

Providers Choice Menu Review Checklist

Use this checklist to ensure that all Child and Adult Care Food Program meal pattern requirements are met
(all answers should be marked "Yes")

Daily Menu	Yes	No
At least one grain serving per day is whole grain-rich.		
Grain-based desserts are NOT on the menu (granola bars, cereal bars, cookies, vanilla wafers, cinnamon rolls, toaster pastries, etc)		
Ready to eat cereals, oatmeal and granola contain no more than 6 grams of total sugar per dry ounce (refer to PCI Cereal List)		
Yogurts contain no more than 23 grams of total sugar per 6 ounces (or 3.83 grams of sugar per ounce)		
Fruit juice is not served more than one time per day.		
Milk served meets requirements: <ul style="list-style-type: none"> • Children 12-23 months (age 1): unflavored whole milk • Children 2 – 5 years: unflavored skim (non-fat) or 1% (low-fat) • Children 6 – 12 years: unflavored skim (non-fat) or 1% (low-fat) or flavored skim (non-fat) 		
Commercially processed combination foods have a CN label or manufacturer's Product Formulation Statement stating the food component contribution		

Breakfast	Yes	No
All <u>3</u> components are served: Milk, Grain, Fruit and/or Vegetables		
Meat/ Meat Alternates may be used to substitute the entire grain component a maximum of three times per week		

Lunch/ Supper	Yes	No
All <u>5</u> components are served: Milk, Grain, Meat/ Meat Alternate, Vegetable, Fruit		
One vegetable and one fruit OR two different vegetables may be served at lunch/ supper (two fruits may not be served)		

Snack	Yes	No
<u>2</u> different components are served: Milk, Grain, Fruit, Vegetable OR Meat/ Meat Alternate		
Juice and milk may not be served at snack as the only two components.		