

Menu Planning and Record Book For Day Care Homes



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Introduction

A significant goal of the Child Care Food Program (CCFP) is to safely serve nutritious breakfasts, lunches, and snacks that meet meal pattern requirements and are appetizing to children. The meal pattern requirements ensure well-balanced meals that supply the kinds and amounts of food that children require to help meet their nutrient and energy needs.

This book provides Nutrition Resources, Menu Planning Tips, CCFP Meal Patterns for Infants and Children, and additional food component requirements. Also included in this book are Menu Planning Worksheets for infants and children and Meal Count and Attendance Worksheets. Menu Planning Worksheets are for planning and documenting healthy meals and snacks served to infants and children. Meal Count and Attendance Worksheets are for recording children in attendance and the number and type of meals served to each child for reimbursement.

As a child care professional, you contribute to a child's learning and development in many ways. One of those ways is showing young children how to make better food choices for a healthy future, by providing nutritious meals and introducing children to a variety of foods.

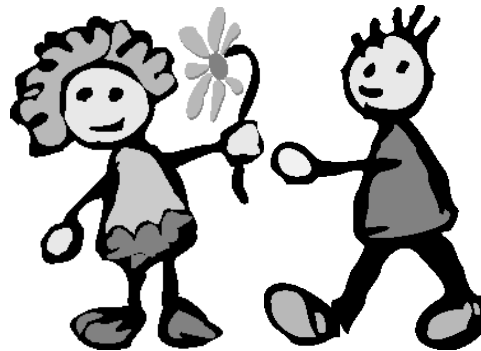




Table of Contents

	Page
Resources	5
Menu Planning Tips	6
Choosing Healthy Options	7 – 8
Fruit and Vegetable Sources of Vitamins A and C	9 – 13
Child Meal Pattern Requirements	14 – 16
Sweet vs. Non-Sweet Creditable Grain/Bread Foods	17
Infant Meal Pattern Requirements	18 – 19
Infant Feeding Form	20
Is Your Facility Breastfeeding Friendly?	21 – 22
Special Needs Meals	23
Creditable Milks and Approved Milk Substitutes	24 – 25
Medical Statement	26
Instructions for Completing Menu Planning Worksheets	27
Sample Menu Planning Worksheets (Child, Infant)	28 – 29
Standard Infant Menu	30
Blank Menu Planning Worksheets (Child, Infant)	31 – 32
Instructions for Completing Meal Count and Attendance Worksheets	33
Sample Meal Count and Attendance Worksheet	34 – 35
Blank Meal Count and Attendance Worksheets	36 – 37

Resources

Below are some references for your use in menu planning and educating children and parents about food and nutrition.

1. Internet Sites

- ◆ **The Child Care Food Program (CCFP) Web page:** www.flhealth.gov/ccfp (items are available for download on topics including infants, children, food safety, special dietary needs, and other nutrition education resources).
- ◆ Kids Eat Right: www.eatright.org/kids
- ◆ Let's Move!: www.letsmove.gov/child-care-providers
- ◆ Center for Nutrition Policy and Promotion: www.cnpp.usda.gov
- ◆ Nutrition and Wellness Tips for Young Children: www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program
- ◆ Food and Nutrition Information Center: <http://fnic.nal.usda.gov/>
- ◆ National Food Service Management Institute: www.nfsmi.org
- ◆ USDA Food and Nutrition Service, Child and Adult Care Food Programs: www.fns.usda.gov/cacfp/child-and-adult-care-food-program
- ◆ USDA Healthy Meals Resource System Team Nutrition Wellness Resources: <http://healthymeals.nal.usda.gov/cacfp-wellness-resources-child-care-providers>
- ◆ Farm to Preschool: www.fns.usda.gov/farmtoschool/farm-preschool
- ◆ Florida Seasonal Crops: www.freshfromflorida.com/Divisions-Offices/Marketing-and-Development/Consumer-Resources/Buy-Fresh-From-Florida/Crops-in-Season

2. Healthy Meals Resources

A variety of resources are available on the following topics from the Healthy Meals Resource System, Food and Nutrition Information Center, National Agricultural Library, 10301 Baltimore Avenue, Room 108, Beltsville, MD 20705-235, or website listed above:

- ◆ Nutrition
- ◆ Physical Activity
- ◆ Electronic Media Use/Screen Time
- ◆ Wellness Policy Resources
- ◆ Community connections
- ◆ Resources in Spanish

3. National Food Service Management Institute (NFSMI)

A variety of resources and training opportunities are available on the following topics from NFSMI, The University of Mississippi, P.O. Box 1848, 6 Jeanette Phillips Drive, University, MS, 38677, phone: (800) 321-3054, or website listed above:

- ◆ Menu Planning
- ◆ Nutrition
- ◆ Pre-K/Preschool Education
- ◆ Food Safety

Menu Planning Tips

The nutritional value of meals and their compliance with federal program requirements depends on careful menu planning. Serving nutritious meals and snacks provides children the energy for active lives, and keeps them healthy and fit. The child care setting is an excellent opportunity to make mealtimes pleasant. Just like motor and other developmental skills, proper eating skills are developed early. Children can learn healthy eating habits when they are young. Providing nutrition education during mealtime or at play can help build healthy habits for life. Below are some tips for basic menu planning:

- Determine the ages of the children you will serve and the required meal pattern components.
- Schedule a quiet time to plan menus. Collect menu resources.
- Plan menus in advance, at least the week before they are to be used.
- Study current menus and determine your menu planning goals:
 - Have your kitchen and storage capabilities been considered?
 - Are new vegetables and fruits introduced weekly?
 - Do your menus have enough variety?
 - Have cultural preferences of the children been considered?
 - Do your menus follow the *Dietary Guidelines for Americans*? (See Center for Nutrition Policy and Promotion link at: www.cnpp.usda.gov/dgas2010-policydocument.htm)
- Select the main entrees for the week, for breakfast, lunch, and/or supper.
- Select the other menu items:
 - Vegetables
 - Fruits
 - Breads and Cereals
- Take advantage of fruits and vegetables in season. Include salads for lunch or supper. (See Florida Department of Agriculture and Consumer Services' link at: www.freshfromflorida.com/Divisions-Offices/Marketing-and-Development/Consumer-Resources/Buy-Fresh-From-Florida/Crops-in-Season)
- Add beverages; be sure to include the required amount of milk. For healthy children age 2 and older, lowfat (1%) or fat-free (skim) milk is required.
- Plan snacks last to balance your meals.
- Make sure you are meeting the nutritional needs of the children. Include good sources of:
 - Vitamin A at least twice a week
 - Vitamin C daily
 - Iron daily
- Finally evaluate for:
 - Variety
 - Taste
 - Color
 - Texture
 - Child Appeal (see *Creating a Healthy Nutrition Environment for Children* at the CCFP website)



Choosing Healthy Options: Vegetables, Fruits, Whole Grains, and Lean Proteins

Vary Your Vegetables

Want to add more color, crunch, and flavor to your menus? Offering a wide variety of vegetables provides a quick and easy way to make meals and snacks pop with eye appeal and nutritional benefits.

- **Offer a wide variety of colorful, appealing vegetables every day.**
 - Include servings from each of these groups over a week:
 - ✓ Dark green: like broccoli, spinach, kale, and other dark leafy greens
 - ✓ Orange: like acorn and butternut squash, carrots, sweet potatoes, and pumpkin
 - ✓ Starchy: like corn, green peas, green lima beans, and potatoes
 - ✓ Others: like cauliflower, celery, cabbage, tomatoes, and green beans
 - Have taste tests and offer samples to encourage children to try different vegetables.
- **Prepare and serve vegetables for meals and snacks in creative ways.**
 - Serve fresh, raw vegetables with a low-fat dressing or dip as a crunchy snack.
 - Buy canned vegetables labeled “no salt added” or choose lower sodium products. Use herbs or no-salt spice mixes to boost flavor.
 - Use frozen mixed vegetables for easy-to-prepare stir-fries.
 - Add shredded carrots or zucchini into meatloaf or casseroles to boost nutrients.
 - Encourage children to try colorful, tasty seasonal vegetables by offering them in small, easy-to-eat shapes: sliced zucchini and yellow squash sticks, broccoli or cauliflower “trees”, green and red pepper rings.

Jazz Up Your Menu with Fruits

Because fruits are colorful and naturally sweet, they have built-in kid appeal. They give you a quick and easy way to boost the nutritional benefits of meals and snacks.

- **Offer a wide variety of colorful, tempting fruits every day.**
 - Choose good sources of vitamin C every day, such as oranges, grapefruit, cantaloupe, peaches, pears, and pineapple.
 - Select good sources of vitamin A at least twice a week, such as apricots, melons, plums, and mango.
 - Select fruit canned in 100 percent fruit juice or water, rather than syrup.
 - Serve fresh fruits in season to save money.
- **Prepare and serve fruits for meals and snacks in creative ways.**
 - Add canned crushed pineapple or mandarin oranges to salads or coleslaw.
 - Blend frozen fruit like peaches or berries with fat-free or low-fat milk for a fruit smoothie at breakfast or snack.
 - Use applesauce as a fat-free substitute for some of the oil when baking cookies and quick breads.
 - Cut up fruits, like fresh apples and oranges, to make them kid-friendly and easy to eat.
 - Offer baked apples, fruit cobbler, or fruit salad as a dessert treat.

