Module 5: Serving Reimbursable Meals

New Center Training

PY 2020-2021



CACFP Staff

Office of Child Nutrition 601-576-5000

Serving Reimbursable

Meals



Requirements for Reimbursable Meals

- Meals must comply with the USDA CACFP Meal Patterns.
- Meals include required food components.
- Meals serve creditable food items in the minimum quantities for each food component.



Menu Planning

- Advance planning of CACFP meals is essential.
- Make sure all meals meet CACFP meal pattern.
- Review menus for all sites.
- Have substitutions components available if needed.
- Proper planning reduces the chances of meal disallowances.





CACFP Meal Pattern Component

- CACFP Meal Patterns consist of five components.
- Milk
- Meat/Meat Alternate
- Grains
- Vegetable
- Fruits

















- Serve <u>whole</u> unflavored milk to 1-year old children.
- Serve only <u>unflavored</u> milk to children 1 through 5 years.
- Fluid milk served to participants ages two and older must be low-fat (1%) or skim milk.
- When serving flavored milk to children 6 years old and older and to adults, only serve the <u>low-fat (1%) or skim</u> variety.



Milk Substitutes

 A <u>nutritionally equivalent non-dairy substitute</u> may be served as part of a reimbursable meal to participants with a written request.









Milk: Adults

Adults only:

- A serving of milk is not required at supper meals for adults.
- Six ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk per day when yogurt is not served as a meat alternate in the same meal.





Milk Resources

- USDA Milk Memo: <u>https://fns-</u> prod.azureedge.net/sites/default/files/cacfp/CACFP17_2016o
 <u>s.pdf</u>
- Serving Milk in the CACFP:

https://www.fns.usda.gov/tn/serving-milk-cacfp





Meat/Meat Alternates

- Give examples of this component in your meal pattern. *Beef, Poultry, Pork, Fish*
- Give examples of meat alternates. *Beans, lentils, eggs, cheese, yogurt, peanut butter*
- How can meat be prepared? *Bake, Boil, Broil, Barbecue, Stew, Steam, Pouching, Roasting, Rotisserie, Stir Fry, Flambe, Searing, Pan-fry*





Meat/Meat Alternate

- Yogurt must contain no more than 23 grams of total sugars per 6 ounces. (See Yogurt Sugar Limits Chart: CACFP 101 Guide)
- Meat/meat alternates may be served in the place of the entire grain requirement <u>at breakfast</u> a maximum of three times per week.
- Tofu and soy yogurt products are allowed to be used to meet all or part of the meat/meat alternates component.





Grains

- Are you serving grains in your center? <u>Yes!</u>
- What meal type is a grain required? *Breakfast, Lunch/Supper*
- How often is a whole-grain required? *At least one serving per day.*
- Give examples of grains? (not including bread or cereal)





Cereals

- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
- See Approved Cereal List Link on the Resources Handout.
- See Cereal Sugar Limits Chart: **CACFP 101 Guide**





Whole Grains(WG)

- At least on grain serving per day, across all meal services must be whole-grain rich.
- Grain Requirements in CACFP Memo: <u>https://fns-</u> prod.azureedge.net/sites/default/files/cacfp/CACFP09_2018o
 s.pdf





Grain Based Desserts





Grain Based Desserts

• USDA-Grain Based Desserts Memo: <u>https://fns-</u>

prod.azureedge.net/sites/default/files/cacfp/CACFP16-2017os.pdf

DO NOT SERVE DURING CACFP MEAL TIMES!!!

DO NOT PURCHASE WITH CACFP FUNDS!!!

