

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

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"/>	<p>Tips: Sponsors may claim infant meals if <u>eligibility requirements</u> are met.</p>
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"/>	<p>Tips: If pre-K students are comingled with older (K-5/K-8) students, they may follow the NSLP/SBP meal pattern the older students are following. Co-mingling means that the preschool students are served meals at the same time and in the same place as the older students, making it hard for staff to distinguish between grades and/or unreasonable to serve two different meal patterns.</p> <p>If pre-K students are not co-mingled with older students, they must follow the preschool meal pattern.</p> <p>View additional resources on preschool meal pattern on the <u>Plan Meals webpage</u>.</p>
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	<input type="checkbox"/>	<input type="checkbox"/>	<p>Tips: All pre-K students have access to all components on every reimbursable meal service line. Offer Versus Serve (OVS) is not an allowable meal service method for pre-K students within the preschool meal pattern.</p>

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the technical assistance provided.			
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 dry ounce)? If <b>NO</b> , explain technical assistance provided.	<input type="checkbox"/>	<input type="checkbox"/>	<p>Tips: All cereals served to pre-K students following the preschool meal pattern must comply with cereal 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>Use the <a href="#">breakfast cereal worksheet</a> as a quick reference guide.</p> <p>SFAs may use <a href="#">State agency’s Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list</a>. All WIC-approved breakfast cereals contain no more than 6 grams of sugar per dry ounce (21.2 grams of sugar per 100 grams)</p> <p>SFA 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.</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.	<input type="checkbox"/>	<input type="checkbox"/>	<p>Tips: All yogurts served to pre-K students following the preschool meal pattern must comply with yogurt sugar limits. Yogurt must contain no more than 23 grams of sugar per 6 ounces.</p> <p>View the <a href="#">yogurt sugar limit worksheet</a> for more information.</p> <p>SFA may divide the amount of sugar per serving by the serving size in grams or ounces found on the Nutrition Facts Label.</p> <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>
	<b>YES</b>	<b>NO</b>	<b>COMMENTS</b>
6. Were there any <b>grain based desserts</b> served as part of the reimbursable	<input type="checkbox"/>	<input type="checkbox"/>	<p>Tips: Grain-based desserts cannot count towards the grain requirement at any meal or snack under the preschool</p>

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<p>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).</p>			<p>meal pattern. Grain-based desserts are those items with a superscript 3 or 4 in <u>Exhibit A</u>.</p> <p>Grain-based desserts include: cookies, sweet pie crusts, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cake, and brownies.</p> <p>Sweet crackers (e.g. graham and animal crackers) are not considered grain-based desserts under the pre-K meal pattern.</p>
<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.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Tips: At least one serving of grains per day must be whole grain-rich. Whole grain-rich foods are foods that contain 100 percent whole grains or contain at least 50 percent whole grains and the remaining grains in the food are enriched. View <a href="#">CACFP 01-2018, Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</a> for additional information.</p>
<p>8. Was a meat/meat alternate used to meet the entire grain requirements at breakfast?</p> <p>a. If <b>YES</b>, was it used more than three times a week? If <b>YES</b>, explain technical assistance provided.</p> <p>(A meat/meat alternate cannot be used to substitute the grain requirements at breakfast more than three times a week)</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Tips: SFAs may substitute the entire grains component with a meat/meat alternate at breakfasts a maximum of three times per week.</p>
<p>a. If <b>YES</b>, was it used more than three times a week? If <b>YES</b>, explain technical assistance provided.</p>	<input type="checkbox"/>	<input type="checkbox"/>	
<p>9. Are fried foods prepared on site? If <b>YES</b>, explained technical assistance provided.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Tips: 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 preschoolers may still purchase and serve foods that are pre-fried, flash fried, or par-fried by the manufacturer, but must be reheated using a method other than deep-fat frying.</p>

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<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.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Tips: The fruit component at lunch may be substituted by an additional vegetable as long as the substituted vegetable is at least the same serving size as the fruit it replaced. When two vegetables are served at lunch, they must be two different kinds of vegetables; vegetable subgroups do not apply.</p>
<p>11. Was the appropriate milk type served?</p> <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> <p>If <b>NO</b>, explain technical assistance provided.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Tips: Ensure milk coolers are completely stocked with required appropriate milk type. Flavored milk is not allowed as part of a reimbursable meal for preschool. SFAs are not required to offer a variety of milks when serving meals to preschoolers.</p>
<p>12. Was pasteurized full strength juice served more than once per day? Pasteurized full strength juice is limited to once per day (including snack). <b>If juice was served more than once</b> explain technical assistance provided.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Tips: Full-strength (100%) fruit juice or full strength (100%) vegetable juice may be used to meet the entire vegetable or fruit requirement at only one meal or snack per day</p>
<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).</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Tips: Offer Versus Serve is not allowable within the preschool meal pattern.</p>
<p>14. Is family style meal service implemented correctly?</p> <ul style="list-style-type: none"> <li>• All components available</li> <li>• Supervising adults actively encouraging</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Tips: A sufficient amount of prepared food must be placed on each table to provide the full required portions of each of the components. Children must be allowed to serve the food components themselves, with the exception of fluids (such as milk and juice). Supervising adults must actively encourage students to try foods.</p>

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<p>students to try components, etc. (According to procedures outlined in FNS Memorandum SP 35-2011, 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)</p>			<p>Pre-K family style meals are reimbursable if enough of each food is available for students to serve themselves at least the minimum required quantity of each component, the child is actively engaged in the meal service, supervising adults are actively encouraging students, and the student selects at least ¼ cup fruit and/or vegetable.</p>
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**Resources**

[Serving School Meals to Preschoolers](#)