Serve More Whole-Grains

Whole grains contain fiber, vitamins, minerals, and antioxidants that refined, enriched grain products don't have. They contain the entire grain kernel – the bran, germ and endosperm.

- **Know what to look for on the product ingredients list (not the product name) to identify whole grains.**
 - The word “whole” listed before a grain – whole corn, whole oat flour, whole rye flour.
 - The words “berries” and “groats” – oat groats, wheat berries, buckwheat groats.
 - Other whole grain products that do not use the word “whole” in their description are rolled oats, oatmeal, brown rice, brown rice flour, and wild rice.
 - The following are not whole grains: flour, white flour, wheat flour, all-purpose flour, unbleached flour, bromated flour, enriched bromated flour, enriched flour, enriched self-bleached flour, instantized flour, self-rising flour, self-rising wheat flour, enriched self-rising flour, bread flour, cake flour, durum flour, grits, corn grits, hominy grits, farina, semolina, degerminated corn meal, enriched rice, rice flour, couscous.
- **Aim to have at least half of the grains you serve be whole grains.**
 - Substitute whole-grain products for refined-grain products. For example, serve 100% whole wheat bread for white bread or brown rice instead of white rice.
 - Introduce whole grains in popular products like pizza crust, breads, rolls, hamburger buns, and pasta.
 - Modify recipes to include more whole grains. For example, replace 1/3 to 1/2 of the flour in your favorite roll recipe with whole wheat flour.
 - Serve whole grain cereals for breakfast.
 - Add whole grains to mixed dishes, such as barley in vegetable soup or bulgur wheat in casseroles.

Lean Toward Low-Fat Proteins

Proteins can come from animals – meat, poultry, seafood, and eggs – as well as from plants – beans, peas, soy, nuts, and seeds. Include a variety each week.

- **Eat a variety of protein foods.**
 - Experiment with main dishes made with beans or peas, eggs, soy, or seafood.
 - Select leaner cuts of meat. Choose cuts with the words “round” and “loin” in the name for the leanest cuts.
 - Try grilling, broiling, roasting, or baking to avoid adding extra fats to meats. Avoid breading meat and poultry too.
 - Make healthy sandwiches from turkey slices, roast beef, canned tuna, or peanut butter, rather than deli meats which are high in fat and sodium.
- **Try serving a meatless meal at least once a week.**
 - Use pre-cooked canned beans to save time and money when preparing casseroles, stews and side dishes.
 - Combine two different types of beans, such as kidney and pinto beans, to make meatless chili more interesting.
 - Warm up winter menus by serving split pea, lentil, minestrone, or white bean soups.
 - Spruce up salads by adding garbanzo beans, red kidney beans, black beans, or a mixture of all three.
 - Puree garbanzo beans to make a great-tasting hummus dip to serve with fresh vegetables or whole wheat crackers for snack.



Fruit and Vegetable Sources of Vitamins A and C

The following charts list fruits and vegetables that meet the requirement to serve good sources of vitamins A and C in the child meal pattern.

Items listed in the Good column provide at least 10-24% of the Recommended Dietary Allowance (RDA) for children ages 1-5.

Items listed in the Better column provide at least 25-39% of the RDA for children ages 1-5.

Items listed in the Best column provide 40% or more of the RDA for children ages 1-5.

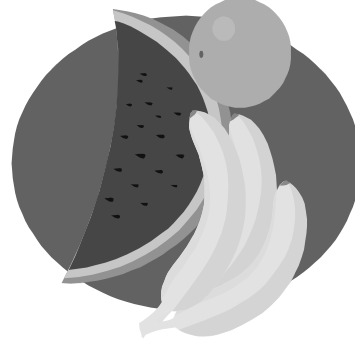
Items with an * appear on both the vitamin A and C charts. Be sure to serve the appropriate amounts. For example, if you use frozen, cooked broccoli, you would have to serve at least ½ cup to meet the minimum requirement for both vitamins A and C. However, if you use fresh broccoli, you would only have to serve ¼ cup.

The shaded spaces indicate that there are no easily measurable items that fit into that category.

VITAMIN A

(Include at least twice a week)

FRUIT	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Apricot*	2 medium, fresh 7 halves, dried ¼ cup, canned	½ cup, canned	
Cantaloupe*	¼ cup, fresh	½ cup, fresh	
Cherries, red sour*	½ cup, canned		
Grapefruit*	½ medium, fresh, pink or red		
Mandarin Oranges*	½ cup, canned		
Mango*	½ medium, fresh ½ cup, fresh		
Melon Balls*	½ cup, fresh or frozen		
Nectarine*	2 medium, fresh		
Papaya*	1 small, fresh ½ cup, fresh		
Plum*	½ cup, canned		
Peach	3 halves, dried		
Tangerine*	2 medium, fresh		
Watermelon*	1 cup, fresh		



VITAMIN A

(Include at least twice a week)

VEGGIE	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Broccoli*	1/4 cup, fresh, cooked 1/2 cup, frozen, cooked		
Cabbage, Chinese (Bok Choy)	1/4 cup, fresh, cooked		
Carrots*			1/4 cup, all forms 4 baby carrots
Greens, Collard*			1/4 cup, fresh or frozen, cooked
Greens, Mustard*		1/4 cup, cooked	
Greens, Turnip*			1/4 cup, fresh or frozen, cooked
Kale*			1/4 cup, fresh or frozen, cooked
Mixed Vegetables*	1/4 cup, frozen, cooked		1/4 cup, canned, cooked
Peas, Green*	1/4 cup, frozen, cooked 3/4 cup, canned, cooked		
Peas & Carrots*			1/4 cup, frozen or canned, cooked
Plantain*	1/2 medium, fresh, raw 3/4 cup, fresh, cooked		
Pepper, Red*	1/4 cup, fresh, raw or cooked	1/2 cup, fresh, raw or cooked	
Pumpkin*			1/4 cup, fresh or canned
Romaine Lettuce	1/4 cup, fresh, raw	1/2 cup, fresh, raw	
Spinach*	1/2 cup, fresh, raw		1/4 cup, fresh, frozen or canned, cooked
Squash, Butternut* or Winter*			1/4 cup, fresh or frozen, cooked
Sweet Potato*			1/4 medium, fresh, cooked 1/4 cup, canned
Tomato*	3/4 cup, fresh, raw 6 cherry tomatoes, fresh		
Tomato Paste*	1/4 cup, canned		
Tomato Puree*	1/4 cup, canned		

VITAMIN C

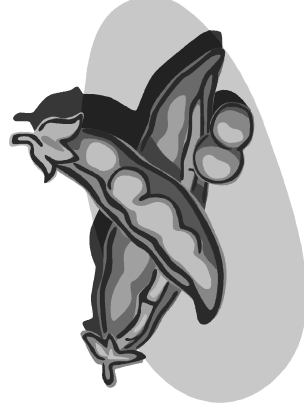
(Include daily)

FRUIT	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Apple	½ medium, fresh	1 medium, fresh	
Apricots*	¼ cup, canned 1 medium, fresh		
Avocado	¼ cup, fresh		
Banana	¼ medium, fresh	¾ medium, fresh	
Blackberries		¼ cup, fresh	½ cup, fresh
Blueberries	¼ cup, fresh 1 cup, frozen	½ cup, fresh	
Cantaloupe*			¼ cup, fresh
Cherries, red sweet	6 cherries, fresh		
Cherries, red sour*	½ cup, canned		
Fruit Cocktail	½ cup, canned		
Grapefruit*			¼ medium, fresh ¼ cup, canned
Guava			¼ medium, fresh
Honeydew		¼ cup, fresh	
Kiwi			¼ medium, fresh
Mandarin Oranges*			¼ cup, canned
Mango*			¼ medium, fresh ¼ cup, fresh
Melon Balls *	¼ cup, frozen		¼ cup, fresh
Nectarine*		1 medium, fresh	
Orange			¼ medium, fresh ¼ cup, fresh
Papaya*			¼ cup, fresh
Peach	½ medium, fresh ½ cup, canned	1 medium, fresh	¼ cup, frozen
Pear	½ medium, fresh ¾ cup, canned	1 medium, fresh	
Pineapple	¼ cup, canned		¼ cup, fresh
Plum*	½ cup, canned or stewed	1 medium, fresh	
Raspberries		¼ cup, fresh	½ cup, fresh ¼ cup, frozen
Strawberries			¼ cup, fresh or frozen
Tangerine*			½ medium, fresh
Watermelon*	¼ cup, fresh	½ cup, fresh	1 cup, fresh

VITAMIN C

(Include daily)

VEGGIE	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Asparagus	3 spears, fresh, cooked	2 spears, canned or frozen	¼ cup, frozen
Broccoli*			¼ cup, all forms
Brussels Sprouts			¼ cup, fresh or frozen, cooked
Cabbage, all types		¼ cup, fresh, raw	¼ cup, fresh, cooked
Carrots*	½ cup, fresh, raw or cooked ¾ cup, frozen or canned 9 baby carrots		
Cauliflower			¼ cup, all forms
Celery	¾ cup, fresh, raw		
Corn	¼ cup, canned, cooked ½ cup, fresh, cooked ¾ cup, frozen, cooked		
Cucumber	¾ cup, fresh, raw		
Green Beans	¼ cup, fresh, cooked ½ cup, frozen, cooked ¾ cup, canned, cooked		
Greens, Collard*		¼ cup, fresh, cooked	¼ cup, frozen, cooked
Greens, Mustard*		¼ cup, fresh, cooked	
Greens, Turnip*		¼ cup, frozen, cooked	¼ cup, fresh, cooked
Kale*		¼ cup, frozen, cooked	¼ cup, fresh, cooked
Kohlrabi			¼ cup, cooked
Lima Beans	¼ cup, frozen		
Mixed Vegetables*	½ cup, canned or frozen, cooked		
Okra	¼ cup, frozen, cooked	¼ cup, fresh, cooked	
Peas & Carrots*	¼ cup, canned or frozen, cooked	½ cup, canned or frozen, cooked	
Peas, Green*	¼ cup, frozen ½ cup, canned		
Peas, Snow		¼ cup, frozen, cooked	¼ cup, fresh, cooked



