

# Meal Service Considerations for Pre-K or Head Start Programs

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[mdek12.org](https://mdek12.org)



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DEPARTMENT OF  
EDUCATION

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**ALL** Students Proficient and Showing Growth in All Assessed Areas



2

**EVERY** Student Graduates from High School and is Ready for College and Career



3

**EVERY** Child Has Access to a High-Quality Early Childhood Program

**EVERY** School Has Effective Teachers and Leaders

4



**EVERY** Community Effectively Uses a World-Class Data System to Improve Student Outcomes

5



**EVERY** School and District is Rated “C” or Higher

6



## VISION

To create a world-class educational system that gives students the knowledge and skills to be successful in college and the workforce, and to flourish as parents and citizens



## MISSION

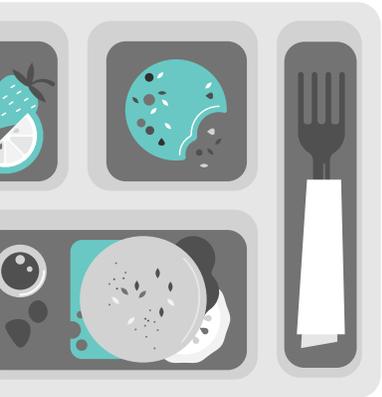
To provide leadership through the development of policy and accountability systems so that all students are prepared to compete in the global community

**OCN is poised to support MDE's strategic goal to increase access to high quality early Childhood Programs by ensuring every child has access to nutritious, age – appropriate meals.**

# Multiple Program Options

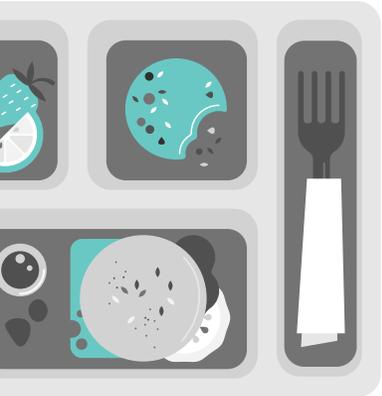
There are different programs that serve 0-4 year old child in schools

- Head Start
- Pre K Classrooms
- Blended Program

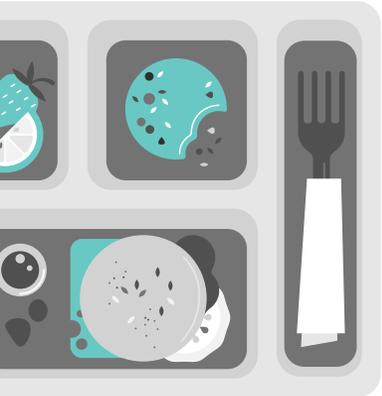


## Which federal program is paying for the meals?

- NSLP/SBP
  - Students must be enrolled in the School District
- CACFP
  - Students must be enrolled in a Head Start or Child Care Center



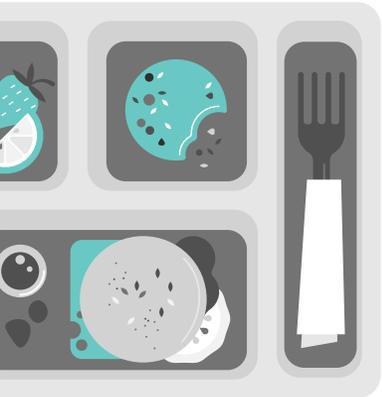
*Note: Each federal program has different regulations, requirements for monitoring, etc.*



- Generally cannot claim Head Start under NSLP/SBP because
  - Children not enrolled in SD (do not have an MSIS #)
  - Head Start Regulations require meals to be served family style
- Head Start Agency will need to apply under CACFP and claim meals
- SFA and Head Start will need to execute the *Agreement to Furnish Foods for CACFP*

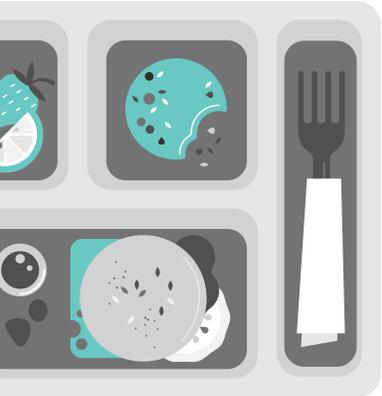
## Some early childhood programs choose to purchase meals from SFAs

