

## October 2017 Meal Pattern Requirements Checklist for Family Child Care

- Juice is limited to one serving per day.
- A vegetable and fruit must be served during lunch and supper meals. The fruit component may be substituted for a vegetable at lunch and supper meals; when two vegetables are served, they are two different kinds of vegetables.
- At least one serving of grains per day must be whole grain-rich.
- No grain-based desserts are included on the menu.
- Optional meat/meat alternates may replace the entire grains component at breakfast a maximum of three times per week.
- The appropriate type of milk is listed for each age group:
  - Age 1 year: Unflavored whole milk;
  - Ages 2-5 years: Unflavored low-fat or fat-free milk.
- No food items are deep-fat fried on-site.
- Breakfast cereals contain no more than 6 grams of sugar per dry ounce.
- Breakfast cereals must be named.
- Yogurt contains no more than 23 grams of sugar per 6 ounces.
- Tofu and soy yogurt may be served as meat alternate.
- Providers must have a copy of all labels for the products served for yogurt, tofu, whole-grain products, cereals, and CN labels.

### INFANTS:

- Two age groups under 6 months and 6 months through 11 months of age.
- Parental preference is determining factor for introducing solids.
- No juice until 12 months.
- Record portion sizes offered.

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Minute Menu: 972-671-5211