pepper		.5 tsp	
Garlic powder		.5 tsp	
Onion powder	3.75 lb	15 Cups	
Shredded cheddar cheese (Sharp)			

Serving Size: ½ cup Servings 70 each Makes 35 cups total

Credit: ½ grain/bread, .75 oz meat alternate, ¼ cup orange vegetable

MELON WITH BLUEBERRIES



Ingredients	For 54 Servings		Directions
	Weight	Measure	
Cantaloupe cubed		8 cups	<ol style="list-style-type: none"> 1. Wash fruit, Cut melons in cubes. 2. Combine the melons with the blueberries. 3. Mix together honey, and lemon juice pour over the fruit. Stir 4. Cover and keep cold for cold service. 5. Add Mint leaves for garnish.
Honeydew melon cubed		8 cups	
Watermelon cubed		8 cups	
Fresh or frozen blueberries		4 cups	
Honey		8 Tbsp	
Lemon Juice		½ cup	
Mint leaves		For garnish	

Serving Size: ½ cup

Servings 54

Credit: ½ cup fruit

Spinach Dip



Ingredients	For 36 Servings		Directions
	Weight	Measure	
Dry Vegetable Dip PKGS	30 oz.	3 pkgs.	<ol style="list-style-type: none"> 1. Thaw and drain frozen spinach remove all liquid by pressing down on spinach in a strainer. 2. Mix dry packages of dip with the sour cream. 3. Mix rest of ingredients together add spinach and stir well. 4. Cut bread in dipping size pieces. 5. Serve dip with bread or crackers. 6. Keep dip cold for cold service. <p>Hint: You can thaw Spinach by running under hot water.</p>
Frozen Chopped Spinach	24 oz.	1.5 cups	
Low fat Sour Cream		1 cup	
Low fat Mayonnaise		1.5 tsp	
Shredded Carrots			
Onion Powder			
Serve with			
Whole grain bread or	18 oz.		
Whole grain crackers or	18 oz.		
Whole grain tortilla chips	18 oz.		

Serving Size: 1/4 cup Servings 36 1/4 cup dip and 1/2 oz. grain
 Credit: 1/4 cup dark green veg, 1/2 grain/bread

Chili Bean Dip



Ingredients	For 32 Servings		Directions
	Weight	Measure	
Kidney Beans (canned)		4 cups	<ol style="list-style-type: none"> 1. Open cans of beans. Drain the liquid off them and then rinse them. 2. Put beans in a bowl. Use a food processor to break down the beans. Blend until fairly smooth. 3. Peel and dice the onion in very small pieces. 4. Add lemon juice, chili powder, cumin and diced onions. Mix all ingredients together. 5. Serve with veggies. 6. Keep Chili Bean dip cold for cold service.
Lemon Juice		1 T + 2 tsp.	
Chili Powder		1 tsp.	
Cumin		1 tsp.	
Sweet onion		4 tsp.	
<u>Serve With</u>			
Carrot Sticks	2 lbs.		
Celery Sticks	2 lbs.		

Serving Size: 1/8 cup (32 Servings)

1/8 cup bean dip and 1/2 cup carrots and celery

Credit: 1/2 oz meat alternate, 1/2 cup vegetable

Orange Strawberry Sorbet



Ingredients	For 32 Servings		Directions
	Weight	Measure	
Frozen Strawberries		12 cups	<ol style="list-style-type: none"> 1. Open cans of oranges and drain them. 2. Add the oranges and the strawberries to the blender and puree. 3. Pour into bowl and add the maple syrup and stir. 4. Put into a freezer safe container and freeze until set for 2 hours. 5. Keep frozen at 32* or below till service.
Orange sections (mandarin)		4 cups	
Maple Syrup		1 cup	

Serving Size: 1/2 cup Servings: 32
 1/2 cup fruit

Hearty Pasta and Bean Salad



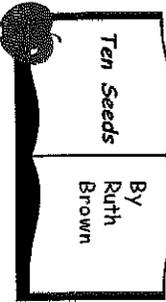
- 2 cups raw medium sized shaped whole wheat pasta
- 2 cups cooked dried beans or canned beans, e.g. kidney, black or red beans
- 1 cup diced zucchini
- 1 cup chopped green pepper
- 1 cup chopped tomato
- 1/3 cup chopped green olives
- 1/4 cup grated Parmesan cheese
- 1 cup plain low-fat yogurt
- 1/2 tsp. chili powder
- 1/2 tsp. ground coriander (optional)
- 1/2 tsp. paprika
- 1/4 tsp. dried sage
- salt and pepper to taste

1. Cook pasta according to package directions and drain.
2. Add remaining ingredients and mix gently.
3. Serve chilled or at room temperature.

