

MEAL QUALITY ARIZONA

Food plays an important role in child development. This document represents requirements and best practices for developing menus and providing meals that support healthy growth and development.

MEAL means all foods are in nutrient-dense forms, lean or low fat, and prepared without added fats, sugars, or salt.

MENU means there is variety across the week and the day.

Nutrition requirements for licensing are closely aligned to the CACFP meal pattern requirements. Providers must serve the required snacks and meals based on hours and time of attendance.

There are **5** components



GRAINS



FLUID MILK



MEAT/MEAT ALTERNATES
(M/MA)



VEGETABLES



FRUIT

BREAKFAST

Required

- ☒ GRAINS
- ☒ FRUIT
- ☒ FLUID MILK

Optional Substitutions

- ☐ MEAT/MEAT ALTERNATES
INSTEAD OF GRAIN
- ☐ VEGETABLES INSTEAD
OF FRUIT

LUNCH/SUPPER

Required

- ☒ GRAINS
- ☒ MEAT/MEAT ALTERNATES
- ☒ FRUIT
- ☒ VEGETABLES
- ☒ FLUID MILK

Optional Substitutions

- ☐ SECOND VEGETABLE
INSTEAD OF FRUIT

SNACKS

Required Pick 2

- ☐ GRAINS
- ☐ MEAT/MEAT ALTERNATES
- ☐ FRUIT
- ☐ VEGETABLES
- ☐ FLUID MILK

Important Notes

Licensing allows meat/meat alternate to substitute for the grain at any meal/snack up to 3x per week.

CACFP allows meat/meat alternate to substitute for the grain at breakfast only up to 3x per week.