



Menu Planning

PROCEDURE / APPROACH

Grantee and delegate agencies must design and implement a nutrition program that meets the nutritional needs and feeding requirements of each child, including those with special dietary needs and children with disabilities. The nutrition program must serve a variety of foods which consider cultural and ethnic preferences, and which broaden the child's food experience. Foods served must be high in nutrients and low in fat, sugar, and salt.

The nutrition program must collaborate with parents as partners in the health and well-being of their children in a linguistically and culturally appropriate manner and communicate with parents about their child's health needs and development concerns

HEAD START PROGRAM PERFORMANCE STANDARDS:

1302.44 Child Nutrition; 1302.41 Collaboration and Communication with Parents

USDA 7 CFR (210, 220, 226)

USDA Dietary Guidelines for America

ODE CACFP Policy and Procedure Manual Chapter 10

A. Menus

- Menus are planned using USDA My Plate, the Dietary Guidelines for Americans and ODE/CACFP regulations.
- Menus meet or exceed the recommended serving sizes for the USDA/CACFP meal pattern.
- Menus are planned to reflect cultural, ethnic and religious preferences.
- Menus are developed to meet the need of each child, including those with special dietary and developmental needs and children with disabilities.
- Menus are planned to include a variety of foods, shapes & sizes in order to broaden a child's food experiences.
- Each child in the center-based program receives meals and snack that provide ½ to 2/3 of the child's daily nutritional needs.
- All children in the morning center-based settings who have not received breakfast at the time they arrive at the Head Start program must be offered a nourishing breakfast.

- Menus will be posted at the center in a visible location for parent availability.
- Parents will be regularly solicited for recipes and input on menus used in Head Start/Early Head Start program.

B. Field Trips

- Field trips are an important part of children's educational experiences.
- Education staff and Nutrition staff will partner to plan and approve appropriate, creditable field trip menus that meet CACFP guidelines.
- All potentially hazardous foods must be maintained below 41° or above 140°
- All staff will follow safe sanitation practices

C. Menu Suggestions

- A menu suggestion envelope will be available at all centers in an area accessible to parents (e.g. parent bulletin board, parent room, entry area).
- Parents are invited to complete the "Ideas for Meals" form.
- Forms are forwarded to the Nutrition Department.
- Menu ideas will be incorporated into the menu whenever practical and if they meet CACFP regulations.

D. Kids Choice

- Kid's Choice Menus will reflect the Head Start/Early Head Start and USDA nutrition guidelines to ensure that children are taught healthy food habits for life.
- Kid's Choice Menus will provide an opportunity for children to plan a meal with the center cook.
- The cook must e-mail the Nutrition Manager the menu prior to service.
- Kid's Choice Menus must meet the meal pattern and food component requirement and adhere to portion size and creditable product choice.
- Kid's Choice must meet all menu requirements of CACFP.
- Kid's Choice provides opportunity to include nutrition concepts, math, language and categorization of food into the curriculum.