



- Juice is limited to once per day
- Both a fruit and a vegetable are served as part of lunch and supper. The fruit component may be substituted for a vegetable provided that two different kinds of vegetables are served
- At least one serving of grains per day must be whole grain-rich
- Whole grain-rich items must be clearly marked on all menus
- No grain-based desserts are included on the menu at any meal period as part of a reimbursable meal



- The appropriate type of milk is served to each age group:

- Age 1 year: Unflavored whole milk
- Ages 2-5 years: Unflavored low-fat (1%) or fat-free (skim) milk
- Ages 6-18 years and Adult Participants: Unflavored low-fat (1%), unflavored fat-free(skim), or flavored fat-free (skim) milk



- Meat/meat alternates may replace the entire grain component at breakfast a maximum of three times per week
- Yogurt contains no more than 23 grams of sugar per 6 ounces
- Tofu and soy yogurt may be served as a meat alternate but must meet protein requirements and be recognizable as tofu



- Serving sizes are correct for each age group

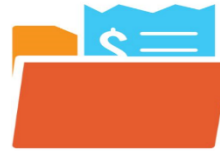
- No foods items are deep-fat fried on-site

- Yogurt may replace milk once per day for adult participants only



**Documenting a Compliant Menu During the Renewal Process:**

- ✓ Before uploading menus as part of the renewal process, but sure that each menu meets the requirements listed on the meal pattern checklist
- ✓ Upload a one month cycle menu for all meal types that will be claimed for reimbursement (i.e. breakfast, lunch, snack, supper)
- ✓ Retain a copy of the nutrient label for any yogurt, cereal and whole grain-rich items included on your one month cycle menu
- ✓ Retain a copy of recipes, product formulation statements, or CN labels for any combination foods that are included on your one month cycle menu
- ✓ Save all of the above documentation in one file for at least three years plus the current year

**Documenting Compliance Going Forward:**

- ✓ Be sure that all menus continue to meet the meal pattern checklist requirements
- ✓ Save dated menus with specific components and substitutions (as applicable) clearly marked
- ✓ Ensure that food vendors are able to provide menu documentation upon request (nutrient labels, recipes, etc)
- ✓ Be prepared to provide one week of nutrient labels, recipes, product formulation statements and/or CN labels to demonstrate continued compliance during an administrative review (RIDE will let you know which week will be reviewed)
- ✓ Expect reviewers (announced and unannounced) to check food items found on site at the time of review for meal pattern compliance
- ✓ Be sure to document all food items offered to each individual infant daily and retain this documentation on site for at least 3 years plus the current year

