Use this to check the Served Menus before they are sent to Program Support

Served Menus: the menu forms that temps and substitutions are recorded on during meals

# COMPLETE AND ATTACH THIS FORM TO THE SERVED MENUS WHEN THEY ARE SENT IN

Site\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Person completing form \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Menu month\_\_\_\_\_\_\_\_\_

□ Center, teacher and month are written in on each menu form

□ Each menu box is dated with the day of the month

□ The correct Menu form is used for Breakfast, Lunch and Snack

□ Milk type is circled for every breakfast and lunch, and any applicable snack

□ Temps noted by milk, and hot or cold items. Cold= 40° and below; hot items= 136° and up; reheat to min. 165°

□ Cereal is on the Approved Cereals List and named specifically: WG Cheerios, Chex, etc

□ Only cereals noted as WG on the Approved Cereal List are noted as WG on the menu

□ Is a Whole Grain noted accurately once a day? DO NOT MARK ALL GRAINS WG UNLESS THEY ARE! WG Grains from school vendors will be noted on the menu they send you.

□ (For centers purchasing grains) Not all grains have to be WG (min. one WG a day) but all have to be ***enriched***.

□ (For centers purchasing grains) Is the WG product on the Acceptable Whole Grain Choices List or been analyzed for WG by our dietitian?

□ Note grains using brand names: Ritz WG; Aunt Millie’s WG White; Cheerios WG; Great Value WG Tortilla as much as possible; it’s ok if school vendor does not note brand names in grains in meals, but do note the snack crackers.

□ If served a breaded item (chicken nuggets, for example), is another grain item served at that meal?

□ Pizza notes: is “crust” noted for grain component? Noted “HM” or “CN”? Type of cheese written in?

□ Are fruits named specifically? (Not just “fresh fruit” but “apples”) Exception: “mixed fruit”

□ Juice – noted as “100% (type) juice.” (Snack only, limit once a week)

□ Are vegetables named specifically? (Not just “veggie” but “corn”). Exception: “mixed vegetables”

□ If “Salad” is noted, must specify “lettuce salad”, “pasta salad” or “fruit salad”

□ Write “baked fries” instead of french fries

□ Cheeses are natural and specific (Ex. “cheddar cheese, Colby cheese, etc”) No American or processed cheese.

□ Meat – named specifically. “HM beef sloppy joe” or “turkey taco meat”

□ Are ALL meal components noted for each meal and snack? (use the left hand column to be sure)

Breakfast – 4 components Lunch - 5 components Snack – at least 2 components

MISC NOTES:

□ Potato is a vegetable

□ Cream cheese is NOT a meat/alt/protein – it’s all fat and so just an “extra”

□ Breading on chicken, fish etc doesn’t count as a grain in the CACFP– always need a separate grain, such as a roll

□ General rule for counting a grain as Whole Grain: The front of the box must say 100% Whole Grain. If the box says “made with” whole grain, then it is probably not enough to qualify as WG. **NEW!** Use the list of Acceptable Whole Grain Choices for ease. If you’re not sure an item is whole grain (wording can be tricky), copy the nutrition and ingredients from the package and send to program support so the nutritionist can analyze it.

□ Do your posted menus and served menus (if you have both) match? Have both been updated with today’s substitutions at the time of the meal?