CACFP Meal Pattern
**CHILD MEAL PATTERN**

<table>
<thead>
<tr>
<th></th>
<th>AGES 3-5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
</tr>
<tr>
<td>MILK</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>FRUIT/VEGETABLES</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>GRAINS/BREADS</td>
<td>1/2 serving</td>
</tr>
</tbody>
</table>

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
</tr>
<tr>
<td>MILK</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>MEAT/MEAT ALTERNATE</td>
<td>1 1/2 oz</td>
</tr>
<tr>
<td>FRUIT</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>VEGETABLE</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>GRAINS/BREADS</td>
<td>1/2 serving</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SNACK (PICK 2 OF 5)</strong></td>
<td></td>
</tr>
<tr>
<td>MILK</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>MEAT/MEAT ALTERNATE</td>
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<tr>
<td>GRAINS/BREADS</td>
<td>1/2 serving</td>
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</tbody>
</table>
WHAT’S IN A MEAL?
Breakfast

• Must serve these three food components:
  – Milk
  – Vegetable, fruit, or both
  – Grains

• May exchange a meat for grain – up to 3 times a week
Lunch or Supper

• Must serve all five food components:
  – Milk
  – Meat/Meat Alternates
  – Vegetables (may serve 2 different ones)
  – Fruits
  – Grains
Snack

• Select any two of the five food components:
  – Milk
  – Meat/Meat Alternates
  – Vegetables
  – Fruits
  – Grains
Water

• Drinking plenty of water is important

• **Must be offered** and made available throughout the day to children

• Mealtimes: Water is not a part of a reimbursable meal
  – May not be served in place of milk
  – May be offered alongside milk at meals or at snack
Two to Five 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**
Milk Substitutions

- Allowed for non-disability medical or special dietary need
- Request must be made in writing
- “Medical statement required when a disability requires a non-dairy beverage that is not nutritionally equivalent to cow’s milk…”
- Must be signed by a licensed physician, nurse practitioner, or registered dietician
One of the biggest reasons sponsors get in trouble is:

- Not serving enough
- Not having receipts to show you purchased enough
Meat/Meat Alternates (M/MA)

• M/MA may be served in place of the entire grains component at breakfast a maximum of three times per week
  – 1 oz of m/ma credits as 1 serving of grains
• Tofu credits as a meat alternate (must look like a meat)
• Yogurt, including soy yogurt, credits as a meat alternate
• Nuts & seeds
• Dry beans and peas
• Eggs
• Cheese
Using Yogurt

(must have less than 23 grams/6 oz)

- Use commercial yogurt products only
- Soy yogurt is a dairy-free option
- 4 oz credits as 1 oz of meat alternate

Non-creditable Yogurt Products

- Frozen yogurt
- Drinkable yogurt
- Homemade yogurt
- Yogurt flavored products
- Yogurt bars
- Yogurt covered fruits & nuts
- Yogurt in commercially prepared smoothies
Vegetable & Fruit

- Must serve either a combination of one fruit and one vegetable or 2 vegetables.
- Must be at least the same serving size as the fruit component it replaced.
- 100% juice may only be served once per day.
  - Lacks dietary fiber.
- Must offer two different types of vegetables (if offering two vegetables).
  - i.e., two servings of carrots would not credit.
Grains Component

- Each day, at least 1 meal or snack must include a whole grain-rich food
  - If you only serve breakfast, the grain must be whole-grain rich
  - If you serve breakfast, lunch, and snack, choose which meal to serve whole-grain rich food
- Breakfast cereals must contain no more than 6 grams of sugar per dry oz
- Grain-based desserts no longer credit towards the grain component
5 ways to know if it’s a whole grain

1. Food is labeled as “whole grain”. Example: Wonder 100% whole wheat bread.
2. A whole grain is listed as the first ingredient.

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.
3. Product contains one of the following statements:
   • “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.”
4. Proper documentation (from a manufacturer or a standardized recipe) demonstrates that whole grains are the primary grain ingredient by weight.
5. Rule of Three: First grain ingredient (or 2\textsuperscript{nd} after water) is a whole or enriched, and the next two grain ingredients are whole grains, enriched grains, bran, or germ.

Example:
"water, whole wheat flour, yeast, sugar, enriched white flour, wheat gluten, brown rice flour, salt"
Menus & Whole Grain-Rich Foods

• Document whole grain-rich foods on menu

• Examples
  – “Whole wheat” bread
  – “Whole grain-rich” English muffins
  – Toast “whole grain-rich”
Grain-Based Desserts

• Source of added sugars & saturated fats
  – Increases risk of chronic illnesses

• Not creditable towards the grain component

Examples include:
• Breakfast bars
• Brownies
• Cakes
• Cereal bars
• Cookies
• Doughnuts

• Granola bars
• Sweet piecrusts
• Sweet rolls
• Toaster pastries
“Not a complete list of possible grain-based desserts…”

• Some foods are not easily identified as grain-based dessert
  – i.e., a cookie is labeled “breakfast round”

• Ask the question:
  – Is this food thought of as a dessert?
Family Style Meal Service

- Promotes social, emotional, & motor skills
- Encourages children to try new foods
- Provides control over eating for children & adults
- Optional, but highly encouraged

Supervising adults may provide assistance as needed

OVS is not allowed in childcare facilities!
QUESTIONS?
CACFP: Co-Mingled vs Not Co-Mingled

Lindsay Ball, Education Specialist
Alabama State Department of Education, Child Nutrition School Programs
Pre-K Meal Pattern
School Programs
(National School Lunch Program and School Breakfast Program)
SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers

- Memo provides guidance on meals served to preschoolers when they are in the same service area at the same time as grade K-5 students.

