

# The CACFP Child Meal Pattern



**Serving Healthy, Well Balanced  
Meals**

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# CACFP Meal Pattern

- USDA recently revised the CACFP Meal Pattern in 2017
- Meals served now include
  - Greater variety of vegetables and fruit
  - More whole grains and protein options
  - Less added sugar and saturated fat
  - Age Appropriate meals
- Changes were based on the Dietary Guidelines for Americans, scientific recommendations from the National Academy of Medicine and stakeholder input





# Breakfast

Breakfast			
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12 & 13-18
Fluid Milk <sup>1</sup>	½ cup (4 fluid oz.)	¾ cup (6 fl. oz.)	1 cup (8 fl. oz.)
Fruit/Vegetable <sup>2</sup>	¼ cup	½ cup	½ cup
Grains <sup>5,6,7</sup>	½ slice or ¼ cup	½ slice or ¼ cup	1 slice or ½ cup
Meat or Meat Alternate <sup>3</sup> (May replace grains 3x/week)	1 ounce	1- ½ ounce	2 ounces

<sup>1</sup>Serve plain whole milk for ages 1-2; plain low-fat (1%) or non-fat (skim) milk for 3-5; plain low-fat (1%) milk or plain or flavored non-fat (skim) milk for 6+.

<sup>2</sup>Pasteurized full-strength juice may only be served once per day to meet the fruit or vegetable requirement.

<sup>3</sup>Nuts and seeds may be used to meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement.

<sup>4</sup>Can have no more than 23g total sugars per 6 oz.

<sup>5</sup>One serving per day must be whole grain rich. For additional minimum serving sizes of other grains, see the Crediting Handbook, Exhibit A.

<sup>6</sup>Breakfast cereals can have no more than 6g sugar per dry oz.

<sup>7</sup>Grain-based desserts are not allowed. These are identified in the Crediting Handbook, Exhibit A with superscripts 3 & 4 .



# Lunch and Supper

Lunch and Supper			
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12 & 13-18
<b>Fluid Milk<sup>1</sup></b>	½ cup (4 fl. oz.)	¾ cup (6 fl. oz.)	1 cup (8 fl. oz.)
<b>Meat/Meat Alternates<sup>3</sup></b>	1 ounce equivalent	1- ½ ounce equivalent	2 ounce equivalents
Lean meat, poultry, or fish	1 ounce	1- 1 ½ ounces	2 ounces
Tofu, soy product, or alternate protein products	1 ounce	1-1 ½ ounce	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces
Large Egg	½ egg	¾ egg	1 egg
Cooked dry beans or peas	¼ cup	¾ cup	1 cup
Nut/Seed Butters	2tbsp	3 tbsp	4 tbsp
Yogurt <sup>4</sup>	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup
<b>Fruit<sup>2</sup></b>	1/8 cup	1/4 cup	1/2 cup
<b>Vegetable<sup>2</sup></b>	1/8 cup	1/4 cup	1/2 cup
<b>Grains<sup>5</sup></b>	½ slice or ¼ cup	½ slice or ¼ cup	1 slice or 1/2 cup

