

Meal Pattern Requirements

Child and Adult Care Food Program



PY 2025-2026 CACFP Annual Training

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.



Best Practices in Menu Planning

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When planning and serving meals consider the following:

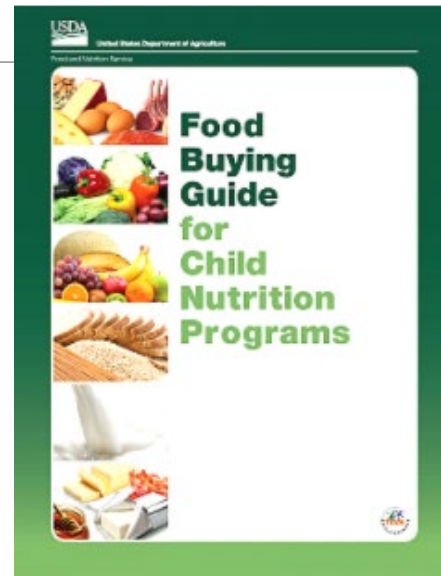
- ✓ Balance
- ✓ Variety
- ✓ Contrast
- ✓ Color
- ✓ Eye Appeal



Menu Planning

- Advanced 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.

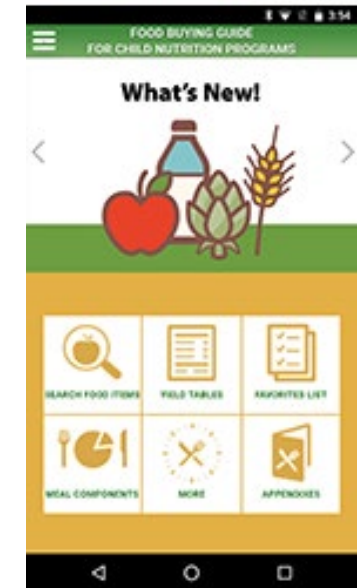




Crediting Foods: Resources

- Food Buying Guide for Child Nutrition Programs:

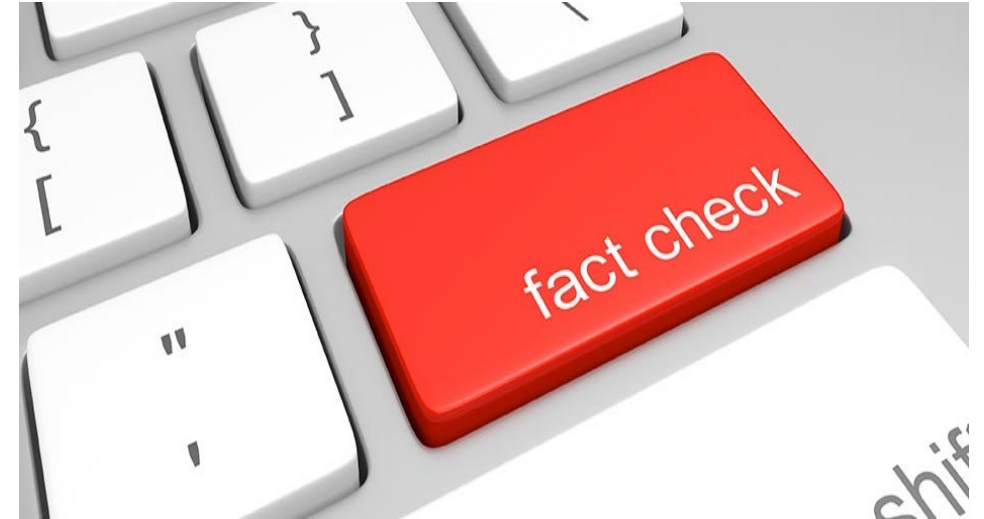
<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>



Fact Check

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- Menus are initially approved by the MSDH, prior to participating in CACFP.
- Menus are resubmitted and reapproved each year at the renewal of a center's license.
- Failure to abide by or adhere to the approved menus can result in a fine.
- Failure to abide by or adhere to the approved menus will result in the repayment of Program funds.



Always Follow the Stricter Guidelines

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- “Guidelines from USDA FNS (US Department of Agriculture Food Nutrition Supplement) program are used as the standard for menu planning and guidelines. **However, when one set of guidelines are stricter than the stricter guidelines shall be enforced (in comparing MSDH and USDA FNS).** Emphasis shall be placed on serving more whole grains and fewer foods high in fat, sugar, and sodium.”

Regulations Governing Licensure of Child Care Facilities Office of Health Protection – Bureau of Child Care Licensure: APPENDIX C Nutritional Standards
Amended January 12, 2022, Effective February 12, 2022

CACFP Meal Pattern Component

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CACFP Meal Patterns consist of five components:

- Milk
- Meat/Meat Alternate
- Grains
- Vegetable
- Fruits





Do We
Need
Milk

- **Milk** is a critical component of the CACFP meal patterns because it provides nutrients that are vital for health and maintenance of the body. These nutrients include calcium, potassium, vitamin D, and protein.



YOU NEED SOME MILK



• Milk

- Serve whole unflavored milk to 1-year old children.
- Serve only unflavored 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 low-fat (1%) or skim variety.



Milk: Adults

Adults only:

- A serving of milk is not required at supper meals for adults.
- Six ounces (weight) or $\frac{3}{4}$ 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.



United States Department of Agriculture



Serving Milk in the CACFP

Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) to those in your care.



Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

Breastmilk is allowed at any age in CACFP.

12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.

2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.

6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk





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



Milk Substitutes Requirements

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Nutrient Requirements for Fluid Milk Substitutes/Nondairy Beverages

Nutrient	Per Cup (8 fl oz)
Calcium	276 milligrams
Protein	8 grams
Vitamin A	500 International Units
Vitamin D	100 International Units (2.5 micrograms)
Magnesium	24 milligrams
Phosphorus	222 milligrams
Potassium	349 milligrams
Riboflavin	0.44 milligrams
Vitamin B-12	1.1 micrograms





Meat/Meat Alternates

Examples of this component in the meal pattern are:

Beef, Poultry, Pork, Fish, Lamb, Seafood

Examples of meat alternates are:

Beans, Lentils, Eggs, Cheese, Yogurt, Nut Butter

How can meat be prepared in the CACFP?

Bake, Boil, Broil, Barbecue, Stew, Steam, Pouching, Roasting, Rotisserie, Stir Fry, Flambé, Searing, Pan-Fry

Meat/Meat Alternate



meat-free
protein sources

- 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 at breakfast 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.

Yogurt v\$ Gogurt

A 2.2 oz tube of yogurt provides ½ oz eq meat alternate. Must contain no more than 23 g of total sugars per 6 oz.

*How many tubes are you serving?
*How many tubes should you be serving?