VITAMIN C, continued

(Include daily)

VEGGIE	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Peppers, all colors*			¼ cup, all forms
Plantain*	¼ cup, fresh, cooked	¼ cup, fresh, raw	
Potato	¼ medium, cooked ¼ cup, mashed (from flakes)		
Pumpkin*	¼ cup, fresh or canned		
Rhubarb	½ cup, frozen, cooked		
Rutabaga		¼ cup, fresh, cooked	½ cup, fresh, cooked
Spinach*	¼ cup, fresh, cooked ½ cup, fresh, raw ¾ cup, frozen, cooked	¼ cup, canned	
Squash, Winter* or Summer	¼ cup, fresh, cooked or raw		
Squash, Butternut*	¼ cup, fresh, cooked ½ cup, frozen, cooked		½ cup, fresh, cooked
Sweet Potato*	¼ medium, cooked	½ medium, cooked	¼ cup, canned
Tomatillo	1 medium, fresh		
Tomato, Canned	¼ cup, canned or stewed		
Tomato*	¼ cup, fresh, raw		5 cherry tomatoes
Tomato Paste*		⅛ cup, canned	¼ cup, canned
Tomato Puree*		¼ cup, canned	
Turnips	¼ cup, fresh, cooked		
Yam	¼ medium, cooked	½ medium, cooked	



Child Care Food Program Meal Pattern for Children

Children age one and older participating in the Child Care Food Program must be served at least the total minimum amount of food authorized per meal as stated below in order to qualify for reimbursement.

Child Meal Pattern Food Components:	Age Group and Serving Size:			
	1 and 2 year olds:	3 – 5 year olds:	6 – 12 ¹ year olds:	
Breakfast (3 components)	Fluid milk ¹¹ Milk	1/2 cup	3/4 cup	1 cup
	Vegetables and Fruits ¹⁰ Vegetables and/or fruits or Full-strength vegetable or fruit juice ²	1/4 cup	1/2 cup	1/2 cup
		1/2 slice 1/2 serving 1/4 cup or 1/3 oz. 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup or 1/2 oz. 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup or 1 oz. 1/2 cup 1/2 cup
	Grains/Breads ^{3, 10} Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal ⁴ or Cooked cereal grains or Cooked pasta or noodle products	1/2 cup	1/2 cup	1 cup
		1/2 cup 1/2 cup	1/2 cup 1/2 cup	3/4 cup 3/4 cup
		1/2 slice 1/2 serving 1/4 cup or 1/3 oz. 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup or 1/2 oz. 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup or 1 oz. 1/2 cup 1/2 cup
1/2 oz. 1/2 oz. 1/2 oz. 1/2 egg 1/8 cup		1/2 oz. 1/2 oz. 1/2 oz. 1/2 egg 1/8 cup	1 oz. 1 oz. 1 oz. 1/2 egg 1/4 cup	
1 Tbsp. 1/2 oz.		1 Tbsp. 1/2 oz.	2 Tbsp. 1 oz.	
Snack ⁷ (Select 2 different components)	2 oz. or 1/4 cup	2 oz. or 1/4 cup	4 oz. or 1/2 cup	
	Fluid milk ¹¹ Milk	1/2 cup	3/4 cup	1 cup
	Vegetables and Fruits ¹⁰ Vegetable(s) and/or fruit(s) or Full-strength vegetable or fruit juice ²	1/2 cup 1/2 cup	1/2 cup 1/2 cup	3/4 cup 3/4 cup
		1/2 slice 1/2 serving 1/4 cup or 1/3 oz. 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup or 1/2 oz. 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup or 1 oz. 1/2 cup 1/2 cup
	Meat and Meat Alternates ¹⁰ Lean meat or poultry or fish ⁵ or Alternate protein products ⁶ or cheese or Egg (large) or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds or Yogurt, plain or flavored, unsweetened or sweetened	1/2 oz. 1/2 oz. 1/2 oz. 1/2 egg 1/8 cup	1/2 oz. 1/2 oz. 1/2 oz. 1/2 egg 1/8 cup	1 oz. 1 oz. 1 oz. 1/2 egg 1/4 cup
1 Tbsp. 1/2 oz.		1 Tbsp. 1/2 oz.	2 Tbsp. 1 oz.	
2 oz. or 1/4 cup		2 oz. or 1/4 cup	4 oz. or 1/2 cup	
Fluid milk ¹¹ Milk		1/2 cup	3/4 cup	1 cup
Vegetables and Fruits ^{8, 10} Vegetable(s) and/or fruit(s), 2 or more Grains/Breads ^{3, 10}		1/4 cup total	1/2 cup total	3/4 cup total
	1/2 slice 1/2 serving 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/4 cup 1/4 cup	1 slice 1 serving 1/2 cup 1/2 cup	
Lunch/Supper (4 components – 5 items)	1 oz. 1 oz. 1 oz. 1/2 egg 1/4 cup	1 1/2 oz. 1 1/2 oz. 1 1/2 oz. 3/4 egg 3/8 cup	2 oz. 2 oz. 2 oz. 1 egg 1/2 cup	
	2 Tbsp. 1/2 oz. = 50%	3 Tbsp. 3/4 oz. = 50%	4 Tbsp. 1 oz. = 50%	
	4 oz. or 1/2 cup	6 oz. or 3/4 cup	8 oz. or 1 cup	
	Fluid milk ¹¹ Milk	1/2 cup	3/4 cup	1 cup
	Vegetables and Fruits ^{8, 10} Vegetable(s) and/or fruit(s), 2 or more Grains/Breads ^{3, 10}	1/4 cup total	1/2 cup total	3/4 cup total
1/2 slice 1/2 serving 1/4 cup 1/4 cup		1/2 slice 1/2 serving 1/4 cup 1/4 cup	1 slice 1 serving 1/2 cup 1/2 cup	
Meat and Meat Alternates ¹⁰ Lean meat or poultry or fish ⁵ or Alternate protein products ⁶ or cheese or Egg (large) or Cooked dry beans or peas or Peanut butter or soynut butter or other nut/seed butters or Peanuts or soynuts or tree nuts or seeds ⁹ or Yogurt, plain or flavored, unsweetened or sweetened	1 oz. 1 oz. 1 oz. 1/2 egg 1/4 cup	1 1/2 oz. 1 1/2 oz. 1 1/2 oz. 3/4 egg 3/8 cup	2 oz. 2 oz. 2 oz. 1 egg 1/2 cup	
	2 Tbsp. 1/2 oz. = 50%	3 Tbsp. 3/4 oz. = 50%	4 Tbsp. 1 oz. = 50%	
	4 oz. or 1/2 cup	6 oz. or 3/4 cup	8 oz. or 1 cup	
	Fluid milk ¹¹ Milk	1/2 cup	3/4 cup	1 cup
	Vegetables and Fruits ^{8, 10} Vegetable(s) and/or fruit(s), 2 or more Grains/Breads ^{3, 10}	1/4 cup total	1/2 cup total	3/4 cup total
1/2 slice 1/2 serving 1/4 cup 1/4 cup		1/2 slice 1/2 serving 1/4 cup 1/4 cup	1 slice 1 serving 1/2 cup 1/2 cup	

See **Endnotes and Additional Food Component Requirements on following pages**

Note: Milk must be served with each breakfast, lunch and supper meal. Between a child's first and second birthday, serving whole milk is strongly recommended. After the child's second birthday, it is required that lowfat or fat-free milk be served. To encourage adequate calcium intake, lowfat flavored milk can be served.

Conversions: 1/2 cup = 4 fl. oz. 1 pint = 2 cups
 3/4 cup = 6 fl. oz. 1 quart = 2 pints = 4 cups
 1 cup = 8 fl. oz. 1 gallon = 4 quarts = 16 cups

Child Care Food Program Meal Pattern for Children

Endnotes

1. Children age 12 and older may be served larger portion sizes based on the greater food needs of older boys and girls, but must be served the minimum quantities specified for children ages 6 – 12.
2. Vegetable or fruit juice must be full-strength, pasteurized and 100% juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more of vitamin C.
3. Bread, pasta or noodle products, and cereal grains, must be whole grain or enriched; cornbread, biscuits, rolls, muffins, etc., must be made with whole grain or enriched meal or flour; cereal must be whole grain or enriched or fortified. Prepackaged grain/bread products must have enriched flour or meal or whole grain as the first ingredient.
4. Cold dry cereal can be measured by volume (cup) or weight (ounces) whichever is less.
5. The serving size for lean meat, poultry, or fish is the edible portion as served.
6. Alternate meat products must be equal to at least 80% of the protein quality of milk (casein) determined by the Protein Digestibility Corrected Amino Acid Score (PDCAAS) and must contain at least 18% protein by weight when fully hydrated or formulated.
7. At snack, select at least two different food components. Juice must not be served when milk is served as the only other component.
8. At lunch and supper, serve two or more kinds of vegetables(s) and/or fruit(s) or a combination of both. Full-strength vegetable or fruit juice must not be counted to meet more than one-half of this requirement.
9. At lunch and supper, no more than 50% of the meat/meat alternate requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry, or fish.
10. Servings can be an equal amount of any combination of this component. Note: Less than 1/8 cup of fruit or vegetable is not creditable.
11. After the child's first birthday and prior to the second birthday, serving whole milk is strongly recommended. After the child's second birthday, it is required that lowfat or fat-free milk be served.

