

SC Department of Social Services

# South Carolina Menu Planning Guidelines

Child and Adult Care Food Program



**CACFP**



Child and Adult Care Food Program  
SOUTH CAROLINA DEPARTMENT OF SOCIAL SERVICES

March 2015



**SOUTH CAROLINA MENU PLANNING GUIDELINES**

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## SOUTH CAROLINA MENU PLANNING GUIDELINES



### MAIN DISHES



- Include two weeks of **DIFFERENT "MAIN DISH"** items for lunch and/or supper.

### FRUITS & VEGETABLES



- **100% JUICE** may not be served more than once per day.
  - Serve **FRESH FRUITS** and **VEGETABLES** at least three times a week.
- Serve **FRUIT** (not including juice) at least two times a day.
  - Serve fruit and vegetables from each **FRUIT** and **VEGETABLE SUB-GROUP** each week.
- Serve a fruit or vegetable that provides a good source of **VITAMIN C** daily.
  - Serve a fruit or vegetable that provides a good source of **VITAMIN A** three times a week.



### GRAINS & BREADS

- $\frac{1}{2}$  of the grains should be **WHOLE GRAIN**.
- Serve **SWEET FOOD** items no more than twice a week.

### ALL FOODS

- Serve foods high in **IRON DAILY**.
- Serve food high in **SODIUM** no more than two times per week.
- Limit foods high in **SATURATED FAT** and **CHOLESTEROL**.



## **SOUTH CAROLINA MENU PLANNING GUIDELINES**

The following Child and Adult Care Food Program (CACFP) menu guidelines were initially developed as a reflection of the nutrition goals established by USDA’s “School Meals Initiative for Healthy Children,” and the Healthy People 2000 objective to increase child care menus consistent with the Dietary Guidelines for Americans. It is the belief of the South Carolina Child and Adult Care Food Program that the provision of nutritious meals and nutrition education in early childhood will promote health and well being for a lifetime. These guidelines have been updated to reflect the changes in the 2010 Dietary Guidelines for Americans and MyPyramid. Information below will assist CACFP participants in implementing the requirements of the SC Menu Planning Guidelines.

### ● ● ● **MAIN DISHES** ● ● ●

- **Menus should include two weeks of different “Main Dish” items for lunch and/or supper.**
  - **“Main dish”**(as defined by CARE Connection):  
Is the meat or meat alternate, and is distinguished by any foods it contains or is served with such as rice, pasta, vegetables, breading.....
  - **References for “main dish” recipes:**
    - Child Care Centers-  
Child Care Recipes, Food for Health and Fun. – USDA-FNS 304, 1999.
    - Child Care Homes-  
What’s Cookin’ II- USDA & Nebraska Department of Education, 1998.

The following chart provides examples of main dishes that are similar and main dishes that are considered different.

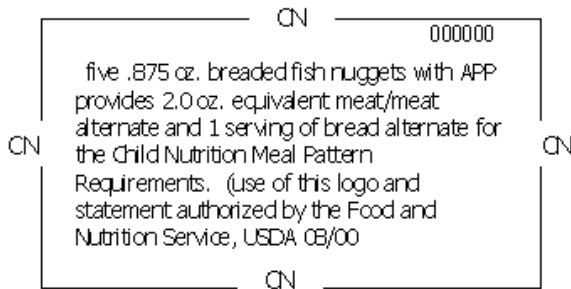
<b>Similar Main Dishes</b>	<b>Different Main Dishes</b>
Baked Chicken/Broiled Chicken	Baked Chicken/Chicken Nuggets
Baked Fish/Broiled Fish	Baked Scrambled Eggs/Deviled Eggs
Chicken Tenders/Chicken Nuggets/Chicken Patties	Hamburger/Meat Loaf
Fried Fish/Fish Nuggets	Hot Dog/Beans-N-Franks
Hot dog/Corn Dog	Spaghetti/Ravioli
Macaroni & Cheese/Macaroni & Cheese with Ham	Sweet Sour Chicken/Chicken Stir Fry
Cheese Pizza/Pizza In A Pocket	Chicken Noodles/Chicken and Dumplings
Spaghetti/Beef-A-Roni	
Vegetable Chili/Chili Con Carne	

**REQUIREMENTS FOR LUNCH AND SUPPER:**

If a facility is providing lunch and supper, lunch and supper menus may be the same, only if there is no carry over of participants. This must be put in writing to the State Agency.