Nutrition Facts

Serving size: **3 tubes** (170g)

Amount per serving

Calories

150

As Packaged

Food component / Nutrient

Amount

As Packaged

Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	<5mg
Sodium	75mg
Total Carbohydrate	30g
Dietary Fiber	0g
Total Sugars	23g
Incl. Added Sugars	18g
Protein	6g
Vitamin D	3mcg
Calcium	440mg
Iron	0mg
Potassium	240mg
Vitamin A	100mcg



Meat/Meat Alternate

Foods Not Creditable as Meats/Meat Alternates

- ✗ Canned, pressed luncheon meat (potted/deviled)
- ✗ Ceviche or home pickled fish; Sushi (raw seafood and Sashimi)
- ✗ Cream Cheese/Neufchatel Cheese
- ✗ Egg yolks only; egg white only; liquid egg substitutes
- ✗ "Imitation" Cheese & Cheese "products"
- ✗ Liquid "yogurt" and commercial yogurt products such as frozen yogurt, yogurt bars, probiotic drinks, drinkable yogurt, or yogurt drinks
- ✗ Nut flour
- ✗ Peanut butter "spreads" (a mixture of peanut butter and other ingredients)
- ✗ Pig's feet and ham hocks
- ✗ Pork bacon and imitation bacon products/salt pork/scrapple
- ✗ Powdered cheese (such as in boxed macaroni and cheese)
- ✗ Tofu, silken or soft, added to smoothies or baked into desserts for texture/nutrition enhancement

Items That May Be Creditable With Proper Documentation

Some food items containing M/MA may not be listed in the *Food Buying Guide for Child Nutrition Programs* (FBG); however, they still may be creditable with proper documentation, such as a Child Nutrition (CN) label or Product Formulation Statement (PFS). Examples of these foods are:

- ✓ Combination foods, such as pizza, corn dogs, chicken nuggets, and meat sauce

Note: Foods listed in the FBG are creditable in CNPs. A limited number of combination foods are listed in the FBG (e.g., *beef stew, chili, fish sticks*), so check the FBG first!

- ✓ Dried meat, poultry, and seafood
- ✓ Luncheon meat that is not listed in the FBG
- ✓ Turkey bacon/sausage that is not listed in the FBG
- ✓ Pepperoni
- ✓ Hummus



- **Grains**

Whole Grains(WG)

- At least one grain serving per day, across all meal services must be whole-grain rich.
- Grain Requirements in CACFP Memo: https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP09_2018os.pdf
- Whole grain items served must be documented as such in the Menu Book. (WG)

WHOLE GRAINS



rebelDIETITIAN.US



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 & Menu Book**
- WIC cereals are approved cereals.



Common Kitchen Measurements "Cheat Sheet"

OneGoodThingByAll



Ounce Equivalents

- **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.

Grain Based Desserts

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Grain Based Desserts

- USDA-Grain Based Desserts Memo: [Grain Based Desserts in the Child and Adult Care Food Program | Food and Nutrition Service](#)

DO NOT SERVE DURING CACFP MEAL TIMES
DO NOT PURCHASE WITH CACFP FUNDS!!!

COMMON GRAIN BASED DESSERTS				
** (Listed in the USDA memo as "not recommended") **				
<ul style="list-style-type: none">• Bread pudding• Fruit filling• Breakfast cereals• Brownies• Cakes• Candy coated popcorn	<ul style="list-style-type: none">• Cinnamon rolls• Cereal bars• Cobblers/crisps• Coffee cake• Cookies/wafers• Crackers (e.g., graham crackers, etc.)	<ul style="list-style-type: none">• Fruit crust• Fruit bars• Fruit turnovers• Granola bars	<ul style="list-style-type: none">• Nutrigrain bars• Pop tarts• Rice pudding• Strudels• Sweet biscotti• Sweet pastry rolls• Snacks containing chocolate/chocolate chips or candy	<ul style="list-style-type: none">• Sweet bread• Sweet puddings• Sweet pastries• Sweet pies• Sweet tarts

The No, No All

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- # Vegetables

- Vegetable is 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 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.



The background of the slide is a collage of various healthy food items. In the center, there is a clear plastic container holding a sandwich with lettuce, tomato, and meat, a small bowl of almonds, and a pile of sliced carrots. To the right, there is a small pink bowl filled with blueberries, raspberries, and blackberries. In the bottom right corner, there is a whole yellow banana. In the top left corner, there is a whole red apple. The text 'Meal Patterns' is overlaid on a semi-transparent white circle on the left side of the image.

Meal Patterns

- The USDA Food Patterns were developed to help individuals carry out Dietary Guidelines recommendations.
- They identify daily amounts of foods, in nutrient-dense forms, to eat from five major food groups and their subgroups.
- CACFP Meal Patterns vary in portion sizes by age groups.

Child and Adult Care Food Program Participants

MENU BOOK TOOLBOX



- Meal Pattern Reference Guide
- Cereal Sugar Limits
- Yogurt Sugar Limits
- Common Whole Grains
- Common Grain Based Desserts *(Do NOT Serve)
- CACFP Meal Pattern
 - Infant
 - Ages 1-2
 - Ages 3-5
 - Ages 6-12, 13-18
 - Adults



CACFP Meal Pattern Available

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Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 1-2

What is in a Breakfast?
Milk (4 fl. oz. or ½ cup)
Vegetables, Fruit, or Both (½ cup)
Grains (½ oz. eq.)

Sample Breakfast
½ cup Grilled Cheese Sandwich
½ cup Unflavored whole milk
½ cup Unflavored low-fat (1%) or fat-free (skim) milk

What is in a Lunch or Supper?
Milk (4 fl. oz. or ½ cup)
Meat/Meat Alternate (1 oz. eq.)
Vegetables (½ cup)
Fruit (½ cup)
Grains (½ oz. eq.)

Sample Lunch/Supper
½ cup Grilled Cheese Sandwich
½ cup Unflavored whole milk
½ cup Unflavored low-fat (1%) or fat-free (skim) milk
½ cup Blueberries

What is in a Snack?
Pick 2:
Milk (4 fl. oz. or ½ cup)
Meat/Meat Alternate (½ oz. eq.)
Vegetables (½ cup)
Fruit (½ cup)
Grains (½ oz. eq.)

Sample Snack
½ cup Yogurt Dip
½ cup (2 oz.) Yogurt
½ cup Fruit
½ cup Grains

Note: Serving sizes are minimums.
Updated USDA Child and Adult Care Food Program (CACFP) meal patterns must be implemented by October 1, 2017. Learn more about the CACFP meal patterns, including information on ounce equivalents (oz. eq.) and serving sizes at <https://teamnutrition.usda.gov>.

Food and Nutrition Service
FNS-657
August 2017
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Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 3-5

What is in a Breakfast?
Milk (8 fl. oz. or 1 cup)
Vegetables, Fruit, or Both (½ cup)
Grains (½ oz. eq.)