- SFA does not seek reimbursement for these meals
- Should have an agreement with program for provision of meals
- Treat as any other catering contract
- SFAs would invoice program for meals provided

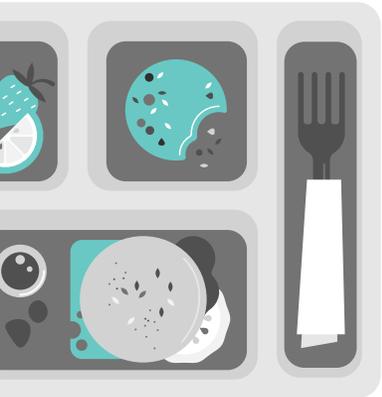


## What Meal Pattern do I use?

- Meal pattern is the same for CACFP programs and NSLP/SBP Pre-K
- If SFA is providing meals for a licensed Child Care Center – district is required to follow all meal requirements set forth by MSDH’s Bureau of Child Care Licensure



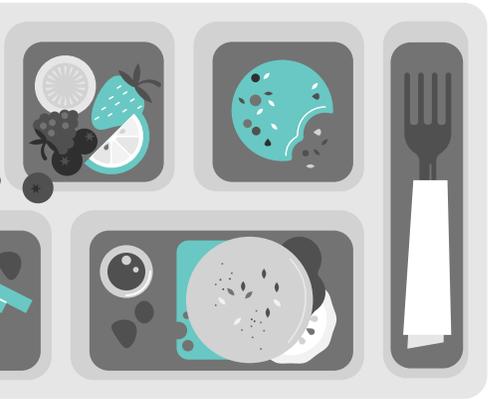
- Pre-K Kids enrolled in School District
- Can claim reimbursement under NSLP/SBP
- Meal Pattern is determined by whether or not Pre-K students are “comingled” with other elementary students



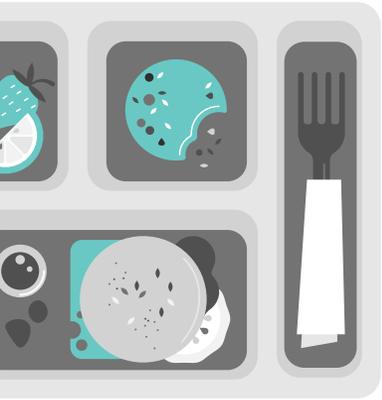
## Co-mingled: Same Service Area at the Same Time

- If students are co-mingled, schools can serve meals to Pre-K students using the K-5 grade group.
- If students are not co-mingled, schools must serve the Pre-K Meal Pattern.
- If you are delivering meals to Pre-K classrooms, that does NOT meet the definition of comingled

FNS strongly encourages schools to find ways to serve grade-appropriate meals to Pre-K and K-5 students to best address their nutritional needs.



If you are doing it incorrectly, we will see it on AR!