**PURCHASED COMBINATION FOOD ITEMS:**

All purchased combination food items must have a Child Nutrition (CN) label or a product analysis sheet specifying contribution of product toward meeting pattern requirements; otherwise it is not creditable. This includes items such as corn dogs, chicken nuggets, fish sticks, ravioli, beef stew, etc. Below is an example of a CN label for fish nuggets.



Keep in mind that simply having the CN label is not enough to meet CACFP requirements. The instructions on the CN label must be followed. In the above example, five fish nuggets must be served to provide 2.0 ounces of meat/meat alternate.

**HOMEMADE COMBINATION FOOD ITEMS:**

Homemade combination food items, including sandwiches, must have a standardized recipe specifying contribution toward meeting meal pattern requirements. "Homemade" should be stated on the menu. Example: "homemade beef stew." Institutions are encouraged to use the USDA Child Care Recipes. These recipes are standardized and have been tested for acceptability with children.



## FRUITS AND VEGETABLES

### Juice

**Serve juice no more than once per day.**

As recommended by USDA, do not serve large amounts of juice throughout the day. It may fill the child and take the place of the other needed nutrients. (*Building Blocks for Fun and Healthy Meals- A Menu Planner for the CACFP, USDA-Team Nutrition, 2000*). When juice is served, it shall be 100% juice with no added sugars. No more than 4-6 ounces of juice shall be served per day according to the CACFP meal pattern requirements.



- **Serve fresh fruits and vegetables at least three times a week.**

Fresh means not frozen or canned.

- **Serve fruit (not including juice) two times per day.**

Meals should include a variety of fruits—whether fresh, frozen, canned, or dried—rather than fruit juice for most of the fruit choices. When canned fruit is served, it must be in 100% juice—not light or heavy syrup.

- **Serve from each of the fruit and vegetable sub-groups each week.**

A **minimum** of 1 serving from each fruit and vegetable sub-group should be served each week. Meals served in the CACFP are to provide a variety of food for participants. Children and adults need variety because no one food provides all of the nutrients needed for good health.

There are **two fruit sub-groups\***: 1. Citrus, melons and berries; 2. Other fruit

There are **five vegetable sub-groups\***: 1. Dark-green leafy vegetables; 2. Orange vegetables; 3. Starchy; 4. Dry beans and peas; 5. Other vegetables.

The tables on the next two pages list fruit and vegetables in each sub-group.

*\*(Adapted from Table 3: Variety from the Food Groups, "Using The Food Guide Pyramid: A Resource for Nutrition Educators.", USDA-Food Nutrition and Consumer Services, Center for Nutrition Policy and Promotion) and MyPyramid.*




People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol.

**Eating fruit provides health benefits.**

Make the most of your choices whole or cut-up fruit rather than juice, for the benefits that fiber provides.

(Nutrition TipSheet No.7, USDA Center for Nutrition Policy and Promotion)

<b>Fruit Sub-Groups</b>	
<p style="text-align: center;"><b><u>1. Citrus, Melons, Berries</u></b></p> <ul style="list-style-type: none"> <li>Blueberries</li> <li>Cantaloupe</li> <li>Citrus Juice</li> <li>Cranberries</li> <li>Grapefruit</li> <li>Blackberries</li> <li>Mandarin Oranges</li> <li>Honeydew melon</li> <li>Kiwifruit</li> <li>Orange</li> <li>Raspberries</li> <li>Strawberries</li> <li>Tangerine</li> <li>Watermelon</li> <li>Ugli fruit</li> </ul> 	<p style="text-align: center;"><b><u>2. Other Fruits</u></b></p> <ul style="list-style-type: none"> <li>Apple</li> <li>Apricot</li> <li>Asian pear</li> <li>Banana</li> <li>Cherries</li> <li>Dates</li> <li>Figs</li> <li>Fruit Juices</li> <li>Guava</li> <li>Grapes</li> <li>Mango</li> <li>Nectarine</li> <li>Papaya</li> <li>Passion Fruit</li> <li>Peach</li> <li>Pear</li> <li>Pineapple</li> <li>Plantain</li> <li>Plum</li> <li>Prunes</li> <li>Raisins</li> <li>Rhubarb</li> <li>Star fruit</li> </ul>