10 servings

Snack Idea

3/4 cup Hearty Pasta and Bean Salad



Serving for 1-5 yr. old

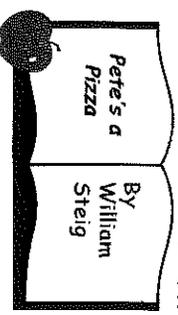
Recipe adapted from 5 A Day Cookbook.



Melon with Blueberries

- 2 cups cantaloupe, cubed
- 2 cups honeydew melon, cubed
- 2 cups watermelon, cubed
- 1 cup blueberries
- 2 Tbsp. sugar or 2 Tbsp. honey
- 2 Tbsp. lemon juice
- fresh mint leaves (optional)

14 servings



1. Combine cubed cantaloupe, honeydew, watermelon and blueberries in a serving bowl.
2. Mix together honey and lemon juice and pour over fruit. Toss to mix.
3. Cover and refrigerate until serving time.
4. Add mint leaves to decorate.

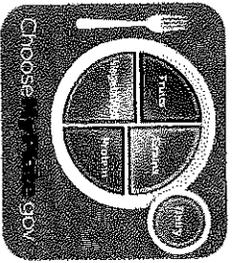
Snack Idea



Serving for 1-5 yr. old

1/2 cup Melon with Blueberries and 1/2 cup Cereal Snack (recipe card)

From Five A Day Cookbook



Rainbow Vegetable Salad

Servings: 5

Ingredients

Vegetables

- 1/2 cup diced zucchini
- 1/2 cup diced summer squash
- 1/2 cup diced cucumber
- 1/4 cup yellow peppers
- 1/2 cup, diced tomato
- 1/2 cup sliced radish
- Diced onion

Dressing

- 1/2 cup cider vinegar
- 1/3 cup canola oil
- 2 tsp. sugar
- 1/2 tsp. pepper
- 1/2 tsp. Italian seasoning
- 1/2 tsp. garlic powder

Directions

1. Prepare vegetables.
2. Mix in large bowl.
3. Prepare dressing.
4. Add dressing to taste, may be extra dressing.

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A Rainbow of My Own By: Don Freeman



1/2 cup salad and 1/2 oz. whole grain crackers



BLT Pasta Salad - 2 Guiding Stars

Prep Time	5 Minutes
Cook Time	None
Servings	20 (55 G)



Made for a school lunch program, this pasta salad will please picky eaters of all ages.

Better

Created by: Erin Dow

Ingredients

- 1 lb. whole wheat pasta such as rotini or macaroni, cooked, drained and cooled under running water
- 3/4 cup low-fat ranch dressing (recipe below pasta salad directions)
- 2 cups baby spinach leaves
- 1 pint of cherry or grape tomatoes, halved
- 1/2 cup low-fat shredded cheese such as mozzarella or Mexican blend
- 2 tablespoons bacon bits

Directions

Combine all ingredients together in a large bowl and stir well to combine. Serve immediately or within 2 hours for best quality. To prepare the dressing, mix dressing ingredients thoroughly.

Nutrition Facts

Serving Size: 55G Calories: 100 Total Fat: 1.5g Saturated Fat: 0.5g Trans Fat: 0g Cholesterol: 3mg Sodium: 90mg Carbohydrates: 18g Fiber: 2g Sugars: 1g Protein: 5g Vitamin A: 8% Vitamin C: 6% Calcium: 4% Iron: 6% Manganese: 35% Vitamin K: 20% Phosphorus: 10%

Recipe by Guiding Stars at <http://guidingstars.com/recipes/blt-pasta-salad/>
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Twist & Sprout