Child Care Food Program Meal Pattern for Children

Guidelines to Follow

Child care providers must ensure quality meals are served to children and that nutrition education is encouraged. When planning menus the following requirements must be met:

Fluid milk:

- After the child's first birthday and prior to the second birthday, serving whole milk is strongly recommended.
- After the child's second birthday, lowfat (1%) or fat-free milk must be served.

Vegetable or fruit or juice:

- Vegetable or fruit juice must be full-strength, pasteurized, and 100% juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more of vitamin C.
- Fruit juice should not be served more than once a day.
- Fresh, frozen, or canned vegetables and/or fruits should be served at least twice a week on the breakfast menu and twice a week on the snack menu.
Please note: For those providers that claim two snacks and one meal, instead of two meals and one snack, fresh, frozen or canned vegetables and/or fruits should be served at least twice a week at each snack time.
- Good vitamin A sources should be served a minimum of twice a week and must come from vegetables and fruits.
- Good vitamin C sources should be served daily and must come from vegetables and fruits or fruit juice.
- Less than 1/8 cup of vegetables and fruits may not be counted to meet the vegetable/fruit component.

Grains/breads:

- Grain/bread food must be whole grain, enriched, or made from whole grain or enriched meal or flour. Bran and germ are counted as enriched or whole grain meals or flours. Cornmeal, corn flour, and corn grits must be designated as whole or enriched to be creditable.
- Only ready-to-eat breakfast cereals containing 10 grams of sugar or less per serving as stated on the Nutrition Facts label should be served. Cereals with more than 10 grams of sugar cannot be served as sweet grain/bread foods.
- Sweet grain/bread foods must be whole grain or made with enriched flour or meal and may be credited as a bread serving at breakfast and snack only. Prepackaged grain/bread products must have enriched flour or meal or whole grains as the first ingredient listed on the package.
- No more than two sweet grain/bread breakfast items and no more than two sweet grain/bread snack items should be served per week (not to exceed four sweet items per week).
Please note: Regardless of how many different types of snacks you offer (i.e. morning snack, afternoon snack, and evening snack) your CCFP menu must not contain more than two sweet grain/bread snack items per week.

Meat or meat alternate:

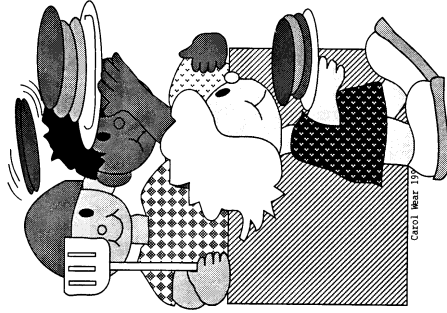
- Commercially processed combination foods (convenience entrees – frozen or canned) must have a CN label or product formulation statement stating the food component contribution to the meal pattern.
- A serving of cooked dry beans or peas may count as a vegetable or as a meat alternate, but not as both components in the same meal.

****Please note that donated foods cannot be used to contribute to the meal pattern requirements.****

Sweet vs. Non-Sweet Creditable Grain/Bread Foods

Sweet grain/bread foods must be made with enriched or whole grain flour and may be credited as a bread serving at breakfast and snack only. **Prepackaged grain/bread products must have enriched flour or meal or whole grains as the first ingredient listed on the package.** No more than two sweet breakfast items and no more than two sweet snack items may be served per week (not to exceed four sweet items per week). Some examples of sweet and non-sweet items are listed below:

Sweet Items	Non-Sweet Items
<p>Brownies Cake (all varieties, frosted or unfrosted) Cereal Bars Coffee Cake Cookies (all kinds) Crackers (flavored or sugared graham crackers, iced animal crackers, sweet sandwich crackers) Doughnuts French Toast with powdered sugar and/or syrup Grain Fruit Bars Granola Bars Muffins/ Quick breads Pancakes with syrup Pie Crust (dessert pies, fruit turnovers and meat/meat alternate pies) Sweet Roll Toaster Pastry Waffles with syrup</p>	<p>Bagels Barley Batter type coating Biscuits Breakfast Cereals (cooked) Breads (white, wheat, whole wheat, French, Italian) Bread Sticks (hard and soft) Bread Type Coating Bulgur or Cracked Wheat Buns Chow Mein Noodles Cornbread Croissants Crackers (saltines, savory snack crackers, plain graham or plain animal crackers) Croutons Egg Roll Skins, Won Ton Wrappers English Muffins French Toast (plain) Macaroni (all shapes) Noodles (all varieties) Pancakes (plain) Pasta (all shapes) Pita Bread (white, wheat, whole wheat) Pizza Crust Pretzels Ravioli (noodle only) Rice (enriched white or brown) Rolls (white, wheat, whole wheat, potato) Stuffing (dry) Tortillas (wheat, corn) Tortilla Chips (enriched, whole grain) Taco Shells Waffles (plain)</p>



For age appropriate serving sizes that meet the grain/bread requirement, refer to *A Guide to Crediting Foods*, Exhibit A--Grains/Breads for the Food Based Alternatives on the Child Nutrition Programs.

Please remember that accompaniments to these foods may contain more fat, sugar, or salt than others. This should be a consideration when deciding how often to serve them.

Child Care Food Program Meal Pattern for Infants

To comply with the Child Care Food Program regulations, the Infant Meal Pattern lists the amount of food to be offered to children from birth through the 11th month. Breastmilk or iron-fortified infant formula or portions of both must be served for the entire first year. *To support and encourage moms who breastfeed, meals containing breastmilk have different guidelines for reimbursement than meals containing formula.* Food within the meal pattern should be the texture and consistency appropriate for the age of the infant and may be served during a span of time consistent with the infant's eating habits. The decision to introduce solid foods should be made in consultation with the child's parents. Providers should receive written instruction on introduction of solid foods from the parent or health care provider. The infant meal must contain each of the following components in the amounts indicated for the appropriate age group in order to qualify for reimbursement.

Infant Meal Pattern Food Components:	Age Group and Serving Size:		
	Birth – 3 months:	4 – 7 months:	8 – 11 months:
Breakfast	Breastmilk ^{1, 2} or infant formula ³	4-8 fl. oz.	6-8 fl. oz.
	Vegetable and/or fruit		1-4 Tbsp.
	Infant cereal ³	*0-3 Tbsp.	2-4 Tbsp.
Snack	Breastmilk ^{1, 2} or infant formula ³	4-6 fl. oz.	2-4 fl. oz.
	or:		or:
	Full strength fruit juice		2-4 fl. oz.
	Bread ⁴ or Crackers ⁴		*0-1/2 slice *0-2
Lunch/Supper	Breastmilk ^{1, 2} or infant formula ³	4-6 fl. oz.	6-8 fl. oz.
	and:		and:
	Vegetable and/or fruit		1-4 Tbsp.
	In addition for 8-11 months, you must choose one or more of the following:		
	Infant cereal ³		2-4 Tbsp.
	Meat, fish, poultry, egg yolk, or cooked dry beans or peas		1-4 Tbsp.
	Cheese		½ - 2 oz. (weight)
Cottage cheese		1-4 oz. (volume)	
Cheese food or cheese spread		1-4 oz. (weight)	
*NOTE: A SERVING OF THIS COMPONENT IS REQUIRED ONLY WHEN THE INFANT IS DEVELOPMENTALLY READY TO ACCEPT IT.			

Endnotes

1. Breastmilk or formula or portions of both, may be served, however, it is recommended that breastmilk be served in place of formula from birth through 11 months.
2. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered if the infant is still hungry.
3. Infant formula and dry infant cereal must be iron-fortified.
4. Bread or crackers must be made from whole-grain or enriched meal or flour.

Darker shaded areas are not required for reimbursable infant meals. Lighter shaded areas are required only when the infant is developmentally ready to accept.

Child Care Food Program Meal Pattern for Infants

Guidelines to Remember

Child care providers participating in the Child Care Food Program (CCFP) are obligated to offer program meals to all children, including infants, who are enrolled for child care. To ensure this policy is met, child care providers must require parents to complete the Infant Feeding Form (see sample on the following page). This form can be downloaded from the CCFP Web page.

Infant Formula and/or Breastmilk:

- Breastmilk is recommended in place of formula from birth through 11 months.
- It is normal for breastfed infants to consume smaller amounts of breastmilk at a feeding, but eat more often throughout the day. Therefore, it is acceptable to offer less than the minimum amount of breastmilk according to the infant meal pattern. Offer more breastmilk if the infant is still hungry.
- Infant formula must be iron-fortified. Cow's milk must not be used for infants less than one year of age. (Refer to the DOH Approved Formula List on the CCFP website at www.floridahealth.gov/ccfp/).
- Meals containing **only** breastmilk (expressed by mother and fed by child care provider), **only** formula supplied by either the child care provider or the parent, or **only** a combination of breastmilk and iron-fortified formula for infants birth through 7 months who are not developmentally ready for solids are reimbursable.
- Meals served to infants who are developmentally ready for solids (4 through 7 months) must include at least one food item furnished by the child care provider to count as a reimbursable meal.
- Meals served to infants 8 through 11 months must include at least one food item furnished by the child care provider to be reimbursable.

