



Community Alliance and Services for Young Children, Inc

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For CASY office use only:
_____ Fiscal Year
_____ Credit Hours
_____ MMS entry

Provider Name (Please print)

Menu Planning Guide for Child Care Homes

Menu Magic for Children

Complete for 2 hours of Food Program related hours



1. What benefits do children receive when served nutritious meals and snacks at a home that participates in the Child and Adult Care Food Program?
2. How will you use this menu planner:

CACFP Meal Patterns

1. What is a meal pattern?
2. What are the age groups for CACFP patterns?
3. The meal patterns specify _____ portion sizes for each meal component.
4. At what age must an infant to be served cereal and fruit or vegetable components for breakfast?
5. Liquid and dry infant formula must be _____-fortified.
6. When serving milk it must be _____.

7. For lunch or supper can nuts or seeds be the total serving for the meat/meat alternative requirement?
8. What is the meat, poultry, or fish serving size for the following age groups?
2 yrs _____ 4 yrs _____ 7 yrs _____ 10 yrs _____

Basis Menu Planning Principles

1. Careful planning of menus will ensure that you are serving _____ meals to children in your care and that you are in _____ with USDA meal pattern requirements.
2. What are the five basic menu planning principles?

Menu Planning Principle 1

1. How can you strive for balance in your menu planning?

Menu Planning Principle 2

1. Why is serving a variety of foods important?
2. List three ways to include variety in your menus:

Menu Planning Principle 3

1. What should you avoid when striving for contrast?

Menu Planning Principle 4

1. What is the rule to make a menu visually appealing?
2. What are two ways to add color to a menu?

Menu Planning Principle 5

1. How do you create a good first impression with your meals?

Steps to Successful Menu Planning

Step One:

1. What is the best time for you personally to plan your menus?
2. How far in advance should you plan your menus?
3. List at least five resources you can use in planning your menus?

Step Two:

1. List at least 5 things you should look for when reviewing your menus?

Step 3:

1. What is a cycle menu?
2. What are some advantages of cycle menus?

Step Four:

1. Main dishes should be selected first in menu planning because they are the _____ of a meal.
2. What should you consider when repeating the same main dish during a 2 week period?

Step Five:

1. When selecting the other food item or items plan to use a _____ of vegetables, fruits and grains.

Step Six:

1. What is the final step to successful Menu Planning?

INCLUDING VARIETY IN MENUS

1. Why is eating a variety of foods important to a healthy diet?

RECIPES

1. What is a recipe?

2. What are the benefits of using recipes?

A RECIPE FOR SUCCESS

1. Your recipes should be suitable for _____.

2. Making changes to recipes can affect the recipe's contribution to the CACFP meal pattern. TRUE FALSE

KEEPING PARENTS INFORMED

1. Why is it important to communicate with your parents about the CACFP (Child and Adult Care Food Program)?

Submit completed form to the CASY Food Program

Provider Signature _____ Date: _____