Sample Breakfast
½ cup Unflavored whole milk
½ cup Unflavored low-fat (1%) or fat-free (skim) milk
½ cup Grilled Cheese Sandwich
½ cup Unflavored whole milk
½ cup Unflavored low-fat (1%) or fat-free (skim) milk

What is in a Lunch or Supper?
Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternate (1½ oz. eq.)
Vegetables (½ cup)
Fruit (½ cup)
Grains (½ oz. eq.)

Sample Lunch/Supper
½ cup Unflavored whole milk
½ cup Unflavored low-fat (1%) or fat-free (skim) milk
½ cup Grilled Cheese Sandwich
½ cup Unflavored whole milk
½ cup Unflavored low-fat (1%) or fat-free (skim) milk

What is in a Snack?
Pick 2:
Milk (4 fl. oz. or ½ cup)
Meat/Meat Alternate (½ oz. eq.)
Vegetables (½ cup)
Fruit (½ cup)
Grains (½ oz. eq.)

Sample Snack
½ cup Yogurt Dip
½ cup (2 oz.) Yogurt
½ cup Fruit
½ cup Grains

Note: Serving sizes are minimums.
Updated USDA Child and Adult Care Food Program (CACFP) meal patterns must be implemented by October 1, 2017. Learn more about the CACFP meal patterns, including information on ounce equivalents (oz. eq.) and serving sizes at <https://teamnutrition.usda.gov>.

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Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 6-12 and 13-18

What is in a Breakfast?
Milk (8 fl. oz. or 1 cup)
Vegetables, Fruit, or Both (½ cup)
Grains (1 oz. eq.)

Sample Breakfast
1 cup Unflavored whole milk
1 cup Unflavored low-fat (1%) or fat-free (skim) milk
1 cup Grilled Cheese Sandwich
1 cup Unflavored whole milk
1 cup Unflavored low-fat (1%) or fat-free (skim) milk

What is in a Lunch or Supper?
Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternate (2 oz. eq.)
Vegetables (½ cup)
Fruit (½ cup)
Grains (1 oz. eq.)

Sample Lunch/Supper
1 cup Unflavored whole milk
1 cup Unflavored low-fat (1%) or fat-free (skim) milk
1 cup Grilled Cheese Sandwich
1 cup Unflavored whole milk
1 cup Unflavored low-fat (1%) or fat-free (skim) milk

What is in a Snack?
Pick 2:
Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternate (1 oz. eq.)
Vegetables (½ cup)
Fruit (½ cup)
Grains (1 oz. eq.)

Sample Snack
½ cup Yogurt Dip
½ cup (2 oz.) Yogurt
½ cup Fruit
½ cup Grains

Note: Serving sizes are minimums.
Flavored low-fat (1%) milk is allowed for children ages 6 and older and adults in the CACFP from July 1, 2018, until June 30, 2019, and is subject to updates pending Final Rule for Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements. Learn more about the CACFP meal patterns, including information on ounce equivalents (oz. eq.) and serving sizes at <https://teamnutrition.usda.gov>.

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Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Adults

What is in a Breakfast?
Milk (8 fl. oz. or 1 cup)
Vegetables, Fruit, or Both (½ cup)
Grains (2 oz. eq.)

Sample Breakfast
1 cup Unflavored whole milk
1 cup Unflavored low-fat (1%) or fat-free (skim) milk
1 cup Grilled Cheese Sandwich
1 cup Unflavored whole milk
1 cup Unflavored low-fat (1%) or fat-free (skim) milk

What is in a Lunch or Supper?
Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternate (2 oz. eq.)
Vegetables (½ cup)
Fruit (½ cup)
Grains (2 oz. eq.)

Sample Lunch/Supper
1 cup Unflavored whole milk
1 cup Unflavored low-fat (1%) or fat-free (skim) milk
1 cup Grilled Cheese Sandwich
1 cup Unflavored whole milk
1 cup Unflavored low-fat (1%) or fat-free (skim) milk

What is in a Snack?
Pick 2:
Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternate (1 oz. eq.)
Vegetables (½ cup)
Fruit (½ cup)
Grains (1 oz. eq.)

Sample Snack
½ cup Yogurt Dip
½ cup (2 oz.) Yogurt
½ cup Fruit
½ cup Grains

Note: Serving sizes are minimums.
Flavored low-fat (1%) milk is allowed for children ages 6 and older and adults in the CACFP from July 1, 2018, until June 30, 2019, and is subject to updates pending Final Rule for Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements. Learn more about the CACFP meal patterns, including information on ounce equivalents (oz. eq.) and serving sizes at <https://teamnutrition.usda.gov>.

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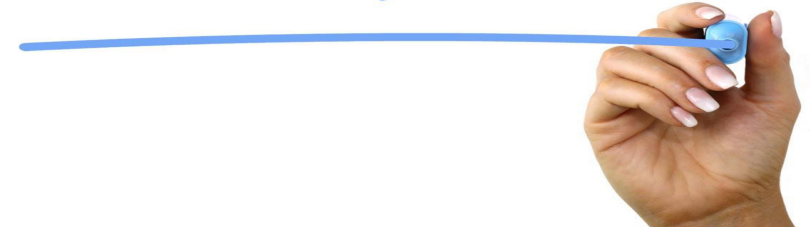
Meal Pattern: Infants

- 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).



- 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.

OBLIGATION



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

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

NAME OF CHILD CARE CENTER/HOME	NAME OF INFANT	BIRTH DATE (MM/DD/YYYY)
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For Parents/Guardian of Infants Age Birth Through 11 Months
This childcare center (CCC)/Day Care Home (DCH) participates in the Child and Adult Care Food Program (CACFP) and is required to follow the Infant Meal Pattern for infants ages birth through 11 months. Solid foods are introduced to infants when developmentally ready, a decision made by you and your infant's doctor. To better meet your personal preferences and your infant's needs, please complete this document.

Instructions: The center/home should complete this section before giving to the parent/guardian.

This CCC/DCH will provide: Iron-fortified infant formula (list brand) _____

Iron-fortified infant cereal (list type such as baby rice cereal) _____; and

Food appropriate for infants: ☐ Commercial baby food and/or
☐ Table food offered at the appropriate consistency for the development of the infant.