COMMON GRAIN-BASED DESSERTS					
 Breakfast bars Brownies Cakes Cereal bars Cinnamon rolls 	 Cobblers/crisps Coffee cake Cookies/vanilla wafers Dessert pie crust Doughnuts 	 Fig bars Frudel Fruit turnovers Granola bars Nutrigrain Pop tarts 	 Rice pudding Strudels Sweet biscotti Sweet bread or rice pudding 	 Sweet pastry rolls Sweet popovers Sweet rolls Sweet scones Toaster pastries 	



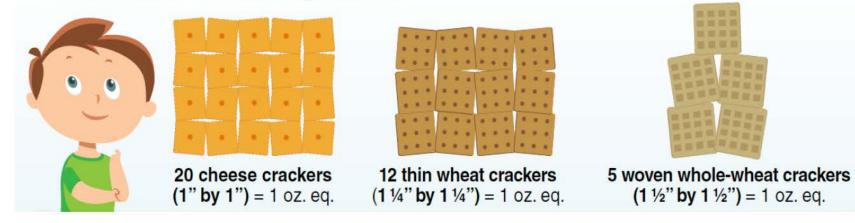
Ounce Equivalents (oz. eq.)

- **Grains** are an important part of CACFP meals.
- To ensure participants receive enough grains, required amounts for the Grains component are listed in the meal pattern as ounce equivalents (oz. eq.).
- Ounce equivalents tell you the amount of grain in a portion of food.



How much is 1-ounce equivalent?

How Much Is 1 Ounce Equivalent?





Using the Grains Measuring Chart

 USDA has created a simple Grains Measuring Chart to tell meal planners how much of a grain item is needed to meet the CACFP meal pattern requirements.

	Age Group and Meal					
V	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breaklast, Lunch, Supper Serve at Least 2 oz. eq., which equals about			
Grain Item and Size	Serve at Least 15 oz. eq., which equals about	Serve at Least 1 oz. eq., which equals about				
Bagel (entire bagel) at least 56 grams*	% bagel or 14 grams	% bagel or 28 grams	1 bagel or 56 grams			
Bagel, Mini (entire bagel) at least 28 grams'	% bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams			
Biscuit at least 28 grams*	12 biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams			
Bread (whole grain-rich or enriched) at least 28 grams*	% slice or 14 grams	1 slice or 28 grams	2 slices or 56 grams			
Bun or Roll (entire bun or roll) at least 28 grams*	% bun/roll or 14 grams	1 bun/roll or 28 grams	2 buns/rolls or 56 gram			
Cereal Grains (barley, bulgur, quinoa, etc.)	34 cup cooked or 14 grams dry	15 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry			
Cereal, Ready-to-Eat: Flakes or Rounds	1/2 cup or 14 grams	1 cup or 28 grams	2 cups or 56 grams			
Cereal, Ready-to-Eat: Granola	% cup or 14 grams	14 cup or 28 grams	1/2 cup or 56 grams			
Cereal, Ready-to-Eat: Puffed	34 cup or 14 grams	1 ¼ cup or 28 grams	2 ½ cups or 56 grams			
Com Muffin at least 34 grams"	% mulfin or 17 grams	1 mullin or 34 grams	2 mulfins or 68 grams			
Cracker, Animal (about 1 ½" by 1")"	8 crackers or 14 grams	15 crackers or 28 grams	30 crackers (-1 cup) or 56 grams			
Cracker, Bear-Shaped, Sweet (about 1" by 16")**	12 crackers (-14 cup) or 14 grams	24 crackers (-1/2 cup) or 28 grams	48 crackers (~1 cup) or 56 grams			
Cracker, Cheese, Square, Savory (about 1" by 1")**	10 crackers or 11 grams	20 crackers (~% cup) or 22 grams	40 crackers (~% cup) or 44 grams			
Cracker, Fish-Shaped or Similar, Savory (about %" by ½")"	21 crackers (~% cup) or 11 grams	41 crackers (-½ cup) or 22 grams	81 crackers (-1 cup) or 44 grams			