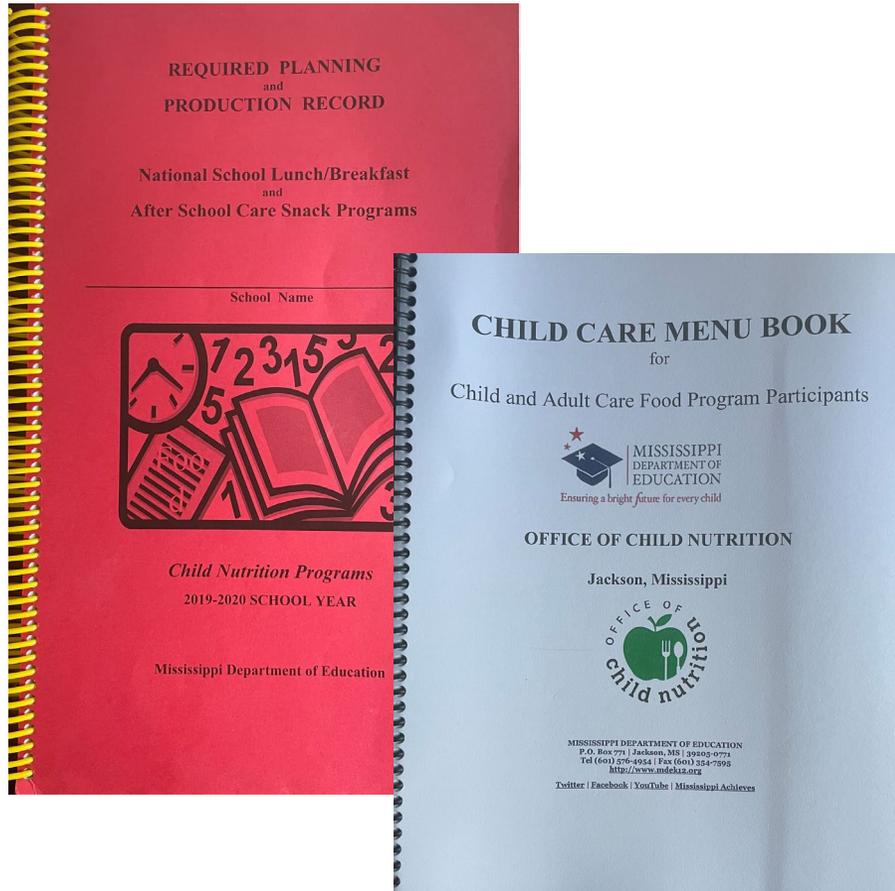
- The Reviewer will be watching to ensure that groups are in fact co-mingled.
- Some schools think they are co-mingled, but they aren't!
- **DO NOT** just say that your students are co-mingled to avoid following the Pre-K meal pattern
- The Reviewer will be checking to ensure that the Pre-K meal pattern is followed if it is required

## Each program requires a different production book

- NSLP/SBP – “Red Book”
- CACFP – “CACFP Menu Book”

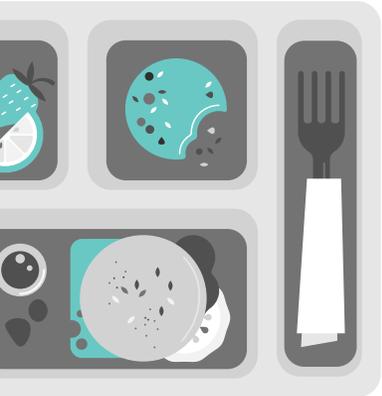
Production records are required if the SFA is seeking reimbursement from the SA for meals served.

Menu/production records must be kept/completed where food is produced



## How will my program be monitored?

- NSLP/SBP – through administrative review (3 year cycle)
- CACFP – 3 times per year by the Head Start organization; at least once every 36 months by the SA



# Agreement to Furnish Food Service for the CACFP 15



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*Ensuring a bright future for every child*

Office of Child Nutrition  
**Scott Clements**  
Director

**Agreement to Furnish Food Service for the Child and Adult Care Food Program (CACFP)**

This agreement is made and entered into between \_\_\_\_\_  
Name of FSMC/School Providing Meals

and \_\_\_\_\_ WHEREAS the \_\_\_\_\_  
Name of CACFP Institution Name of FSMC/School Providing Meals

agrees to provide daily unitized/bulk meals/snacks which are inclusive/exclusive of milk  
(circle one option) (circle one option)

to \_\_\_\_\_ for the rates herein listed:  
Name of CACFP Institution

| Price per Meal | Meal Type | X | # Meals Needed Per Day | X | # of Operating Days for Contract Period*                 | = | Estimated Total Cost of Food Service Contract |
|----------------|-----------|---|------------------------|---|--|---|---|
| \$             | Breakfast | X |                        | X |  | = | \$  |
| \$             | AM Snack  | X |                        | X |  | = | \$  |
| \$             | Lunch     | X |                        | X |  | = | \$  |
| \$             | PM Snack  | X |                        | X |  | = | \$  |
| \$             | Supper    | X |                        | X |  | = | \$  |
|                |           |   |                        |   | Total Estimated Cost of Food Service for Contract Period | = | \$  |

The contract period should not extend beyond one year. Therefore, the number of operation days should equal the total number of days the center(s) will be open for food service during the Fiscal Year.

(1) \_\_\_\_\_ (Name of Institution) shall provide the food service management company with a list of the State agency approved child care centers, day care homes, adult

- This agreement is required when CACFP Program participants receive meals from a SFA or FSMC
- Agreement should be board approved
- Estimate Costs based on SFA's "plate" costs

# CACFP / Pre-K Meal Pattern

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Meal Pattern

- The US Department of Agriculture (USDA) updated the National School Lunch Program (NSLP) and School Breakfast Program (SBP) Pre-K requirements to align with the revised requirements for the Child and Adult Care Food Program (CACFP) effective October 1, 2017.