Fruit juice:

- Is creditable only at snack for babies 8 months and older (and can be served instead of breastmilk or formula at snack).
- At breakfast, lunch, and supper - cannot count as the vegetable or fruit component.
- Must be full-strength (100%), pasteurized, regular or infant fruit juice.
- Must be naturally high in, or fortified with vitamin C.
- Must be offered from a cup – not a bottle.
- Citrus (orange, tangerine, grapefruit), pineapple, and tomato juices served to babies before 6 months of age can cause an allergic reaction (please note tomato and other vegetable juices are not creditable).

Solid foods:

- Are required for infants 4 months of age and older *who are developmentally ready* to accept them.
- Must not be given to babies younger than 4 months of age unless required and documented by a doctor.
- Must be of an appropriate texture and consistency and should only be introduced after consulting with the infant's parent or guardian.
- Can be either home-prepared baby foods or commercially prepared baby foods.
- Infant cereal must be iron-fortified, plain, dry.
- Do not serve honey or food that may contain honey to infants less than one year of age - honey may contain botulinum spores, which can be harmful to infants.

Child Care Food Program
SAMPLE – Infant Feeding Form – SAMPLE

Child care facility: Please fill in facility name and formulas offered before distributing to parents.	
Child Care Facility Name:	<i>Mae Wright</i>
<small>* Formulas offered at this facility:</small> Milk based:	<i>Gerber (Nestle) Good Start</i>
Soy based:	<i>Gerber (Nestle) Good Start Soy</i>

This child care facility participates in the Child Care Food Program (CCFP) and is required to offer infant formula and food to your baby. The CCFP provides reimbursement for healthy meals provided and served to your baby while in our care. Our child care staff have been trained in infant feeding practices and offer age appropriate foods for your baby.

We welcome breastfed babies and support and encourage moms to continue breastfeeding when returning to work or school. For formula fed infants, we offer the iron-fortified infant formulas listed above to babies in our care.

To qualify for reimbursement, infant meals and snacks must include, at a minimum, the following food components at appropriate age and developmental stages:

- ~ Breastmilk or iron-fortified infant formula (or a combination of both)
- ~ Iron-fortified infant cereal
- ~ A variety of texture appropriate vegetables and fruits
- ~ A variety of texture appropriate meat and meat alternates
- ~ Bread or crackers
- ~ 100 percent fruit juice

Please be aware this child care facility:

- ~ May request parents to supply clean, sanitized and labeled bottles on a daily basis.
- ~ Requires the parent to label bottles of breastmilk or formula and containers of food that they provide with baby's name, date, and time of bottle or food preparation.
- ~ Can feed solid foods to infants younger than 4 months of age only when a medical statement is provided.
- ~ Can feed solid foods to infants in a bottle only when a medical statement is provided.
- ~ Can offer 100 percent fruit juice from a cup – not a bottle.

Parents please complete the following:

Baby's full name: Baby Lulu Date of Birth: 00/00/00

Please check this box if your baby is breastfed and you plan to provide breastmilk.

I understand that this child care facility will supply the above iron-fortified formulas for formula-fed infants up to 12 months of age and infant cereal and baby food for infants 4 months and older, according to the CCFP requirements.

* I prefer to supply my own formula (write in name of formula): _____

This facility has not requested or required me to provide infant formula or food.

Parent Signature: Baby Lulu's Mommy Date: 7-17-14

Printed Name of Parent: Baby Lulu's Mommy

*Please note: Early Head Start facilities provide the brand of formula you currently give your infant as well as all age-appropriate foods.

Is Your Facility Breastfeeding Friendly?

A facility that is Breastfeeding Friendly:

- Provides an atmosphere that welcomes and promotes breastfeeding as a normal method of feeding infants
- Helps mothers continue to breastfeed when they return to work or school
- Makes breastfeeding resources available to parents
- Feeds infants on cue and coordinates feeding times with parent's schedule
- Trains staff so they are able to support breastfeeding parents
- Has a written breastfeeding policy

If you think your center or home is Breastfeeding Friendly, complete the following information and the self-assessment on the back. Mail this completed form and a copy of your breastfeeding policy to the address below. Facilities that answer "Yes" to all six standards and whose policy supports breastfeeding will be designated as a Breastfeeding Friendly Child Care Facility. Facilities will be awarded a certificate and window cling to display at the center or home. The certificate expires after 2 years and you will need to complete another self-assessment at that time.

If your facility is not ready to apply yet and you would like more information on becoming a Breastfeeding Friendly Child Care Facility, contact us at the address below.

CCFP Authorization Number: _____

Facility Name: _____

Sponsor Name (if applicable): _____

Facility Address: _____

City: _____ State: _____ Zip: _____

Number of infants (under 12 months of age) currently in care: _____

Contact Information:

Krista Schoen
Florida Department of Health
Bureau of Child Care Food Programs
4052 Bald Cypress Way, Bin A-17
Tallahassee, FL 32399
Phone: 850-245-4323 FAX: 850-414-1622 E-mail: krista.schoen@flhealth.gov



Breastfeeding Friendly Self-Assessment

1. *Our facility provides an atmosphere that welcomes and promotes breastfeeding.* Yes ___ No ___

The facility encourages mothers to visit and breastfeed during the day, if their schedules permit. Facility employees are also encouraged to breastfeed their infants in care. There are breastfeeding posters on display and learning/play materials that promote breastfeeding (e.g. books that contain pictures of babies or animals nursing).

2. *Our facility helps mothers continue to breastfeed their babies when they return to work or school.* Yes ___ No ___

Parents are told about the facility's policies and services regarding breastfeeding. The facility's information packet for new families includes information on breastfeeding that is not provided by or produced by formula companies. There is a quiet comfortable place that mothers can feed their babies or express breast milk.

3. *Our facility has accurate written materials on breastfeeding topics available for all parents.* Yes ___ No ___

Staff is familiar with written materials and available community resources (support groups, La Leche League, lactation consultants, and local WIC agency) and refers moms as appropriate.

4. *Our facility feeds infants on cue and coordinates feeding times with the mother's normal schedule.* Yes ___ No ___

Breastfed babies do not receive food or drink (other than breast milk) unless indicated. Parents are asked what they want the facility to do if mom will be late and their baby is hungry or the supply of breast milk is gone.

5. *Our facility trains all staff so they are able to support breastfeeding.* Yes ___ No ___

Facility staff convey a positive attitude that moms can return to work and continue to breastfeed and that the facility can help them. Staff is trained about the benefits and normalcy of breastfeeding; the preparation, storage, and feeding of breast milk; and resources available for staff and parents.

6. *Our facility has a written policy that reflects the facility's commitment to breastfeeding.* Yes ___ No ___

Staff is familiar with the policy and it is available so that staff can refer to it.

Enclosed is a copy of our facility's Breastfeeding Policy.

Name of Facility Director: _____ Signature: _____

Phone: _____ E-mail: _____

Special Needs Meals in the CCFP

For children with disabilities:

Child care providers are required to provide food component substitutions for individual children who have a disability. A disability means any person who has a documented physical or mental impairment which substantially limits one or more major life activities. Examples of disabilities may include: orthopedic, visual, speech, and hearing impairments; cerebral palsy; epilepsy; muscular dystrophy; multiple sclerosis; cancer; heart disease; metabolic diseases, such as diabetes or phenylketonuria (PKU); and food anaphylaxis (life threatening food allergy). Reading food labels for life threatening food allergen warnings and ingredients is vital. Meals must provide the substitutions or modifications to the meal patterns as specified on the medical statement to be reimbursable.

What is required?

A medical statement is required and must include:

- Child's disability and how it restricts the diet.
- Major life activity(s) affected by the disability.
- Food(s) to be omitted and the food(s) to be substituted.
- Description of any required textural modification(s).
- Signature of a licensed physician.

Sponsors are encouraged to contact the nutrition section at the state office or have the child care provider contact the nutrition section for assistance with disabilities and dietary restrictions.

For children who cannot drink *fluid milk:

Child care providers or parents may provide a non-dairy beverage (e.g. soy milk) that is nutritionally equivalent to the fluid milk component of the meal pattern for children with milk allergies (non-life threatening) or intolerances.

For the meal to be reimbursable, the beverage must be listed on the current *CCFP Approved Milk Substitution List for Children Ages 1 and Older* on our website under Nutrition and Menu Planning/Special Dietary Needs at: www.flhealth.gov/ccfp/

What is required?

- A letter from the parent/guardian requesting a nutritionally equivalent milk substitute (e.g. soy milk) is required if no medical statement is on file. The letter must state the medical or special dietary condition and whether the parent/guardian will provide the milk substitute or the center.
- If parent/guardian prefers to provide the milk substitute, it must be in the original container and labeled with the child's name.
- A medical statement is not required, however if provided, it must identify the medical or special dietary condition, the nutritionally equivalent milk substitute, and signature of a recognized medical authority.

**Please note the following fluid milks do not require a parent or medical statement: Cow or goat milk; breastmilk; lactose-free or lactose-reduced milk; UHT (Ultra High Temperature); acidified; cultured; organic milk.*

For children with special dietary conditions (not including disabilities):

Child care providers are encouraged but not required to provide food component substitutions for individual children who do not have a disability, but who have a special medical or dietary need. Examples of medical or special dietary conditions may include food allergies (non-life threatening) and food intolerances such as wheat, fish, milk proteins and eggs. Reading food labels for allergen warnings and ingredients is very important.