	Age Group and Meal					
V	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breaklast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper			
Grain Item and Size	Serve at Least 15 oz. eq., which equals about	Serve at Least 1 oz. eq., which equals about	Serve at Least 2 oz. eq., which equals about			
Cracker, Graham (about 5" by 2 ½")""	1 cracker or 14 grams	2 crackers or 28 grams	4 crackers or 56 grams			
Cracker, Round, Savory (about 1 %" across)**	4 crackers or 11 grams	7 crackers or 22 grams	14 crackers or 44 gram			
Cracker, Saltine (about 2" by 2")**	4 crackers or 11 grams	8 crackers or 22 grams	16 crackers or 44 gram			
Cracker, Thin Wheat, Square, Savory (about 1 %" by 1 %")**	6 crackers or 11 grams	12 crackers or 22 grams	23 crackers or 44 gram			
Cracker, Woven Whole- Wheat, Square, Savory (about 1 ½" by 1 ½")**	3 crackers or 11 grams	5 crackers or 22 grams	10 crackers or 44 gram			
Croissant at least 34 grams*	1/2 croissant or 17 grams	1 croissant or 34 grams	2 croissants or 68 grams			
English Muffin (top and bottom) at least 56 grams*	% mulfin or 14 grams	½ muffin or 28 grams	1 multin or 56 grams			
French Toast Stick at least 18 grams*	2 sticks or 35 grams	4 sticks or 69 grams	8 sticks or 138 grams			
Grits	14 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry			
Melba Toast (about 3 ½" by 1 ½")**	2 pieces or 11 grams	5 pieces or 22 grams	8 pieces or 44 grams			
Muffin and Quick Bread (banana, etc.) at least 55 grams"	1/2 mulfin/slice or 28 grams	1 muffin/slice or 55 grams	2 muffins/slices or 110 grams			
Oatmeal	14 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry			
Pancake at least 34 grams"	1/2 pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 gram			

	Age Group and Meal					
V	1- through 5-year-olds at Breaklast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breaktast, Lunch, Supper			
Grain Item and Size	Serve at Least 1/2 oz. eq., which equals about	Serve at Least 1 oz. eq., which equals about	Serve at Least 2 oz. eq., which equals about			
Pasta (whole grain-rich or enriched, all shapes)	1s cup cooked or 14 grams dry	19 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry			
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	% pita or 14 grams	15 pila or 28 grams	1 pita or 56 grams			
Popcom	1 % cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams			
Pretzel, Hard, Mini-Twist (about 1 %* by 1 %)**	7 twists (-1/2 cup) or 11 grams	14 twists (-% cup) or 22 grams	27 twists (-1 cup) or 44 grams			
Pretzel, Hard, Thin Stick (about 2 1/2" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams			
Pretzel, Soft at least 56 grams*	% pretzel or 14 grams	1/2 pretzel or 28 grams	1 pretzel or 56 grams			
Rice (all types)	34 cup cooked or 14 grams dry	12 cup cocked or 28 grams dry	1 cup cooked or 56 grams dry			
Rice Cake at least 8 grams*	1 ½ cakes or 11 grams	3 cakes or 22 grams	5 1/2 cakes or 44 grams			
Rice Cake, Mini (about 1 %" across)""	7 cakes or 11 grams	13 cakes or 22 grams	25 cakes or 44 grams			
Taco or Tostada Shell, Hard at least 14 grams*	1 shell or 14 grams	2 shells or 28 grams	4 shells or 56 grams			
Tortilla, Soft, Corn (about 5 12')"	N tortilla or 14 grams	1 ¼ tortillas or 28 grams	2 ½ fortillas or 56 gram			
Tortilla, Soft, Flour (about 6')**	15 tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 grams			
Tortilla, Soft, Flour (about 8')**	14 tortilla or 14 grams	1/2 tortilla or 28 grams	1 tortilla or 56 grams			
Waffle at least 34 grams*	15 walfle or 17 grams	1 waffie or 34 grams	2 waffles or 68 grams			

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Vegetables

- Vegetable is now a separate food component at lunch/supper and at snack.
- Vegetable and fruit components are combined at breakfast.
- Pasteurized full-strength juice (100%) may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.