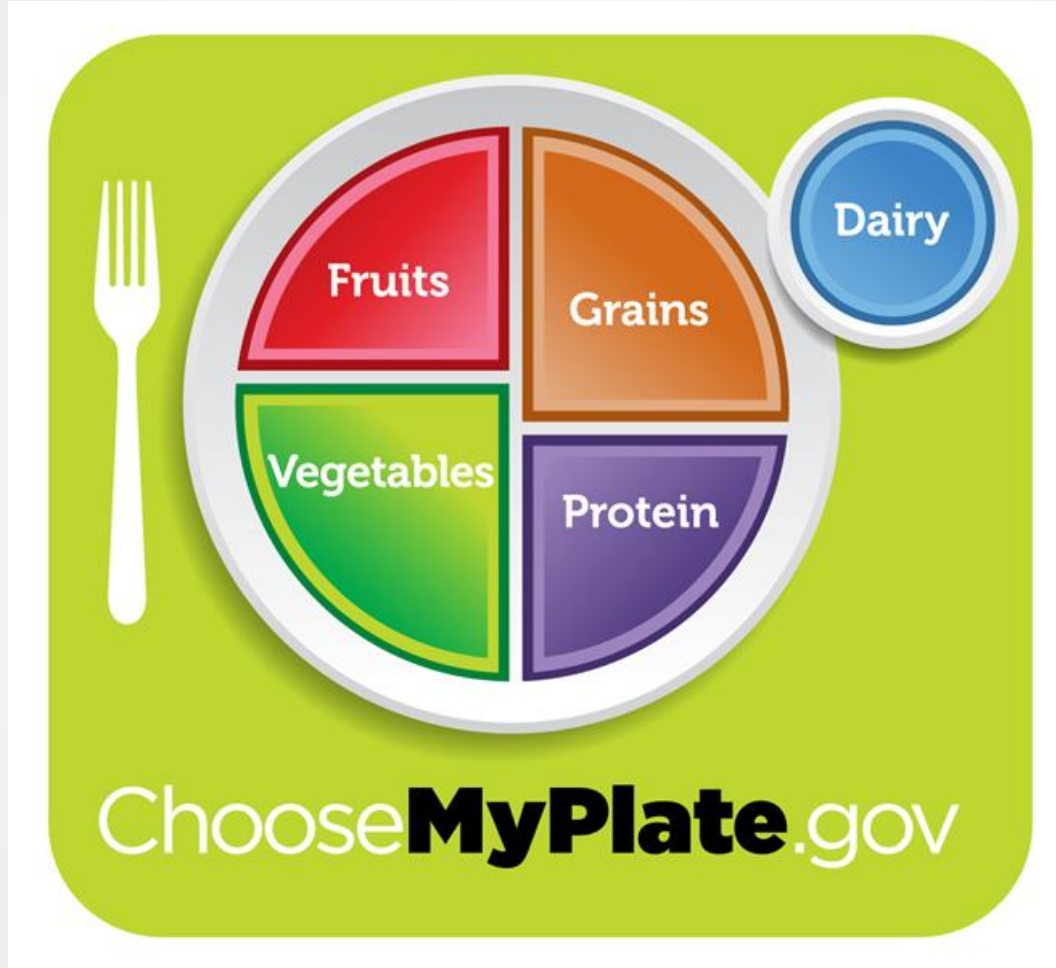


# Snack

Snack ( Choose Two Components)			
<b>Fluid Milk<sup>1</sup></b>	½ cup (4 fl. oz.)	¾ cup (6 fl. oz.)	1 cup (8 fl. oz.)
<b>Fruit<sup>2</sup></b>	½ cup	½ cup	¾ cup
<b>Vegetable<sup>2</sup></b>	½ cup	½ cup	¾ cup
<b>Meat or Meat Alternate<sup>3</sup></b>	1 ounce	1- ½ ounce	2 ounces
<b>Grains<sup>5,6,7</sup></b>	½ slice or ¼ cup	½ slice or ¼ cup	1 slice or ½ cup