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? ☐ 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 brand/type: _____
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.
☐ **Choice 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 brand/type: _____
If I should forget to bring the cereal, the childcare center/home will contact 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 forget to bring the baby food, the childcare center/home will contact me immediately and I may request they serve my infant the center/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: _____

Infant Meal Pattern- Breakfast

Breakfast	0 through 5 Months	6 through 11 Months
Breastmilk or infant formula	4–6 fl. oz. breastmilk or formula	6–8 fl. oz. breastmilk or formula
Grains or meat/meat alternates, or a combination		0–4 tbsp. infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0–2 oz. cheese; or 0–4 oz. cottage cheese; or 0–4 oz. ($\frac{1}{2}$ cup) yogurt; or a combination of the above
Vegetables, fruit, or both		0–2 tbsp. vegetable, fruit, or both

Infant Meal Pattern Lunch/Supper

Lunch / Supper	0 through 5 Months	6 through 11 Months
Breastmilk or infant formula	4–6 fl. oz. breastmilk or formula	6–8 fl. oz. breastmilk or formula
Grains or meat/meat alternates, or a combination		0–4 tbsp. infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0–2 oz. cheese; or 0–4 oz. cottage cheese; or 0–4 oz. ($\frac{1}{2}$ cup) yogurt; or a combination of the above
Vegetables, fruit, or both		0–2 tbsp. vegetable, fruit, or both

Infant Meal Pattern- Snack

Snack	0 through 5 Months	6 through 11 Months
Breastmilk or infant formula	4–6 fl. oz. breastmilk or formula	2–4 fl. oz. breastmilk or formula
Grains		0–½ slice bread; or 0–2 crackers; or 0–4 tbsp. infant cereal or ready-to-eat breakfast cereal
Vegetables, fruit, or both		0–2 tbsp. vegetable, fruit, or both



What is in a Breakfast?

Milk (4 fl. oz. or $\frac{1}{2}$ cup)
Vegetables, Fruits, or Both ($\frac{1}{4}$ cup)
Grains ($\frac{1}{2}$ oz. eq.)

Optional: Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.

What is in a Lunch or Supper?

Milk (4 fl. oz. or $\frac{1}{2}$ cup)
Meats/Meat Alternates (1 oz. eq.)
Vegetables ($\frac{1}{8}$ cup)
Fruits ($\frac{1}{8}$ cup)
Grains ($\frac{1}{2}$ oz. eq.)



What is in a Snack?

Pick 2:

Milk (4 fl. oz. or $\frac{1}{2}$ cup)
Meats/Meat Alternates ($\frac{1}{2}$ oz. eq.)
Vegetables ($\frac{1}{2}$ cup)
Fruits ($\frac{1}{2}$ cup)
Grains ($\frac{1}{2}$ oz. eq.)





What is in a Breakfast?

Milk (6 fl. oz. or $\frac{3}{4}$ cup)
Vegetables, Fruits, or Both ($\frac{1}{2}$ cup)
Grains ($\frac{1}{2}$ oz. eq.)

Optional: Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.

What is in a Lunch or Supper?

Milk (6 fl. oz. or $\frac{3}{4}$ cup)
Meats/Meat Alternates ($1\frac{1}{2}$ oz. eq.)
Vegetables ($\frac{1}{4}$ cup)
Fruits ($\frac{1}{4}$ cup)
Grains ($\frac{1}{2}$ oz. eq.)



What is in a Snack?



Pick 2:

Milk (4 fl. oz. or $\frac{1}{2}$ cup)
Meats/Meat Alternates ($\frac{1}{2}$ oz. eq.)
Vegetables ($\frac{1}{2}$ cup)
Fruits ($\frac{1}{2}$ cup)
Grains ($\frac{1}{2}$ oz. eq.)



Meal Pattern Ages 6-12 and 13-18

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What is in a Breakfast?

Milk (8 fl. oz. or 1 cup)
Vegetables, Fruits, or Both ($\frac{1}{2}$ cup)
Grains (1 oz. eq.)

Optional: Meats/meat alternates may be served
in place of the entire grains component up to
3 times per week at breakfast.

What is in a Lunch or Supper?

Milk (8 fl. oz. or 1 cup)
Meats/Meat Alternates (2 oz. eq.)
Vegetables ($\frac{1}{2}$ cup)
Fruits ($\frac{1}{4}$ cup)
Grains (1 oz. eq.)



What is in a Snack?

Pick 2:
Milk (8 fl. oz. or 1 cup)
Meats/Meat Alternates (1 oz. eq.)
Vegetables ($\frac{3}{4}$ cup)
Fruits ($\frac{3}{4}$ cup)
Grains (1 oz. eq.)





What is in a Breakfast?

Milk (8 fl. oz. or 1 cup)
Vegetables, Fruits, or Both ($\frac{1}{2}$ cup)
Grains (2 oz. eq.)

Optional: Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.

What is in a Lunch or Supper?

Milk (8 fl. oz. or 1 cup)
Meats/Meat Alternates (2 oz. eq.)
Vegetables ($\frac{1}{2}$ cup)
Fruits ($\frac{1}{2}$ cup)
Grains (2 oz. eq.)



What is in a Snack?

Pick 2:
Milk (8 fl. oz. or 1 cup)
Meats/Meat Alternates (1 oz. eq.)
Vegetables ($\frac{1}{2}$ cup)
Fruits ($\frac{1}{2}$ cup)
Grains (1 oz. eq.)



Adult Day Care Centers Requirements

- PSS who's included in developing?
- All adult day care facilities must provide participants with a minimum of one meal per day of an adult's daily nutritional requirement as established by state and federal regulations.
- All foods offered will be nutritious, appetizing, and safe.
- Meals prepared on site must meet all local health department standards and must offer a balance from all food groups.



NUTRITION



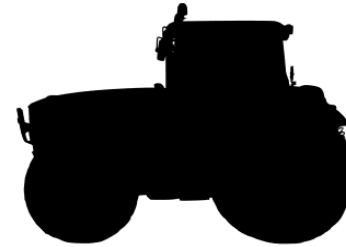
Child Nutrition Label-CN Label

- Many sites occasionally choose to purchase a commercially prepared entrée items (frozen pizza, chicken nuggets, burritos, lasagna, meatballs, pot pies, mac & cheese, corn dogs etc.).
- When using these items sites must have one of the following in order to identify the food's contribution to the meal pattern requirements:
- Child Nutrition Label (CN Label) or
- A Production Formulation Statement (PFS) from the manufacturer

Commercially Prepared

45

- Products that are manufactured **(made)** and prepared **(fixed)** for sale by businesses or companies rather than being prepared at home **(kitchen)** or by individuals **(you)**.
- Often ready-to-eat or ready-to-use.
- Found in stores or supermarkets
- Made for **CONVENIENCE!!!**



What are these items?

46

- Canned goods (Vegetables, Fruit, Soup, Sauces, Meat)
- Frozen Meals (Pizza, Pre-Cooked Meals “TV dinners”)
- Ready to eat snacks (Crackers, Cheese, Cookies, Chips)
- Processed meats (Beef/Chicken, Sausage, Bacon, Hot Dogs)
- Prepared mixes (Pancake/Waffle, Biscuits, Muffins)
- Deli Meat (Ham, Turkey, Chicken, Roast beef)
- Refrigerated or frozen meals (Pasta dishes, Stews, Waffles, Pancakes, French toast, Chicken strips, Fries, Breads, Rolls, Snacks, etc.)



CACFP

Child and Adult Care Food Program

PY 2025-2026 CACFP Annual Training

Child Nutrition Label-CN Label

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- Example CN Label:

 **Chicken Stir-Fry Bowl**

 **Ingredient Statement:**
Chicken, brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices.

CN 099135

Each 4.5 oz. Chicken Stir-Fry Bowl provides 1.5 oz. equivalent meat, 1.0 oz eq Grains, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, and ¼ cup other vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 09/14).