The Pre-K meal pattern for the NSLP and SBP is outlined in Title 7, Code of Federal Regulations, sections 210.10 and 220.8, which states that schools serving lunch and breakfast to children ages **one** through **four** under the NSLP and SBP must comply with the Pre-K meal pattern.



- Flavored Milk is NOT allowed!
- Only 1% (unflavored) or Fat-free (unflavored) is allowed

Juice May Not Be Served More than Once Per Day!



Breakfast



Lunch



Snack

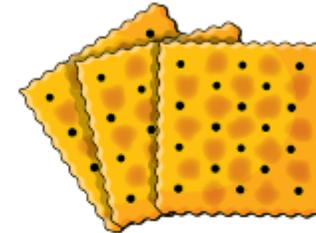
One Whole Grain Rich (WGR)  
serving of grain per day is required



- **Grain-based desserts are not allowed!**
- However, schools have the flexibility to occasionally serve grain-based desserts for celebrations or other special occasions as an additional food item that is not part of a reimbursable meal.



| <b>Grain-Based Desserts<br/>(Not Reimbursable in the CACFP):</b>  | <b>Not Grain-Based Desserts<br/>(Reimbursable in the CACFP):</b>   |
|---|--|
| <ul style="list-style-type: none"><li>• Brownies</li><li>• Cakes, including coffee cake and cupcakes</li><li>• Cereal bars, breakfast bars, and granola bars</li><li>• Cookies, including vanilla wafers</li><li>• Doughnuts, any kind</li><li>• Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies</li><li>• Gingerbread</li><li>• Ice cream cones</li><li>• Marshmallow cereal treats</li><li>• Pie crusts of dessert pies, cobblers, and fruit turnovers</li><li>• Sweet bread puddings</li><li>• Sweet biscotti, such as those made with fruits, chocolate, icing, etc.</li><li>• Sweet croissants, such as chocolate-filled</li><li>• Sweet pita chips, such as cinnamon-sugar flavored</li><li>• Sweet rice puddings</li><li>• Sweet scones, such as those made with fruits, icing, etc.</li><li>• Sweet rolls, such as cinnamon rolls</li><li>• Toaster pastries</li></ul> | <ul style="list-style-type: none"><li>• Banana bread, zucchini bread, and other quick breads</li><li>• Cereals that meet the sugar limit and are whole grain-rich, enriched, and/or fortified</li><li>• Cornbread</li><li>• Crackers, all types</li><li>• French Toast</li><li>• Muffins</li><li>• Pancakes</li><li>• Pie crusts of savory pies, such as vegetable pot pie and quiche</li><li>• Plain croissants</li><li>• Plain or savory pita chips</li><li>• Savory biscotti, such as those made with cheese, vegetables, herbs, etc.</li><li>• Savory bread puddings, such as those made with cheese, vegetables, herbs, etc.</li><li>• Savory rice puddings, such as those made with cheese, vegetables, etc.</li><li>• Savory scones, such as those made with cheese, vegetables, herbs, etc.</li><li>• Teething biscuits, crackers, and toasts</li><li>• Tortillas and tortilla chips</li><li>• Waffles</li></ul> |



Cereal served to Pre-K children must not contain more than 6 grams (g) of sugar in 1 dry ounce (oz).



# Yogurt Restrictions

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Yogurt served to Pre-K children must not have more than 23 g of sugar per 6 oz.

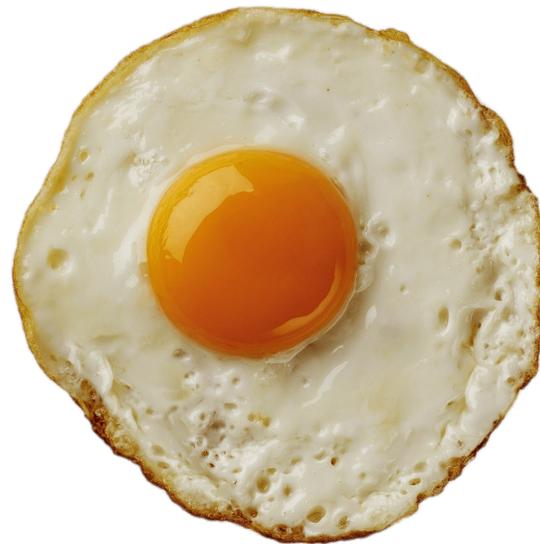


- OVS is **NOT ALLOWED** in the Pre-K Meal Pattern!
- All components must be on each tray.