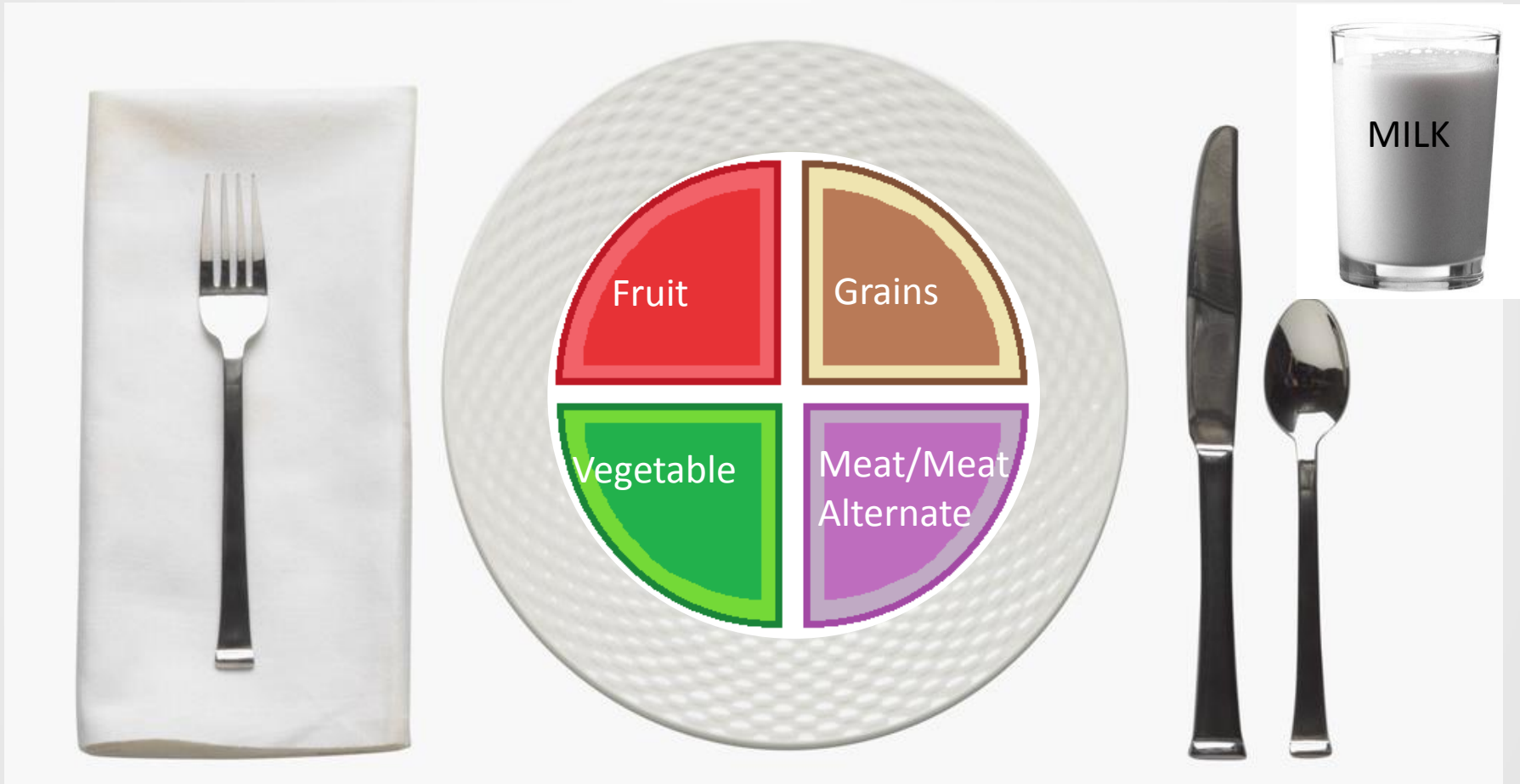


# MyPlate for Children





# CACFP Child Meal Pattern





# CACFP Breakfast

- Select **three** of the **five** components
  - **MILK**
  - **VEGETABLE, FRUIT, OR BOTH**
  - **GRAIN**
  - **MEAT and MEAT ALTERNATES** may be served in place of the entire grains component at breakfast a **maximum of three times per week**







# CACFP LUNCH or SUPPER

- Select **five** food components
  - MILK
  - MEAT/MEAT ALTERNATE
  - VEGETABLE
  - FRUIT
  - GRAIN





# CACFP SNACK

- Select **two** of the **five** components
  - MILK
  - MEAT/MEAT ALTERNATE
  - VEGETABLE
  - FRUIT
  - GRAIN





# CACFP Snack



- Juice and milk may not be served together as the only items as snack

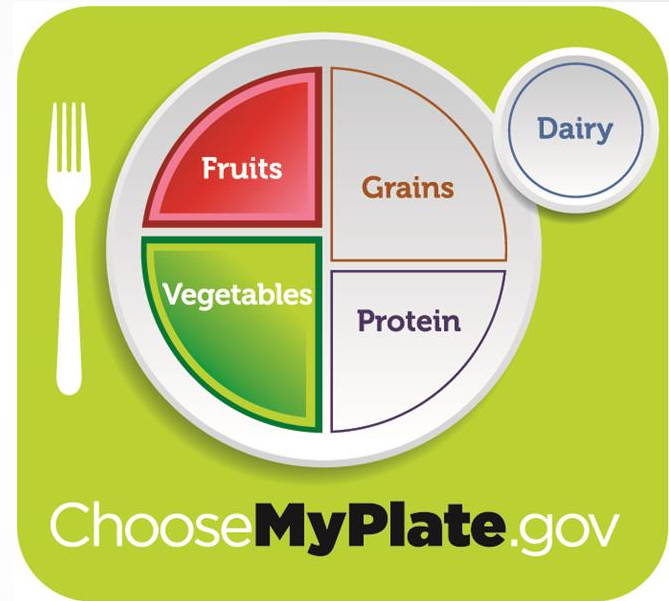


## A Closer Look at Each Component



# Vegetable & Fruit

- Vegetable & Fruit are separate components
- Forms
  - Fresh cooked
  - Fresh raw
  - Frozen
  - Canned
  - Dried
  - Juice (**Limited to once per day**)





# Vegetable & Fruit

- Most do not eat enough vegetables & fruits
- Often are prepared with added salt, sugar, solid fat, & refined starch
- Vegetables & Fruits are high in **minerals, fiber,** and **antioxidants**, which have been shown to protect against **chronic diseases such** as heart disease and cancer
- Most vegetables & fruit are naturally low in fat, sodium, and calories. None have cholesterol



**A rainbow is a good indication that your plate is healthy!**





# Vegetable & Fruit Servings

- **Breakfast:** 1 serving of fruit or vegetable
- **Lunch & Supper:** 1 serving of fruit or vegetable & 1 serving of vegetable
- **Snack: Optional**
  - 1 serving of fruit  
And/or
  - 1 serving of vegetable







# Increase Vegetable Consumption

- **Lunch & Supper: A vegetable may be used to meet the entire fruit component**
- Must be at least the same serving size as the fruit component it replaced





# Two Vegetable Types

- Must offer two different types of vegetables
  - i.e., two servings of carrots would not credit
- Selecting based on vegetable sub-groups is not required





# Juice

- Great source of essential nutrients
- Lacks dietary fiber
- **High sugar content**
- **May be served at one meal or snack per day**