CN

Net Wt.: 18 pounds


Chicken Wok Company
1234 Kluck Street Poultry, PA 12345

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 and will result in the repayment of Program funds.



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- 

AdvancePierre[®]
Foods

CONSUMER SERVICE
1800 Providence Road
Downsview, ON M3H 5K4
Providence@advancepierre.com
1-800-363-6666

PRODUCT ANALYSIS FORM FOR CN PRODUCTS & NON-CN PRODUCTS
PRODUCT FORMULATION STATEMENT FOR MEAT/MEAT ALTERNATE (MMA) AND EQUIVALENT GRAINS (EG)

Product Name: Assault Butter and HPCS Free Grapes, July on Whole Grain Bread Code No: A7004

Manufacturer: AdvancePierre Foods Inc.

Case/Pack/Case/Porion Size: Net Wt: 2.00 lbs (1.00 Individual Weights: 1.50 oz = 0.043 kg)

I. Meat/Meat Alternate

The chart below shows the creditable amount of Meat/Meat Alternate determination.

Description of Creditable Ingredients per Food Serving Guide	OUNCES per Raw Portion of Creditable Ingredients	Multiply	Food Serving Guide Yield	Creditable Amount ¹
<u>Assault Butter</u>	<u>2.20</u>	<u>x</u>	<u>1-10 oz = 2 Table</u>	<u>2.20</u>
		<u>x</u>		
A. Total Creditable Amount¹				<u>2.00</u>

II. Alternate Protein Product (APP)

If the product contains APP, the chart below to determine the creditable amount of APP is filled out.

Description of APP, Manufacturer's name, and code number	OUNCES Dry APP Per Portion	Multiply	% of Protein Available	Divide by 10 ^{***}	Creditable Amount APP ^{***}
		<u>x</u>			<u>0</u>
		<u>x</u>			
		<u>x</u>			
B. Total Creditable Amount¹					
C. TOTAL CREDITABLE AMOUNT¹ (A + B rounded down to nearest % of)¹					<u>2.00</u>

III. EQUIVALENT GRAINS (EG)

I. Does this product meet the Whole Grain-Rich Criteria: Yes X No

II. Does this product contain non-creditable grains: Yes No X How many grams 6000
(Products with more than 0.04 oz. equivalent or 0.88 grams for Groups I-III or 0.88 grams for Group IV of non-creditable grains may not credit towards the grain requirements for schools)

III. Indicate which Exhibit A Group (A-I) the Product Belongs: B

The chart below shows the creditable amount of Grain used in finished assault.

Description of Creditable Ingredients per Food Serving Guide	OUNCES per Raw Portion of Creditable Whole Grain Ingredient	% of Enrichment	Formula ¹	Creditable Amount
<u>Whole Whole Wheat Bread</u>	<u>1.33</u>	<u>82.25%</u>	<u>0.0010</u>	<u>1.00</u>
		<u>%</u>		
D. Total Creditable Amount for Equivalent Grains				<u>1.00 ± 2.00</u>

Total Creditable Amount must be rounded down to the nearest 1/2 serving. Do not round up.

Total weight (per portion) of product as purchased: 2.00

I certify that the above information is true and correct and that a 6.80 ounce serving of the above product (ready to cook) contains 2.00 ounces of equivalent meat/meat alternate and 2.00 equivalent grains when prepared according to directions.

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

I further certify that any APP used in this product conforms to Food and Nutrition Service regulations (FCFR Parts 210, 220, 225 or 226 Appendix A)

Steve Chavira

Your Name

CN Labeling Technologist

June 5, 2018

Date

¹This information is needed if a creditable Alternate Protein Product (APP) is used in the product and counted toward meeting the meat/meat alternate requirements.

How do we determine what is needed?

- Read
- Basic Math: (add, subtract, multiple, divide)
- USE YOUR CALCULATOR!!!

1. How many strips does each participant need for 2 oz. of meat?

2 Strips/Patties

2. How many servings per bag if we serve 2 oz. per participant?

1 bag serves 4 participants

3. How many strips are needed to serve 50 participants?

100 Strips/Patties are needed (1 and ½ cases or 12 bags)

SAMPLE Product Formulation Statement

HAPPY FOODS

Product Name: Fully Cooked Honey BBQ flavored chicken Strips

Product Code: 012345-1234

Label Weight: 12.5lb

UPC Information :

0-1234-1234

Serving size:

1 3-oz portion (s) per serving.

Pack Information:

8/25.0 OZ BAG (s) per Case.

Product is not CN-labeled.

Analysis is by Piece.

Total Weight of Cooked Product	3.0 oz
Weight of Creditable Raw Meat, Variety: Chicken	1.6 oz
Percent fat of raw meat:	30.0%
Weight of Meat Alternates (specify):	n/a
Weight of Breading: Enriched	0.72 oz
Weight of Filling:	n/a
Weight of Other Non-Creditable Ingredients:	0.67 oz
Weight of Unrounded Cooked Meat/Meat Alternate:	1.72 oz

Meat/Meat Alternate per serving:

1.0 oz

Grain/Bread per serving:

0.5 per serving

I certify that the above information is accurate as presented on this date.



Krista Schoen, M.S., R.D.
HAPPY FOODS, INC.

Nutritional Services Manager

Title
03/20/15

Happy Foods, Inc.

1234 ABC Parkway, Nutrition, AB 12345

1-800-123-4567

Fresh Ingredients Are Used to Prepare

52



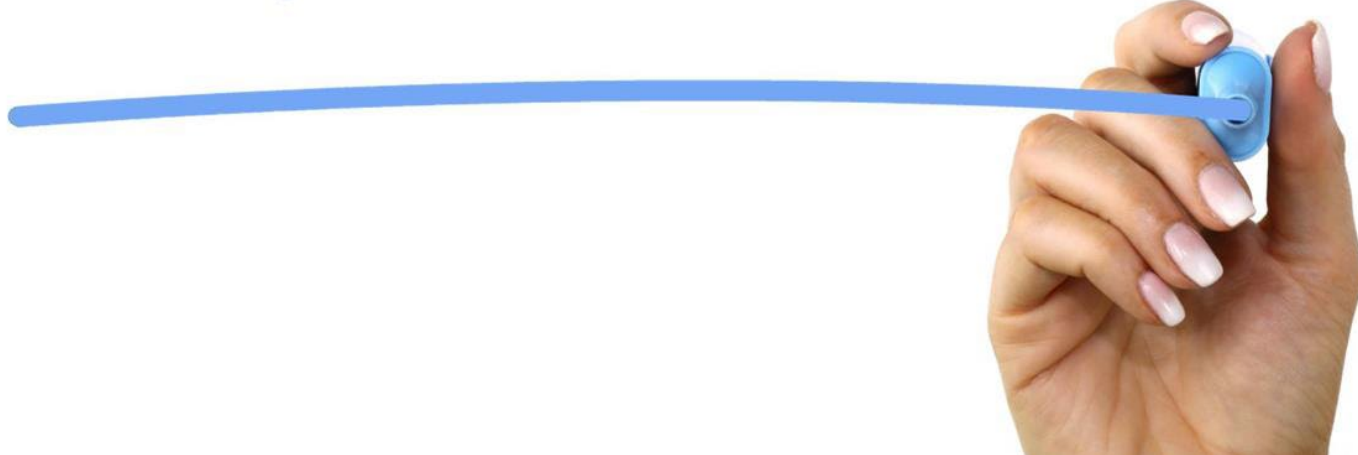


Production Records

- Food Production Records can be used as a planning tool and as a record of required food service information.
- Production Records can organize the way cooks plan and prepare meals.
- The food production record outlines the meal pattern and food components. Production allows you to write your menu, serving sizes, type and amount of food prepared **(produced)** and the number of people served.

