

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)

Criteria for Wellness Plans

Bronze	Silver	Gold
Must have a written wellness plan including nutrition guidelines for your facility	Level 1 wellness plan requirements +	Level 2 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)