Meals with substitutions that meet all meal pattern requirements are reimbursable. For example, the child care provider can substitute chicken for fish or bananas for oranges. A medical statement is *not needed* in this case; however a parent note should be on file.

When substitutions are made and the meal pattern is not met, a medical statement *is required*. In this situation, the medical statement must include the following:

What is required?

A medical statement is required and must include:

- Identification of the medical or special dietary condition that restricts the child's diet.
- Food(s) to be omitted and the food(s) to be substituted.
- Signature of a recognized medical authority (such as: physician, physician's assistant, nurse practitioner, registered dietitian).

Sponsors are encouraged to contact the nutrition section at the state office or have the child care provider contact the nutrition section for assistance with special dietary conditions.

For food substitutions related to religious preference or vegetarianism:

No medical statement is needed; a note from the parent/guardian should be on file. Meals with substitutions that meet all food component requirements of the meal pattern are reimbursable. For example, the child care provider can substitute meat alternates for a child who does not eat meat. Contact the state office for assistance if an entire food component is eliminated from a meal, such as an instance where milk cannot be served with a meal containing meat.

Milk Substitutions & Creditable Milks In the Florida Child Care Food Program

For children ages 1 and older, CCFP regulations require that each child's breakfast, lunch, and supper must include fluid milk to be eligible for reimbursement. Fluid milk may also be served as one of the two components of a snack.

Creditable fluid milks include breastmilk, as well as pasteurized fluid types of unflavored or flavored cow or goat milk, lactose-free or lactose-reduced milk, UHT (Ultra High Temperature) milk, acidified or cultured milk, and organic milk.

The Healthy, Hunger-Free Kids Act (HHFKA) of 2010 allows the substitution of non-dairy beverages that are nutritionally equivalent to fluid milk for those children with special dietary conditions, other than a disability, who cannot drink any of the creditable milks above. Non-dairy milk substitutes must meet specific nutritional standards as noted on page 2.

In addition, the HHFKA allows *parents or guardians to request in writing non-dairy milk substitutions without providing a medical statement*. The written request must identify the medical or special dietary condition that restricts the diet of the child, such as milk allergy or vegan diet.

Child care providers or parents may provide the non-dairy beverage. However, in order for the meal to be reimbursable, the non-dairy beverage must be nutritionally equivalent to fluid milk. **The following non-dairy (soy-based) beverages meet required nutritional standards for approved milk substitutions:**

- 8th Continent Soymilk Original • Soy Dream Enriched Original
- 8th Continent Soymilk Vanilla • Soy Dream Enriched Vanilla
- Great Value Original Soy Milk • Sunrich Naturals All Natural Soymilk Plain
- Pacific Ultra Soy Plain
- Pacific Ultra Soy Vanilla • Sunrich Naturals All Natural Soymilk Vanilla
- Silk Original Soymilk

Each of the companies listed has information regarding product availability on their websites:

www.8thcontinent.com/product-finder/
www.walmart.com/
www.pacificfoods.com/retail-stores/silk.com/where-to-buy
www.tastethedream.com/store_locator/
www.sunrich.com/where-to-buy.html

Non-dairy beverages must meet the following specific nutritional standards for the fortification of protein, calcium, vitamin A, vitamin D, magnesium, phosphorus, potassium, riboflavin, and vitamin B₁₂ to be considered nutritionally equivalent to milk.

Nutrient	Requirement Per Cup	% of Reference Daily Intakes
Protein	8 grams	
Calcium	276 mg	About 28% 1000 mg x .28 = 280 mg
Vitamin A	500 IU	10% 5000 IU x .10 = 500 IU
Vitamin D	100 IU	25% 400 IU x .25 = 100 IU
Magnesium	24 mg	6% 400 mg x .06 = 24 mg
Phosphorus	222 mg	About 22% 1000 mg x .22 = 220 mg
Potassium	349 mg	
Riboflavin	.44 mg	About 26% 1.7 mg x .26 = .44 mg
Vitamin B ₁₂	1.1mcg	About 18% 6 mcg x .18 = 1.08 mcg

If a child care provider has any question about these or other non-dairy beverages, please contact the State office at 850-245-4323 for assistance.

QUESTIONS AND ANSWERS

1. Is a child care provider required to provide a non-dairy milk substitute if it is not related to a medical disability?

No. It is at the child care provider's discretion to provide an approved non-dairy milk substitute if it is not related to a medical disability.

2. Will child care providers receive additional meal reimbursements if they provide a non-dairy milk substitution?

No. All non-dairy milk substitutions are at the expense of the child care provider and/or the child's parent or guardian.

3. If a parent provides a creditable non-dairy milk substitute, can the child care provider serve it and still receive reimbursement?

Yes. If a parent provides a non-dairy milk substitute that meets the nutritional standards as outlined in 7 CFR 210.10(m)(3) and that has been approved by the State agency, the child care provider may serve the non-dairy milk substitute and still claim reimbursement for the meal.

4. If a parent can request a non-dairy milk substitute that is equivalent to cow's milk, can the parent also request that their child be served whole or reduced-fat (2%) milk?

No. The Act requires that milk served to children in the Child Care Food Program be aligned with the most recent version of the Dietary Guidelines for Americans. The 2010 Dietary Guidelines for Americans recommends that persons two years of age and older consume low-fat (1%) or fat-free (skim) milk. Therefore, any request for higher fat milk must be made through a medical statement, be related to a medical disability, and prescribed by a licensed physician.

5. What if the parent agrees to provide the non-dairy substitute, but brings in one that does not meet the USDA's nutritional standards; can the child care provider serve it and still receive reimbursement?

No. Child care providers should inform parents about the types of creditable non-dairy milk substitutes. If a non-dairy milk substitute is served that does not meet the nutritional standards outlined in 7 CFR 210.10(m)(3), then the meal is not reimbursable.

6. If a center purchases and serves a non-creditable soy or rice milk to a child in place of milk at meals, upon written request of the parents, would the center be allowed to charge the cost of the soy/rice milk as an operational cost?

No. FNS Instruction 796-2, Exhibit B considers the cost of foods or meals that do not meet CCFP specifications as allowable costs. The center is encouraged to see if the parent would consider one of the soy milks on the State's approved list so that the meals could be reimbursed.

7. When submitting menus for review, do child care providers need to document the type of milk that they serve?

No. Child care providers are not required to document the type of milk served on their menus. However, it is the responsibility of the State or sponsor, as applicable, to ensure that the correct type of milk is being served when conducting reviews.

8. What type of milk may one-year-old children be served?

It is strongly recommended that children 12 through 23 months of age be served whole milk. The milk requirements for children one year of age remain unchanged at this time.

9. If one-year-old and two-year-old children sit together for the same meal, must they be served different types of milk?

Yes. Children two years of age and older must be served low-fat (1%) or fat-free (skim) milk and it is recommended that children one year of age be served whole milk. Child care providers must ensure that children of various ages seated at the same meal receive the appropriate type of milk.

10. What happens if a child care provider serves reduced-fat (2%) or whole milk to children age two and older?

Effective October 1, 2011, meals served to participants two years of age and older that include reduced-fat (2%) or whole milk are not reimbursable and must be disallowed. In addition, the child care provider should submit a corrective action plan and the State agency or sponsor should follow-up to ensure that it has been successfully implemented.



**Child Care Food Program
Medical Statement for Children with Disabilities
and Special Dietary Conditions**
SAMPLE

Child's Name: _____ Date: 10-21-13

Name and Address of Child Care Center: Eat Wright Child Care

Vegetable Way FL

Dear Parent/Guardian and Recognized Medical Authority:

This child care center participates in the Child Care Food Program (CCFP) and must serve meals and snacks meeting the CCFP requirements. Food substitutions must be made for children with a physical or mental disability when supported by a physician's statement. Food substitutions may also be made for children with special dietary conditions (unrelated to a disability) when supported by a statement signed by a physician, physician's assistant, nurse practitioner (ARNP), or registered dietitian. When supported by this documentation, the meal is not required to meet the meal pattern. Please return this completed form to the child care center. If you have any questions, please contact me at 123-456-7890.

Child Care Center Phone Number

Sincerely: Mae Wright
Child Care Center Director

A recognized medical authority must complete the following information.

1. Does the child identified above have a disability? A disability is defined as a physical or mental impairment which substantially limits one or more major life activities.

Yes **If yes:**

- a. State and describe the disability. _____
- b. How does the disability restrict the diet? _____

c. What major life activity is affected? _____

If no:

Identify the medical condition (unrelated to a disability) that restricts the child's diet.