Production Records: Menu Book

PRODUCTION



MDE/OCN requires centers to complete Food Production Records daily for each snack and/or meal prepared at the center. This applies to all:

- ☐ childcare centers
- ☐ after school programs for children and teens up to 19 years of age
- ☐ adult day care centers serving adults in mental health and social/medical model day care settings
- ☐ Food Production Records are required for infants and is recorded in the Infant Menu Book.

INFANT MENU BOOK

For

Child and Adult Care Food Program
Participants



OFFICE OF CHILD NUTRITION
Jackson, Mississippi



MISSISSIPPI DEPARTMENT OF EDUCATION
P.O. Box 771 | Jackson, MS | 39205-0771
Tel (601) 576-4954 | Fax (601) 354-7595
<http://www.mdek12.org>

[Twitter](#) | [Facebook](#) | [YouTube](#) | [Mississippi Achieves](#)

MENU BOOK

for

Child and Adult Care Food Program Participants



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Jackson, Mississippi



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Child and Adult Care Food Program

- If food and production for meals claimed are not recorded in the State Agency issued Menu Book, the meal cannot be claimed for reimbursement.
- Overclaims (repayment of reimbursement to the Mississippi Department of Education) will be made against the institution.



Production Sample Menu: M-F

57

SAMPLE MENU

For the Week
Beginning:

October 4, 2021

	DATE:	Infants	Children 1-2 y/o	Children 3-5 y/o	Children 6-12 y/o	Adults	DATE:	Infants	Children 1-2 y/o	Children 3-5 y/o	Children 6-12 y/o	Adults
	Oct 4 2021						Oct 5 2021					
	MONDAY						TUESDAY					
BREAKFAST			4	28					3	17		
Juice or Fruit or Vegetable	Orange Juice	3 - 46 oz. cans					Sliced Bananas	8 lbs.				
Grains -Whole Grain (WG) Rich Product Served once daily							Corn Flakes	1 - 15 oz. box				
Milk (Fluid) Type	Whole Milk low-fat (1%)	2 - ½ pints (Whole milk) 28 - 1/2 pints (1%)					Whole Milk low-fat (1%)	3 - ½ pints (Whole Milk) 20 - 1/2 pints (1%)				
Meat/Meat Alternate (As a bread; three days/week max)	scrambled eggs	35 eggs										
LUNCH			4	30		6			5	28	2	
Meat or Meat Alternate	Meat Sauce (ground beef)	7 1/2 lbs.					Baked Chicken Thighs	8 lbs.				
Vegetable	Cole Slaw	3 3/4 lbs.					String Beans	4 - 28 oz. cans				
Vegetable or Fruit	Corn	1 #10 can					Fruit Cocktail	6 - 15 oz. cans				
Grains	Spaghetti (WG)	1 1/4 lbs.					Rice (WG)	1.2 lbs.				
Milk Fluid (Type)	Whole Milk low-fat (1%)	2 - ½ pints (Whole milk) 34 - 1/2 pints (1%)					low-fat (1%)	35 - 1/2 pints (1%)				
SUPPLEMENT			4	30	7				2	27	5	
Select two of the following five components:												
1.Meat or Meat Alternate	peanut butter	1 1/4 lbs.										
2.Vegetable												
3.Fruit							Watermelon Slices	8 lbs.				
4.Grains	saltine crackers	196 count					Pretzels	1.5 lbs.				
5. Milk Fluid (Type)												

SAMPLE MENU

DATE:		Infants	Children 1-2 y/o	Children 3-5 y/o	Children 6-12 y/o	Adults	DATE:		Infants	Children 1-2 y/o	Children 3-5 y/o	Children 6-12 y/o	Adults								
Oct 6 2021							Oct 7 2021														
WEDNESDAY							THURSDAY							FRIDAY							
			5	20						2	37						4	21	7		
Strawberries	6 3/4 lbs.						Grape Juice	3 1/2 - 46 oz. cans						Sliced Peaches	7 - 29 oz. cans						
Oatmeal - 1/4 cup w/ cinnamon & raisins (extra) WG	3/4 lb. 1 cup						Toast (WG)	21 slices						Corn Flakes	28 - 3/4 cup pkg.						
Whole milk low-fat (1%)	5 - 1/2 pints (whole) 20 - 1/2 pints (1%)						low-fat (1%)	41 - 1/2 pints (1%)						Whole milk low-fat (1%)	3 - 1/2 pints (whole) 30 - 1/2 pints						
							Cheese	2 1/2 lbs.													
			7	18	10					3	18	10					1	21	7		
dried black-eyed peas	2 lbs.						meat loaf	7 1/2 lbs. ground beef						tuna salad	7 - 6 oz. cans tuna						
Squash	4 1/2 lbs.						cabbage	3 lbs.						Green salad	1 1/2 lbs. & 2 3/4 lbs.						
turnip greens	1 1/2 #10 cans						Fresh Kiwi	4.5 lbs.						Pear halves	6 - 20 oz. cans						
cornbread	35 muffins						(WG) rolls	41 rolls						Ritz crackers	140 crackers						
Whole milk low-fat (1%)	4 - 1/2 pints (whole) 32 - 1/2 pints (1%)						Whole milk low-fat (1%)	3 - 1/2 pints (whole) 31 - 1/2 pints (1%)						low-fat (1%)	1 1/2 gal (1%)						
			2	24	10					3	21	9					5	20	6		
deviled eggs	38 eggs						Yogurt	88 oz.													
apple wedges	6 lbs.						Mandarin oranges	6.5 lbs.						applesauce Cinnamon Toast (WG)	1 #10 can 24 Slices						

