

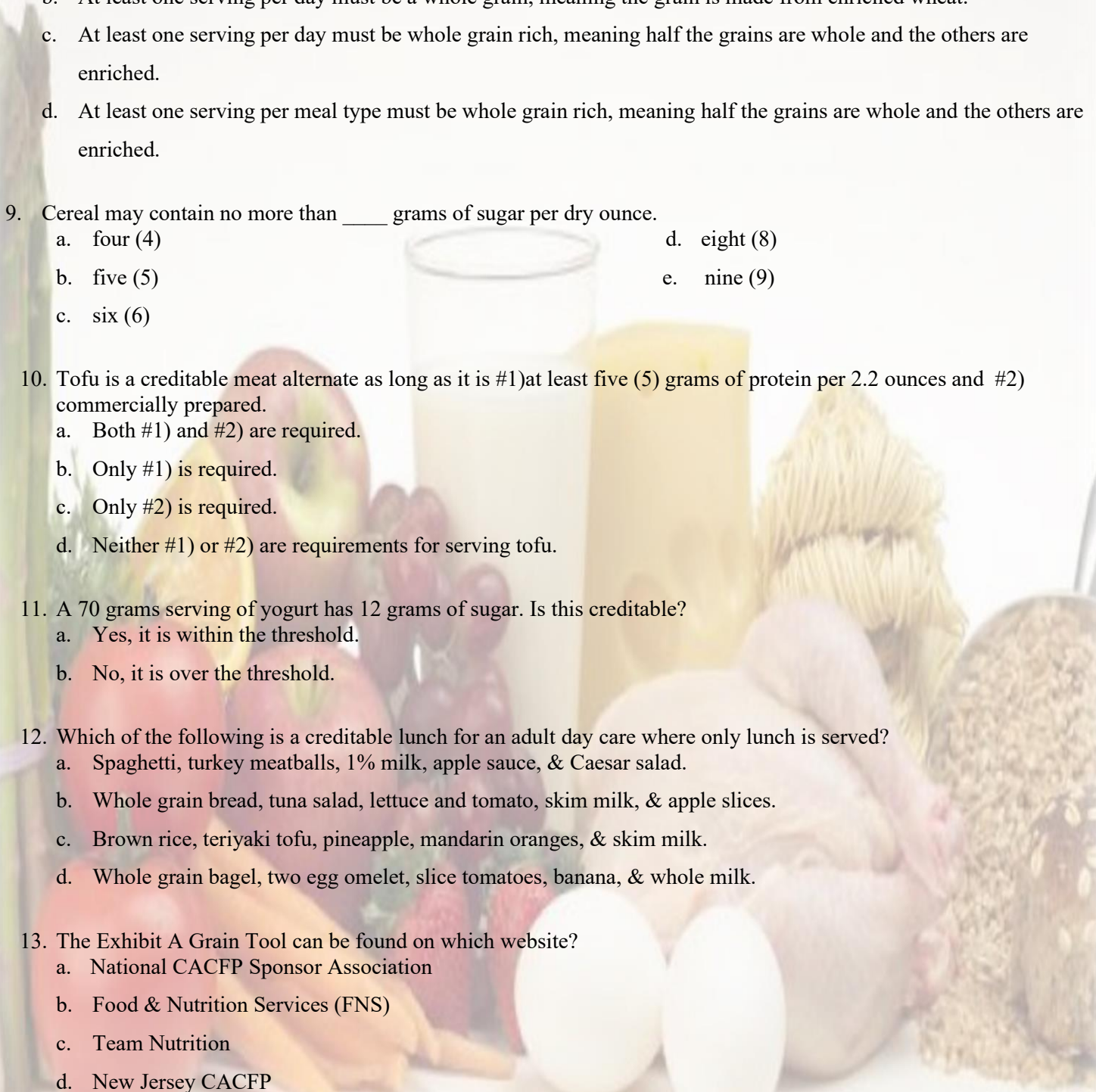
NJDA CACFP Eligible Meals Quiz

Instructions: Complete the corresponding webinar in each course; complete the quiz; you must score an 80% or higher on each lesson; forward a copy of each quiz; and training checklist along with your CORE and ICN training certificates and Prequalification guide (if applicable) to NJCACFPTRAINING@ag.nj.gov Once your NJDA CACFP quizzes are scored and you passed with an 80% or higher, a Certificate of Completion will be emailed to _____

Place Your Email Address Here

- Unless you are an At-Risk Afterschool Care Center program, your meal start times must be at least _____ hour(s) apart.
 - Two
 - Two and a half
 - Three
 - N/A, there is no limit
- For breakfast, a grain may be replaced with a meat/meat alternate(MA) _____ per week.
 - Only once
 - No more than twice
 - No more than three times
 - As many times as needed
- Lunch and dinner must always include:
 - One of each of the components, where a vegetable can replace a fruit.
 - One of each of the five (5) components, where a meat/meat alternate can replace a grain.
 - One of each of the five (5) components.
 - Any combination of the five (5) components.
- By age six (6) and up, all participants should be given _____ ounces of _____ milk.
 - six (6), whole
 - eight (8), any
 - eight (8), whole fat
 - six (6), low-fat or fat-free
 - eight (8), low-fat or fat-free
- For _____ participants, _____ can replace milk up to once per day.
 - All, yogurt
 - Age five (5) and up, yogurt
 - adult, yogurt
 - all, meat/meat alternate
 - age six (6) and up, meat/meat alternate
 - adult, meat/meat alternate
- Medical documentation is always required for a milk substitute, even if it is nutritionally equivalent to milk.
 - True
 - False
- Which statement about juice is true?
 - It must be low/zero sodium.
 - It may only be served to adults and six (6+) participants.
 - It can only be served 2x/day.
 - It must be 100% juice.
 - All of the above are true.

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8. Which statement about Whole Grains is true?
- At least one serving per day must be a whole grain, meaning the grain has all three parts of the seed.
 - At least one serving per day must be a whole grain, meaning the grain is made from enriched wheat.
 - At least one serving per day must be whole grain rich, meaning half the grains are whole and the others are enriched.
 - At least one serving per meal type must be whole grain rich, meaning half the grains are whole and the others are enriched.
9. Cereal may contain no more than ____ grams of sugar per dry ounce.
- four (4)
 - five (5)
 - six (6)
 - eight (8)
 - nine (9)
10. Tofu is a creditable meat alternate as long as it is #1) at least five (5) grams of protein per 2.2 ounces and #2) commercially prepared.
- Both #1) and #2) are required.
 - Only #1) is required.
 - Only #2) is required.
 - Neither #1) or #2) are requirements for serving tofu.
11. A 70 grams serving of yogurt has 12 grams of sugar. Is this creditable?
- Yes, it is within the threshold.
 - No, it is over the threshold.
12. Which of the following is a creditable lunch for an adult day care where only lunch is served?
- Spaghetti, turkey meatballs, 1% milk, apple sauce, & Caesar salad.
 - Whole grain bread, tuna salad, lettuce and tomato, skim milk, & apple slices.
 - Brown rice, teriyaki tofu, pineapple, mandarin oranges, & skim milk.
 - Whole grain bagel, two egg omelet, slice tomatoes, banana, & whole milk.
13. The Exhibit A Grain Tool can be found on which website?
- National CACFP Sponsor Association
 - Food & Nutrition Services (FNS)
 - Team Nutrition
 - New Jersey CACFP