

PARTICIPANT'S WORKBOOK



# CHILD AND ADULT MEAL PATTERN REQUIREMENTS

A CACFP Meal Pattern Requirements  
Supplemental Training





# Child and Adult Meal Pattern Requirements

A CACFP Meal Pattern  
Requirements Supplemental Training

## Participant's Workbook



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# Institute of Child Nutrition

## The University of Mississippi

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Improve the operation of child nutrition programs through research, education and training, and information dissemination.

### **MISSION**

Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

### **VISION**

Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

# Institute of Child Nutrition

## The University of Mississippi

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## Training-at-a-Glance

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**Time: 360 minutes (6 hours)**



# Introduction

## Background Information

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The *CACFP Meal Pattern Requirements* training was developed based on the updated Child and Adult Care Food Program (CACFP) meal pattern requirements, published on April 25, 2016. This eight-hour training includes an introduction lesson and four core-content lessons: (1) Infant Meal Pattern Requirements, (2) Child and Adult Meal Pattern Requirements, (3) Child and Adult Meal Service, and (4) Optional Best Practices.

To better meet the needs of those in the field, the *CACFP Meal Pattern Requirements* materials now feature the following supplemental trainings:

- Infant Meal Pattern Requirements
- Child and Adult Meal Pattern Requirements
- Optional Best Practices

## Training Overview

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This *Child and Adult Meal Pattern Requirements* training features the updated requirements for serving nutritious meals and snacks to child and adult participants, as outlined in the latest CACFP meal patterns. Through this six-hour training, participants will explore each update to the child and adult meal patterns, as well as tips and strategies for implementation.

## Intended Audience

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This training is designed specifically for individuals operating the CACFP in a child care setting. Intended audiences may include, but are not limited to, the following program types:

- Child Care Centers
- Family Child Care Homes

Affiliates, such as sponsoring organizations and State agencies, may also find this training useful when managing or assisting the aforementioned program types.

## Ground Rules

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To help this training run smoothly and allow all participants to benefit from the course, please refer to the ground rules below.

- Be a team player.
- Be respectful of everyone.
- Share ideas with the class.
- Be on time for all sessions.
- Stand up when your mind goes on vacation.

- Always ask for clarification if you do not understand.
- Turn your mind on and your electronic devices to silent or off.

You can also find these rules on the ICN website (<https://theicn.org/icn-resources-a-z/ground-rules-for-training-mini-posters/>).

## Functional Area and Competencies

The core competencies, knowledge, and skills, represented in Functional Area #5: Nutrition and Meal Management, in the Institute of Child Nutrition's *Competencies, Knowledge, and Skills for Child Care Providers in CACFP Operations*, establishes the foundation for providing nutritious meals to all CACFP participants as well as creating an environment supportive to learning healthy eating behaviors. Therefore, this training focuses on the following competencies:

- Competency 5.1: Assures appropriate implementation of meal planning, food purchasing, and meal management that meets CACFP meal pattern requirements.
- Competency 5.3: Develops procedures to collaborate with CACFP stakeholders to ensure goals for healthy eating and menu planning are met.

Source: Institute of Child Nutrition. (2015). *Competencies, knowledge, and skills for child care providers in CACFP operations*. <https://theicn.org/icn-resources-a-z/competencies-knowledge-and-skills-for-child-care-providers-in-cacfp-operations/>

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## CACFP in the Last 50 Years

Since 1968, the Child and Adult Care Food Program (CACFP) has been one of the most rewarding federally funded programs available. In fact, it serves nutritious meals and snacks to over 4 million children and nearly 120,000 adults each day as part of the care received in facilities operating this program. Not only has it provided nutritious meals, but this program has also contributed to the overall health and wellness of young children and adults. However, the nutritional needs and the eating habits of children and adults are quite different today from those when the program first started.

According to the *Dietary Guidelines for Americans* (DGA), the overall health status of this country has shifted from deficiencies in essential nutrients, such as a lack of vitamins A and C, to chronic diseases, such as hypertension, heart disease, type 2 diabetes, and even some forms of cancer. In addition, there has been a shift in eating habits with diets being low in vegetables, fruits, and dairy. The DGA reports many Americans are eating diets high in added sugars, saturated fats, and sodium. Additionally, about 40% of children are overweight or obese, which is often due to poor eating habits and lack of physical activity.

Because of these shifts, Congress called for the United States Department of Agriculture to review and revise the CACFP meal pattern requirement to better align with the DGA and to address the current health status of children and adults. Following this call to action, USDA published the new nutritional standards featuring the updated meal pattern requirements in April 2016, with implementation by October 1, 2017.

The updated meal pattern requirements enhance the overall nutritional quality of meals and snacks served in CACFP settings. Additionally, these improvements help young children develop healthy eating habits early and safeguard the overall wellness of adult participants.

## 2020–2025 Dietary Guidelines for Americans

### 1 Follow a healthy dietary pattern at every life stage.

At every life stage—infancy, toddlerhood, childhood, adolescence, adulthood, pregnancy, lactation, and older adulthood—it is never too early or too late to eat healthfully.

### 2 Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.

A healthy dietary pattern can benefit all individuals regardless of age, race, or ethnicity, or current health status. The *Dietary Guidelines* provides a framework intended to be customized to individual needs and preferences, as well as the foodways of the diverse cultures in the United States.

### 3 Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.

Nutritional needs should be met primarily from foods and beverages—specifically, nutrient-dense foods and beverages. Nutrient-dense foods provide vitamins, minerals, and other health-promoting components and have no or little added sugars, saturated fat, and sodium. A healthy dietary pattern consists of nutrient-dense forms of foods and beverages across all food groups, in recommended amounts, and within calorie limits.

### 4 Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

At every life stage, meeting food group recommendations—even with nutrient-dense choices—requires most of a person's daily calorie needs and sodium limits. A healthy dietary pattern doesn't have much room for extra added sugars, saturated fat, or sodium—or for alcoholic beverages. A small amount of added sugars, saturated fat, or sodium can be added to nutrient-dense foods and beverages to help meet food group recommendations, but foods and beverages high in these components should be limited.

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## Child Meal Pattern: Breakfast

(Select all three components for a reimbursable meal)

Food Components and Food Items <sup>1</sup>	Ages 1–2	Ages 3–5	Ages 6–12	Ages 13–18 <sup>2</sup> (at-risk afterschool programs and emergency shelters)
Fluid milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both <sup>4</sup>	¼ cup	½ cup	½ cup	½ cup
<b>Grains (oz eq)<sup>5,6,7</sup></b>				
Whole grain-rich or enriched bread	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>8</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>8</sup>				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup

<sup>1</sup> Must serve all three components for a reimbursable meal. Offer Versus Serve is an option for at-risk afterschool participants.

<sup>2</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

<sup>3</sup> Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), flavored fat-free (skim), or flavored low-fat (1%) milk for children six years old and older.

<sup>4</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>5</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

<sup>6</sup> Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

<sup>7</sup> Ounce equivalents (oz eq) are used to determine the quantity of creditable grains.

<sup>8</sup> 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).

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## Child Meal Pattern: Lunch and Supper

(Select all five components for a reimbursable meal)

Food Components and Food Items <sup>1</sup>	Ages 1–2	Ages 3–5	Ages 6–12	Ages 13–18 <sup>2</sup> (at-risk afterschool programs and emergency shelters)
<b>Fluid milk<sup>3</sup></b>	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
<b>Meats/Meat alternates</b>				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened <sup>5</sup>	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meats/meat alternates (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
<b>Vegetables<sup>6</sup></b>	⅓ cup	¼ cup	½ cup	½ cup
<b>Fruits<sup>6,7</sup></b>	⅓ cup	¼ cup	¼ cup	¼ cup
<b>Grains (oz eq)<sup>8,9</sup></b>				
Whole grain-rich or enriched bread	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

- <sup>1</sup> Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.
- <sup>2</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
- <sup>3</sup> Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), flavored fat-free (skim), or flavored low-fat (1%) milk for children six years old and older.
- <sup>4</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.
- <sup>5</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- <sup>6</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- <sup>7</sup> A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
- <sup>8</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.
- <sup>9</sup> Ounce equivalents (oz eq) are used to determine the quantity of the creditable grain.
- <sup>10</sup> 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).

## Child Meal Pattern: Snack

(Select two of the five components for a reimbursable snack)

Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> (at-risk afterschool programs and emergency shelters)
<b>Fluid Milk<sup>3</sup></b>	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces
<b>Meats/meat alternates</b>				
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Tofu, soy product, or alternate protein products <sup>4</sup>	½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Large egg	½	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Yogurt, plain or flavored unsweetened or sweetened <sup>5</sup>	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce	1 ounce
<b>Vegetables<sup>6</sup></b>	½ cup	½ cup	¾ cup	¾ cup
<b>Fruits<sup>6</sup></b>	½ cup	½ cup	¾ cup	¾ cup
<b>Grains (oz eq)<sup>7,8</sup></b>				
Whole grain-rich or enriched bread	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>9</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>9</sup>				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup

- <sup>1</sup> Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.
- <sup>2</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
- <sup>3</sup> Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), flavored fat-free (skim), or flavored low-fat (1%) milk for children six years old and older.
- <sup>4</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.
- <sup>5</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- <sup>6</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- <sup>7</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.
- <sup>8</sup> Ounce equivalents (oz eq) are used to determine the quantity of creditable grains.
- <sup>9</sup> 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).

## Adult Meal Pattern: Breakfast

(Select all three components for a reimbursable meal)

Food Components and Food Items <sup>1</sup>	Minimum Quantities
Fluid Milk <sup>2</sup>	8 fluid ounces
Vegetables, fruits, or portions of both <sup>3</sup>	½ cup
Grains (oz eq) <sup>4,5,6</sup>	
Whole grain-rich or enriched bread	2 oz eq
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	2 oz eq
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>7</sup> , cereal grain, and/or pasta	1 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>7</sup>	
Flakes or rounds	2 cups
Puffed cereal	2 ½ cups
Granola	½ cup

<sup>1</sup> Must serve all three components for a reimbursable meal. Offer versus serve is an option for adult participants.

<sup>2</sup> Must be unflavored low-fat (1 percent), unflavored fat-free (skim), flavored fat-free (skim), or flavored low-fat (1%) milk. Six ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

<sup>3</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>4</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

<sup>5</sup> Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

<sup>6</sup> Ounce equivalents (oz eq) are used to determine the quantity of creditable grains.

<sup>7</sup> 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).