- Breakfast: fruit and/or vegetable are one component
- Lunch: fruit and vegetable are separate components
- No Vegetable Subgroups!

A meat/meat alternate may be substituted for the entire grain component at breakfast no more than three times per week for preschool children.





Deep-Fat Frying (fully submerged) is **NOT** allowed as a way of preparing foods **on-site**.

SFA can, however, Sauté, Pan-Fry or Stir Fry with a small amount of hot oil over medium/high heat.

|  | Breakfast   |               | Lunch         |               |
|--|---|---------------|---------------|---------------|
|  | 1-2 years   | 3-5 years     | 1-2 years     | 3-5 years     |
| <br>Milk                  | ½ cup (4 oz.)   | ¾ cup (6 oz.) | ½ cup (4 oz.) | ¾ cup (6 oz.) |
| <br>Fruits                | ¼ cup   | ½ cup         | ⅛ cup         | ¼ cup         |
| <br>Vegetables            |   |               | ⅛ cup         | ¼ cup         |
| <br>Grains                | ½ oz. eq.   | ½ oz. eq.     | ½ oz. eq.     | ½ oz. eq.     |
| <br>Meats/Meat Alternates | <i>Optional: Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast. Minimum serving size for both age groups is ½ oz. eq.</i> |               | 1 oz. eq.     | 1½ oz. eq.    |

Serving sizes are minimums.  
Operators may offer larger portions.  
Oz. = Ounces; Oz. eq. = Ounce equivalent.



# Meal Pattern Chart

Most of you will want to focus on the 3-5 years columns, as we don't tend to see many 1-2-year-olds in School Settings

Chart Available at:

<https://www.fns.usda.gov/tn/serving-school-meals-preschoolers>



### Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC) approved cereal list, found as part of the State's approved food lists at: <https://www.fns.usda.gov/cacfp>



United States Department of Agriculture

1 Use the Nutrition Facts label to find the grams (g) of added sugars.

2 Find the Sugars line on the label to see the grams (g) of added sugars.

3 Use the serving size in the serving size of your cereal to find the grams (g) of added sugars per dry ounce.

| Serving Size*           |
|-------------------------|
| If the serving size is: |
| 12-16 grams             |
| 26-30 grams             |
| 31-35 grams             |
| 45-49 grams             |
| 55-58 grams             |
| 59-63 grams             |
| 74-77 grams             |

4 In the table, look at the serving size amount, and the grams of added sugars. If your cereal has the less, your cereal meets the requirement.

\*Serving sizes have refer to those on cereal boxes. For serving size requirements, visit <https://www.fns.usda.gov/cacfp>

More training on the CACFP

### Grain-Based Desserts in the Child and Adult Care Food Program

Kids need the vitamins, minerals, and other nutrients in foods such as fruits, vegetables, whole grains, low-fat dairy, and lean protein foods. Too often, kids are filling up on foods high in added sugars.



United States Department of Agriculture

As of October 1, 2017, grain-based component of meals and snacks offered in the Child and Adult Care Food Program (CACFP). This small amount of added sugars kids eat in child care.

#### What

The chart below lists some common grain-based desserts.

#### Grain-Based Desserts (Not Reimbursable in the CACFP)

- Brownies
- Cakes, including coffee cake and cupcakes
- Cereal bars, breakfast bars, and granola bars
- Cookies, including vanilla wafers
- Doughnuts, any kind
- Fig rolls/bars/cookies and other fruit-filled cookies
- Gingerbread
- Ice cream cones
- Marshmallow cereal treats
- Pie crusts of dessert pies, cobblers, and fruit turnovers
- Sweet bread puddings
- Sweet biscotti, such as those made with chocolate, icing, etc.
- Sweet croissants, such as chocolate-filled
- Sweet pita chips, such as cinnamon-sugar
- Sweet rice puddings
- Sweet scones, such as those made with fruit, etc.
- Sweet rolls, such as cinnamon rolls
- Toaster pastries

Whole grain-rich and homemade

More training, menu planning, and menu development for the CACFP can be found at <https://teamnutrition.usda.gov>

### Methods for Healthy Cooking

How a food is cooked can make a difference in how healthy it is. Try some of the cooking methods below instead of deep-fat frying. Cooking with oils instead of butter or lard can be better for heart health.