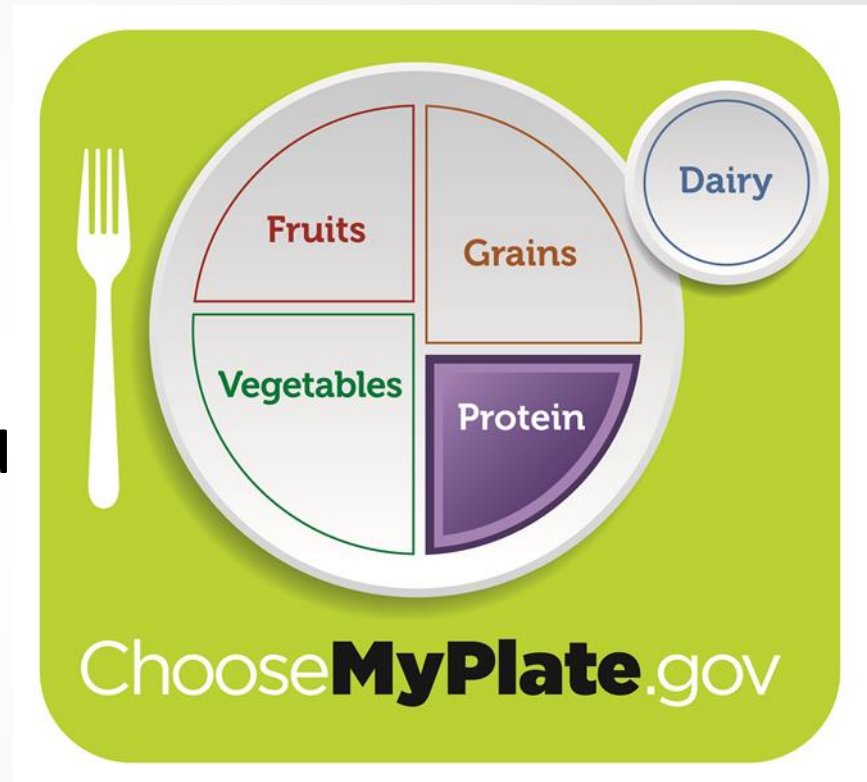




# Meat/Meat Alternate

**Protein= Nutrient**

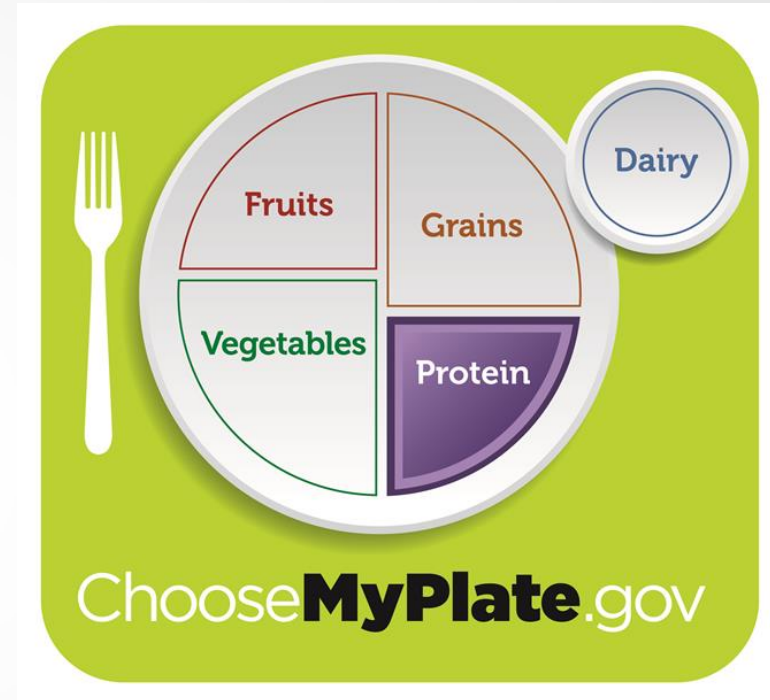
**Meat/Meat Alternate= Actual Food**





# Meat/Meat Alternate

- Forms
  - Chicken / Turkey, Beef, Pork , Fish
  - Tofu, Soy Yogurt
  - Yogurt
  - Eggs
  - Dried beans and peas
  - nuts and seeds
- M/MA may be served in place of the entire grains component at breakfast a maximum of three times per week





# Meat/Meat Alternate at Breakfast

- Serving m/ma in place of grains is creditable a maximum of **3 times** per week
  - 1 oz of m/ma credits as 1 serving of grains
- Menu Example:
  - Cheese Omelet (Credits as the m/ma)
  - Fruit
  - Milk

- Made of soybeans
- Great source of protein and iron
- Forms: Silken, soft, medium firm, firm & extra firm
- Available in a variety of meat substitutes
- Must be commercially prepared tofu & soy yogurt
- Must be easily recognized as meat substitute
  - Creditable: Tofu sausage
  - Not creditable: Tofu noodles