_____ tree nut allergy

2. List any food(s) to be omitted from the child's diet.

_____ all nuts of any kind, nut butters, nut oils

3. List any food(s) to be substituted.

_____ beans, hummus, vegetable oils

4. Describe any textural modification required.

_____ 

Signature of Physician or Recognized Medical Authority
(For a disability, a physician must sign)

_____ 10-25-13

Date

_____ Ima Lean

_____ 555-333-4444

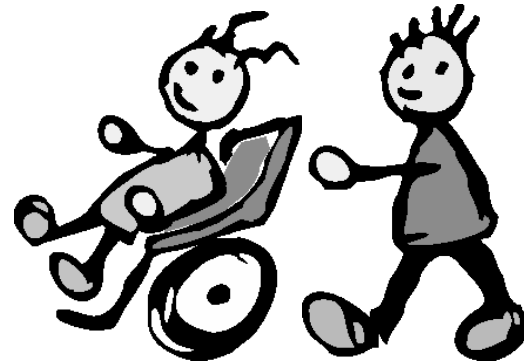
Printed Name

Phone Number

Instructions for Completing Menu Planning Worksheets

1. Complete top portion of worksheet: enter provider name; place a ✓ by appropriate age group(s) being served; and enter dates of menu week.
2. Enter the planned food components in the spaces provided.
3. Refer to Meal Pattern and Guidelines for Infants and Children when planning menus.
4. At the end of the month make a copy for your files and submit Menu Planning Worksheets to your sponsor.

Special Note: The Standard Infant Menu may be used in lieu of weekly Menu Planning Worksheets for Infants – if allowed by your sponsor.



Menu Planning Worksheet for Children
For each day of the week, write down the menus for the meal served.

Name of Child Care Provider Mae Wright ✓ Menu Planning Age Group(s): 1 & 2 3 - 5 6 - 12 Week of May 17-21 2010

BREAKFAST	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Milk	<i>Whole & 1% milk</i>	<i>Whole & 1% milk</i>	<i>Whole & 1% milk</i>	<i>Whole & 1% milk</i>	<i>Whole & 1% milk</i>	<i>Whole & 1% milk</i>	
Vegetable/Fruit/Juice	<i>Strawberries</i>	<i>Banana</i>	<i>Grapes or Peaches</i>	<i>Orange Juice</i>	<i>Apple Juice</i>			
Grains/Breads	<i>Pancake</i>	<i>Crispy Rice Cereal</i>	<i>Cinnamon Raisin Bagel</i>	<i>Toast</i> <i>Scrambled Egg (extra)</i>	<i>Banana Bread</i>			
*MS (SNACK)	Select 2							
	Milk							
	Meat/Meat Alternate							
	Vegetable/Fruit/Juice							
Grains/Breads								
LUNCH	Milk	<i>Whole & 1% milk</i>	<i>Whole & 1% milk</i>	<i>Whole & 1% milk</i>	<i>Whole & 1% milk</i>	<i>Whole & 1% milk</i>		
	Meat/Meat Alternate	<i>Meatloaf</i>	<i>Egg Salad</i>	<i>Bean & Cheese Burrito</i>	<i>Oven Fried Chicken</i>	<i>Turkey Sub</i>		
	Vegetable or Fruit	<i>Mashed Potatoes</i>	<i>Celery Stick & Tomato Cubes</i>	<i>Corn</i>	<i>Sweet Potato</i>	<i>Lettuce, Tomato, Pickle</i>		
	Vegetable or Fruit	<i>Carrots</i>	<i>Sliced Kiwi</i>	<i>Shredded Lettuce & Sliced Tomato</i>	<i>Apple Wedges</i>	<i>Fruit Cocktail</i>		
	Grains/Breads	<i>Roll</i>	<i>Sandwich Bread</i>	<i>Soft Tortilla</i>	<i>Rice</i>	<i>Hamburger Bun</i>		
*AS (SNACK)	Select 2							
	Milk	<i>Animal Crackers</i>	<i>Assorted Crackers</i>	<i>Oatmeal Cookie</i>	<i>String Cheese</i>	<i>Soft Pretzel</i>		
	Meat/Meat Alternate							
	Vegetable/Fruit/Juice	<i>Whole & 1% Milk</i>	<i>Applesauce</i>	<i>Whole & 1% Milk</i>	<i>Saltine Crackers</i> <i>Water</i>	<i>Orange Wedges</i>		
Grains/Breads								
SUPPER	Milk							
	Meat/Meat Alternate							
	Vegetable or Fruit							
	Vegetable or Fruit							
	Grains/Breads							
*ES (SNACK)	Select 2							
	Milk							
	Meat/Meat Alternate							
	Vegetable/Fruit/Juice							
Grains/Breads								

Refer to Meal Pattern for Children for serving sizes when planning menus. When a drink is not specifically listed with a snack, water is recommended as a beverage.

*MS = morning snack, *AS = afternoon snack, *ES = evening snack

AT END OF MONTH SUBMIT WORKSHEET TO SPONSOR!

Menu Planning Worksheet for Infants
For each day of the week, write down the menus for the meal served.

Name of Child Care Provider Mae Wright ✓ Menu Planning Age Group(s): 0-3 4-7 8-11 Week of May 17-21 2010

BREAKFAST	Infant meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Breastmilk/Formula	<i>Breastmilk/ Gerber Good Start</i>	<i>Breastmilk/ Gerber Good Start</i>	<i>Breastmilk/ Gerber Good Start</i>	<i>Breastmilk/ Gerber Good Start</i>	<i>Breastmilk/ Gerber Good Start</i>	<i>Breastmilk/ Gerber Good Start</i>	
	Vegetable/Fruit	<i>Peaches</i>	<i>Bananas</i>	<i>Prunes</i>	<i>Pears</i>	<i>Applesauce</i>		
	Cereal	<i>Rice or Oatmeal</i>	<i>Rice or Oatmeal</i>	<i>Rice or Oatmeal</i>	<i>Rice or Oatmeal</i>	<i>Rice or Oatmeal</i>		
*MS (SNACK)	Breastmilk/Formula							
	Fruit Juice							
	Bread/Crackers							
LUNCH	Breastmilk/Formula	<i>Breastmilk/ Gerber Good Start</i>	<i>Breastmilk/ Gerber Good Start</i>	<i>Breastmilk/ Gerber Good Start</i>	<i>Breastmilk/ Gerber Good Start</i>	<i>Breastmilk/ Gerber Good Start</i>		
	Cereal		<i>Oatmeal</i>	<i>Oatmeal</i>				
	Meat/Meat Alternate	<i>Strained Beef</i>		<i>Cottage Cheese</i>	<i>Strained Chicken</i>	<i>Strained Turkey</i>		
	Vegetable/Fruit	<i>Carrots</i>	<i>Peas</i>	<i>Squash</i>	<i>Sweet Potato</i>	<i>Green Beans</i>		
*AS (SNACK)	Breastmilk/Formula	<i>Breastmilk/ Gerber Good Start or Apple Juice Toast Strips</i>	<i>Breastmilk/ Gerber Good Start or Pear Juice Teething biscuit</i>	<i>Breastmilk/ Gerber Good Start or White Grape Juice Soft Pita Bread</i>	<i>Breastmilk/ Gerber Good Start or Apple Juice Toast Strips</i>	<i>Breastmilk/ Gerber Good Start or Apple Cherry Juice Low Salt Crackers</i>		
	Fruit Juice							
	Bread/Crackers							
SUPPER	Breastmilk/Formula							
	Cereal							
	Meat/Meat Alternate							
	Vegetable/Fruit							
*ES (SNACK)	Breastmilk/Formula							
	Fruit Juice							
	Bread/Crackers							

Refer to Meal Pattern for Infants for serving size and appropriate foods when planning menus.

*MS = morning snack, *AS = afternoon snack, *ES = evening snack

AT END OF MONTH SUBMIT WORKSHEET TO SPONSOR!

Name of Child Care Provider: _____

Standard Infant Menu

Milk-based iron-fortified infant formula: _____
 Soy-based iron-fortified infant formula: _____

Note: Breastmilk offered when provided by parent.

Birth to 3 Months	
Breakfast, Lunch or Supper, and Snack: Milk- or soy-based iron-fortified infant formula	
4 to 7 Months	
<p>Breakfast: Milk- or soy-based iron-fortified infant formula For babies eating solid foods: Iron-fortified infant cereal</p>	<p>Snack: Milk- or soy-based iron-fortified infant formula</p>
8 to 11 Months	
<p>Breakfast: Milk- or soy-based iron-fortified infant formula Iron-fortified infant cereal A variety of fruits and vegetables of an appropriate texture and consistency</p>	<p>Snack: Milk- or soy-based iron-fortified infant formula or 100% Fruit Juice For babies eating bread products: Small strips or pieces of dry bread or toast Small pieces of plain low salt crackers or graham crackers made without honey Small pieces of soft tortilla or soft pita bread Teething biscuits</p>
8 to 11 Months	
<p>A variety of vegetables and fruits:</p> <ul style="list-style-type: none"> • Green beans • Carrots • Squash • Peas • Potatoes • Sweet Potatoes 	<p>Lunch or Supper: Choice of infant cereal, meat or meat alternates:</p> <ul style="list-style-type: none"> • Applesauce • Pears • Bananas • Peaches • Prunes • Assorted mixed fruits
<p>A variety of vegetables and fruits:</p> <ul style="list-style-type: none"> • Green beans • Carrots • Squash • Peas • Potatoes • Sweet potatoes • Assorted mixed vegetables 	<p>Lunch or Supper: Choice of infant cereal, meat or meat alternates:</p> <ul style="list-style-type: none"> • Variety of meats, poultry (cooked plain or from jar) • Fish – cooked plain, boneless • Egg yolk – hard cooked • Dry beans and peas – cooked plain • Cheese, regular plain – sliced thin or thin strips • Cottage cheese

Menu Planning Worksheet for Children
 For each day of the week, write down the menus for the meal served.