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## Adult Meal Pattern: Lunch and Supper

(Select all five components for a reimbursable meal)

Food Components and Food Items <sup>1</sup>	Minimum Quantities
Fluid Milk <sup>2,3</sup>	8 fluid ounces
<b>Meats/meat alternates</b>	
Lean meat, poultry, or fish	2 ounces
Tofu, soy product, or alternate protein product <sup>4</sup>	2 ounces
Cheese	2 ounces
Large egg	1
Cooked dry beans or peas	½ cup
Peanut butter or soy nut butter or another nut or seed butter	4 tbsp
Yogurt, plain or flavored, sweetened or unsweetened <sup>5</sup>	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement:  Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meats/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	1 ounce = 50%
<b>Vegetables<sup>6</sup></b>	½ cup
<b>Fruits<sup>6,7</sup></b>	½ cup
<b>Grains (oz eq)<sup>8,9</sup></b>	
Whole grain-rich or enriched bread	2 oz eq
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	2 oz eq
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	1 cup

<sup>1</sup> Must serve all five components for a reimbursable meal. Offer versus serve is an option for adult participants.

<sup>2</sup> Must be unflavored low-fat (1 percent), unflavored fat-free (skim), flavored fat-free (skim), or flavored low-fat (1%) milk. Six ounces (weight) or  $\frac{3}{4}$  cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

<sup>3</sup> A serving of fluid milk is optional for suppers served to adult participants.

<sup>4</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.

<sup>5</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>6</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>7</sup> A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

<sup>8</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

<sup>9</sup> Ounce equivalents (oz eq) are used to determine the quantity of the creditable grain.

<sup>10</sup> 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).

## Adult Meal Pattern: Snack

(Select two of the five components for a reimbursable meal)

Food Components and Food Items <sup>1</sup>	Minimum Quantities
<b>Fluid Milk<sup>2</sup></b>	8 fluid ounces
<b>Meats/meat alternates</b>	
Lean meat, poultry, or fish	1 ounce
Tofu, soy product, or alternate protein product <sup>3</sup>	1 ounce
Cheese	1 ounce
Large egg	½
Cooked dry beans or peas	¼ cup
Peanut butter or soy nut butter or another nut or seed butter	2 tbsp
Yogurt, plain or flavored, sweetened or unsweetened <sup>4</sup>	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	1 ounce
<b>Vegetables<sup>5</sup></b>	½ cup
<b>Fruits<sup>5</sup></b>	½ cup
<b>Grains (oz eq)<sup>6,7</sup></b>	
Whole grain-rich or enriched bread	1 oz eq
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	1 oz eq
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>8</sup> , cereal grain, and/or pasta	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>8</sup>	
Flakes or rounds	1 cup
Puffed cereal	1 ¼ cup
Granola	¼ cup

- <sup>1</sup> Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.
- <sup>2</sup> Must be unflavored low-fat (1 percent), unflavored fat-free (skim), flavored fat-free (skim), or flavored low-fat (1%) milk. Six ounces (weight) or  $\frac{3}{4}$  cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.
- <sup>3</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.
- <sup>4</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- <sup>5</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- <sup>6</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.
- <sup>7</sup> Ounce equivalents (oz eq) are used to determine the quantity of creditable grains.
- <sup>8</sup> 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).

## Previous vs. Updated Child and Adult Meal Pattern Requirements

Component <sup>1</sup>	Age 1–2		Age 3–5		Age 6–12 & 13–18		Adult	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
<b>Breakfast</b>								
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup
Vegetable, fruit, or both	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
Grain <sup>2</sup>	½ serving	½ oz eq <sup>3</sup>	½ serving	½ oz eq <sup>3</sup>	1 serving	1 oz eq <sup>3</sup>	2 servings	2 oz eq <sup>3</sup>
<b>Lunch and Supper</b>								
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup <sup>5</sup>
Meat & meat alternate	1 oz	1 oz	1 ½ oz	1 ½ oz	2 oz	2 oz	2 oz	2 oz
Vegetable	¼ cup	⅛ cup	½ cup	¼ cup	¾ cup	½ cup	1 cup	½ cup
Fruit		⅛ cup		¼ cup		¼ cup		½ cup
Grain	½ serving	½ oz eq <sup>3</sup>	½ serving	½ oz eq <sup>3</sup>	1 serving	1 oz eq <sup>3</sup>	2 servings	2 oz eq <sup>3</sup>
<b>Snack</b>								
Milk	½ cup	½ cup	½ cup	½ cup	1 cup	1 cup	1 cup	1 cup
Meat & meat alternate	½ oz	½ oz	½ oz	½ oz	1 oz	1 oz	1 oz	1 oz
Vegetable	½ cup	½ cup	½ cup	½ cup	¾ cup	¾ cup	½ cup	½ cup
Fruit		½ cup		½ cup		¾ cup		½ cup
Grain	½ serving	½ oz eq <sup>3</sup>	½ serving	½ oz eq <sup>3</sup>	1 serving	1 oz eq <sup>3</sup>	1 serving	1 oz eq <sup>3</sup>

<sup>1</sup>All serving sizes are minimum quantities of the food components that are required to be served

<sup>2</sup> Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week

<sup>3</sup> Oz eq = ounce equivalents

<sup>4</sup> Select 2 of the 5 components for snack

<sup>5</sup>A serving of milk is not required at supper meals for adults

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## Milk Component Updates

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# Notes Page

Objective 1: Participants will be able to classify the milk component requirements for each age group.

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Objective 2: Participants will be able to identify the key requirements for meeting the milk substitutions requirements.

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Objective 3: Participants will be able to recall the requirement for serving water in CACFP settings.

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## Fluid Milk Basics

Ages and Milk Requirements*	Updated Requirements
<b>Age 1 year</b>	
<ul style="list-style-type: none"> <li>Unflavored whole milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk served to 1-year-old children must be unflavored whole milk.</li> <li>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.</li> </ul>
<b>Ages 2–5 years</b>	
<ul style="list-style-type: none"> <li>Unflavored low-fat (1%)</li> <li>Unflavored fat-free (skim)</li> </ul>	<ul style="list-style-type: none"> <li>When a child turns 2 years old, there is a one-month transition period to switch from whole milk to low-fat or fat-free milk. During this period, operators may serve whole milk or reduced-fat milk (2%) to children 24 months to 25 months old as part of a reimbursable meal.</li> <li>Flavored milk, including flavored nondairy beverages, cannot be served to children, ages 1 through 5 years old.</li> </ul>
<b>Ages 6 years and older, and adults</b>	
<ul style="list-style-type: none"> <li>Unflavored low-fat (1%)</li> <li>Unflavored fat-free (skim)</li> <li>Flavored fat-free (skim)</li> <li>Flavored low-fat (1%)</li> </ul>	<ul style="list-style-type: none"> <li>Flavored milk may be commercially prepared or prepared using flavored syrup <i>or</i> flavored milk powders (includes flavored straws) and low-fat or fat-free milk.</li> </ul>
<b>Adults (Only)</b>	
<ul style="list-style-type: none"> <li>Yogurt may be served in place of fluid milk for adults once per day.</li> <li>A serving of milk is optional at supper.</li> </ul>	
<b>Nondairy Milk Substitute</b>	
<ul style="list-style-type: none"> <li>Nondairy milk substitutes that are nutritionally equivalent to cow's milk, may be served to children or adults with special dietary needs.</li> <li>Nondairy beverages must meet the nutritional standards found in cow's milk as outlined in 7 CFR 226.20(g)(3).</li> <li>Parents, guardians, adult participants, or a person on behalf of the adult participant, may request in writing that a nondairy milk substitute that meets the nutrition standards be served in place of milk.</li> <li>A medical statement signed by a State recognized medical authority is only required for nondairy substitutions due to a disability that do not meet the nutritional standards of cow's milk as described in 7 CFR 226.20(g)(3).</li> <li>State agencies administering the CACFP have the option to identify nondairy beverages that meet these requirements. Contact your State agency to see if they maintain a list of creditable nondairy beverages.</li> </ul>	
<p>* Breast milk may be served as part of a reimbursable meal to children past the age of one.</p>	

## Milk Component Requirements

### Part 1: Milk Types and Ages

**Instructions:** In the space provided, list the required milk for each age. Remember, there can be more than one option for each age group.

Age	Required Milk Type
Age 2	
Age 12	
Age 1	
Age 68	
Age 5	
Age 16	
Age 3	

### Part 2: Requirements for Milk

**Instructions:** Read the following statements. Determine if each statement is true or false.

Statement	True or False
1. Six year olds and older may have reduced-fat milk (2%) with flavored syrup.	
2. Milk served to 1 year olds must be unflavored whole milk or fat-free milk.	
3. Flavored milk, including flavored nondairy beverages, cannot be served to children 1 through 3 years old only.	
4. Yogurt may be served in place of fluid milk for children 13 years old and older, and adults once per day.	
5. Breast milk may be served to children of any age as part of a reimbursable meal or snack.	

## Sample Medical Statement\*

1. Institution Name		2. Institution Address	
3. Name of Participant		4. Age or Date of Birth	
5. Name of Parent or Guardian		6. Telephone Number	
<p>7. Check if participant has a disability or medical condition that limits one or more major life activities (includes eating, breathing, digestive and respiratory functions, etc.)</p> <p><input type="checkbox"/> Participant has a disability or a medical condition and <i>requires</i> a special meal or accommodation. Institutions participating in Federal nutrition programs must comply with requests for special meals and any adaptive equipment. <b>A State recognized medical authority must sign this form. A State recognized medical authority is a State licensed health care professional who is authorized to write medical prescriptions under State law.</b></p>			
8. Disability or medical condition requiring special meals or accommodations:			
9. Special meals and/or accommodation: <i>(Describe in detail, including foods to omit and foods to substitute, to ensure proper implementation. Use attachments as needed)</i>			
14. Signature of Medical Authority	15. Printed Name	16. Telephone Number	17. Date

\*This handout is a sample medical statement. CACFP operators should refer to their State agency or sponsoring organization for the appropriate medical statement form.

Adapted Source: Montana Department of Human and Community Services Division. (n.d.). *Medical statement – DPHHS*. <https://dphhs.mt.gov>

## Revisiting Medical Statements

**Instructions:** In the space provided, answer each question on using medical statements in CACFP facilities.

1. What is a medical statement?

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2. When do you need it?

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3. What are the three things to look for?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

4. Where can you locate additional information?

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## Apply in Three

**Instructions:** Write at least three things you learned about the milk component, how you will apply this information, and the estimated date in which you would like to have completed each action item.