# Meat/Meat Alternate







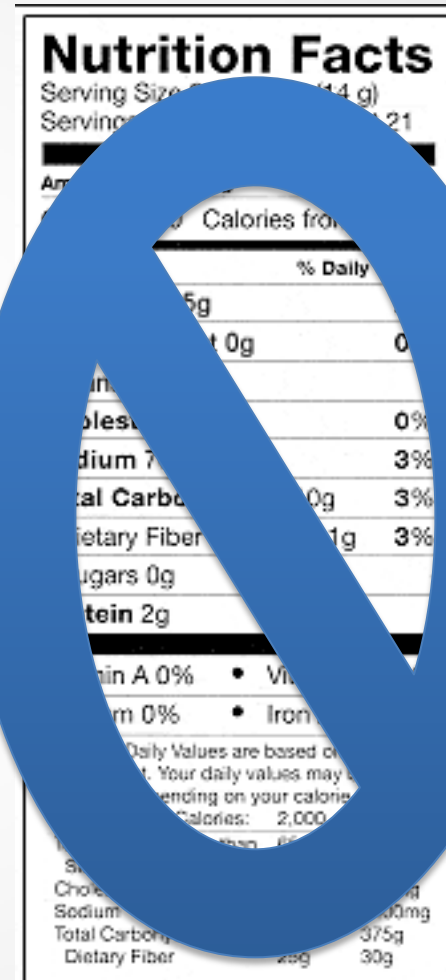
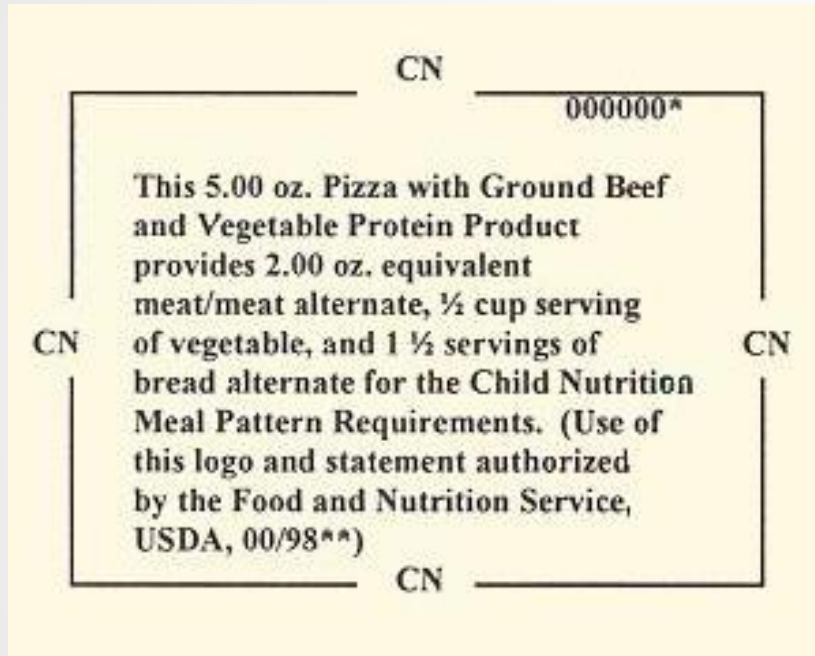
# Fried Foods

- Frying is not allowed as a way of preparing foods on-site
- Frying is allowed if meals are prepared by a Food Service Management Company
- State Agency Policy
  - Fried vegetables not allowed more than **2** times per month
  - Fried meats not allowed more than **2** times per month



# Child Nutrition Labels

- Required in the CACFP for some commercially prepared, packaged foods
  - Breaded chicken (nuggets, tenders, patties, etc.)
  - Breaded fish (fish sticks, filets, etc.)
  - Pizza, lasagna, ravioli, and other “combination” foods
  - Meat substitutes / alternate protein products
- Tells you how much to serve to meet the meal pattern requirements





# Using Yogurt

- Must contain **no more** than **23 grams** of **total sugars** per **6 oz.**
- Use commercial yogurt products only
- Soy yogurt is a dairy-free option
- 4 oz. credits as 1 oz. of meat alternate





# How to Identify the Yogurt Sugar Limit

**Step 1:** Use the Nutrition Facts Label to find the Serving Size, in ounces (oz.) or grams (g), of the yogurt

**Step 2:** Find the Sugars line. Look at the number of grams (g) next to Sugars

**Step 3:** Use the serving size identified in Step 1 to find the serving size of your yogurt in the table

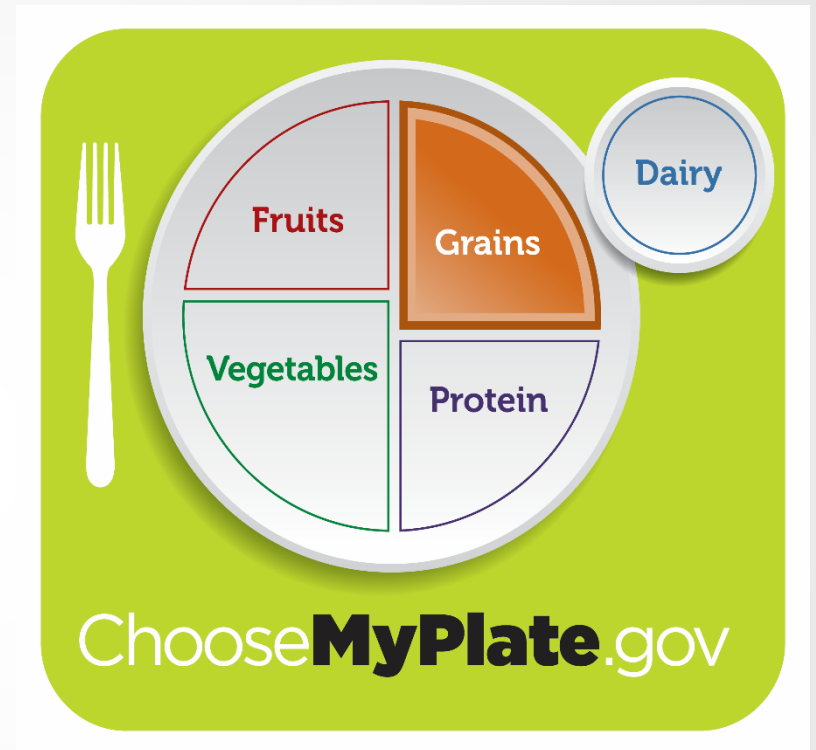
Serving Size Ounces (oz.)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		Sugars must not be more than:
2.25 oz.	64g	9g
3.5 oz.	99g	13g
4 oz.	113g	15g
5.3 oz	150g	20g
6 oz.	170g	23g
8 oz.	227g	31g

