A nutritious diet and regular physical activity are very important components for the proper growth and development of young children. Similar to the nutrient requirements for national school breakfast and lunch, the Child and Adult Care Food Program also provides nutritious meals to children and adults aiming to serve meals with a greater variety of fruits and vegetables, more whole grains, and less sugar and fat. The purpose of this study was to determine if childcare centers in the Midwest are following CACFP menu requirements and to determine what nutrition and wellness polices are in place. This project is part of a larger national study with this methodology established and test piloted by the granting agency. Four childcare centers in two states served as sample sites for this study. Focus groups were held with the directors, food service directors, cooks, and teachers. In addition, behavioral observations were made at each childcare center. The data was analyzed using the constant comparative method in the development of themes. The results of this poster examined just the results of one district. Results indicated that: nutrition education is encouraged and practiced, the 4 week cycle menus follow CACFP guidelines, and there are currently policies in place regarding physical activity, screen time, and food allergies. Implications for practice: this study shows that childcare centers in the Midwest are following required nutrient guidelines for menus. They also have policies in place for children’s physical activity, screen time, and food allergies helping children become healthy and active.