What did you learn?	How will you apply it?	When will you apply it?
1		
2		
3		

## Meats and Meat Alternates Component Updates

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# Notes Page

**OBJECTIVE 1:** Participants will be able to select meats or meat alternates to serve in place of the grains component for breakfast.

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**OBJECTIVE 2:** Participants will be able to recall the three requirements for using tofu and soy yogurt in the CACFP.

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**OBJECTIVE 3:** Participants will be able to select yogurt products that meet the CACFP sugar limit requirements.

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## Meats and Meat Alternates Basics

Meats	Meat Alternates
<ul style="list-style-type: none"> <li>• Meat options include lean meat, poultry, or fish.</li> <li>• The creditable quantity of meats/meat alternates must be the edible portion.</li> </ul>	<ul style="list-style-type: none"> <li>• Meat alternates, such as cheese, eggs, yogurt, and nut butters may be used to meet all or a portion of the meats/meat alternates component.</li> </ul>
<b>Tofu and Soy Products</b>	
<ul style="list-style-type: none"> <li>• Commercial tofu may be used to meet all or part of the meats/meat alternates component in accordance with FNS guidance.</li> <li>• Non-commercial and non-standardized tofu and soy products are not creditable.</li> <li>• Commercial tofu must be easily recognized as a meat alternate. For example, tofu sausage would credit as a meat alternate because it is easily recognized as a meat. However, tofu noodles would not credit as a meat alternate because it looks like a grain instead of a meat.</li> <li>• Commercial tofu must contain 5 grams of protein per 2.2 ounces (¼ cup) to equal 1 ounce of the meat/meat alternate.</li> <li>• For processed tofu products such as links and sausages, the tofu ingredient must contain the required 5 grams of protein per 2.2 ounces (¼ cup) to equal 1 ounce of the meat/meat alternate, which is not shown on a nutrition facts label. Therefore, the most appropriate way to ensure that the product meets the requirements outlined in this memorandum is to request that the product be manufactured under the Child Nutrition Labeling Program, Product Formulation Statements (PFS).</li> <li>• To find additional information on meeting the tofu requirements refer to the policy memo, SP 53-2016, CACFP 21-2016, Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the Child and Adult Care Food Program.</li> </ul>	
Yogurt	Beans and Peas (Legumes)
<ul style="list-style-type: none"> <li>• Yogurt may be plain or flavored, unsweetened or sweetened.</li> <li>• Yogurt must contain no more than 23 grams of total sugars per 6 ounces.</li> <li>• Non-commercial or non-standardized yogurt products are not creditable food items. Some common examples include frozen yogurt, drinkable yogurt products, homemade yogurt, yogurt bars, and yogurt-covered fruits or nuts.</li> <li>• For adults, yogurt may be used as a meat alternate only when it is not being used to meet the milk component in the same meal.</li> </ul>	<ul style="list-style-type: none"> <li>• Cooked dry beans and peas may be used to meet all or part of the meats/meat alternates component. Beans and peas include black beans, garbanzo beans, lentils, kidney beans, mature lima beans, navy beans, pinto beans, and split peas.</li> <li>• Beans and peas may be credited as either a meat alternate or as a vegetable, but not as both in the same meal.</li> </ul>
<b>Nuts, Seeds, and Nut Butters</b>	
<ul style="list-style-type: none"> <li>• For lunch and supper, nuts and seeds may be used to meet half (½) of the meats/meat alternates component. They must be combined with other meats/meat alternates to meet the full requirement for a reimbursable meal.</li> <li>• Nut and seed butter may be used to meet the entire meats/meat alternates requirement.</li> <li>• Nut and seed meal or flour may be used only if they meet the requirements for alternate protein products.</li> <li>• Acorns, chestnuts, and coconuts are non-creditable meat alternates because of their low protein and iron content.</li> </ul>	

## Serving Meats and Meat Alternates at Breakfast

Breakfasts in the Child and Adult Care Food Program (CACFP) include milk, vegetables and/or fruits, and grains. You can also serve meats and/or meat alternates instead of grains at breakfast up to 3 times per week. This option gives you more choices for menu planning.

Here's how to include meats or meat alternates as part of a reimbursable breakfast meal:

- Substitute **1-ounce equivalent** of meat/meat alternate for 1-ounce equivalent of grains.

**Ounce equivalents** are a way to measure amounts of food. In the CACFP, 1-ounce equivalent of a meat or meat alternate is equal to 2 tablespoons of peanut butter,  $\frac{1}{2}$  of a large egg, or 1 ounce of lean meat, poultry, or fish. If you want to serve meats/meat alternates more than 3 days a week, you must offer them as additional foods, which do not count toward the reimbursable meal.

### A Closer Look at Menu Planning

If you plan to offer a meat or meat alternate at breakfast in place of grains, it must replace the entire required amount of grains. The table below shows the minimum amount of a meat or meat alternate you would need to serve in place of grains at breakfast.

	Ages 1–2 years & 3–5 years	Ages 6–12 years & 13–18 years	Adults
<b>Minimum amount of meats/meat alternates required when served instead of grains at breakfast</b>	$\frac{1}{2}$ ounce equivalent	1 ounce equivalent	2 ounce equivalents
	is equal to:	is equal to:	is equal to:
Beans or peas (cooked)	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Natural or processed cheese	$\frac{1}{2}$ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	$\frac{1}{8}$ cup (1 ounce)	$\frac{1}{4}$ cup (2 ounces)	$\frac{1}{2}$ cup (4 ounces)
Eggs	$\frac{1}{4}$ large egg	$\frac{1}{2}$ large egg	1 large egg
Lean meat, poultry, or fish	$\frac{1}{2}$ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	$\frac{1}{8}$ cup (1.1 ounces) with at least 2.5 grams of protein	$\frac{1}{4}$ cup (2.2 ounces) with at least 5 grams of protein	$\frac{1}{2}$ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	$\frac{1}{4}$ cup (2 ounces)	$\frac{1}{2}$ cup (4 ounces)	1 cup (8 ounces)

### Mix It Up at Breakfast



You can serve a meat or meat alternate as a standalone item, such as eggs, yogurt, cottage cheese, turkey sausage, and ham. As a best practice, choose foods that are lower in saturated fat and sodium. Meats and meat alternates can be served together, such as eggs (a meat alternate) and ham (a meat). Meats and meat alternates can also be served in a dish mixed with other foods, such as apple slices spread with peanut butter, yogurt topped with fruit, or a tofu scramble with vegetables.



Bacon, imitation bacon products, scrapple, and salt pork are not creditable in the CACFP.



Turkey bacon, Canadian bacon, and some types of sausage are creditable only if the product has a Child Nutrition label, or if you have a Product Formulation Statement (PFS) signed by the manufacturer. Please see the *Crediting Handbook for the CACFP* (<https://www.fns.usda.gov/tn>) and the *Food Buying Guide for Child Nutrition Programs* (<https://foodbuyingguide.fns.usda.gov/>) for more information on crediting foods in the CACFP.

**For Adult Day Care Only:** You can serve 6 ounces of yogurt in place of 8 ounces of milk once per day when yogurt is not served as a meat alternate in the same meal. If you serve yogurt to adults as a meat alternate at breakfast, you must also serve fluid milk.



### Try It Out!

#### Test

1. Your adult day care center is open 4 days a week. How many times per week may you serve meat and meat alternates in place of grains at breakfast? \_\_\_\_\_
2. Your child care home is open 7 days per week. How many times per week may you serve meats and meat alternates in place of grains at breakfast? \_\_\_\_\_
3. You want to serve yogurt at breakfast to your 3-5 year olds once per week. If you are serving the yogurt in place of a grain, what's the minimum amount you must serve to this age group to meet the meal pattern requirement? \_\_\_\_\_

## Breakfast Ideas with Meats and Meat Alternates

Instructions: Identify six breakfast options using meats and meat alternates.

Meats/Meat Alternates		Entrée Ideas	
Ham Bacon Chicken Turkey Sausage Roast Salmon Tuna Eggs Tofu		Burritos Frittatas Sandwiches Quiche Stir fry Casseroles Salads Muffins	
Method Ideas			
1.	2.	3.	
4.	5.	6.	

## Sample CN Label

### Sample CN Label



The Child Nutrition (CN) Label product will always contain the following information:

- The CN Label, which has a distinctive border
- The meal pattern contribution statement
- A unique 6-digit product identification number (assigned by FNS) appearing in the upper right-hand corner of the CN logo
- The USDA/FNS authorization statement
- The month and year of final FNS approval appearing at the end of the authorization statement
- Remaining required label features:
  - Product name
  - Inspection legend
  - Ingredients
  - USDA statement
  - Signature/address line
  - Net weight

# Tofu and Soy Yogurt Requirement

Instructions: List the key requirements for serving tofu and soy yogurt based on C.E.F.

## Commercially prepared

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Easily recognized as meat substitute

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Five grams of protein

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Recipes to Try

1. Name: \_\_\_\_\_
2. Name: \_\_\_\_\_

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## CACFP Tofu Recipe Guide

### Baked Barbecue Tofu

Crediting Information	Ingredients
Number of servings: 6 CACFP Meal Pattern: Each 1/4 cup or 2.2-ounce serving is equivalent to 1 ounce M/MA.	<ul style="list-style-type: none"> <li>• 14-ounce package extra firm tofu</li> <li>• 1/2 cup barbecue sauce</li> </ul>

#### Directions

- **Step 1:** Press tofu for 30 minutes. Cut into 1/2-inch thick slices, and then quarter each slice.
- **Step 2:** Pour barbecue sauce into an 8-inch square baking dish. Place tofu in dish and gently toss to coat. Let tofu marinate in sauce for 1 hour (or more), turning occasionally.
- **Step 3:** Preheat oven to 400 degrees. Spray a rimmed baking sheet with oil or cooking spray. Place tofu on baking sheet (do not discard barbecue sauce) and bake for 20 minutes. After 20 minutes, turn tofu over and brush with additional barbecue sauce. Bake 20 minutes more or until tofu is browned on edges. Toss tofu in remaining barbecue sauce and serve.

### Crispy Tofu Dippers

Crediting Information	Ingredients	
Number of servings: 6 CACFP Meal Pattern: Each serving is equivalent to 1 ounce M/MA.	<ul style="list-style-type: none"> <li>• 14-ounce package extra firm tofu, pressed and drained, cut into bite-sized pieces</li> <li>• 2 tablespoons cornstarch</li> </ul>	<ul style="list-style-type: none"> <li>• 1/4 cup grated Parmesan cheese</li> <li>• Olive oil</li> <li>• Dipping sauce: Marinara, Ketchup, or Barbeque</li> <li>• 1/4 cup cornmeal</li> </ul>

#### Directions

- **Step 1:** Whisk together cornstarch, cornmeal, and Parmesan cheese.
- **Step 2:** Place tofu pieces in the mixture and toss to coat well.
- **Step 3:** Heat 1–2 tablespoons of olive oil in a skillet over medium-high heat. Toss coated tofu pieces in the hot pan. Cook on all sides until crispy and brown. Serve with desired sauce.