Nutrition Facts	
Serving Size 8 oz (227g)	
Servings about 4	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Potassium 400mg	1%
Sodium 160mg	7%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	17%
Sugars 9g	
Protein 10g	
Vitamin A 6%	Vitamin C 4%
Calcium 35%	Iron 0%
Vitamin D 6%	



# Grains

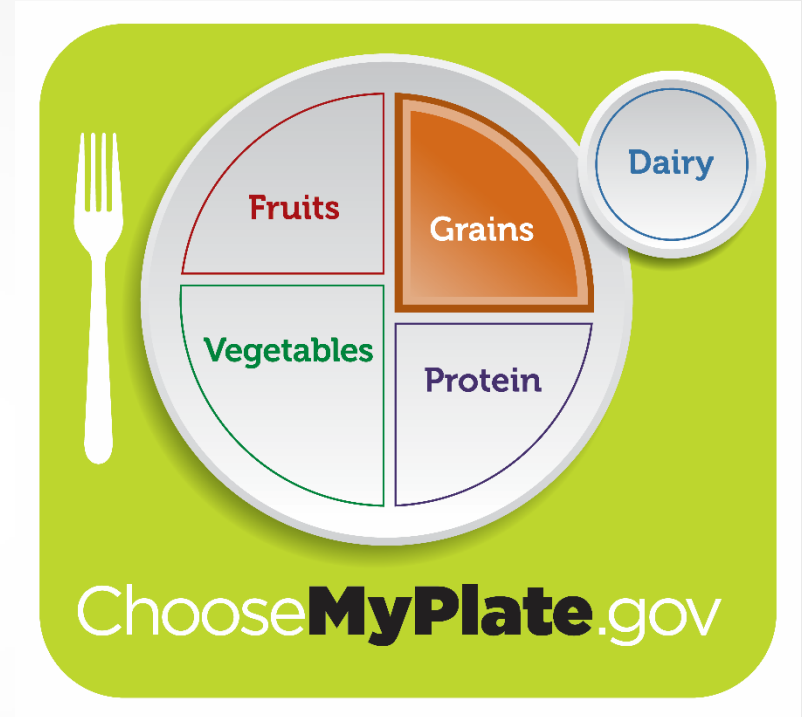
- At least 1 serving of grains per day must be whole grain-rich
- Breakfast cereals must contain no more than 6 grams of sugar per dry oz.
- Grain-based desserts no longer credit towards the grain component





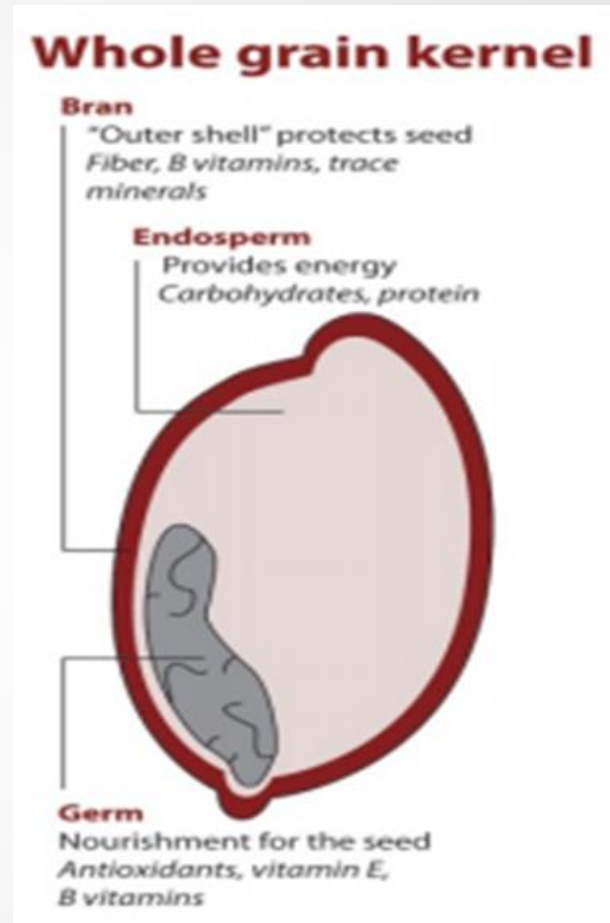
# Grains

- Bread, buns, rolls, etc.
- Crackers
- Oatmeal
- Cold cereals
- Tortillas
- Rice or wild rice
- Pasta or couscous
- Quinoa, bulgur, millet, barley, etc.



