



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
COMMUNITY FOOD AND NUTRITION ASSISTANCE (CFNA)
CHILD AND ADULT CARE FOOD PROGRAM (CACFP)
AT-RISK SNACK & SUPPER MENU TEMPLATE (5 DAY)

Exercise: Find the Errors

NAME OF CENTER/FACILITY Afterschool Food & Fun					
YEAR 20XX	WEEK OF June 1 to June 5				
	DATE 6/1	DATE 6/2	DATE 6/3	DATE 6/4	DATE 6/5
SNACK PM SERVE 2 OF 5					
MILK					Whole Chocolate Milk
MEAT/MEAT ALTERNATES		Cheese Stick	Strawberry Yogurt		
VEGETABLE	Carrot Sticks				
FRUIT	Apples			Strawberries	
GRAIN		Pretzels	Vanilla Wafer	WG Biscuit	Blueberry Muffin
OTHER FOODS					
SUPPER					
MILK	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
MEAT/MEAT ALTERNATES	Hot Dog (CN)	Cheese Pizza (HM)	Chicken Nuggets (CN)	Hamburger	Peanut Butter
VEGETABLE			Mashed Potatoes	Baked Beans Sweet Potato Fries	Baby Carrots
FRUIT	Oranges, Pineapple	Banana	Diced Pears		Pineapple Chunks
GRAIN	Bun	WG Pizza Crust (HM)	Breading (CN)		Sandwich Bread
OTHER FOODS					Jelly

Note: Minimum serving sizes per age group and meal requirements as listed on the Food Charts must be followed for a creditable **CACFP** meal.



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	DATE	DATE	DATE	DATE	DATE
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Answer Key

Afterschool Food & Fun At-Risk Menu “Find the Errors” Exercise

Problems with the menu include:

Monday (6/1)

Snack – Menu is creditable. A fruit and a vegetable may be served as the two required components at snack. Ensure full portions are served.

Supper – Menu is not creditable since no vegetables are being served. Only one fruit or fruit juice and one vegetable, OR two vegetables, can be served at supper. The meal is not creditable with two fruits and no vegetables being served.

Tuesday (6/2)

Snack – Menu **is** creditable.

Supper – Menu is not creditable since the meal needs the vegetable component.

Wednesday (6/3)

Snack - The Menu is not creditable since vanilla wafers are not creditable. Another component must be served. Yogurt must contain no more than 12 grams (g) of added sugar per six ounces.

Supper - The menu may be creditable if the CN label or manufacturer’s product statement credits the breading on the chicken nugget as a grain in addition to the meat/meat alternate contribution. However, the menu lacks variety as items are the same color and texture.

Thursday (6/4)

Snack – Menu **is** creditable.

Supper – Menu is not creditable since the grain component is missing.

Friday (6/5)

Snack – The menu is not creditable since the whole chocolate milk is not creditable. For adults and children six years of age and older, flavored fat-free (skim) or unflavored fat-free (skim) or low-fat (1%) milk can be served.

Supper – Menu **is** creditable.

Overall: Ensure one whole grain-rich (WG) is served daily. Only Tuesday and Thursday had WG served.

Maintain copies of all WG, yogurt and cereal nutrition facts labels.