Fruits

- Fruit is now a separate food component at lunch/supper and at snack.
- Vegetable and fruit components are combined at breakfast.
- Pasteurized full-strength juice (100% juice) may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.





Additional Requirements

NOT





DO

Meal Patterns (Infants)

- Does your organization claim infants for reimbursement?
- Does your organization collect a meal application for infants?
- Is your organization required to claim infants? **YES**





Meal Pattern: Infants

Infants enrolled for care at a participating CACFP center or day care home must be offered a meal that complies with the CACFP infant meal pattern requirements (7 CFR 226.20(b)). CACFP regulations define an enrolled child as "a child whose parent or guardian has submitted to an institution a signed document which indicated that the child is enrolled in childcare" (7 CFR 226.2).





Meal Pattern: Infants

A center or day care home may not avoid this obligation by stating that the infant is not "enrolled" in the CACFP, or by citing logistical or cost barriers to offering infant meals. Decisions on offering Program meals must be based on whether the infant is enrolled for care in a participating CACFP center or day care home, not if the infant is enrolled in the CACFP.





Meal Pattern: Infants

Feeding Infants and Meal Pattern Requirements in CACFP Questions and Answers Memo: <u>https://fns-</u>

prod.azureedge.net/sites/default/files/cacfp/CACFP02-2018os.pdf

Did you know?

Parents or guardians may only supply <u>one (1) component</u> of a reimbursable meal.





Meal Pattern: Infant

See State Agency: Infant Waiver Form

Child and Adult Care Food Program INFANT FORMULA/FOOD WAIVER NOTIFICATION

NAVE OF CHILD CARE CENTERHOME	NAME OF INFANT	BIRTH DATE (MMDD(YYYY)	
ollow the Infant Meal Pattern for Infant	Home (DCH) participates in the Chi ts ages birth through 11 months. Soli-	Id and Aduit Care Food Program (CACFP) and I foods are introduced to infants when developme nal preferences and your infant's needs, please o	intally read
face on a set			
iocument.	le complete this reaction before shine	to the correction of an	
locument. nstructions: The center/home shoul This CCC/DCH will provide: iron-forti		to the parent/guardian.	
nstructions; The centerfrome should	ified infant formula (list brand)	to the parent/guardian.	; and

Instructions: The parent/guardian should answer the following question and mark one of the choices from each of the three sections below; then sign and date this form.

What do you currently feed your infant? I iron-fortified infant formula

- Breast milk
 - Low-iron or another type of infant formula provided for medical
 - reasons. I will receive a Physician's Statement for Food Substitutions

The parent or guardian would like their infant to be fed the following while in care:

Section 1 — Infant Formula or Breast Milk

- Choice 1: I want my infant to receive the CCC/DCH-provided iron-fortified infant formula identified above. I will not bring infant formula from home.
- Choice 2: I understand I am not required to bring infant formula that I purchase or receive from Women, infants, and Children
 (WIC), however, I want to bring my own formula/breast milk.
 List brandfive:

If I should forget to bring infant formula/breast milk, the childcare center/home will contact me immediately and I may request they serve my infant the center-/home-provided iron-fortified infant formula that day.

Section 2 - Infant Cereal

- Choice 1: I want my infant to receive the CCC-/DCH-provided iron-fortified infant cereal identified above. I will not bring infant cereal from home.
- Cholee 2: I understand that I am not required to bring iron-fortified infant cereal that I purchase or receive from WIC, however, I want to bring my own infant cereal. List brandhype:

If I should forget to bring the cereal, the childcare center/home will centact me immediately and I may request they serve my infant the center-/home-provided iron-fortified infant cereal that day.

