

SC Department of Social Services

# South Carolina Menu Planning Guidelines

Child and Adult Care Food Program



August 2018

South Carolina Department of Social Services  
Child and Adult Care Food Program  
**SOUTH CAROLINA MENU PLANNING GUIDELINES**

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**The SC Menu Planning Guidelines apply to meals served to participants one year of age and older.**

This institution is an equal opportunity provider and employer.

## 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



- Serve **WHOLE GRAIN** items twice a day.
- Serve **SWEET CRACKERS** 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**.

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**Child and Adult Care Food Program**  
**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 2015 Dietary Guidelines for Americans and MyPlate. Information below will assist CACFP participants in implementing the requirements of the SC Menu Planning Guidelines.

● ● ●  
**MAIN DISHES**  
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- **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.

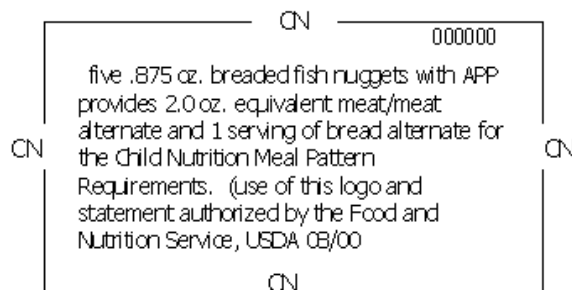
Similar Main Dishes	Different Main Dishes
Baked Chicken/Broiled Chicken Baked Fish/Broiled Fish Chicken Tenders/Chicken Nuggets/Chicken Patties Fried Fish/Fish Nuggets Hot dog/Corn Dog Macaroni & Cheese/Macaroni & Cheese with Ham Cheese Pizza/Pizza In A Pocket Spaghetti/Beef-A-Roni Vegetable Chili/Chili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

### **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 either a valid Child Nutrition (CN) label or a Product Formulation Statement 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 be prepared from 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. A copy of the recipe must be maintained on file for review.



## FRUITS AND VEGETABLES

### **Juice**

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

As required by the CACFP meal pattern, no more than 4-6 ounces of juice shall be served per day. Large amounts of juice 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.



- **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 vegetables; 2. Red and Orange vegetables; 3. Starchy Vegetables; 4. Beans and peas; 5. Other vegetables.

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

*\*(The sub-groups for vegetables were taken from MyPlate's Vegetable Group Food Gallery. The SC Menu Planning Guidelines separates fruit into two sub- groups: 1) Citrus, Berries and Melons and 2) Other to encourage more variety when serving fruit.*

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)

Fruit Sub-Groups	
<p><b><u>1. Citrus, Melons, Berries</u></b></p> <p>Acai berries Blackberries Blueberries Cantaloupe Citrus Juice Cranberries Currants Goji berries Grapefruit Honeydew Horned melon (kiwano) Huckleberries Kiwifruit Lingonberries (cowberries) Mandarin Oranges Mulberries Orange Raspberries Strawberries Tangerine Watermelon</p> 	<p><b><u>2. Other Fruits</u></b></p> <p>Apple Apricot Banana Cherries Dates Figs Fruit Juices Fruit Cocktail Grapes Guava Mango Nectarine Papaya Passion Fruit Peach Pear Persimmons Pineapple Plum Pomegranate Prunes Raisins Star fruit</p>

## Vegetable Sub-Groups

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

Arugula (rocket)  
 Bok Choy  
 Broccoli  
 Broccoli rabe (rapini)  
 Broccolini  
 Collard greens  
 Dark green leafy lettuce  
 Endive  
 Escarole  
 Kale  
 Mesclun  
 Mixed greens  
 Mustard greens  
 Romaine lettuce  
 Spinach  
 Turnip greens  
 Watercress

### **2. Red and Orange**

Acorn squash  
 Bell peppers  
 Butternut squash  
 Carrots  
 Hubbard squash  
 Pumpkin  
 Red chili peppers  
 Red peppers, sweet  
 Sweet potatoes  
 Tomatoes  
 100% vegetable juice



### **3. Starchy**

Cassava  
 Corn  
 Green bananas  
 Green lima beans  
 Green peas  
 Parsnips  
 Plantains  
 Potatoes, white  
 Taro  
 Water chestnuts  
 yams



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

Bean burger  
 Black beans  
 Black-eyed peas (mature, dry)  
 Chickpeas (Garbanzo beans)  
 Edamame (young soybeans)  
 Falafel (spiced, mashed chickpeas)  
 Fava beans (broad beans)  
 Hummus (chickpea spread)  
 Kidney beans  
 Lentils  
 Lima beans (mature)  
 Navy beans  
 Pinto beans  
 Soy beans  
 Split peas  
 White beans



### **5. Other Vegetables**

Alfalfa sprouts	Cucumbers	Pattypan squash
Artichokes	Eggplant	Radicchio
Asparagus	Garlic	Radishes
Avocado	Green beans	Red cabbage
Bamboo shoots	Green peppers	Scallions
Bean sprouts	Jicama	Snow peas
Beets	Leeks	Tomatillos
Brussels sprouts	Iceberg lettuce	Turnips
Cabbage	Mung bean sprouts	Wax beans
Cauliflower	Mushrooms	Yellow squash
Celery	Okra	Zucchini
	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.

<b>Fruit Sub-group</b>	<b>Good Source of Vitamin A</b>	<b>Vegetable Sub-group</b>	<b>Good Source of Vitamin A</b>
<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)



## GRAINS AND BREADS

- **At least 2\* of the grains (bread/bread alternates) served per day 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.



Effective October 1, 2017, CACFP meal pattern requires a whole grain rich item be served daily.

- **Serve Sweet Crackers (Animal Crackers, Graham Crackers) no more than two times per week.**

- **Grain-Based Desserts**

Effective October 1, 2017, grain-based desserts no longer count towards the grain component of meals and snacks offered through CACFP.

Grain-Based Desserts are defined as: All foods listed that have a superscript 3 or 4 in Exhibit A- Grain Requirements for Child Nutrition Programs.

Grain-Based Desserts (not reimbursable in the CACFP)			
<b>Group C</b>	Plain Cookies (includes vanilla wafers)  Pie crust (dessert pies, cobbler, fruit turnovers)	<b>Group F</b>	Cake (plain, unfrosted) Coffee Cake
<b>Group D</b>	Doughnuts (cake and yeast raised, unfrosted)  Cereal bars, breakfast bars, granola bars (plain) Sweet Roll (unfrosted) Toaster Pastry (unfrosted)	<b>Group G</b>	Brownies (plain) Cake (all varieties, frosted) 
<b>Group E</b>	Cereal bars, breakfast bars, granola bars (with nuts, dried fruit, and/or chocolate pieces)  Cookies (with nuts, raisins, chocolate pieces, and/or fruit purees) Doughnuts (cake and yeast raised, frosted, or glazed) Sweet Rolls (frosted) Toaster Pastry (frosted)		

## ALL FOODS



- **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
<b>Other Fruits</b>	Apricots Prunes Raisins	<b>Dark Green</b>	Chard Spinach
		<b>Starchy</b>	Green peas Lima beans, baby
		<b>Dry Beans and Peas</b>	Black beans Black-eyed peas Garbanzo beans (Chickpeas) Kidney beans Lentils Lima beans (mature) Navy beans Pinto beans White beans
		<b>Other Vegetables</b>	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

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

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