

**CACFP Nutrition & Civil Rights New Providers QUIZ # _____**

1. I can serve skim or 1% milk for all children over 2 years old.
True False
2. If the parents asks me, I can serve whole milk for children over 2 years old.
True False
3. I can serve juice and a fruit for a Snack.
True False
4. I can serve TWO vegetable components at Lunch.
True False
5. I can serve cake or cookies for Snack.
True False
6. Potatoes count as a VEGETABLE component.
True False
7. I can serve 100% juice during Lunch.
True False
8. Crackers are counted as a GRAIN component.
True False
9. I can get reimbursed if the mother provides breast milk for her infant.
True False
10. Onions count as a VEGETABLE component.
True False
11. Yogurt and crackers are a COMPLETE Snack.
True False
12. Beans can count as a meat OR vegetable component.
True False
13. Lettuce counts as a VEGETABLE component.
True False
14. I can serve any type of cold cereal every day for Breakfast or Snack.
True False
15. I can claim a pizza I had delivered from Dominos.
True False
16. I can serve hot dogs or luncheon meats every day.
True False
17. I can repeat the same exact meal for Lunch and Dinner.
True False
18. If the parent requests, I can substitute soymilk as my milk component.
True False
19. A civil rights complaint must be based on race, color, national origin, age, sex, or disability.
True False

Signature of Provider:**Date:**



Healthy & Quick Recipe

Spinach Corn bread

prep time 10 min
total time 30 min
makes 12 servings

2 packet cornbread mix (8.5 oz each)
1/2 cup cream
3/4 cup Low-fat Shredded Mozzarella Cheese
2 eggs
1 pack of frozen spinach (defrosted)
1 tsp pepper and salt to taste

Make It

HEAT oven to 350 degrees

MIX dry and wet ingredients.

BAKE in a muffin tin or wide mold for 10-20 minutes or until done.

CACFP Nutrition Components:

Grain (Corn bread)
Meat substitute (mozzarella cheese)
Vegetable (frozen spinach)