Incorrect Production Records

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	MONDAY		TUESDAY	
BREAKFAST	79	1 42 36	84	1 44 39
Juice or Fruit or Vegetable	Bananas ^{muffins}	each	Turkey ^{meat} Slices	each
Grains-Whole Grain Rich Product Served once daily at any serving time (WG)	Apple Slices	each	Biscuits ^{WG}	each
Milk (Fluid) Type	milk	7 gal	Pineapples	16402
Meat/Meat Alternate (As a bread three days/week max)	water	25 gal	milk/water	4 gal/25 gal
LUNCH	79	1 42 36	84	1 44 39
Meat or Meat Alternate	hamburger ^{steak}	1 pan	Baked ^{chops} Pork	each
Vegetable	mashed Pot	1 Bx	mac-n-cheese	1 pan
Vegetable or Fruit	collards	2 bags	lima beans	2 bags
Grains	cornbread ^{bread} slices	1 pan	apple slices	each
Milk Fluid (Type)	milk/water	4 gal/25 gal	milk/water	4 gal/25 gal
SUPPLEMENT.	150	1 40 67 42	157	1 42 72 42
Select two of the following five components:				
1. Meat or Meat Alternate	Cheese ^{it}		Graham ^{WG}	
2. Vegetable	crackers	each	crackers	each
3. Fruit	Pears ^{slices}	36402	Fruit ^{slices}	26402
4. Grains	water	5 gal	water	5 gal
5. Milk Fluid (Type)				



Records should indicate the TOTAL amount prepared using a Unit of weight

59

WEDNESDAY					THURSDAY					FRIDAY					CLOACK				
85	1	44	40		90	1	46	43											
apple cinnamon cereal w6				each	Dancker w6				each	cheese girts									
Banana slices				each	Strawberry				each	Eggs									
milk				3gal	milk				4gal	Toast									
water				2gal	water				2gal	apples slices									
85	1	44	40		90	1	46	43											
Spaghetti				1Pan	Spaghetti children				1Pan	BBQ chicken									
Cabbage				4heads	Sweet Pot				each	collards									
Corn / Apples				1 64oz / 1 64oz	Turnips				2bags	Baked Beans									
Rolls w6				each	Broccoli/chese Cornbread				2bags 1Pan	Cornbread Oranges									
milk/water				4gal / 2gal	milk/water				4gal / 2gal	milk/water									
(161)	1	44	43		(161)	1	47	42											
String Mozz cheese				each	Carrots w6					Waffles									
Crackers				each	crackers				each	Banana slices									
Crab legs				each	apple sauce				each	water									
water				5gal	water				5gal										

DAY CARE HOME MENU BOOK

for

Child and Adult Care Food Program
Participants



OFFICE OF CHILD NUTRITION
Jackson, Mississippi



MISSISSIPPI DEPARTMENT OF EDUCATION
P.O. Box 771 | Jackson, MS | 39205-0771
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**DAY CARE HOME MENU BOOK
INSTRUCTIONS**

- 1. Follow the meal pattern established by the Child and Adult Care Food Program.
- 2. Immediately after the meal, record the foods you served.
- 3. If you make a mistake, do not erase it. Mark through the food with one line and indicate the substitute food. See example below:

B R E A K F A S T	Juice Fruit or Vegetable	Sliced Peaches
	Bread or Bread Alternate	Pancakes French Toast
	Milk	Milk
	Other Foods	Eggs

- 4. Always keep this book in the home. Do not remove book from the home.

PROVIDER’S INFORMATION

List all children, under the age of 13, who live in the home.

	<u>Name</u>	<u>Age</u>	<u>Date of Birth</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____

Are provider’s own children home during the meal service? _____
If yes, how many? _____

FDCH Menu Book

62

		MONDAY	TUESDAY
B R E A K F A S T	Juice or Fruit or Vegetable	Sliced Bananas	Sliced Peaches
	Bread or Bread Alternate	Corn Flakes	Pancakes
	Milk	Milk	Milk
	Other Foods		Eggs
L U N C H	Meat or Meat Alternate	Lasagna	Hot Dog
	Vegetable	Whole Kernel Corn	Baked Beans
	Vegetable or Fruit	Fruit Cocktail	Cole Slaw
	Bread or Bread Alternate	Whole Wheat Rolls (WG)	Hot Dog Bun (WG)
	Milk	Milk	Milk
	Other Foods		
S N A C K	Select two of the five components: • Meat/Meat Alternate • Vegetable • Fruit • Grain • Milk • Other	String Cheese Pretzels Water	Sliced Oranges Graham Crackers Water
S U P P E R	Meat or Meat Alternate		
	Vegetable		
	Vegetable or Fruit		
	Bread or Bread Alternate		
	Milk		
	Other Foods		

Week Beginning October 2, 2023

WEDNESDAY	THURSDAY	FRIDAY
Apple Sauce	Orange Juice	Sliced Apples
Cinnamon Toast (WG)	Oatmeal with Raisins	Biscuit
Milk	Milk	Milk
		Sausage
Cubed Steak	Baked Chicken	Red Beans
Collard Greens	Green Beans	Baked Sweet Potato
Pear Halves	Mashed Potatoes	Peach Halves
Corn Bread	Whole Wheat Rolls (WG))	Rice (WG)
Milk	Milk	Milk
Yogurt	Peanut Butter & Jelly (Sandwich)	
Sliced Strawberries	Bread (WG)	Sliced Grapes
Water	Milk	Animal Crackers

Week Ending October 6, 2023

FDCH Menu Book Example M-T

63

		MONDAY	TUESDAY
B R E A K F A S T	Juice or Fruit or Vegetable	orange juice	banana
	Bread or Bread Alternate	toast	freshy flakes
	Milk	milk	whole milk
	Other Foods		
L U N C H	Meat or Meat Alternate	Chicken nuggets	Mam sandwich
	Vegetable	green beans	tomato
	Vegetable or Fruit	peaches	lettuce
	Bread or Bread Alternate	rice	bread
	Milk	milk	Juice
	Other Foods		
S N A C K	Select two of the four components: Meat/Meat Alternate Vegetable/Fruit Bread/Bread Alternate Milk	cookies Juice	Juice Sandwich
S U P P E R	Meat or Meat Alternate		
	Vegetable		
	Vegetable or Fruit		
	Bread or Bread Alternate		
	Milk		
	Other Foods		

Week Beginning March

WEDNESDAY	THURSDAY	FRIDAY
eggs	milk	Bacon
pancakes	Cheese grits	Oatmeal
milk	Discuit	Milk
fish sticks	Chicken	spaghetti
fries	peas	meat balls
sweet peas	carrots	green beans
mac n cheese	corn bread	roll
milk	milk	water
nutri grain Bar water	Crackers Peanut butter	apple Juice cheese

FDCH Menu Book Example W-F

64

WEDNESDAY	THURSDAY	FRIDAY
eggs	milk	bacon
pancakes	Cheese grits	oatmeal
milk	Discut	Milk
fish sticks	chicken	spaghetti
fries	peas	meat balls
sweet peas	carrots	green beans
mac n cheese	corn bread	roll
milk	milk	water
nutri grain Bar water	Crackers Peanut butter	apple Juice cheese

Production Planning Tools

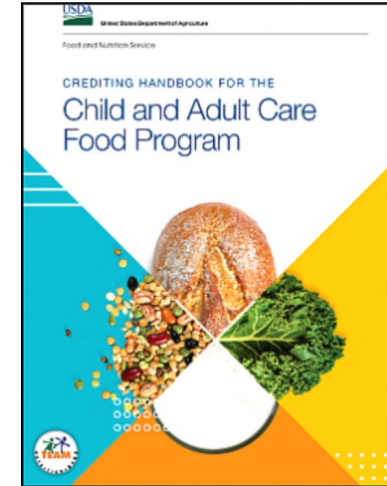
- The following resources can help you plan and prepare healthy meals:

☐ Crediting Foods in CACFP

☐ Child Meal Pattern

☐ Adult Meal Pattern

☐ Food Buying Guide





It starts and ends
with FOOD!