### Mustard-Crusted Tofu

Crediting Information	Ingredients
Number of servings: 6 CACFP Meal Pattern: Each 2.2-ounce tofu slice or ¼ cup is equivalent to 1 ounce M/MA.	<ul style="list-style-type: none"> <li>• 14-ounce package firm tofu</li> <li>• 1/2 cup whole grain Dijon mustard</li> <li>• 2 tablespoons vegetable oil, divided</li> </ul>

#### Directions

- **Step 1:** Cut tofu into 6 slices. Arrange on paper towels; drain 10 minutes. Spread both sides of each slice with mustard.
- **Step 2:** Heat 2 tablespoons of oil in another large nonstick skillet over medium heat. Add tofu; cover and cook until heated through and crisp, about 2 minutes per side.

## Pesto Penne with Baked Tofu Bites

Crediting Information	Ingredients	
Number of servings: 8	• 1/2 lb. Penne Pasta, dry	• 16-ounce package (2 cups) Extra Firm
CACFP Meal Pattern: Each serving is	• 1/4 cup Prepared Pesto	Tofu
equivalent to 1 ounce M/MA and	• 2 Roma Tomatoes, seeded and	• Grated parmesan cheese (optional)
provides 1/2 cup pasta (Grain).	chopped	

### Directions

- **Step 1:** Preheat oven to 400 °F. Place drained and pressed tofu on a baking sheet. Spray with cooking spray. Place in the oven for 20 minutes, turning pieces halfway through.
- **Step 2:** While the tofu is cooking, boil and drain pasta according to package directions.
- **Step 3:** Place your cooked noodles in a pan with the pesto and tomatoes.
- **Step 4:** After 20 minutes check tofu. If it looks brown and slightly crispy it is ready. It can be cooked up to 40 minutes, if needed.
- **Step 5:** Mix tofu and pasta and place the pan on a burner over medium-high heat. Cook until everything is coated and heated through. Sprinkle with parmesan cheese, if desired.

## Crispy Salt and Pepper Tofu

Crediting Information	Ingredients	
Number of servings: 6	• 14-ounce package extra firm tofu	• 1/4 teaspoon freshly-ground black
CACFP Meal Pattern: Each 2.2	• 1/4 cup vegetable or canola oil	pepper (or to taste)
ounces tofu slice or 1/4 cup is	• 1/4 cup cornstarch	• Additional salt and pepper to taste
equivalent to 1-ounce M/MA.	• 1/2 teaspoon kosher salt	

### Directions

- **Step 1:** Press tofu to remove excess moisture. To do so, line a plate with several paper towels. Place tofu on paper towels and top with two or three more paper towels. Place three or four more plates on top of the tofu. Drain for 20–30 minutes.
- **Step 2:** Remove tofu from paper towels and cut into bite-sized pieces.
- **Step 3:** Add the vegetable or canola oil to a large skillet over medium-high heat.
- **Step 4:** Add the cornstarch, 1/2 teaspoon salt, and 1/4 teaspoon pepper to a large plate or shallow baking dish. Mix.
- **Step 5:** Working in batches, dredge the tofu in the corn starch mixture, turning to coat evenly. Carefully add tofu to hot oil in skillet. Cook over medium-high for about 10 minutes, turning occasionally to brown all sides. Remove tofu from pan and place on several paper towels, blotting to remove excess oil. Can be eaten alone or added to another dish.

## Barbecue Pizza with Tofu

Crediting Information	Ingredients	
Number of servings: 8	• 1 large (16 ounces) store-bought or homemade pizza crust	• 8 ounces (3 cups) mozzarella cheese, shredded
CACFP Meal Pattern: Each slice is equivalent to 1-ounce M/MA and provides 2 servings Grain.	• 1 cup barbecue sauce	• Kosher salt
	• 2 cups baked tofu	• Handful of fresh cilantro, coarsely chopped (optional)
	• 1/2 small red onion, thinly sliced	

### Directions

- **Step 1:** Preheat oven to 400 °F. Roll/pull/flatten the pizza crust dough to about 14 inches in diameter. Brush a cookie sheet with a little olive oil and carefully lay the pizza crust(s) on the cookie sheet.
- **Step 2:** Spread 1/2 cup of the barbecue sauce onto the dough, leaving about a 1/2 inch border around the edges.
- **Step 3:** Add tofu to a small bowl and add remaining barbecue sauce. Carefully toss and evenly place pieces over pizza crust. Lay sliced red onions and shredded cheese over the top.
- **Step 4:** Bake for about 10 minutes, until the crust is golden brown and the cheese is completely melted. Remove from the oven and sprinkle a pinch of kosher salt and the fresh cilantro over the top.

## Tofu Scramble

Crediting Information	Ingredients	
Number of servings: 6	• 1/2 cup red onion, finely chopped	• 2 teaspoons extra virgin olive oil (divided)
CACFP Meal Pattern: Each serving is equivalent to 1-ounce M/MA. Serve with ½ of 6" tortilla for 1–5 year olds or 1 full 6" tortilla for 6–12 year olds to meet Grain requirements.	• 1/4 cup red bell pepper, finely chopped	• 2 tablespoons nutritional yeast flakes (optional)
	• 1 clove garlic, minced	• 2 tablespoons chicken style seasoning
	• 14-ounce package extra firm tofu	• 1/8 teaspoon turmeric
	• Salt to taste	

### Directions

- **Step 1:** Place your chopped onion, bell pepper, and garlic in a skillet/frying pan with 1 teaspoon of olive oil and sauté on the stove on medium-high heat. Remove from heat when the onions are beginning to change color. Set aside.
- **Step 2:** In a bowl, cube or crumble the tofu and mix in your seasonings. Pour 1 teaspoon of olive oil into a frying pan/skillet and heat over medium-to-medium high heat. Pour the tofu on top of the olive oil and stir. Continue stirring every minute or so until the tofu begins to become firm around the edges.
- **Step 3:** Gently fold the onion/pepper mixture into the tofu. Serve hot, and enjoy! Can also be served in whole wheat tortillas and with or without salsa.

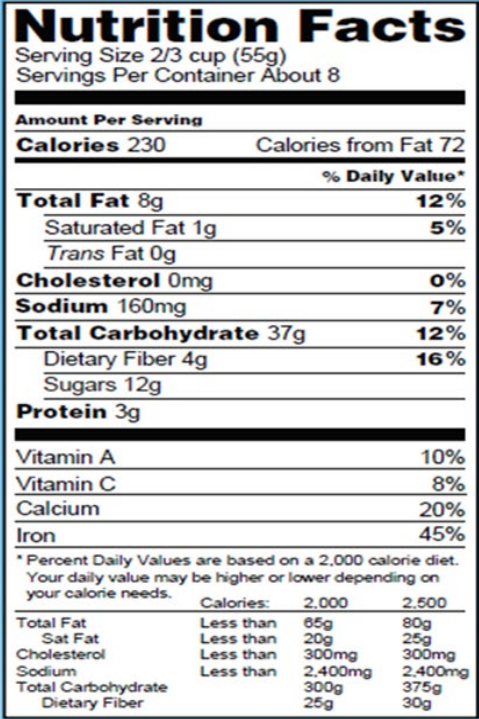
Adapted Source: Wisconsin Department of Public Instruction Community and School Nutrition Teams Food and Nutrition Services. (n.d.). *CACFP Tofu Recipe Guide*. [https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/tofu\\_recipe\\_guide.pdf](https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/tofu_recipe_guide.pdf)

## Nutrition Facts Label

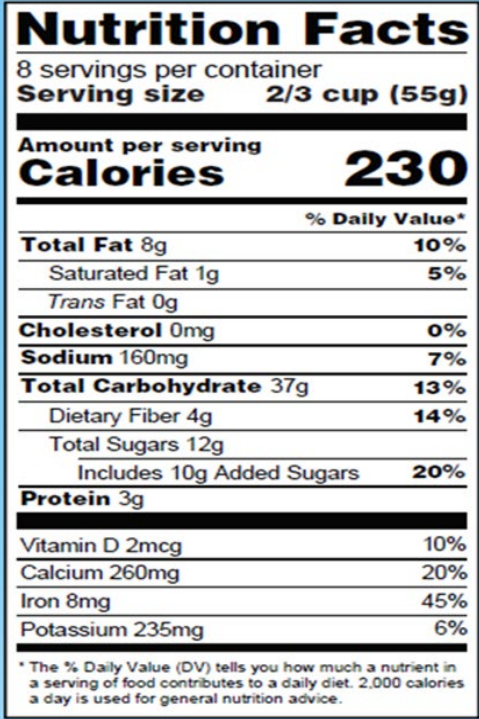
According to the Food and Drug Administration (FDA), the original Nutrition Facts label is over 20 years old. As a result, the FDA updated the label to make certain consumers have access to more recent and accurate nutrition information about the foods they are eating. Also, the FDA expects the new label to make it easier for consumers to make better-informed choices when shopping. Manufacturers will eventually be required to update their packages to reflect the new label, and some are already using the new label. Therefore, consumers may see the new label on food packages.

SIDE-BY-SIDE COMPARISON

Original Label



New Label



**Note:** The images above are meant for illustrative purposes to show how the new Nutrition Facts label might look compared to the old label. Both labels represent fictional products. When the original hypothetical label was developed in 2014 (the image on the left-hand side), added sugars was not yet proposed so the “original” label shows 1g of sugar as an example. The image created for the “new” label (shown on the right-hand side) lists 12g total sugar and 10g added sugar to give an example of how added sugars would be broken out with a % Daily Value.

Source: U.S. Food and Drug Administration (2016, August 3). *Changes to the nutrition facts label.*

<https://www.fda.gov/food/food-labeling-nutrition/changes-nutrition-facts-label#images>

## Yogurt and Sugar Guide

Yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces. There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.

### Table Method

#### Example #1: Serving Size in Ounces

- Step 1:** Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), on the yogurt.  
Write it here: 6 ounces
- Step 2:** Find the Sugars line. Look at the number of grams (g) next to Sugars. Write it here: 19 grams
- Step 3:** Find the serving size in the Sugar Limits Table, from Step 1.
- Step 4:** In the table, look at the number to the right of the serving size amount, under the "Sugar Limit" column. If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

Nutrition Facts	
Serving Size 6 oz (170g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b>	150
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Sugars</b> 19g	
<b>Protein</b> 0g	<b>0%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

**Is it creditable?** Yes, this yogurt meets the sugar limit requirement because

19 grams of sugar is under the sugar limit of 23 grams for a Serving Size of 6 oz.

