Award Program Criteria for Meals

Criteria must be met for all meals the facility serves on the Child and Adult Care Food Program

BREAKFAST		
Bronze	**Silver**	**Gold**
Limit juice to three times per week or less	Limit juice to two times per week or less	Limit juice to one time per week or less
Serve a whole grain at least 1 time per week	Serve a whole grain at least 2 times per week	Serve a whole grain at least 3 times per week
Limit sweet items to 1 time or less per week (reference the CACFP Guide to Sweets & Snacks)	Limit sweet items to 3 times or less per month (reference the CACFP Guide to Sweets & Snacks)	Limit sweet items to 2 times or less per month (reference the CACFP Guide to Sweets & Snacks)
Serve a fresh fruit at least 1 time per week	Serve different fresh fruits at least 2 times per week	Serve different fresh fruits at least 3 times per week

SNACK		
Bronze	**Silver**	**Gold**
Limit juice to three times per week	Limit juice to two times per week	Limit juice to one time per week
Serve a different fresh/frozen/canned fruit at least one time per week	Serve a different fresh/frozen/canned fruit at least two times per week	Serve a different fresh/frozen/canned fruit at least two times per week
Serve a different fresh/frozen/canned vegetable at least one time per week	Serve a different fresh/frozen/canned vegetable at least one time per week	Serve a different fresh/frozen/canned vegetable at least one time per week
Limit sweet items to 1 time or less per week (reference the CACFP Guide to Sweets & Snacks)	Limit sweet items to 3 times or less per month (reference the CACFP Guide to Sweets & Snacks)	Limit sweet items to 2 times or less per month (reference the CACFP Guide to Sweets & Snacks)
Serve crackers no more than 2 times per week	Serve crackers no more than 2 times per week	Serve crackers no more than 2 times per week
		At least 1 healthy meat/meat alternate must be served each week (reference the CACFP Guide to Healthy Meat/Meat Alternates)

LUNCH/SUPPER		
Bronze	**Silver**	**Gold**
Serve a whole grain at least 1 time per week	Serve a whole grain at least 2 times per week	Serve a whole grain at least 3 times per week
Processed meats are served no more than two times per week (reference the CACFP Guide to Processed Meats/Meat Products/Cheeses)	Processed meats are served no more than one time per week (reference the CACFP Guide to Processed Meats/Meat Products/Cheeses)	Processed meats are served no more than one time per week (reference the CACFP Guide to Processed Meats/Meat Products/Cheeses)
A fresh (raw) fruit or vegetable is served at least 1 time per week	A fresh (raw) fruit is served at least 1 time per week	A fresh (raw) fruit is served at least 1 time per week
Juice is not served during lunch or supper	A fresh (raw) vegetable is served at least 1 time per week	Fresh (raw) vegetables are served at least 2 times per week
	Juice is not served during lunch or supper	Juice is not served during lunch or supper
	Serve beans or legumes at least 1 time per month (reference the CACFP Guide to Dried Beans and Peas)	Serve beans or legumes at least 2 times per month (reference the CACFP Guide to Dried Beans and Peas)

Award Program Criteria for Wellness Plans

Bronze	Silver	Gold
Must have a written wellness plan including nutrition guidelines for your facility	Bronze wellness plan requirements +	Silver wellness plan requirements +
	Must have a written policy on providing breastfeeding support	Must have a written policy on providing nutrition education
	Must have a written policy on providing physical activity	Must offer parent education on nutrition and/or wellness (reference the CACFP Parent Education Packet)
		Must have a written policy on reducing sodium in meals