C A C **F** P Activity: Let Them Cook!

67

- Today We Will Prepare the Entree for each Meal Service:
- **Breakfast: Spiced Oatmeal**
- **Lunch: Tuna/Chicken Salad Sandwich**
- **Snack: Yogurt Smoothie Bowl**

What do we need to begin?



How do you ensure the proper measurement while cooking and serving?



Recipes are Required

69



Breakfast Entrée: Spiced Oatmeal

70



Breakfast Entrée: Spiced Oatmeal

71

Entrée: Spiced Oatmeal	
Total of 9 ingredients	
(water not included)	
1% Milk	(1 gal. 2 ½ cups)
Margarine	(2/3 cup)
Agave Nectar	(1 ½ cups)
Vanilla Extract	(2 Tbsp)
Ground Cinnamon	(1 tsp)
Ground Nutmeg	(1 tsp)
Salt	(2 tsp)
Oats, rolled, dry	(3 lbs. 14 oz.)
Total:	

Vendor #1
Kroger
2- gallons
1- 16oz
1- 18.5 oz.
1- 2oz.
1- 1.75 oz.
1- 1.85 oz
1-26 oz.
4- 24oz. bags
\$49.95

Vendor #2
Sam's
2- gallons
1- 5 lbs.
Not at Sam's
1- 8oz
1- 7 oz.
Not at Sam's
1- 36 oz.
3- 56 oz. bags
\$86.34

Lunch Entrée: Tuna/Chicken Salad Sandwich

72



Lunch Entrée: Tuna/Chicken Salad Sandwich

73

Entrée: Tuna Salad Sandwich	
Total of 12 ingredients	
Chunk Tuna in Water	(6 lbs.)
Fresh Onions	(1 lb.)
Fresh Celery	(1 lb. 8 oz.)
Dry Mustard	(1 ½ tsp.)
Eggs	(1 ½ cup)
Low-fat Mayo	(2 lbs)
Parsley	(2 Tbsp)
Garlic Powder	(2 Tbsp)
Onion Powder	(2 Tbsp)
Fresh Romaine Lettuce	(1 lb 2 oz.)
Fresh Tomato	(5 lbs)
Mini Whole Grain Rolls	(100 each)
Total:	

Vendor #1
Kroger
8- 12oz. cans
1-3lb. bag
16.oz. bag
1-2oz.
1-dozen.
1-32 oz. Jar
1-.82 oz.
1-1.75 oz.
1-1.75 oz.
2-1 lb. bags
5 lbs. (15 tomatoes)
9-bags (12 count)
\$185.70

Vendor #2
Sam's
2- 12 pk. (5 oz. cans)
1- 6 lb. bag
1.2.5 lb. bag
Not at Sam's
1-dozen (Hard boiled)
Not at Sam's
1-3.2 oz.
1-21 oz.
1-20 oz.
1- 2lb. bags
2- 3lb. bags
5 pks- 24 count buns
\$114.57

Snack: Strawberry Smoothie Bowl

74



Snack: Strawberry Smoothie Bowl

75

Entrée: Strawberry Smoothie Bowl

Total of 4 ingredients

Low-Fat Greek Yogurt (6 lbs. 4 oz.)

Frozen Strawberries (Diced) (14 lbs.)

Agave Syrup (1 cup)

Vanilla Extract (½ cup)

Total:

Vendor #1

Kroger

4- 32 oz. containers

5- 3 lbs. bag

1- 18.5.5 oz.

2- 2 oz.

\$93.58

Vendor #2

Sam's

3- 40 oz. containers

4- 4 lb. bags

Not at Sam's

1-8 oz.

\$59.74

- How many participants are you serving each day?
- What are your production numbers?
- Did you purchase enough for each meal service to meet meal pattern requirements?
- Did you prepare enough for each meal service to meet meal pattern requirements?
- Did you serve enough for a reimbursable meal?
- Do you have excess or carryover funds because your food production & costs are too low?



Expand & Improve

1. Improve the quality of meals and components being offered.
2. Increase the quantity/amount of food being served.
3. Add more components/additional items to the meals.



Improving the Quality of Meal Service

78



EAT THIS
NOT
THAT!



Improve the Quantity of Meals

79





Meal Pattern Modifications: Medical Statements

The medical statements **must** 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.



Best Practices

- Adopt practices and provide materials to breastfeeding mothers.
- Serve only unflavored milk to all participants.
- Limit serving pre-fried foods and processed meats to not more than one serving per week. (breaded meats, corndogs, etc.)
- Serve a variety of fruits and vegetables (fresh, canned, frozen, dried)
- Incorporate seasonal and locally produced foods into meals. (Farmers Market, Local farmers, etc.)
- Limit serving processed meats to not more than one serving per week. (cold-cuts, hotdogs, canned meat, dehydrated meat, etc.)



Best Practices

- Adopt practices and provide materials to breastfeeding mothers.
- Serve only unflavored milk to all participants.
- Limit serving pre-fried foods and processed meats to not more than one serving per week. (breaded meats, corndogs, etc.)
- Serve a variety of fruits and vegetables (fresh, canned, frozen, dried)
- Incorporate seasonal and locally produced foods into meals. (Farmers Market, Local farmers, etc.)
- Limit serving processed meats to not more than one serving per week. (cold-cuts, hotdogs, canned meat, dehydrated meat, etc.)





Important Things to Remember!

- Serve all meals at the approved mealtimes.
- Serve all components of the meal together.
- Complete Point of Service (POS) meal counts.
- If complete meals are ***not served***, do not claim the meals for reimbursement!
- If participants ***do not*** receive the minimum serving size per meal, ***do not*** claim meals for reimbursement!
- Do ***not purchase*** or ***serve*** non-creditable food items during CACFP mealtimes.
- Complete CACFP paperwork as required at the appropriate time (*daily, weekly, monthly, or as needed*).

No Exceptions

There are no “grace periods” in CACFP. ADC, CCC, FDCHs, and At-Risk Afterschool care facilities claiming CACFP reimbursement **must comply with ALL Program requirements**, including meal pattern requirements, as soon as they start participating in the Program.



Questions

