

# Infant and Pre-K Meal Pattern On-Site Validation Checklist

## SY 2017-2018

Completion of this checklist is only required when the School reviewed offers meals through a preschool and/or infant meal program. If all three, breakfast, lunch and snack were observed, complete a separate checklist for each meal service. If a site is chosen for lunch observation only it would only be observed for lunch, if it was chosen for breakfast and lunch both would be observed.

|  |                                    |                                |  |
|--|------------------------------------|--------------------------------|--|
| Date:  |                                    |                                |  |
| SFA/School:  |                                    |                                |  |
| Meal Observed:   | BREAKFAST <input type="checkbox"/> | LUNCH <input type="checkbox"/> | SNACK <input type="checkbox"/>   |
|  |                                    | YES                            | NO   |
| Does the School reviewed offer infant meals? If <b>YES</b> , proceed to question # 1. If <b>NO</b> , proceed to question #2.   |                                    | <input type="checkbox"/>       | <input type="checkbox"/>   |
|  | <b>YES</b>                         | <b>NO</b>                      | <b>COMMENTS</b>  |
| 1. Are infants served all components as required in the new infant meal pattern? If <b>NO</b> , explain technical assistance provided.   | <input type="checkbox"/>           | <input type="checkbox"/>       | SFAs cannot claim infant meals with CDE and would claim through Colorado Department of Public Health and Environment (CDPHE).  |
| 2. Is the SFA using the meal pattern flexibility and offering one menu when Pre-K students are co-mingled in the meal service area? If <b>YES</b> , please describe grades that are co-mingled and include Pre-K with regular review questions and do not complete checklist further. If <b>NO</b> , this checklist must be completed. | <input type="checkbox"/>           | <input type="checkbox"/>       | Tips:<br>SFAs, where Pre-K students are not comingled with K-12 <sup>th</sup> grade students, must follow the Child and Adult Care Food Program (CACFP) meal pattern.<br><br>CACFP meal patterns training tool:<br><a href="https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools">https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools</a><br><br>CACFP meal pattern <a href="https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_childmealpattern.pdf">https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_childmealpattern.pdf</a> |
| 3. During the meal service, did you observe that all required meal components for Pre-K are available throughout the entire meal service? If <b>NO</b> , explain all errors identified and the technical assistance provided.  | <input type="checkbox"/>           | <input type="checkbox"/>       | Tips:<br>Ensure all students have access to all components on every reimbursable meal service line prior to service. Offer Versus Serve is not considered an appropriate option for Pre-K students within the CACFP meal pattern.<br><br>Updated CACFP program meal patterns:<br><a href="https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_MealBP.pdf">https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_MealBP.pdf</a>   |
| 4. Does all the <b>cereal</b> served to Pre-K meet the Pre-K meal requirements (no more than 6 grams of sugar per  | <input type="checkbox"/>           | <input type="checkbox"/>       | Tips:<br>All cereals, served to Pre-K students following the CACFP meal pattern, must comply with cereal   |