# What is a Whole Grain?

- Whole grains contain the bran, germ, & the endosperm
- Refined grains are milled
  - Processed to remove the bran & germ
- Enriched grains undergo processing where some nutrients are added back to the grain







# Whole-Grain Rich

- At least one serving of grains per day must be whole grain-rich
- Whole grain-rich foods are foods that contain 100% whole grains, or that contain at least 50% whole grains and the remaining grains in the food are enriched



PHOTO ILLUSTRATION/GETTY IMAGES



# Meals and Whole-Grain Rich Foods

- **Each day, at least one meal or snack must include a whole grain-rich food**
- If a child care center only serves breakfast, the grain must be whole grain-rich
- If they serve breakfast, lunch, & snack, choose which meal to serve the whole grain-rich food



# Identifying Whole-Grain Rich

- **Breads, cereals, and other non-mixed dishes**
  - A whole grain is listed as the first ingredient on the product's ingredient list or second after water
- **Pizza, burritos, and other mixed dishes**
  - A whole grain is the first grain ingredient listed on the product's ingredient list, or multiple whole grains are the primary grain ingredient by weight.
- **The product includes one of the following Food and Drug Administration approved whole-grain health claims on its packaging**
  - “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.” OR “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”

- “Whole” listed before grain
- Berries or groats
- Rolled oats & oatmeal





# Is it Whole-Grain Rich?

## White Whole-Wheat Breadsticks

Ingredients: **WHOLE-WHEAT FLOUR**, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrite, enzyme, riboflavin, folic acid), graham flour, sugar, wheat gluten.

Is it a Whole Grain?

**YES**

**First ingredient is a whole grain**

**Remaining grains in the product are enriched**



# Documenting Whole-Grain Rich Foods

- **Document whole grain-rich foods on menu**
- Examples
  - “Whole wheat” bread
  - “Whole grain-rich” English muffins
  - English muffins “whole grain-rich”
- When a whole grain-rich food is not served:
  - **The meal or snack containing a grain with the lowest reimbursement will be disallowed**
  - i.e., no whole grain-rich food was served for breakfast, lunch, or snack, the snack would be disallowed





# No Sweet Grains!

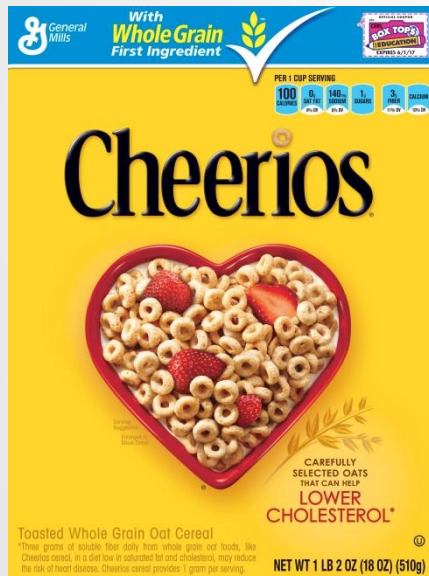
- Sweet Grains are not allowable in the CACFP
- Examples
  - Sweet Rolls
  - Cookies
  - Granola Bars
  - Toaster Pastry
  - Cake





# Ready-to-Eat Breakfast Cereals

- No more than 6 grams of sugar per dry oz.
- Use WIC Approved Breakfast Cereal
  - WIC approved breakfast cereal must contain no more than 6 grams of sugar per dry oz.
  - Website: [https://www.dcwic.org/\(WIC Food List\)](https://www.dcwic.org/(WIC%20Food%20List))







# How to Identify the Cereal Sugar Limit

**Step 1:** Use the Nutrition Facts label to find the Serving Size, in grams (g), of the cereal.

**Step 2:** Find the Sugars line. Look at the number of grams (g) next to Sugars

**Step 3:** Use the serving size identified in Step 1 to find the serving size of your cereal in the table

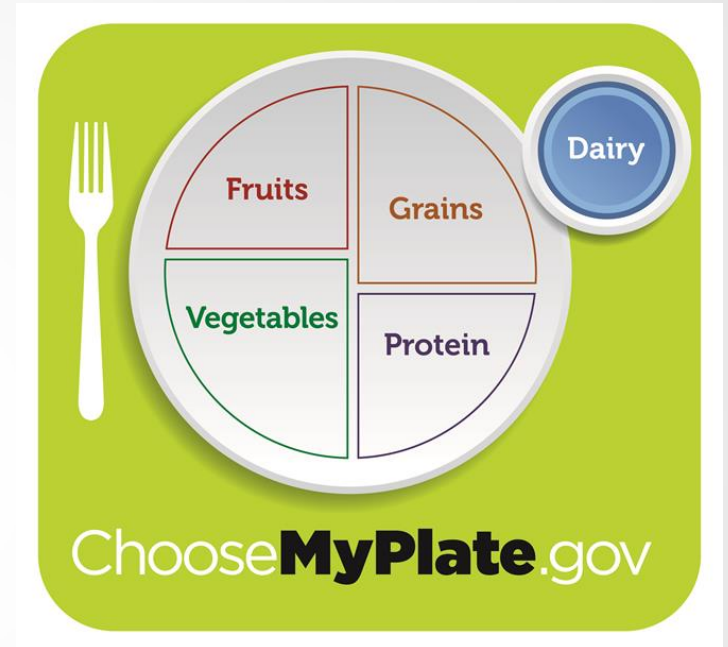
Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	16 grams