#### Roast, Bake, or Broil:

Cooking foods, usually at high heat, in the oven.



#### Sauté, Pan Fry, and Stir-Fry:

Cooking foods with a small amount of hot oil over medium or high heat.



**Grill:** Cooking foods by placing them on a pre-heated metal grill, or grill pan, with high heat coming from below the food.



Oven-Fried Chicken gives the crunch kids love, but in a healthier way.

As of October 1, 2017, foods that are deep-fat fried onsite cannot count toward a reimbursable meal in the Child and Adult Care Food Program (CACFP).

• Deep-fat frying means cooking by fully covering (submerging) food in hot oil or other fat.

• "Onsite" means at your child care center, family child care home, or your child care center's central or satellite kitchen.



More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>.



# Training Tools

<https://www.fns.usda.gov/tn/meal-pattern-training-worksheets-cacfp>

## Pro Tip: Involve school district personnel (Pre-K Teachers) when you provide your staff with Pre-K Meal Pattern Training!



# FAQs

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## When Pre-K students not enrolled in District

- Working with a third party (like a Head Start)
- Third party is claiming meals
- You are invoicing third party for meals you provide



# When/Why do I have to get menus approved by MSDH?

Licensed Childcare Centers must have menus approved by MSDH



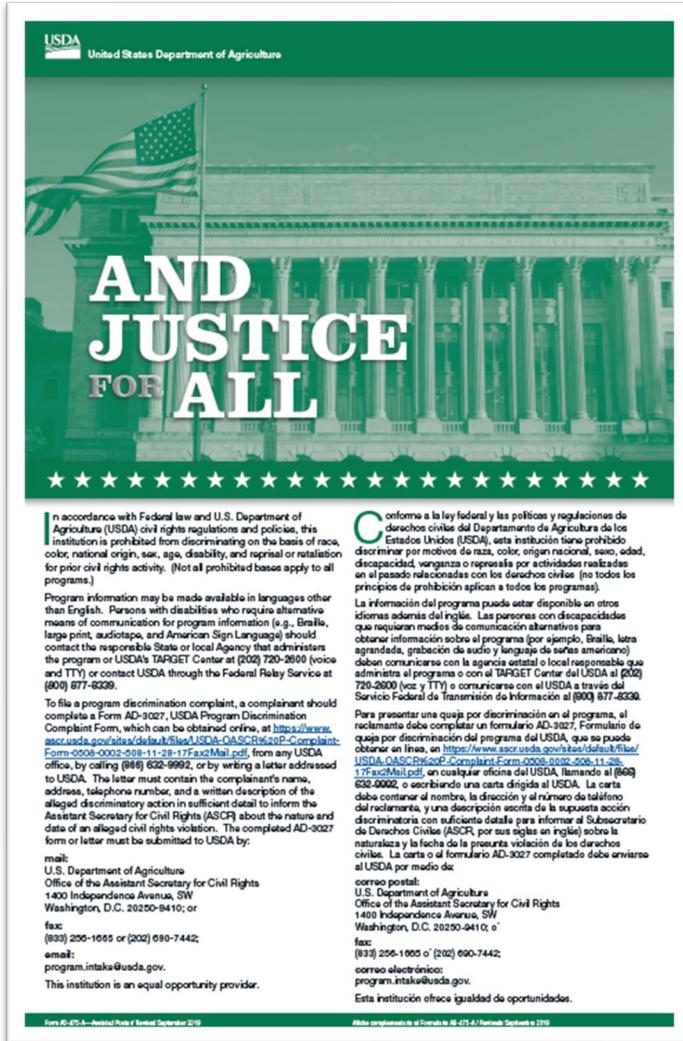
# Questions



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Office of the Assistant Secretary for Civil Rights  
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## For Today's Session

- Agreement to Furnish Food in the CACFP
- Breakfast Meal Pattern (CACFP)
- Lunch Meal Pattern (CACFP)
- Grain-Based Desserts