| Date:   |                          |                          |  |
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| <p>dry ounce)? If <b>NO</b>, explain technical assistance provided.</p>   |                          |                          | <p>sugar limits. All breakfast cereals served must contain no more than 6 grams of sugar per dry ounce (21.2 grams of sugar per 100 grams of dry cereal) (7 CFR 226.20(a)(4)(ii))</p> <p>Choose Breakfast Cereals That Are Lower in Added Sugars here : <a href="https://fns-prod.azureedge.net/sites/default/files/tn/cacfp-choosebreakfast.pdf">https://fns-prod.azureedge.net/sites/default/files/tn/cacfp-choosebreakfast.pdf</a></p> <ul style="list-style-type: none"> <li>• SFAs may use the state agency Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list. <ul style="list-style-type: none"> <li>○ All WIC-approved breakfast cereals contain no more than 6 grams of sugar per dry ounce (21.2 grams of sugar per 100 grams)</li> </ul> </li> <li>• SFAs may divide the amount of sugar per serving by the serving size in grams found on the Nutrition Facts label. If the amount of sugar per serving divided by the serving size in grams is 0.212 or less, then the cereal is within the sugar limit.</li> </ul> <p>Find compliant cereal products here: <a href="https://foodplanner.healthiergeneration.org/products/">https://foodplanner.healthiergeneration.org/products/</a></p> |
| <p>5. Does all the <b>yogurt</b> served to Pre-K meet the Pre-K meal requirements? (no more than 23 grams of sugar per 6 ounces) If <b>NO</b>, explain technical assistance provided.</p> | <input type="checkbox"/> | <input type="checkbox"/> | <p>Tips:<br/>All yogurts served to Pre-K students following the CACFP meal pattern must comply with yogurt sugar limits. Yogurt must contain no more than 23 grams of sugar per 6 ounces.</p> <ul style="list-style-type: none"> <li>• SFAs may divide the amount of sugar per serving by the serving size in grams or ounces found on the Nutrition Facts label. <ul style="list-style-type: none"> <li>○ If the amount of sugar per serving divided by the serving size in grams is 0.135 or less, then the yogurt is within the sugar limit.</li> <li>○ If the amount of sugar per serving divided by the serving size in ounces is 3.83 or less, then the yogurt is within the sugar limit.</li> </ul> </li> </ul> <p>Choose Yogurts That Are Lower in Added Sugars here: <a href="https://www.isbe.net/Documents/choose-yogurts.pdf">https://www.isbe.net/Documents/choose-yogurts.pdf</a>.</p> <p>Find compliant yogurt products here: <a href="https://foodplanner.healthiergeneration.org/products/">https://foodplanner.healthiergeneration.org/products/</a></p>   |

| Date:  |                          |                          |  |  |
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|  | YES                      | NO                       | COMMENTS   |  |
| 6. Were there any <b>grain based desserts</b> served as part of the reimbursable meal? e.g. cookies, sweet pie crusts, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cakes and brownies. If <b>YES</b> , explain technical assistance provided– refer to exhibit A. (Grain based desserts are not creditable as part of the reimbursable meal but may be served as an extra meal item). | <input type="checkbox"/> | <input type="checkbox"/> | <p>Tips:<br/>Grain-based desserts cannot count toward the grain requirement at any meal or snack as part of the reimbursable meal.</p> <p>Grain-based desserts are those items with a superscript 3 or 4 in Exhibit A: Grain Requirement for Child Nutrition Programs (Exhibit A) in CACFP 16-2017, Grain-Based Desserts in the Child and Adult Care Food Program at <a href="https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP16-2017os.pdf">https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP16-2017os.pdf</a></p> <p>Grain-based desserts include cookies, sweet piecrusts, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cake and brownies. Sweet crackers (e.g. graham and animal crackers) are not considered grain-based desserts in the CACFP meal pattern.</p> |  |
| 7. Was a whole grain-rich item served at least one time at any of the 3 meals (lunch, breakfast and/or snack)? If <b>NO</b> , explain technical assistance provided.   | <input type="checkbox"/> | <input type="checkbox"/> | <p>Tips:<br/>At least one serving of grains per day must be whole grain-rich. Whole grain-rich foods contain 100 percent whole grains or contain at least 50 percent whole grains and the remaining percentage are enriched grains.</p> <p>CACFP 01-2018, Grain Requirements in the Child and Adult Care Food Program; Questions and Answers: <a href="https://www.fns.usda.gov/cacfp/grain-requirements-child-and-adult-care-food-program-questions-and-answers">https://www.fns.usda.gov/cacfp/grain-requirements-child-and-adult-care-food-program-questions-and-answers</a>.</p> <ul style="list-style-type: none"> <li>• Whole grain-rich waivers do not apply to the CACFP meal pattern.</li> </ul>  |  |
| 8. Was a meat/meat alternate used to meet the entire grain requirements at breakfast?<br>a. If <b>YES</b> , was it used more than three times a week? If <b>YES</b> , explain technical assistance provided. (A meat/meat alternate cannot be used to substitute the grain requirements at breakfast more than three times a week)   | <input type="checkbox"/> | <input type="checkbox"/> | <p>Tips:<br/>For a maximum of three times per week, SFAs may substitute the entire grain component with a meat/meat alternate at breakfast.</p>  |  |