Winter Week One Wednesday

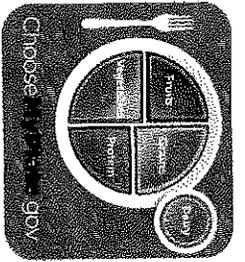
Cheesy Butternut Mac

- 3 c. butternut squash, peeled, cubed
 - 8 oz. macaroni
 - 1 Tbsp. butter
 - 1 c. mushrooms, sliced
 - 1/2 c. green onions, thinly sliced
 - 2 Tbsp. all purpose flour
 - 1 c. fat free milk
 - 1/4 tsp. salt
 - 1/4 tsp. black pepper, ground
 - 3 c. shredded cheese
1. In a medium sauce pan, boil water with squash until tender. Then drain, and mash squash and set aside.
 2. Cook pasta as directed, drain.
 3. In medium sauce pan, saute mushrooms and green onions until tender.
 4. Sprinkle flour over mushroom mixture. Cook and stir for 1 minute.
 5. Add milk, salt and pepper. Cook and stir over medium heat until thickened.
 6. Remove from heat; stir in squash and pasta
 7. Transfer half of the pasta mixture to the prepared baking dish.
 8. Sprinkle with half of the cheese. Add remaining pasta mixture and cheese.
 9. Bake uncovered, 20 to 25 minutes or until cheese is melted.

Serves 8. One serving is a G/B (1 oz.), M/M4 (1.5 oz.) and a vegetable (1/2 c.) for a 3-5-year old or lunch/supper.

Stuffed Celery

- 2 c. celery sticks
 - 4 Tbsp. cream cheese
 - 1/4 c. raisins
1. Spread cream cheese in celery sticks and top with raisins.
- Serves 4. 1/2 c. of stuffed celery is a vegetable (1/2 c.) for a 3-5-year old or snack.*



Spinach Dip

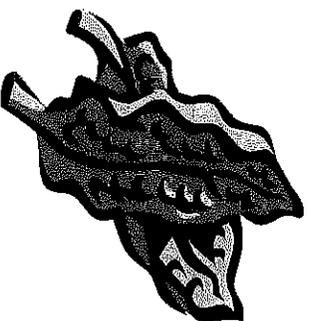
Servings: 12

Ingredients

- 1 pkg. dry vegetable dip mix
- 1 pkg. 10 oz frozen chopped spinach, thawed and squeezed dry
- 8 oz low fat sour cream
- 1/2cup low fat mayonnaise
- 1/4cup shredded carrots
- 1/2tsp. onion powder
- 1 loaf whole wheat bread, sliced

Directions

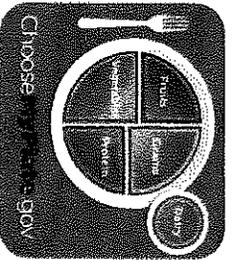
1. Mix all ingredients and stir well.
2. Refrigerate until ready to serve.
3. Cut loaf of bread into dipping size pieces.



All Our Fruits and Vegetables
By: Roberta L Duyff and Patricia McKissack
1/4cup dip, 1/4c. 100% juice, and 1/2slice bread



... ..



Orange Strawberry Sorbet

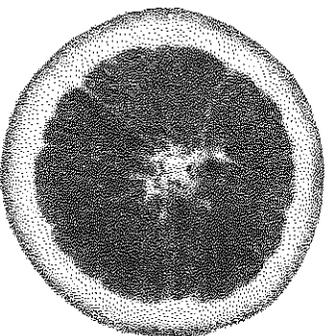
Servings: 8

Ingredients

- 3 cups frozen strawberries
- 1 cup orange sections
- ¼ cup maple syrup

Directions

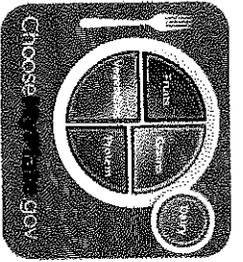
1. Puree strawberries in blender.
2. Add oranges, puree.
3. Stir in maple syrup.
4. Put in freezer safe container and freeze until set at least 2 hours.



Orange Pear Apple By: Emily Gravett

½ cup sorbet (strawberries and oranges) and ⅓ cup whole grain cereal





Chili Bean Dip

<http://www.squaremeals.org>

Servings: 8

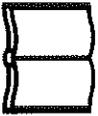
Ingredients

- 1 c. kidney or pinto beans, cooked
- 1 tsp. vinegar or lemon juice
- ¼ tsp. chili powder
- ¼ tsp. cumin
- 1 tsp. onion diced
- 17 oz. carrot sticks

Directions

1. Place beans in a bowl, and mash with a potato masher or fork.
2. Add lemon juice or vinegar, spices, and onion. Mix well.

