The CACFP Child Meal Pattern

Serving Healthy, Well Balanced Meals
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
<table>
<thead>
<tr>
<th>Food Components and Food Items</th>
<th>Ages 1-2</th>
<th>Ages 3-5</th>
<th>Ages 6-12 &amp; 13-18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fluid Milk&lt;sup&gt;1&lt;/sup&gt;</td>
<td>½ cup (4 fluid oz.)</td>
<td>¾ cup (6 fl. oz.)</td>
<td>1 cup (8 fl. oz.)</td>
</tr>
<tr>
<td>Fruit/Vegetable&lt;sup&gt;2&lt;/sup&gt;</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Grains&lt;sup&gt;5,6,7&lt;/sup&gt;</td>
<td>½ slice or ¼ cup</td>
<td>½ slice or ¼ cup</td>
<td>1 slice or ½ cup</td>
</tr>
<tr>
<td>Meat or Meat Alternate&lt;sup&gt;3&lt;/sup&gt; (May replace grains 3x/week)</td>
<td>1 ounce</td>
<td>1- ½ ounce</td>
<td>2 ounces</td>
</tr>
</tbody>
</table>

<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.
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<td>½ cup (4 fl. oz.)</td>
<td>¾ cup (6 fl. oz.)</td>
<td>1 cup (8 fl. oz.)</td>
</tr>
<tr>
<td>Meat/Meat Alternates&lt;sup&gt;3&lt;/sup&gt;</td>
<td>1 ounce equivalent</td>
<td>1- ½ ounce equivalent</td>
<td>2 ounce equivalents</td>
</tr>
<tr>
<td>Lean meat, poultry, or fish</td>
<td>1 ounce</td>
<td>1- 1 ½ ounces</td>
<td>2 ounces</td>
</tr>
<tr>
<td>Tofu, soy product, or alternate protein products</td>
<td>1 ounce</td>
<td>1-1 ½ ounce</td>
<td>2 ounces</td>
</tr>
<tr>
<td>Cheese</td>
<td>1 ounce</td>
<td>1 ½ ounce</td>
<td>2 ounces</td>
</tr>
<tr>
<td>Large Egg</td>
<td>½ egg</td>
<td>¾ egg</td>
<td>1 egg</td>
</tr>
<tr>
<td>Cooked dry beans or peas</td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Nut/Seed Butters</td>
<td>2 tbsp</td>
<td>3 tbsp</td>
<td>4 tbsp</td>
</tr>
<tr>
<td>Yogurt&lt;sup&gt;4&lt;/sup&gt;</td>
<td>4 ounces or ½ cup</td>
<td>6 ounces or ¾ cup</td>
<td>8 ounces or 1 cup</td>
</tr>
<tr>
<td>Fruit&lt;sup&gt;2&lt;/sup&gt;</td>
<td>1/8 cup</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Vegetable&lt;sup&gt;2&lt;/sup&gt;</td>
<td>1/8 cup</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Grains&lt;sup&gt;5&lt;/sup&gt;</td>
<td>½ slice or ¼ cup</td>
<td>½ slice or ¼ cup</td>
<td>1 slice or 1/2 cup</td>
</tr>
</tbody>
</table>
## Snack

(Choose Two Components)

<table>
<thead>
<tr>
<th>Component</th>
<th>½ cup (4 fl. oz.)</th>
<th>¾ cup (6 fl. oz.)</th>
<th>1 cup (8 fl. oz.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fluid Milk(^1)</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Fruit(^2)</td>
<td>½ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Vegetable(^2)</td>
<td>½ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Meat or Meat Alternate(^3)</td>
<td>1 ounce</td>
<td>1-½ ounce</td>
<td>2 ounces</td>
</tr>
<tr>
<td>Grains(^5,6,7)</td>
<td>½ slice or ¼ cup</td>
<td>½ slice or ¼ cup</td>
<td>1 slice or ½ cup</td>
</tr>
</tbody>
</table>
MyPlate for Children

ChooseMyPlate.gov
CACFP Child Meal Pattern

- Fruit
- Grains
- Vegetable
- Meat/Meat Alternate
- MILK
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**
• Select **five** food components
  – **MILK**
  – **MEAT/MEAT ALTERNATE**
  – **VEGETABLE**
  – **FRUIT**
  – **GRAIN**
• 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 are separate components

• Forms
  – Fresh cooked
  – Fresh raw
  – Frozen
  – Canned
  – Dried
  – Juice (Limited to once per day)
• 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
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
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
Tofu

- 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
Child Nutrition Labels

This 5.00 oz. Pizza with Ground Beef and Vegetable Protein Product provides 2.00 oz. equivalent meat/meat alternate, ½ cup serving of vegetable, and 1 ½ servings of bread alternate for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA, 00/98**)

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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

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

![Nutrition Facts Label](image)
- 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.
- 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
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.
• 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 Grains Common and Usual Names

- “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
• 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/](https://www.dcwic.org/)(WIC Food List)
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.

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Sugars</th>
</tr>
</thead>
<tbody>
<tr>
<td>If the serving size is:</td>
<td>Sugars cannot be more than:</td>
</tr>
<tr>
<td>12-16 grams</td>
<td>3 grams</td>
</tr>
<tr>
<td>26-30 grams</td>
<td>6 grams</td>
</tr>
<tr>
<td>31-35 grams</td>
<td>7 grams</td>
</tr>
<tr>
<td>45-49 grams</td>
<td>10 grams</td>
</tr>
<tr>
<td>55-58 grams</td>
<td>12 grams</td>
</tr>
<tr>
<td>59-63 grams</td>
<td>16 grams</td>
</tr>
</tbody>
</table>
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
• Whole Unflavored milk for children ages 12 - 23 months (1 year) only

• Serve 4 fl oz. (1/2 cup) of unflavored whole milk
• 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 ¼ cup for 1 year old, provider would supply ¼ cup whole unflavored milk for a total of ½ 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 ½ cup
  – 3-5 years – 6 fl oz or ¾ cup

• Flavored milk is not reimbursable
• 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**
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
- 8th 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
Thank you!