### Sugar Limits Table

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugar Limit	Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugar Limit
If the serving size is:		No more than:	If the serving size is:		No more than:
1 oz	28 g	4 g	4.75 oz	135 g	18 g
1.25 oz	35 g	5 g	5 oz	142 g	19 g
1.5 oz	43 g	6 g	5.25 oz	149 g	20 g
1.75 oz	50 g	7 g	5.3 oz	150 g	20 g
2 oz	57 g	8 g	5.5 oz	156 g	21 g
2.25 oz	64 g	9 g	5.75 oz	163 g	22 g
2.5 oz	71 g	10 g	<b>6 oz</b>	170 g	<b>23 g</b>
2.75 oz	78 g	11 g	6.25 oz	177 g	24 g
3 oz	85 g	11 g	6.5 oz	184 g	25 g
3.25 oz	92 g	12 g	6.75 oz	191 g	26 g
3.5 oz	99 g	13 g	7 oz	198 g	27 g
3.75 oz	106 g	14 g	7.25 oz	206 g	28 g
4 oz	113 g	15 g	7.5 oz	213 g	29 g
4.25 oz	120 g	16 g	7.75 oz	220 g	30 g
4.5 oz	128 g	17 g	8 oz	227 g	31 g

**Example #2: Serving Size in Grams**

- **Step 1:** Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), on the yogurt. If the serving size says “one container,” check the front of the package to see how many ounces or grams are in the container.

Write it here: 85 grams

- **Step 2:** Find the Sugars line. Look at the number of grams (g) next to Sugars.

Write it here: 19 grams

- **Step 3:** Find the serving size, identified in Step 1, in the table below.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the “Sugar Limit” column. If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

Nutrition Facts	
Serving Size 1/2 cup (85g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 100	
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Sugars</b> 19g	
<b>Protein</b> 0g	<b>0%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

**Is it creditable?** No, this yogurt does not meet the sugar limit requirement because 19 grams of sugar exceeds the sugar limit of 11 grams for a Serving Size of 85 grams.

**Sugar Limits Table**

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugar Limit	Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugar Limit
If the serving size is:		No more than:	If the serving size is:		No more than:
1 oz	28 g	4 g	4.75 oz	135 g	18 g
1.25 oz	35 g	5 g	5 oz	142 g	19 g
1.5 oz	43 g	6 g	5.25 oz	149 g	20 g
1.75 oz	50 g	7 g	5.3 oz	150 g	20 g
2 oz	57 g	8 g	5.5 oz	156 g	21 g
2.25 oz	64 g	9 g	5.75 oz	163 g	22 g
2.5 oz	71 g	10 g	6 oz	170 g	23 g
2.75 oz	78 g	11 g	6.25 oz	177 g	24 g
3 oz	85 g	11 g	6.5 oz	184 g	25 g
3.25 oz	92 g	12 g	6.75 oz	191 g	26 g
3.5 oz	99 g	13 g	7 oz	198 g	27 g
3.75 oz	106 g	14 g	7.25 oz	206 g	28 g
4 oz	113 g	15 g	7.5 oz	213 g	29 g
4.25 oz	120 g	16 g	7.75 oz	220 g	30 g
4.5 oz	128 g	17 g	8 oz	227 g	31 g

## Yogurt, Is It Creditable?

**Instructions:** Review each label and then, use the Sugar Limits Table to determine if the yogurt is creditable.

### Greek Yogurt with Banana

- **Step 1:** Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), on the yogurt.  
Write it here: \_\_\_\_\_
- **Step 2:** Find the amount for Sugars.  
Write it here: \_\_\_\_\_
- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your yogurt in the Sugar Limits Table.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the "Sugar Limit" column.

Is it creditable? \_\_\_\_\_

#### Nutrition Facts

Serving Size 5.3 oz (150g)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b> 130	
	<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 14g	
<b>Protein</b> 11g	<b>22%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

### Plain Yogurt

- **Step 1:** Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), on the yogurt.  
Write it here: \_\_\_\_\_
- **Step 2:** Find the amount for Sugars.  
Write it here: \_\_\_\_\_
- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your yogurt in the Sugar Limits Table.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the "Sugar Limit" column.

Is it creditable? \_\_\_\_\_

#### Nutrition Facts

Serving Size 8 oz (227g)  
Servings Per Container 4

Amount Per Serving	
<b>Calories</b> 220	
	<b>% Daily Value*</b>
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 9g	
<b>Protein</b> 20g	<b>40%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

### Raspberry Yogurt

- **Step 1:** Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), on the yogurt.  
Write it here: \_\_\_\_\_
- **Step 2:** Find the amount for Sugars.  
Write it here: \_\_\_\_\_
- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your yogurt in the Sugar Limits Table.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the "Sugar Limit" column.

Is it creditable? \_\_\_\_\_

#### Nutrition Facts

Serving Size 6 oz  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b> 160	
	<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 105mg	<b>4%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 25g	
<b>Protein</b> 8g	<b>16%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

**Yogurt with Mixed Berry**

- **Step 1:** Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), on the yogurt.

Write it here: \_\_\_\_\_

- **Step 2:** Find the amount for Sugars.

Write it here: \_\_\_\_\_

- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your yogurt in the Sugar Limits Table.

**Step 4:** In the table, look at the number to the right of the serving size amount, under the "Sugar Limit" column.

Is it creditable? \_\_\_\_\_

**Nutrition Facts**

Serving Size 2.5 oz (70g)  
Servings Per Container 4

Amount Per Serving	
<b>Calories</b>	120
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 19g	
<b>Protein</b> 2g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

**Sugar Limits Table**

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugar Limit	Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugar Limit
If the serving size is:		No more than:	If the serving size is:		No more than:
1 oz	28 g	4 g	4.75 oz	135 g	18 g
1.25 oz	35 g	5 g	5 oz	142 g	19 g
1.5 oz	43 g	6 g	5.25 oz	149 g	20 g
1.75 oz	50 g	7 g	5.3 oz	150 g	20 g
2 oz	57 g	8 g	5.5 oz	156 g	21 g
2.25 oz	64 g	9 g	5.75 oz	163 g	22 g
2.5 oz	71 g	10 g	6 oz	170 g	23 g
2.75 oz	78 g	11 g	6.25 oz	177 g	24 g
3 oz	85 g	11 g	6.5 oz	184 g	25 g
3.25 oz	92 g	12 g	6.75 oz	191 g	26 g
3.5 oz	99 g	13 g	7 oz	198 g	27 g
3.75 oz	106 g	14 g	7.25 oz	206 g	28 g
4 oz	113 g	15 g	7.5 oz	213 g	29 g
4.25 oz	120 g	16 g	7.75 oz	220 g	30 g
4.5 oz	128 g	17 g	8 oz	227 g	31 g



## Apply in Three

**Instructions:** Write at least three things you learned about the M/MA component, how you will apply this information, and the estimated date in which you would like to have completed each action item.

What did you learn?	How will you apply it?	When will you apply it?
1		
2		
3		

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## Vegetable and Fruit Component(s) Updates

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## Notes Page

**OBJECTIVE 1: Participants will be able to recall the requirements for separating the vegetable and fruit component.**

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**OBJECTIVE 2: Participants will be able to describe the meaning of limiting juice to once per day.**

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# Vegetable and Fruit Basics

## Vegetables

- Vegetables may be served fresh, frozen, canned, or as 100% pasteurized vegetable juice.
- Pasteurized, full-strength, 100% vegetable juice (or fruit juice) may be served at only one meal, including snacks, per day.
- Cooked dry beans and peas may credit as either a vegetable or as a meat alternate, but not as both in the same meal.
- A vegetable may be used to meet the entire fruit requirement at lunch and supper. When two vegetables are served at lunch or supper, two different types of vegetables must be served.
- When crediting vegetables, they are credited based on volume, except 1-cup raw leafy greens credits as  $\frac{1}{2}$  cup vegetable.

## Fruits

- Fruits may be served fresh, frozen, canned, dried, or as 100% pasteurized fruit juice.
- Pasteurized, full-strength, 100% fruit juice (or vegetable juice) may be served at one meal, including snack meals, per day.
- When crediting fruits, credit based on volume, except  $\frac{1}{4}$  cup of dried fruit counts as  $\frac{1}{2}$  cup of fruit.



## Fruits and Vegetables Components

### Separation of Vegetable and Fruit Component

The updated child and adult meal pattern requirements separate the vegetable and fruit component at lunch, supper, and snack. Separate vegetable and fruit components will help increase the variety of vegetables and fruits served and consumed by children and adults. This change means you can offer those in your care a serving of vegetables and a serving of fruit at lunch and supper. In addition, a snack with a vegetable and fruit, in the appropriate minimum serving sizes, is reimbursable.

### Two Vegetables at Lunch and Supper

To increase flexibility in menu planning, you can choose to serve two vegetables at lunch and supper, rather than a serving of vegetables and a serving of fruit. This change means that the fruit component at lunch and supper may be substituted by a vegetable. When two vegetables are served at lunch or supper, they must be two different kinds of vegetables. Please note that vegetables do not need to be from different vegetable subgroups (e.g., dark green vegetables, red and orange vegetables, starchy vegetables, beans and peas (legumes), or other vegetables). See the table below for examples of reimbursable lunch or supper meals featuring a fruit and a vegetable, or two vegetables, in lieu of fruit.