ARMADILLO CHILI BEAN DIP RECIPE FROM THE CHILI BEAN DIP RECIPE BOOK BY HELEN KETEMAN



Armadilly Chili By: Helen Keteman



¼ cup of dip (beans – meat alternate) and ½ cup carrot and celery sticks



CN Labeling

CACFP SHORTCOURSE

May 4, 2016

Perry, Iowa

By

Dean Flaws

Child Nutrition (CN) Labels

Appendix C: The USDA Child Nutrition (CN) Labeling Program

Common Questions

Sample CN Logo

Example



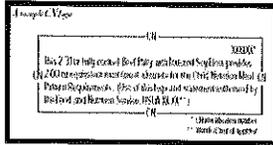
The USDA Child Nutrition Labeling Program

The USDA Child Nutrition Labeling Program is a voluntary program that allows schools to label their food products as "Child Nutrition Approved" (CNA). This program is designed to help schools provide healthy and nutritious food options to their students. The program is managed by the USDA's Food and Nutrition Assistance Administration (FNA). Schools can apply for the program and receive a CNA logo that they can use on their food labels. The program is open to all schools, regardless of whether they participate in the National School Lunch Program (NSLP) or the National School Breakfast Program (NSBP). The program is a key component of the USDA's efforts to promote healthy eating and reduce childhood obesity.

What Is the CN Labeling Program?

A voluntary Federal labeling program for CNP

- Provides information regarding the food product's contribution to food-based meal patterns
- Applies to both the Traditional and the Enhanced food-based menu planning approaches
- May be helpful for NSMP



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Who Operates the Program?

The CN labeling Program is operated by the Food and Nutrition Service (FNS) of the United States Department of Agriculture (USDA) in cooperation with the following agencies:

- Food Safety and Inspection Service (FSIS)
- Agriculture Marketing Service (AMS)
- National Marine Fisheries Service (NMFS)

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How Does the CN Labeling Program Work?

Manufacturer submits product formulation to FNS.



FNS evaluates submitted manufacturer formulation and verifies that the claim of contribution on the label is accurate. FNS approves label in Final.



FSIS, AMS, or NMFS also approves labels as appropriate.

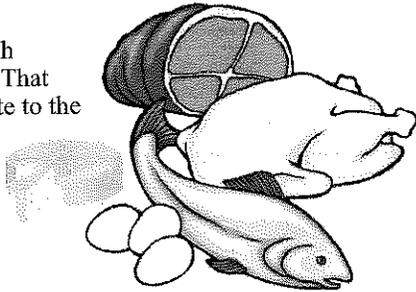


USDA, FNS provides CNP operators a warranty against audit claims.

6-35

Products That Are Eligible for CN Labels

Main Dish
Products That
Contribute to the
M/MA



6-26

Some products that can be CN-labeled?

Main dish products which contribute to the meat/meat alternate component of the meal pattern requirements. Examples of these products include but are not limited to:
-beef patties-cheese pizzas-meat pizzas-meat burritos-cheese burritos-bean burritos-egg rolls-breaded fish-breaded chicken-breaded pork-breaded beef -ravioli w/meat

Commercially Prepared Combination Items What are they?

To name a few...

- Breaded Chicken Nuggets, patties, tenders
- Breaded popcorn chicken and popcorn shrimp
- Breaded fish sticks, patties, shapes, nuggets
- Corn dogs and mini corn dogs
- Pizza (any type)
- Canned and frozen ravioli
- Breakfast bites
- Lasagna
- Quesadillas
- Salisbury steak
- Meatballs
- Chili and Chili Mac
- Chicken pot pies
- Cheese sauce
- Frozen soups for any component

To Carry CN Labels, Eligible Products Must:

- Have the contribution of the food component(s) determined using yields in the USDA's Food Buying Guide for Child Nutrition Programs.
- Have the product formulation and CN label approved by FNS; and
- Be produced under inspection.

Required Documentation

**Original CN Label
From The Product Package**

Be Sure It Is A Valid CN Label

- Once in a while an invalid CN label will be used. If this is suspected, the label should be sent immediately to your State agency or USDA, FNS.
- Manufacturers sometimes use labels that look like CN labels but are not. Be careful to look for the 5 identifications of a CN Label.
- USDA cannot provide a warranty for use of products with no or an invalid CN label.

The CN Label Tells Us What We Cannot Determine for Ourselves

CN 000000*

This 5.00 oz pizza with Ground Beef and Vegetable Protein Product provides 2.00 oz equivalent meat/meat alternate, 1/8-cup serving of vegetable, and 1-1/2 servings of bread alternate for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX-XX**)

CN

*The six-digit CN identification number is assigned by the FNS, CNH Headquarters office.