Nutrition Facts	
Serving Size ¾ cup (30g)	
Servings Per Container about 15	
Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 140mg	



# Milk

- Cow's milk
- Lactose-free or lactose-reduced milk
- Buttermilk
- Kefir / cultured milk
- UHT shelf-stable milk
- Plain milk
- Flavored milk for children over 6 years of age





# Milk

- **Whole Unflavored milk** for children ages 12 - 23 months (1 year) only
- Serve 4 fl oz. (1/2 cup) of unflavored whole milk





# Breastmilk Past Age One

- **May be served as a fluid milk to children of any age**
- Reimbursable:
  - If a parent/guardian provides expressed breastmilk
  - A mother breastfeeds her child on-site
- Maybe served in combination with other milk types for a reimbursable meal
  - i.e., mother brings  $\frac{1}{4}$  cup for 1 year old, provider would supply  $\frac{1}{4}$  cup whole unflavored milk for a total of  $\frac{1}{2}$  cup serving



# 2-5 Year Olds

- Serve unflavored low-fat (1%) milk or fat-free (skim) milk
- Minimum serving sizes
  - 2 years – 4 fl oz or  $\frac{1}{2}$  cup
  - 3-5 years – 6 fl oz or  $\frac{3}{4}$  cup
- Flavored milk is not reimbursable





# 6 Years Old +

- Serve unflavored or low-fat (1%) milk or **flavored** or unflavored fat-free (skim) milk
- Minimum serving sizes
  - 8 fl oz or 1 cup
- **Flavored Milk**
  - Serve **only** fat-free flavored milk
  - Adding syrup or flavored milk powder to fat-free plain milk **only**





# Toddler Milk Transition Period

- Children 24 months to 25 months may be served
  - Whole milk or reduced-fat (2%) milk
- **One-month transition period is allowable**
  - Switch from whole milk to low-fat or fat-free milk







# Milk

- Yogurt, cheese, & other dairy products cannot substitute for milk
- Evaporated milk, dry milk, and condensed milk do not count
- Milk used for cooking does not count toward the requirement



# Milk Substitutes

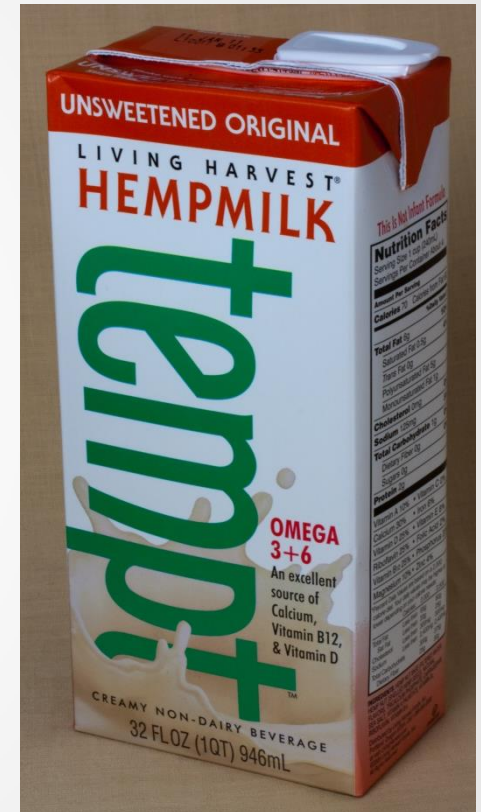
- Kikkoman Pearl Smart Creamy Vanilla
- Kikkoman Pearl Smart Chocolate
- Pacific Natural Foods Ultra Soy Plain
- Pacific Natural Foods Ultra Soy Vanilla
- 8<sup>th</sup> Continent Original
- WhiteWave Foods Silk Original Soymilk
- Safeway Lucerne Original Soy Milk



# Milk Substitutes

Without special documentation, do **NOT** serve:

- Silk Soy Milk
- Almond Milk
- Rice Milk
- Hemp Milk
- Etc., etc., etc.





# Special Dietary Needs

- For needs that **cannot** be met within the meal pattern requirements:
  - Ex. no dairy or soy
  - Note from doctor or other medical professional
  - Specifies foods to avoid and foods to substitute
- For needs that **can** be met with allowable meal component substitutions:
  - Ex. soy milk instead of cow's milk; no tomatoes
  - Soy Milk Notification Form or parent note



# Other Dairy Products





Q&A



| Thank you!