Required Component	Fruit and Vegetable	Two Vegetables
<b>Ages 1-2 Years</b>		
Meat/Meat Alternate	1 oz chicken	1 oz chicken
Vegetable	$\frac{1}{8}$ cup broccoli	$\frac{1}{8}$ cup sweet potato
Fruit	$\frac{1}{8}$ cup apple slices	$\frac{1}{8}$ cup zucchini
Grain	1 whole wheat pita	1 whole wheat pita
Milk	$\frac{1}{2}$ cup unflavored, whole milk	$\frac{1}{2}$ cup unflavored, whole milk
<b>Ages 3-4 Years</b>		
Meat/Meat Alternate	1 $\frac{1}{2}$ oz chicken	1 $\frac{1}{2}$ oz chicken
Vegetable	$\frac{1}{4}$ cup green beans	$\frac{1}{4}$ cup cauliflower
Fruit	$\frac{1}{4}$ cup diced peaches	$\frac{1}{4}$ cup carrots
Grain	$\frac{1}{2}$ whole wheat pita	$\frac{1}{2}$ whole wheat pita
Milk	$\frac{3}{4}$ cup unflavored, low-fat milk	$\frac{3}{4}$ cup unflavored, low-fat milk

Adapted Source: *USDA Policy Memo: CACFP 25-2016, Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answers.* <https://www.fns.usda.gov/cacfp/vegetable-and-fruit-requirements-questions-answers>

## Recall That Phrase

**Instructions:** Using the words in the Phrases box, complete each sentence by filling in the missing portion.

### Vegetable and Fruit Component Statements

1. The updated child and adult meal pattern separates the vegetable and fruit component at \_\_\_\_\_.
2. The vegetable and fruit component is a single component at \_\_\_\_\_.
3. Two fruits for any meal or snack are \_\_\_\_\_ in the CACFP.
4. A snack with a \_\_\_\_\_, in the appropriate minimum serving sizes, is \_\_\_\_\_.
5. It is optional to serve \_\_\_\_\_ at lunch and supper, but they must be \_\_\_\_\_.
6. When serving two vegetables at lunch or supper, a reimbursable meal consists of \_\_\_\_\_.
7. \_\_\_\_\_ will contribute to the food component with the \_\_\_\_\_.

### Phrases

- lunch, supper, and snack
- juice blends and purees
- vegetable and fruit
- reimbursable
- two different types
- breakfast only
- two vegetables
- not creditable
- highest ingredient
- two different types of vegetables



## Juice, Does It Comply?

**Instructions:** Read each sentence and then determine if it complies with the juice requirement.

**Sara** serves juice at breakfast, milk at lunch, and water at snack. Does this comply with the juice requirement?

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On Mondays, **Shayla** serves juice to two different groups during lunch. Does this comply with the juice requirement?

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**Dave** serves juice at snack and breakfast. Does this comply with the juice requirement?

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**Tyrone** serves juice as an extra item at snack. Does this comply with the juice requirement?

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**Sam** serves meals in shifts because of limited space. Today, he served juice at lunch and snack. Does this comply with the juice requirement?

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**LeeAnn** serves juice at breakfast to the morning group and again at playtime. Does this comply with the juice requirement?

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## Apply in Three

**Instructions:** Write at least three things you learned about the fruit and vegetable component(s), how you will apply this information, and the estimated date in which you would like to have completed each action item.

What did you learn?	How will you apply it?	When will you apply it?
1		
2		
3		

## Grains Component Updates

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# Notes Page

**OBJECTIVE 1:** Participants will be able to describe the requirements for serving a whole grain-rich item as part of a reimbursable meal.

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**OBJECTIVE 2:** Participants will be able to recall four ways to determine if a grain product meets the whole grain-rich criteria.

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**OBJECTIVE 3:** Participants will be able to use two methods for selecting breakfast cereals that contain no more than 6 grams of sugar per dry ounce.

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OBJECTIVE 4: Participants will be able to recall at least five creditable alternatives to grain-based desserts.

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## Grains Basics

### Whole Grain-Rich Items

- At least one serving of grains per day must be whole grain-rich.
- Whole grain-rich foods are those that contain 100% whole grains, or at least 50% whole grains and the remaining grains in the food are enriched.
- Common and usual names for whole grains include:
  - “Whole” listed before grain (e.g. whole wheat and whole corn)
  - Berries or groats
  - Rolled oats and oatmeal

### Breakfast Cereals

- Breakfast cereals include ready-to-eat, instant, and regular hot cereals.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).

### Grain-Based Desserts

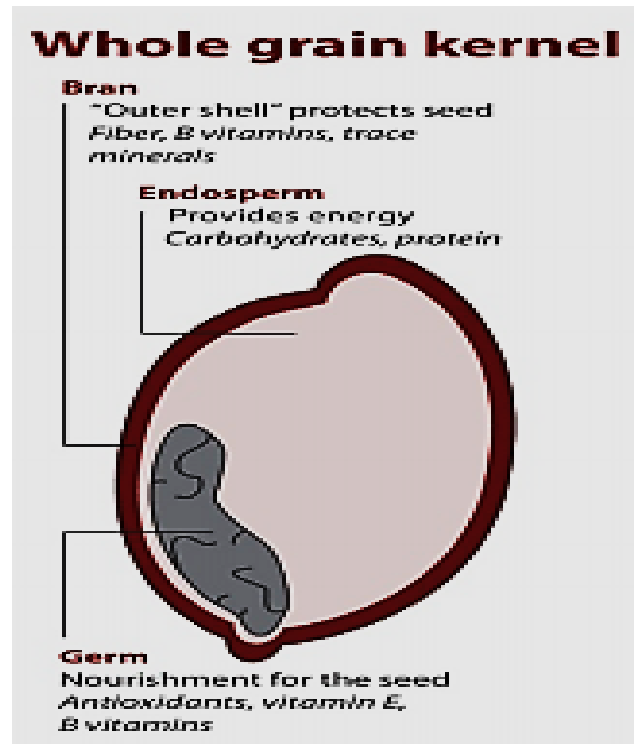
- Grain-based desserts do not count towards the grain requirement.
- Grain-based desserts are identified in Exhibit A in the memorandum CACFP 02-2017 “Grain Requirements in the Child and Adult Care Food Program; Questions and Answers.” These items have a superscript 3 or 4 to indicate they are a grain-based dessert. Some common examples include the following items:
  - Breakfast Bars
  - Brownies
  - Cakes
  - Cereal Bars
  - Cookies
  - Doughnuts
  - Granola Bars
  - Sweet Pie Crusts
  - Sweet Rolls
  - Toaster Pastries

### Graham Crackers and Animal Crackers

- Sweet crackers, such as graham crackers (in all shapes) and animal crackers, are creditable. On Exhibit A, they are shaded in blue and have a superscript 5. CACFP operators may serve them as part of a reimbursable meal or snack.

## Grains Key Terms

- **FNS whole grain-rich criteria:** Contains 100% whole grains, or at least 50% whole grains, and the remaining grains in the food are enriched.
- **Whole grains:** Whole grains consist of the entire cereal grain seed or kernel.
- **Kernel:** The three parts of a kernel include the bran, the endosperm, and the germ.
- **Bran:** The bran is the outer layer of the kernel. The bran contains fiber, B vitamins, trace minerals, and other health-promoting substances called phytochemicals.
- **Endosperm:** The endosperm is found in the inner layer of the kernel. The large, starchy endosperm of the grain kernel contains complex carbohydrates, protein, and smaller amounts of B vitamins.
- **Germ:** The germ is a small area found in the inner area of the kernel. The germ provides nourishment for the seed and contains B vitamins, vitamin E, trace minerals, healthy fats, antioxidants, and phytochemicals.
- **Enriched Grains:** Enriched is a process that adds nutrients back to a refined grain product. The nutrients that are usually added back in the process are iron and four B vitamins (thiamin, riboflavin, niacin, and folic acid).
- **Refined Grains:** Refined grains have been processed to remove the bran and germ, which removes dietary fiber, iron, and other nutrients.
- **Fortified Grains:** Fortified means vitamins and minerals were added to a food that were not originally in the food.





## Whole Grain-Rich Foods and Disallowed Meals

Each day, one whole grain-rich food must be served. When whole grain-rich foods are not served in a given day, the meal (or snack) with the lowest reimbursement that contains a grain will be disallowed as illustrated in the examples below.

Friday's Menu	
Breakfast	Diced peaches Blueberry pancake Milk
Lunch	Macaroni and cheese Cornbread Okra Tropical fruit Milk
Snack	Cheddar cheese slices Crackers Water

Friday's menu does not contain a whole grain-rich food. Therefore, the Snack meal is disallowed because it is the meal with the lowest reimbursement that contains a grain.

Tuesday's Menu	
Breakfast	Banana slices Multi-grain waffle Milk
Lunch	Chicken stir-fry Broccoli Carrots White rice Milk
Snack	Yogurt Apple Slices Water

Tuesday's menu does not contain a whole grain-rich food, and a grain was not served during Snack. Therefore, the Breakfast meal is disallowed because it is the meal with the lowest reimbursement that

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# Methods for Identifying Whole Grain-Rich Foods

Each day, at least one grain served must be whole grain-rich. Foods that meet the whole grain-rich criteria contain 100% whole grains, or at least 50% whole grains and the remaining grains in the food are enriched. The great news is there are six ways to determine if a product meets the whole grain-rich requirement. Therefore, if the food meets at least one of the following ways, it is considered whole grain-rich.

## 1. WIC-Approved List

The product is found on **any** State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole grain food list. Visit [www.fns.usda.gov/wic/wic-contacts](http://www.fns.usda.gov/wic/wic-contacts) for a list of WIC State agency contacts.

## 2. FDA Standard of Identity

The product is labeled as "whole wheat" and has a Standard of Identity issued by the U.S. Food and Drug Administration (FDA). This method only applies to breads and pastas with the following exact product names.

- Breads: whole wheat bread, entire wheat bread, graham bread, whole wheat rolls, entire wheat rolls, graham rolls, whole wheat buns, entire wheat buns, graham buns
- Pastas: whole wheat macaroni product, whole wheat macaroni, whole wheat spaghetti, whole wheat vermicelli

Items with the following names/claims do not meet the Federal requirements: "whole grain," "made with whole grains," "made with whole wheat," or "contains whole grains."

## 3. FDA Whole-Grain Health Claim

The product features one of the following two FDA health claims on the package:

- "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."
- "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. Rule of Three

To meet the Rule of Three as a whole grain-rich product, the first ingredient (or second after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ. Any grain derivatives (by-products of grains) may be disregarded. Any non-creditable grain ingredients (e.g., flours that are not enriched or whole) that are labeled as 2 percent or less of product are considered insignificant and may also be disregarded (see below for a list of these ingredients).

Mixed Dishes (e.g., pizza crust and tortillas for burritos): Use the "grain portion" of the ingredients label to determine if the first ingredient is a whole grain, and the next two grain ingredients (if any) are whole grains, enriched grains, bran, or germ. If it meets the criteria, it is whole grain-rich.

Breakfast Cereal: If the first grain ingredient is a whole grain and the cereal is fortified, the product meets the whole grain-rich criteria.

## 5. Meets the NSLP Whole Grain-Rich Criteria

CACFP child care programs and at-risk afterschool programs operated in school settings may use the same whole grain-rich criteria as the National School Lunch Program (NSLP). The NSLP whole grain-rich criteria applies for all grain products with the exception of grain-based desserts, which are not creditable under CACFP.