**This date is written using numbers to reflect the month/year of final approval.

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An Authentic CN Label Contains

Logo With Distinct Border 6-Digit Product Identification Number

CN 000000

This 5.00 oz pizza with Ground Beef and Vegetable Protein Product provides 2.00 oz equivalent meat/meat alternate, 1/8-cup serving of vegetable, and 1-1/2 servings of bread alternate for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX-XX**)

CN

Month and Year of Approval Meal Pattern Contribution Statement

Statement Specifying CN Label Was Authorized by FNS

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6-Digit Product Identification Number

- The number is individual to a product formulation and a particular manufacturing plant. The same formulation manufactured in two different plants will carry different CN product identification numbers.
- Products may be tracked using manufacturer code numbers. The 6-digit CN identification number can be used to track a particular formula made at a particular establishment.
- No valid CN number will ever be 000000, nor will it contain Xs; these are used in examples only.

6-53

Questions and Answers

	Yes	No
▪ Are manufacturers required to CN label products?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
▪ Are CACFP centers required to buy CN labeled products?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
▪ Are CN labeled products more nutritious?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
▪ Are CN labeled products higher quality?	<input checked="" type="checkbox"/>	<input type="checkbox"/>

6 60

CN Labels = Healthy?

- CN labels do NOT indicate that a product is healthy
- Used predominately on processed meat and meat alternate products
- Healthier options are becoming available
- If using CN labeled foods, always read the Nutrition Facts panel to choose healthier options



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Do CN Labeled Products Cost More?

CN labeled products may cost more.

Maybe

- Special labeling requirements, inspection, and extra staff costs to monitor quality control may contribute to CN labeled products costing more, but not necessarily.
- When you do a cost comparison between two M/MA products, it is the cost per ounce of M/MA rather than the cost per ounce or pound of the product that should be compared.



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What to Consider When Serving A CN Labeled Product

- Follow Product Instructions
- Portion Size

Food Production Records

Menu Item	Planned Number	Quantity Used	Comments
Turkey Corn Dog	70	1 1/2 - 12 lb. bags	CN label=2 m/ma and 2 y/b



CN Label Facts

- Voluntary Program offered by USDA FNS
- CN labeled products have a CN logo/statement
- Original CN labels are kept on file

F.Y.I.

There are yield data tables developed especially for use by industry and by FNS when crediting CN labels. CNP should use this information to verify manufacturer analysis sheets.

Product	Processing Method	Yield (%)
Wheat	Flour	75
	Feed	25
Corn	Feed	95
	Other	5
Soybeans	Meal	70
	Other	30
Oats	Feed	90
	Other	10
Rye	Feed	85
	Other	15
Barley	Feed	80
	Other	20
Millet	Feed	85
	Other	15
Sorghum	Feed	80
	Other	20
Buckwheat	Feed	75
	Other	25
Tritic	Flour	75
	Feed	25
Speltz	Flour	75
	Feed	25
Kamut	Flour	75
	Feed	25

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QUESTIONS AND ANSWERS-CACFP CN LABELS AND PRODUCT STATEMENTS

6-67

Questions and Answers

Q. What is a CN label?

A. A CN label is a product label which contains a statement that clearly identifies the contribution that the product makes towards the CN meal pattern requirements.

Q. Does a CN labeled product carry a USDA guarantee?

A. Yes.

1. A CN labeled product provides a warranty against audit claims, if used according to the manufacturer's directions.

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Questions and Answers

Q. What standard information appears on a CN label?

A. A CN label will always contain the following:

1. The CN logo, which is a distinct border.
2. The meal pattern contribution statement.
3. A 6-digit product identification number.
4. USDA/FNS authorization.
5. The month and year of approval.

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Question and Answers

Q. What is a product Fact Sheet?

A. A product fact sheet is advertising literature provided by the company that contains varied information about one or more of the company's products.

Q. Does a product fact sheet that claims a meal pattern contribution carry a USDA guarantee?

A. No.

6-70

Questions and Answers

Q. What information should be included on a meat or poultry fact sheet in order to determine the product's contribution toward the meal pattern?

A. The following information should be included:

1. Weight of raw portion
2. Percent of raw meat or poultry
3. Percent of fat of raw meat
4. Percent dry veg. protein (VPP) if product contains VPP
5. Percent protein of the VPP
6. Certification that the vegetable protein used meets USDA-FNS requirements.

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The End

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