## Vegetable Sub-Groups

### **1. Dark-Green**

Bok Choy  
Broccoli  
Collard greens  
Dark green leafy lettuce  
Kale  
Mesclun  
Mustard greens  
Romaine lettuce  
Spinach  
Turnip greens  
Watercress

### **2. Orange**

Acorn squash  
Butternut squash  
Carrots  
Hubbard squash  
Pumpkin  
Sweet potatoes



### **3. Starchy**

Corn  
Green peas  
Lima beans (green)  
Potatoes



### **4. Dry Beans and Peas**

Black beans  
Black-eyed peas  
Garbanzo beans (Chickpeas)  
Kidney beans  
Lentils  
Lima beans (mature)  
Navy beans  
Pinto beans  
Soy beans  
Split peas  
Tofu (bean curd made from soybeans)  
White beans

### **5. Other Vegetables**

Artichokes	Cucumbers	Parsnips
Asparagus	Eggplant	Tomatoes
Bean sprouts	Green beans	Tomato juice
Beets	Green or red peppers	Vegetable juice
Brussels sprouts	Iceberg (head) lettuce	Turnips
Cabbage	Mushrooms	Wax beans
Cauliflower	Okra	Zucchini
Celery	Onions	

- **A fruit or vegetable that provides a good source of Vitamin C should be served daily.**

See the chart below for fruits and vegetables that provide a good source of Vitamin C. An asterisk (\*) is marked for best sources of Vitamin C. For additional information see “Building Blocks for Fun and Healthy Meals- A Menu Planner for the CACFP”, Appendix B.

<b>Fruit Sub-group</b>	<b>Good Source of Vitamin C</b>	<b>Vegetable Sub-group</b>	<b>Good Source of Vitamin C</b>
<b>Citrus, Melons, Berries</b>	Blackberries, raw* Blueberries, raw Cantaloupe* Citrus Juice* Grapefruit* Honeydew Kiwifruit* Mandarin orange sections* Orange* Raspberries Strawberries* Tangerine* Tangelo* Watermelon	<b>Dark Green</b>	Broccoli* Chard Collard greens Dandelion greens Escarole Kale* Mustard greens Romaine lettuce Spinach Turnip greens with turnips Watercress
<b>Other Fruits</b>	Apple, raw* Banana Guava, raw* Mango* Nectarine Papaya Peach, frozen* Peach, raw Pear Pineapple (fresh or canned) Plum	<b>Orange</b>	Sweet potato* Winter squash
		<b>Starchy</b>	Lima beans (green) Peas Potato Rutabaga
		<b>Other Vegetables</b>	Asparagus Brussels sprouts* Cabbage, green Cabbage, red* Cauliflower Green beans Green pepper Okra Onions, med, raw Radishes Snow peas* Summer squash Tomato Tomato juice* Tomato-Vegetable juice* Turnip

- **A fruit or vegetable that provides a good source of Vitamin A should be served three times a week.**

See the chart below for foods that provide a good source of Vitamin A. *An asterisk (\*) is marked for the best sources of Vitamin A.* For additional information see "Building Blocks for Fun and Healthy Meals- A Menu Planner for the CACFP", Appendix B.

Fruit Sub-group	Good Source of Vitamin A	Vegetable Sub-group	Good Source of Vitamin A
<b>Citrus, Melons, Berries</b>	Cantaloupe Honeydew Mandarin orange sections Watermelon	<b>Dark Green</b>	Beet greens, cooked* Bok choy, cooked* Broccoli, cooked Chicory greens, raw Collards, cooked Dandelion greens, cooked* Escarole, cooked Kale, cooked* Mustard greens, cooked Romaine lettuce Spinach, cooked* Swiss chard, cooked Turnip greens, cooked*
<b>Other Fruits</b>	Apricots Cherries, red sour, fresh Mango, raw* Nectarine Papaya Plums, canned, juice pack Prunes, dried, cooked Watermelon	<b>Orange</b>	Carrots, raw or cooked* Peas and carrots, cooked* Pumpkin, cooked Sweet potato* Winter squash*
		<b>Other Vegetables</b>	Peppers, sweet red, raw* Plantain, cooked Tomato (juice, paste, or puree)



● ● ●  
**ALL FOODS**  
● ● ●

- **At least ½\* of the grains (bread/bread alternates) should be whole grain items.**

This will include whole grain cereals, breads, crackers, rice or pasta. When selecting whole grain items, the first ingredient or the first ingredient after water should be a whole grain.