| Date:  |                          |                          |   |  |
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| 9. Are fried foods prepared on site?<br>If <b>YES</b> , explained technical assistance provided.   | <input type="checkbox"/> | <input type="checkbox"/> | <p>Tips:<br/>Deep fat-fried foods (cooked by submerging in hot oil or other fat) that are prepared on-site cannot be part of a reimbursable meal. SFAs serving meals to preschooler students may still purchase and serve foods that are pre-fried, flash fried or par-fried by the manufacturer, but these foods must be reheated using a method other than deep-fat frying.</p>   |  |
| 10. If a vegetable was served in place of a fruit at lunch, were two different vegetables served? If <b>NO</b> , explain technical assistance.   | <input type="checkbox"/> | <input type="checkbox"/> | <p>Tips:<br/>An additional vegetable may be substituted for the fruit component at lunch, as long as the substituted vegetable is at least the same serving size as the fruit it replaced. If an additional vegetable is substituted at lunch, two different vegetables must be served; vegetable subgroups do not apply.</p>   |  |
| 11. Was the appropriate milk type served?<br><br><ul style="list-style-type: none"> <li>• Unflavored whole milk for children age one.</li> <li>• Unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children 2-5 years of age.</li> </ul> If <b>NO</b> , explain technical assistance provided. | <input type="checkbox"/> | <input type="checkbox"/> | <p>Tips:<br/>Ensure milk coolers are completely stocked with appropriate milk type. Flavored milk is not allowed as part of a reimbursable meal for CACFP meal pattern. SFAs are not required to offer a variety of milk, when serving meals to preschooler students.</p> <p>Allowable milks for preschooler students include low-fat or fat-free milk, low-fat or fat-free lactose reduced milk, low-fat or fat-free lactose free milk, low-fat or fat-free buttermilk, low-fat or fat-free cultured milk or low-fat or fat-free acidified milk.</p> <ul style="list-style-type: none"> <li>• The 1 percent flavored milk exemption does not apply to CACFP meal pattern.</li> </ul> |  |
| 12. Was pasteurized full strength juice served more than once per day? Pasteurized full strength juice is limited to once per day (including snack). If <b>juice was served more than once</b> explain technical assistance provided.  | <input type="checkbox"/> | <input type="checkbox"/> | <p>Tips:<br/>Full-strength (100 percent) fruit juice or full strength (100percent) vegetable juice may be used to meet the entire vegetable or fruit requirement at only one meal or snack per day</p>  |  |
| 13. Was Offer versus Serve (OVS) implemented during meal service? If <b>YES</b> , explain technical assistance provided. (OVS is not an option for preschool age kids).  | <input type="checkbox"/> | <input type="checkbox"/> | <p>Tips:<br/>Offer Versus Serve is not allowable within the CACFP meal pattern.</p>   |  |
| 14. Is family style meal service implemented correctly?<br><br><ul style="list-style-type: none"> <li>• All components available</li> <li>• Supervising adults actively encouraging students to try components, etc.</li> </ul> (According to procedures outlined in FNS Memorandum SP 35-2011,                    | <input type="checkbox"/> | <input type="checkbox"/> | <p>Tips:<br/>A sufficient amount of prepared food must be placed on each table to provide the full required portions of each of the components. Students must be allowed to serve the food components themselves, with the exception of fluids (such as milk and juice).</p> <p>CACFP 05-2017 Offer Versus Serve and Family Style Meals in CACFP outlines family style meal</p>   |  |

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| Date:   |  |  |   |
| Clarification on the Use of Offer versus Serve(OVS) and Family Style Meal Service and FNS Instruction 783-9, rev 2, Family Style Meal Service in the Child and Adult Care Food Program) |  |  | requirements and highlights the differences between family style dining and Offer Versus Serve at <a href="https://www.fns.usda.gov/cacfp/offer-versus-serve-and-family-style-meals-child-and-adult-care-food-program">https://www.fns.usda.gov/cacfp/offer-versus-serve-and-family-style-meals-child-and-adult-care-food-program</a> . |

**Resources**

**CACFP Meal Pattern Training Tools website: <https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools>**