Section 3 - Baby Food

- Choice 1: I want my infant to receive the CCC/DCH-provided baby food identified above. I will not bring baby food from home.
- Choice 2: I understand that I am not required to bring baby food that I purchase or receive from WIC, however, I want to bring my own. If i should target to bring the baby food, the childcare center/home will contact me immediately and I may request they serve my Infant the conter-home-provided baby food that day.

If I decide to change the selections I made above, I will complete another form.

Parent/Guardian Signature: _____ Date: _____



Menu Pattern: Infant

• Resource Information:

https://www.fns.usda.gov/tn/feeding-infants-child-and-adultcare-food-program







Meal Patterns

• Infants:

https://fns-prod.azureedge.net/sites/default/files/cacfp/ CACFP_infantmealpattern.pdf

• Children:

https://fns-prod.azureedge.net/sites/default/files/cacfp/ CACFP_childmealpattern.pdf

• Adults:

https://fns-prod.azureedge.net/sites/default/files/cacfp/

CACFP_adultmealpattern.pdf



Crediting Foods: Resources

- Food Buying Guide: <u>https://foodbuyingguide.fns.usda.gov/</u>
- Food Buying Guide App



- https://www.fns.usda.gov/tn/food-buying-guide-goes-digital
- <u>https://www.fns.usda.gov/tn/navigating-food-buying-guide-</u> <u>fbg-calculator</u>



Child Nutrition Label-CN Label

- Many sites occasionally choose to purchase a commercially prepared entrée items (frozen pizza, chicken nuggets, burritos, lasagna, etc.).
- When using these items sites must have one of the following in order to identify the food's contribution to the meal patter requirements:
- Child Nutrition Label (CN Label) <u>or</u>
- A Production Formulation Statement (PFS) from the manufacturer



Child Nutrition Label-CN Label

• Example CN Label:





Child Nutrition (CN) Labels

- Just because it is CN labeled, does not mean that it is a creditable product.
- If you do not read the label and serve the correct serving size, it will not meet meal pattern.







Product Formulation Statement

• Example Product Formulation Statement (PFS):

AdvancePierre					transformer and a first and a
	CT ANALY 818 FORM FO	IMEAT ALTE	RNATE (MINA)	AND EDUIVALE	
	water and the strength and the	the pro- Constitution	Sector Sector Later 2		
Case,Pack/Count/Portion Stor		instant I S M m	a sector sha		
		and the second second	- yester and		
I. Meat/Meat Alternate		S			
The chart below shows the credit Description of Creditable	Dunces per Raw		ination.	bd	Creditable
Ingredients per Food Buying Guide	Portion of Creditable Ingredient	Multiply	Guide	ing	Ansount
Pearut Butler	2.20	x	1.10 mz		2.20
		x	1.10		
		x			2.05
A. Total Creditable Amount ¹					2.00
		x x	0000		a
B. Total Creditable Amount ¹	S	x			-
					20
C. TOTAL CREDITABLE AMOU	INI (A + B rounded down t	o // teeneen of	z)'		2.00
I. EQUIVALENT GRAINS (I. Does this product meet II. Does this product cont (Product with more than 624 or . secands the grain regularisets for III. Indicate which Exhibit	the Whole Grain-Rich C ain non-oreditable grain epulvier or 3.88 grave for Sn racheola A Group (A-I) the Produ	s: Yes augu 3-9 or 8.99 of Belongs:	No <u>X</u> Hov grame for Siroup H B		
The chart below shows the credit	able amount of Grain used in Ounces per Raw	Internet parel.			
Description of Creditable Ingredients per Food Duying Guide	Partien of Creditable Whole Grain Ingredient	's of Enrichm	ent For	"slum	Creditable
	5.13	52.28%	300	1001100	1.04
White Whole Wheat Bread					
White Whole Wheat Bread	has been advent the second	%			1.00 x 2= 2.00



[Reminder: Total creditable amount cannot count for more than the total weight of product)

I further cartily that any APP used in this product conforms to Food and Nutrition Service regulations (PCFR Parts 210, 220 product conformation for the service regulations) (PCFR Parts 210, 220 product conformation for the service regulations) (PCFR Parts 210, 220 product conformation) (PCFR Parts 210, 220 product conformat



CN Labeling Technologist





Meal Pattern Modifications

- Does your organization have participants with food allergies?
- Does your organization have participants who cannot eat all items served on the menu, due to allergies?
- Does your organization have participants whose lifestyle choice does not allow them to eat all items served on the

menu?