Name of Child Care Provider _____ ✓Menu Planning Age Group(s): _____ 1 & 2 _____ 3 - 5 _____ 6 - 12 Week of _____ 20_____

BREAKFAST	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Milk							
Vegetable/Fruit/Juice								
Grains/Breads								
*MS (SNACK)	Select 2							
	Milk							
	Meat/Meat Alternate							
	Vegetable/Fruit/Juice							
	Grains/Breads							
LUNCH	Milk							
	Meat/Meat Alternate							
	Vegetable or Fruit							
	Vegetable or Fruit							
	Grains/Breads							
*AS (SNACK)	Select 2							
	Milk							
	Meat/Meat Alternate							
	Vegetable/Fruit/Juice							
	Grains/Breads							
SUPPER	Milk							
	Meat/Meat Alternate							
	Vegetable or Fruit							
	Vegetable or Fruit							
	Grains/Breads							
*ES (SNACK)	Select 2							
	Milk							
	Meat/Meat Alternate							
	Vegetable/Fruit/Juice							
	Grains/Breads							

Refer to Meal Pattern for Children for serving sizes when planning menus. When a drink is not specifically listed with a snack, water is recommended as a beverage.

*MS = morning snack, *AS = afternoon snack, *ES = evening snack

AT END OF MONTH SUBMIT WORKSHEET TO SPONSOR!

Menu Planning Worksheet for Infants
 For each day of the week, write down the menus for the meal served.

Name of Child Care Provider _____ ✓Menu Planning Age Group(s): ___0-3 ___4-7 ___8-11 Week of _____ 20____

BREAKFAST	Infant meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Breastmilk/Formula							
Vegetable/Fruit								
Cereal								
*MS (SNACK)	Breastmilk/Formula							
	Fruit Juice							
	Bread/Crackers							
LUNCH	Breastmilk/Formula							
	Cereal							
	Meat/Meat Alternate							
	Vegetable/Fruit							
*AS (SNACK)	Breastmilk/Formula							
	Fruit Juice							
	Bread/Crackers							
SUPPER	Breastmilk/Formula							
	Cereal							
	Meat/Meat Alternate							
	Vegetable/Fruit							
*ES (SNACK)	Breastmilk/Formula							
	Fruit Juice							
	Bread/Crackers							

Refer to Meal Pattern for Infants for serving size and appropriate foods when planning menus.

*MS = morning snack, *AS = afternoon snack, *ES = evening snack

AT END OF MONTH SUBMIT WORKSHEET TO SPONSOR!

Instructions for Completing Meal Count and Attendance Worksheets

Meal Count and Attendance Worksheets must be maintained monthly. Twenty-four blank sheets have been provided for your convenience. Reserve a blank copy in case you need to make additional copies before the end of the year. Completed Meal Count and Attendance Worksheet(s) must be sent to your sponsor. It is recommended that you make copies of Meal Count and Attendance Worksheets before mailing.

1. Complete the information (provider name, # of operating days, month, and year) at the top of each Meal Count and Attendance Worksheet.
2. Day care home providers must record meal counts by the end of the day.
3. You can be reimbursed for no more than 2 (two) meals and 1 (one) snack or 2 snacks and 1 meal per child per day. Bubble in appropriate meal type by each child's name under date served. The meal type(s) you choose for reimbursement must be approved in advance by your sponsor.
4. The following information must be supplied:
 - Children's first and last names
 - Enrolled date – is the first day the child is in attendance at the day care home and only has to be recorded on the count sheet the first month the child is enrolled or re-enrolled
 - Withdrawn date – is the last day that a child is in attendance and should be recorded the month that the withdrawal occurs
 - Check (✓) appropriate age(s) Inf (infant), PreK (pre-kindergarten), SA (school age) on each monthly Meal Count and Attendance Worksheet
5. If no meal count is submitted for reimbursement for a particular child for an entire calendar month, the provider or sponsor **must** withdraw the child as of the last day the child was in attendance.
6. The back side of the Meal Count and Attendance Worksheet should be used to list any children on a daily basis throughout the month that attended the day care home but were not claimed for a meal. For example, a child comes late and has missed breakfast, gets sick and is picked up before lunch. No meal was claimed but the child was in attendance for a couple of hours. This child's name and the date would be listed on the back side of the Meal Count and Attendance Worksheet.
7. At the end of each month, subtotal the number of meals by type served to each child during the month in the "Subtotals by Child & Meal Type" column. Total the subtotals by meal type in that column to get the "Grand Total" for each meal type for the month at the bottom right-hand corner.

Sponsor: Indicate the tier level of the home in the heading section; in a Tier II-Mixed home only, circle the tier level for each child. Subtotal the number of meals by type and tier level and write these amounts in the "Subtotals by Tier Level" section. Both of these subtotals (across and down) must equal the "Grand Total" amount – if not – recheck math across for each child and down for each day.
8. Before mailing in Meal Count and Attendance Worksheets to your sponsor, **sign** at the bottom, certifying the information is correct and **make a copy for your records**.

Meal Count and Attendance Worksheet
(Must record by the end of the day)

(Sponsor Use Only: Circle Home Tier Level (Tier I Tier II-HI Tier II-Lo Tier II-Mixed)

Operating Days 20

Month May 20 10

Child's Full Name (Sponsor Only: If Tier II-Mixed, circle tier level for each child)	Meal Type	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Subtotals by Child & Meal Type
Name: Child Tanesha Enrolled: 8/25/08 Withdrawn: ✓Age(s): ___Inf_✓_PreK___SA Tier II-Lo, Tier II-Hi	BR MS LU AS SU ES			●	●	●	●	○			●	●	●	○	○			○	○	○	○	●			●	●	●	●	●				BR <u>13</u> MS _____ LU <u>14</u> AS <u>13</u> SU _____ ES _____
Name: Child Ben Enrolled: 1/2/07 Withdrawn: ✓Age(s): ___Inf_✓_PreK___SA Tier II-Lo, Tier II-Hi	BR MS LU AS SU ES			●	●	●	●	○			●	●	●	○	○			○	○	○	○	●			●	●	●	●	●				BR <u>17</u> MS _____ LU <u>17</u> AS <u>18</u> SU _____ ES _____
Name: Child Timmy Enrolled: 12/4/06 Withdrawn: ✓Age(s): ___Inf_✓_PreK___SA Tier II-Lo, Tier II-Hi	BR MS LU AS SU ES			○	○	●	●	○			●	●	●	○	○			○	○	○	○	●			●	●	●	●	●				BR <u>17</u> MS _____ LU <u>18</u> AS <u>17</u> SU _____ ES _____
Name: Baby Lulu Enrolled: 5/17/10 Withdrawn: ✓Age(s): ✓_Inf___PreK___SA Tier II-Lo, Tier II-Hi	BR MS LU AS SU ES			○	○	○	○	○			○	○	○	○	○			○	○	○	○	○			○	○	○	○	○				BR <u>10</u> MS _____ LU <u>10</u> AS <u>10</u> SU _____ ES _____
Name: Enrolled: Withdrawn: ✓Age(s): ___Inf___PreK___SA Tier II-Lo, Tier II-Hi	BR MS LU AS SU ES			○	○	○	○	○			○	○	○	○	○			○	○	○	○	○			○	○	○	○	○				BR _____ MS _____ LU _____ AS _____ SU _____ ES _____
Name: Enrolled: Withdrawn: ✓Age(s): ___Inf___PreK___SA Tier II-Lo, Tier II-Hi	BR MS LU AS SU ES			○	○	○	○	○			○	○	○	○	○			○	○	○	○	○			○	○	○	○	○				BR _____ MS _____ LU _____ AS _____ SU _____ ES _____
Sponsor Use Only	Subtotals by Tier Level Total Tier I Meals Served: Total Tier II Low Rate Meals Served: Total Tier II High Rate Meals Served:																															Grand Total:	
		BR: _____		MS: _____		LU: _____		AS: _____		SU: _____		ES: _____		BR <u>57</u>		MS _____		LU <u>59</u>		AS <u>58</u>		SU _____		ES _____									

Name of Provider _____ Month _____ 20 _____

Children in Attendance - Not Receiving Any Meals	
CHILD'S FULL NAME	DATE
JONES, TANESHA	5-7-10

Name of Provider _____

Meal Count and Attendance Worksheet
(Must record by the end of the day)

(Sponsor Use Only: Circle Home Tier Level - Tier I Tier II-HI Tier II-Lo Tier II-Mixed)

Operating Days _____ Month _____ 20____

Child's Full Name <i>(Sponsor Only: If Tier II-Mixed, circle tier level for each child)</i>	Meal Type	Operating Days																															Subtotals by Child & Meal Type																	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31																		
Name: _____	BR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	BR _____																
Enrolled: _____	MS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	MS _____																
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Tier II-Lo, Tier II-Hi	SU	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SU _____																
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Name: _____	BR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	BR _____																	
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Withdrawn: _____	LU	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LU _____																
✓Age(s): ___Inf___PreK___SA	AS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	AS _____																
Tier II-Lo, Tier II-Hi	SU	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SU _____																
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I certify that to the best of my knowledge, this information is accurate in all respects.
I also understand that deliberate misrepresentation of information may result in state or federal prosecution.

Signature _____ Date: _____

Children in Attendance - Not Receiving Any Meals

CHILD'S FULL NAME

DATE

CHILD'S FULL NAME	DATE



Bureau of Child Care Food Programs
4052 Bald Cypress Way, Bin #A 17
Tallahassee, FL 32399-1727

Website: www.floridahealth.gov/ccfp/

Phone: 850.245.4323

FAX: 850.414.1622

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