## 6. Proper Documentation

Documentation from a manufacturer or a standardized recipe demonstrates that whole grains are the primary grain ingredient by weight. When a grain product (such as bread) has a first ingredient that is not whole grain, the primary ingredient by weight may still be whole grain if there are multiple whole grain ingredients and the combined weight of those whole grains is more than the weight of the other grain ingredients. When the grain portion of a mixed product (like a beef enchilada) is not entirely whole grain, it may be whole grain-rich depending upon the proportion of whole grains to other grain ingredients.

Adapted Source: USDA. (2018). *CACFP 09-2018: Grain requirements in the Child and Adult Care Food Program; questions and answers*. <https://www.fns.usda.gov/cacfp/grain-requirements-cacfp-questions-and-answers>

## FDA Standard of Identity and Whole Grain-Rich Breads and Pastas

One way to identify whole grain-rich *bread*s and *pasta*s is to look for products labeled “whole wheat” and that have a Food and Drug Administration (FDA) Standard of Identify. The FDA provides a Standard of Identity for certain *whole wheat bread* and *pasta* products. Therefore, items with the labels featured on this handout meet the FDA requirements and can be considered whole grain-rich.

### Breads

- Whole wheat bread
- Entire wheat bread
- Graham bread
- Whole wheat rolls
- Entire wheat rolls
- Graham rolls
- Whole wheat buns
- Entire wheat buns
- Graham buns

### Pastas

- Whole wheat macaroni product
- Whole wheat macaroni
- Whole wheat spaghetti
- Whole wheat vermicelli

### Additional Information is Needed

The following terms do not meet the FDA Standard of Identify requirements:

- “Whole grain”
- “Made with whole grains”
- “Made with whole wheat”
- “Contains whole grains”

Therefore, any bread or pasta with these four claims will require an additional method to determine if they meet the whole grain-rich criteria.

## Rule of Three: Choosing Creditable Grains

**CREDITABLE GRAINS:** The following table lists some common examples of creditable grains for meeting the whole grain-rich requirements based on the Rule of Three criteria.

Whole Grains: Must be the first grain ingredient; may be the second or third grain ingredient			
• Amaranth	• Oat groats	• Sprouted whole rye	• Whole grain corn
• Amaranth flour	• Old fashioned oats	• Sprouted whole wheat	• Whole grain corn flour
• Brown rice	• Quick cooking oats	• Steel cut oats	• Whole grain einkorn flour
• Buckwheat	• Quinoa	• Teff	• Whole grain oat flour
• Buckwheat flour	• Rye groats	• Teff flour	• Whole grain spelt flour
• Buckwheat groats	• Sorghum	• Triticale	• Whole grain wheat flakes
• Bulgur	• Sorghum flour	• Triticale flour	• Whole grain wheat
• Cracked wheat	• Spelt berries	• Wheat berries	• Whole rye flour
• Graham flour	• Sprouted brown rice	• Wheat groats	• Whole wheat flour
• Instant oatmeal	• Sprouted buckwheat	• Whole corn	• Wild rice
• Millet	• Sprouted einkorn	• Whole durum flour	
• Millet flour	• Sprouted spelt	• Whole einkorn berries	
Brans and Germs: May be the second or third grain ingredient		Enriched Grains: May be the second or third grain ingredient	
• Corn bran	• Rye bran	• Enriched bromated flour	• Enriched rice flour
• Oat bran	• Wheat bran	• Enriched corn flour	• Enriched rye flour
• Rice bran	• Wheat germ	• Enriched durum flour	• Enriched wheat flour
		• Enriched durum wheat flour	• Enriched white flour
		• Enriched rice	

**INGREDIENTS TO DISREGARD:** The following table lists grain ingredients to disregard when determining if a product is whole grain-rich based on the Rule of Three criteria.

Contains 2% or Less	Grain Derivative Ingredient
Disregard any ingredients after the words "contains 2% or less" as indicated below.	Disregard any grain derivative ingredient, which is generally presented in only small amounts, such as:
<div style="border: 1px solid black; padding: 5px;">           INGREDIENTS: WHOLE WHEAT FLOUR, FLAXSEED, HONEY, RYE, SOYBEAN OIL  <b>CONTAINS 2% OR LESS OF: GLUTEN, CALCIUM SULFATE, SALT, BUTTER, SOY LECITHIN</b>            CONTAINS: WHEAT.         </div>	<ul style="list-style-type: none"> <li>• Corn dextrin</li> <li>• Corn starch</li> <li>• Modified food starch</li> <li>• Rice starch</li> <li>• Tapioca starch</li> <li>• Wheat dextrin</li> <li>• Wheat gluten</li> <li>• Wheat starch</li> </ul>

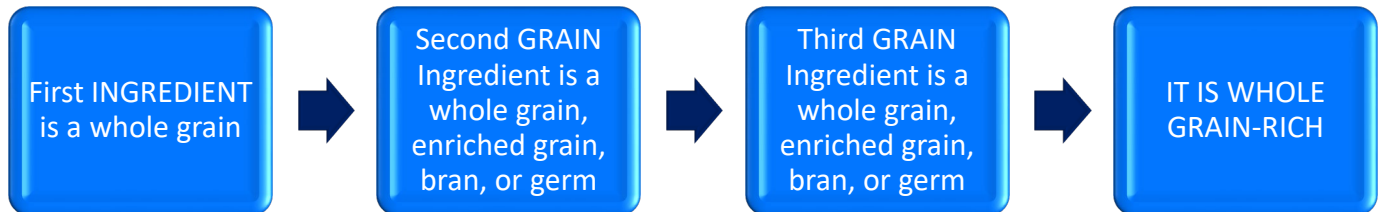
**NON-CREDITABLE GRAINS:** The following table lists non-creditable grain ingredients. If any of these grains are listed as the first three grain ingredients, the product is not whole grain-rich.

NON-CREDITABLE GRAINS			
• Any bean flour	• Corn fiber	• Oat fiber	• Wheat flour
• Any nut flour	• Degerminated corn meal	• Potato flour	• White flour
• Barley malt	• Durum flour	• Rice flour	• Yellow corn flour
• Bromated flour	• Farina	• Semolina	• Yellow corn meal
• Corn	• Malted barley flour		

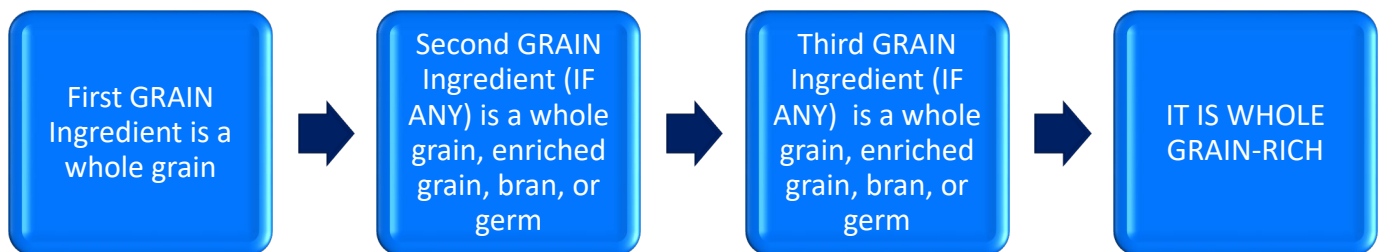
## Applying the Rule of Three

The Rule of Three is a three-step process for identifying whole grain-rich products. This method is ideal for CACFP operators, as they tend to have different needs than those operating school meal programs, such as shopping in local retail environments.

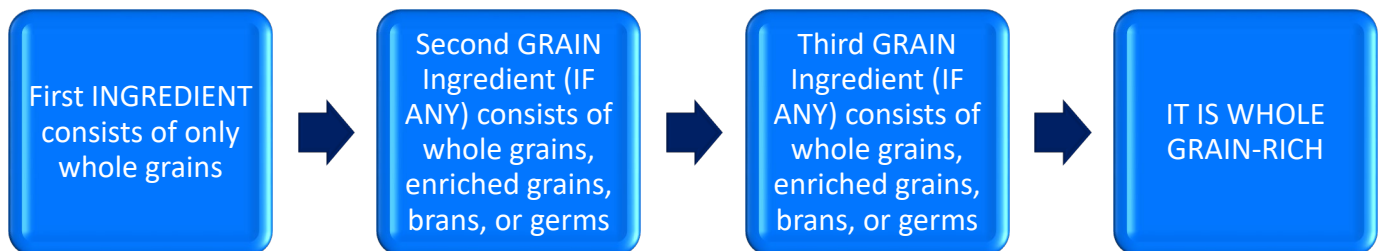
Using this method, a product is whole grain-rich if the first ingredient (or second after water) is a whole grain, and the next two grain ingredients (if any) are whole grains, enriched grains, brans, or germs.



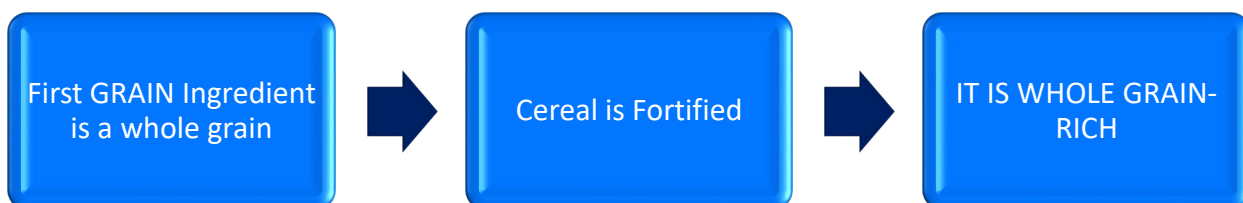
**Mixed Dishes:** (e.g., pizza crust and tortillas for burritos): Use the “grain portion” of the ingredients label to determine if the first ingredient is a whole grain and the next two grain ingredients (if any) are whole grains, enriched grains, bran, or germ. If it meets the criteria, it is whole grain-rich.



**Flour Blends:** Treat flour blends as one grain ingredient. If the flour blend is the first ingredient, all flours must be whole grains. If the flour blend is the second or third grain ingredient, all flours must be whole grains, enriched grains, brans, or germs.



**Breakfast Cereal:** If the first grain ingredient is a whole grain and the cereal is fortified, the product meets the whole grain-rich criteria.



## Applying the Rule of Three: Examples

### English Muffin

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR, WHEAT STARCH, YEAST, SUGAR, AND SALT.