\*For new centers, the requirement is 1/3 to ½ for the first six months of participation in the CACFP.

- **Serve sweet food items no more than two times per week.**

Sweet Foods” are defined as:

- All foods listed in Groups D through G in the Crediting Guide, Exhibit A- Grain / Bread Chart (pages 35 and 36)
- Plain cookies (Group C)
- Cereal with greater than 10 grams of sugar per ¾ cup serving.

(Adapted from “What’s in a Meal?” third edition, USDA-FNS 1999., (“Building Blocks for Fun and Healthy Meals- A Menu Planner for the CACFP” USDA-Team Nutrition, 2000.)

<b>Sweet Grain/Bread Food</b>			
<b>Group C</b>	Plain Cookies	<b>Group F</b>	Cake (plain, unfrosted) Coffee Cake
<b>Group D</b>	Doughnuts (cake and yeast raised, unfrosted) Granola Bars (plain) Muffins/Quick Breads (all except corn) Sweet Roll (unfrosted) Toaster Pastry (unfrosted)	<b>Group G</b>	Brownies (plain) Cake (all varieties, frosted) 
<b>Group E</b>	Cookies (with nuts, raisins, chocolate pieces, and/or fruit purees) Doughnuts (cake and yeast raised, frosted, or glazed) French Toast Grain Fruit Bars Granola Bars (with nuts, raisins, chocolate pieces, and/or fruit) Sweet Rolls (frosted) Toaster Pastry (frosted)		



- **Serve foods (fruits, vegetables, meats/meat alternates & breads/bread alternates) that are a good source of Iron (Fe) daily.**

Sub Groups	Fruits that Contain Iron	Sub Groups	Vegetables that Contain Iron
Other Fruits	Apricots Prunes Raisins	Dark Green	Chard Spinach
		Starchy	Green peas Lima beans, baby
		Dry Beans and Peas	Black beans Black-eyed peas Garbanzo beans (Chickpeas) Kidney beans Lentils Lima beans (mature) Navy beans Pinto beans White beans
		Other Vegetables	Asparagus

Meats/Meat Alternates that Contain Iron (Meats in general)		
Beef Chicken Clams Liver	Mackerel Mussels Oysters Sardines Shrimp	Soybeans Trout Tuna Turkey

Grains/Bread Alternates that Contain Iron (Level of iron varies within fortification or enrichment)		
Bagels Cereals, enriched Bread or rolls Muffin, bran	Noodles Oatmeal, fortified/enriched Pita bread Pretzels, soft	Rice, white, regular and converted Wheat

- **Serve foods that are high in sodium no more than two times per week.**

Meats/Meat Alternates High in Sodium	Grains/Bread Alternates High in Sodium
Bologna Canned, pressed luncheon meat Corndogs Frankfurters Processed meats and combination foods Pepperoni Polish Sausage	Food with batter-type or bread coating Cheese puffs Grain based chips

- **Limit the foods that are high in saturated fat and cholesterol.**

Many of the foods that are in the above table (high in sodium) are also high in saturated fat and cholesterol. Additional foods are in the table below and on the next page.

Meats/Meat Alternates High in Fat	
Bologna Canned, pressed luncheon meat Corndogs Frankfurters Nuts and seeds	Peanut butter Pepperoni Polish Sausage Processed meats and combination foods

<b>Grain/Bread Alternates High in Fat</b>	
Biscuits Foods with batter-type or bread coating Cheese puffs Croissants Donuts, cinnamon rolls	Fried breads Grain based chips Pie crusts Puff pastry

<b>Fruit High in Fat</b>	<b>Vegetables High in Fat</b>
Apple fritters Fruit cobblers/crisps, pie filling	Olives Onion rings