Meal Pattern: Medical Statements

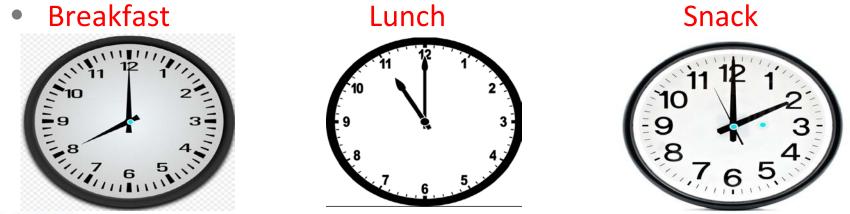
- The medical statements **<u>must</u>** include the following:
- Identification of the medical or special dietary need that restricts the participant's diet.
- Food or foods to be omitted from the child's/infant/adult's diet.
- Food or choice of foods to be used as substitutions.





Meal Service: Recommendations

 Three hours must elapse between the beginning of one meal service, including snacks, and the beginning of another meal service, except that four hours must elapse between lunch and supper if no snack is served.



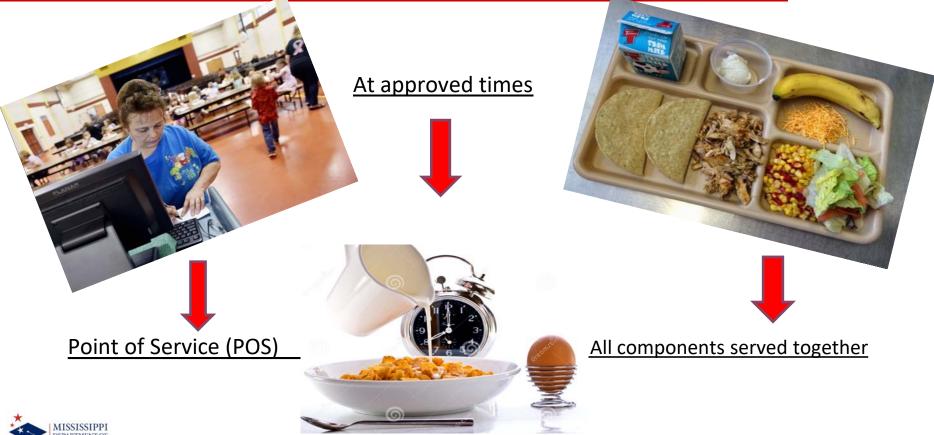


Offer vs Serve (OVS)-Adult/At Risk ONLY

- Breakfast: Must <u>offer four (4) of the three (3)</u> required components (Milk, vegetable/fruit, grains).
- Participants choose three (3) components.
- Lunch/Supper: Must <u>offer all five (5)</u> required components.
 (Milk, meat/meat alternative, vegetable, fruit, grains.
- Participants receive three (3) components.



Pop Quiz





Meal Service Documentation

How often should these items be completed?

Task	Daily	Monthly	Annually	As Needed
Menu Book	~			
Cost Worksheet	~			~
Training	~		~	~
Master Roster		~	~	~
Sign In/Out Sheets	 			
Meal Applications			~	<
Attendance	~			
Renew CACFP Application			~	
Meal Count Sheet	 			
Submit Claims		~		
Employee Time Log	~	 		~
Enrollment Forms			~	~



Questions