When preschoolers are co-mingled with K-5 students, then the K-5 meal pattern may be used.

- Co-mingled is when preschoolers and K-5 students are in the same service area at the same time.
Notable Pre-K Meal Pattern Requirements (Not Co-Mingled)

- Yogurt cannot have more than 23 grams of sugar per 6 ounces.
- Only unflavored low-fat or unflavored fat free milk may be served to Pre-K children 2-5 years of age.
- Juice is limited to once per day (including snack).
- OVS is not allowed.
Notable Pre-K Meal Pattern Requirements (Not Co-Mingled)

• Cereal cannot have more than 6 grams of sugar per dry ounce.
• Meat/meat alternate cannot be used more than three times a week to substitute the grain requirements.
• Grain based desserts are not allowed as part of the reimbursable meal.
National School Lunch Program Meal Pattern (Co-Mingled)

School Meals Patterns with Flexibilities for SY 2018/2019
(per Interim Final Rule 82 FR 56703, Nov. 30, 2017)

<table>
<thead>
<tr>
<th>Breakfast Meal Pattern</th>
<th>Grades K-5</th>
<th>Grades 6-8</th>
<th>Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Components</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Fruits (cups)
  (minimum per day) | 5 (1)      | 5 (1)      | 5 (1)      |
| Vegetables (cups)
  (minimum per day) | 0          | 0          | 0          |
| Dark green             | 0          | 0          | 0          |
| Red/Orange             | 0          | 0          | 0          |
| Beans and peas
  (legumes)            | 0          | 0          | 0          |
| Starchy                | 0          | 0          | 0          |
| Other                  | 0          | 0          | 0          |
| Grains (oz eq)         | 7-10 (1)   | 8-10 (1)   | 9-10 (1)   |
| Meats/Meat Alternates
  (oz eq)               | 0          | 0          | 0          |
| Fluid milk (cups)      | 5 (1)      | 5 (1)      | 5 (1)      |

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

- Min-max calories (kcal): 350-500, 400-550, 450-600
- Saturated fat (% of total calories): <10
- Sodium Target 1 (mg): ≤540 ≤560 ≤640
- Trans fat: Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.

<table>
<thead>
<tr>
<th>Lunch Meal Pattern</th>
<th>Grades K-5</th>
<th>Grades 6-8</th>
<th>Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Components</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruits (cups)</td>
<td>2 1/2 (1 1/2)</td>
<td>2 1/2 (1 1/2)</td>
<td>5 (1)</td>
</tr>
<tr>
<td>Vegetables (cups)</td>
<td>3 1/2 (1 1/2)</td>
<td>3 1/2 (1 1/2)</td>
<td>5 (1)</td>
</tr>
<tr>
<td>Dark green</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
</tr>
<tr>
<td>Red/Orange</td>
<td>1/4</td>
<td>1/4</td>
<td>1/4</td>
</tr>
</tbody>
</table>
| Beans and peas
  (legumes)         | 1/2        | 1/2        | 1/2        |
| Starchy            | 1/2        | 1/2        | 1/2        |
| Other              | 1/2        | 1/2        | 1/2        |
| Additional Vegetables to Reach Total | 1 | 1 | 1 1/2 |
| Grains (oz eq)     | 8.9 (1)    | 8.10 (1)   | 10.12 (2)  |
| Meats/Meat Alternates (oz eq) | 8-10 (1) | 9-10 (1) | 10-12 (2) |
| Fluid milk (cups)  | 5 (1)      | 5 (1)      | 5 (1)      |

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

- Min-max calories (kcal): 550-650, 600-700, 750-850
- Saturated fat (% of total calories): <10 <10 <10
- Sodium Target 1 (mg): ≤1,230 ≤1,360 ≤1,420
- Trans fat: Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.
<table>
<thead>
<tr>
<th>Allowable</th>
<th>Unallowable</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Pancakes</td>
<td>Cookies</td>
<td>Cereal Bars</td>
</tr>
<tr>
<td>Waffles</td>
<td>Doughnuts</td>
<td>Breakfast Bars</td>
</tr>
<tr>
<td>French Toast</td>
<td>Cakes</td>
<td>Granola Bars</td>
</tr>
<tr>
<td>Muffins (except corn)</td>
<td>Sweet Rolls</td>
<td>Toaster Pastries</td>
</tr>
<tr>
<td>Croissants</td>
<td>Brownies</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Corn Muffins</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sweet Pie Crusts</td>
<td></td>
</tr>
</tbody>
</table>
Questions About Meal Pattern

- **CACFP**
  - Child and Adult Care Food Program
  - 334-694-4659

- **NSLP/SBP**
  - Jessica Ragan, Administrative Assistant for School Programs
  - 334-694-4685