Is it whole grain-rich based on the Rule of Three Criteria? \_\_\_\_\_

### Corn Chips

INGREDIENTS: WHOLE CORN, VEGETABLE OIL, SALT, CHEDDAR CHEESE, MALTODEXTRIN, WHEAT FLOUR, ROMANO CHEESE, WHEY PROTEIN CONCENTRATE.

Is it whole grain-rich based on the Rule of Three Criteria? \_\_\_\_\_

### Cheese Pizza Crust

INGREDIENTS: MOZZARELLA CHEESE, PARMESAN CHEESE, WHITE WHOLE WHEAT FLOUR, BROWN RICE FLOUR, ENRICHED FLOUR, NON-FAT MILK, WATER, TOMATO PASTE, YEAST.

Is it whole grain-rich based on the Rule of Three Criteria? \_\_\_\_\_

### Bread

INGREDIENTS: FLOUR BLEND (WHOLE WHEAT FLOUR, BROWN RICE FLOUR, WHOLE GRAIN OAT FLOUR), WATER, FLOUR BLEND (WHOLE RYE FLOUR, ENRICHED WHEAT FLOUR, WHEAT BRAN), YEAST, SALT

Is it whole grain-rich based on the Rule of Three Criteria? \_\_\_\_\_



## Rule of Three – Is It Whole Grain-Rich?

**Instructions:** Read each ingredient list to determine if the food item is whole grain-rich based on the Rule of Three criteria.

### 1. French Bread Sticks

**INGREDIENTS:** ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, POTASSIUM BROMATE), WATER, SALT, YEAST, DEXTROSE, SUGAR, SOY OIL, CORN STARCH, MONO-DIGLYCERIDES, SOY FLOUR, POTASSIUM BROMATE, ASCORBIC ACID, L. CYSTEINE, ENZYME.

Is this product whole grain-rich based on the Rule of Three criteria? \_\_\_\_\_

### 2. Garlic Bread

**INGREDIENTS:** ALL-PURPOSE FLOUR, WATER, ENRICHED SEMOLINA (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, SALT, NATURAL FLAVOR (WHEAT), SOYBEAN OIL, MINCED GARLIC, WHEAT GLUTEN, CALCIUM SULFATE, ENZYMES (WHEAT), AND ASCORBIC ACID.

Is this product whole grain-rich based on the Rule of Three criteria? \_\_\_\_\_

### 3. Wheat Breadsticks

**INGREDIENTS:** WHOLE WHEAT FLOUR, WATER, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WHEAT STARCH, YEAST, SUGAR, WHEAT GLUTEN. CONTAINS LESS THAN 2% OF THE FOLLOWING: SOYBEAN OIL, SALT, OAT FIBER, HONEY, SODIUM STEAROYL LACTYLATE, DATEM, ACESULFAME POTASSIUM, ASCORBIC ACID, ENZYME. MAY CONTAIN MILK, SOY, EGG, AND SESAME.

Is this product whole grain-rich based on the Rule of Three criteria? \_\_\_\_\_

### 4. Cheese Pizza Crust

**INGREDIENTS:** FLOUR BLEND [WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR {BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID}, WATER, SOYBEAN OIL, DEXTROSE, BAKING POWDER, YEAST, SALT, DOUGH CONDITIONERS [WHEAT FLOUR, SALT, SOY OIL, ASCORBIC ACID], WHEAT GLUTEN.

Is this product whole grain-rich based on the Rule of Three criteria? \_\_\_\_\_

### 5. Ready-to-Eat Cereal

**INGREDIENTS:** WHEAT FLOUR, SUGAR, BROWN RICE FLOUR, OATS, HONEY, CANOLA OIL, MALTODEXTRIN, SALT, CORN SYRUP, CINNAMON, BARLEY MALT SYRUP, BARLEY MALT EXTRACT, COLOR ADDED, SOY LECITHIN, ARTIFICIAL FLAVOR, BAKING SODA, TRISODIUM PHOSPHATE, VITAMIN E (MIXED TOCOPHEROLS) AND BHT ADDED TO PRESERVE FRESHNESS.

Is this product whole grain-rich based on the Rule of Three criteria? \_\_\_\_\_



## Breakfast Cereal and Sugar Guide

**Requirement:** Breakfast cereals served in the CACFP must contain no more than 6 grams of sugar per dry ounce.

### WIC-Approved Breakfast Cereals List

Use any State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list for creditable breakfast cereals. Similar to CACFP, all WIC-approved breakfast cereals must contain no more than 6 grams of sugar per dry ounce (21.2 grams of sugar per 100 grams).

Website: [www.fns.usda.gov/wic/wic-contacts](http://www.fns.usda.gov/wic/wic-contacts)

### Table Method

- Step 1:** Use the Nutrition Facts label to find the Serving Size, in grams (g), of the cereal. Write it here: 30 grams
- Step 2:** Find the Sugars line. Look at the number of grams (g) next to Sugars. Write it here: 5 grams
- Step 3:** Use the serving size identified in Step 1 to find the serving size of your cereal in the Sugar Limits Table.
- Step 4:** In the table, look at the number to the right of the serving size amount, under the "Sugar Limit" column. If your breakfast cereal has that amount of sugar or less, it meets the sugar requirement.

Is it creditable? Yes, this breakfast cereal is creditable because 5 grams of sugar is below the sugar limit of 6 grams for a serving size of 30 grams.

Nutrition Facts	
Serving Size 3/4 cup (30g)	
Servings Per Container 15	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
<b>Sugars</b> 5g	
<b>Protein</b> 140g	<b>280%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

### Sugar Limits Table

Serving Size	Sugar Limit	Serving Size	Sugar Limit
If the serving size is:	Sugars cannot be more than:	If the serving size is:	Sugars cannot be more than:
0–2 grams	0 grams	50–54 grams	11 grams
3–7 grams	1 gram	55–58 grams	12 grams
8–11 grams	2 grams	59–63 grams	13 grams
12–16 grams	3 grams	64–68 grams	14 grams
17–21 grams	4 grams	69–73 grams	15 grams
22–25 grams	5 grams	74–77 grams	16 grams
<b>26–30 grams</b>	<b>6 grams</b>	78–82 grams	17 grams
31–35 grams	7 grams	83–87 grams	18 grams
36–40 grams	8 grams	88–91 grams	19 grams
41–44 grams	9 grams	92–96 grams	20 grams
45–49 grams	10 grams	97–100 grams	21 grams

# Breakfast Cereal, Is It Creditable?

**Instructions:** Review each label. Then, use the table method to determine if the breakfast cereal is within the sugar limit.

## 1. Multi-Color Rounds

- **Step 1:** Use the Nutrition Facts label to find the Serving Size on the cereal.  
Write it here: \_\_\_\_\_
- **Step 2:** Find the amount for Sugars.  
Write it here: \_\_\_\_\_
- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your cereal in the Sugar Limit Table.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the "Sugars" column. If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.  
Is it creditable? \_\_\_\_\_

Nutrition Facts	
Serving Size 9 cups (32g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 1.5
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 10g	
<b>Protein</b> 1g	<b>2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## 2. Honey Frosty O's

- **Step 1:** Use the Nutrition Facts label to find the Serving Size on the cereal.  
Write it here: \_\_\_\_\_
- **Step 2:** Find the amount for Sugars.  
Write it here: \_\_\_\_\_
- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your cereal in the Sugar Limit Table.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the "Sugars" column. If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.  
Is it creditable? \_\_\_\_\_

Nutrition Facts	
Serving Size 3/4 cup (28g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 9g	
<b>Protein</b> 2g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## 3. Rice Puffs

- **Step 1:** Use the Nutrition Facts label to find the Serving Size on the cereal.  
Write it here: \_\_\_\_\_
- **Step 2:** Find the amount for Sugars.  
Write it here: \_\_\_\_\_
- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your cereal in the Sugar Limit Table.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the "Sugars" column. If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.  
Is it creditable? \_\_\_\_\_

Nutrition Facts	
Serving Size 3/4 cup (30g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 120	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 12g	
<b>Protein</b> 1g	<b>2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## 4. Champion Flakes

- **Step 1:** Use the Nutrition Facts label to find the Serving Size on the cereal.  
Write it here: \_\_\_\_\_
- **Step 2:** Find the amount for Sugars.  
Write it here: \_\_\_\_\_
- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your cereal in the Sugar Limit Table.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the "Sugars" column. If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.  
Is it creditable? \_\_\_\_\_

Nutrition Facts	
Serving Size (33g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 120	
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 270mg	<b>11%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein</b> 2g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

Sugar Limits Table

Serving Size	Sugar Limit	Serving Size	Sugar Limit
If the serving size is:	Sugars cannot be more than:	If the serving size is:	Sugars cannot be more than:
0–2 grams	0 grams	50–54 grams	11 grams
3–7 grams	1 gram	55–58 grams	12 grams
8–11 grams	2 grams	59–63 grams	13 grams
12–16 grams	3 grams	64–68 grams	14 grams
17–21 grams	4 grams	69–73 grams	15 grams
22–25 grams	5 grams	74–77 grams	16 grams
26–30 grams	6 grams	78–82 grams	17 grams
31–35 grams	7 grams	83–87 grams	18 grams
36–40 grams	8 grams	88–91 grams	19 grams
41–44 grams	9 grams	92–96 grams	20 grams
45–49 grams	10 grams	97–100 grams	21 grams

EXHIBIT A: GRAIN REQUIREMENTS FOR CHILD NUTRITION PROGRAMS<sup>1,2</sup>

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red | Ounce Equivalence (Oz EQ), Minimum Serving Size (MSS)

Group A		Oz Eq for Group A	MSS for Group A
<ul style="list-style-type: none"> <li>Bread-type coating</li> <li>Bread sticks (hard)</li> <li>Chow Mein noodles</li> <li>Savory Crackers (saltines and snack crackers)</li> </ul>	<ul style="list-style-type: none"> <li>Croutons</li> <li>Pretzels (hard)</li> <li>Stuffing (dry) Note: weights apply to bread in stuffing</li> </ul>	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
Group B		Oz Eq for Group B	MSS for Group B
<ul style="list-style-type: none"> <li>Bagels</li> <li>Batter type coating</li> <li>Biscuits</li> <li>Breads – all (for example sliced, French, Italian)</li> </ul>	<ul style="list-style-type: none"> <li>Buns (hamburger and hot dog)</li> <li>Sweet Crackers<sup>5</sup> (graham crackers – all shapes, animal crackers)</li> </ul>	<ul style="list-style-type: none"> <li>Egg roll skins</li> <li>English muffins</li> <li>Pita bread</li> <li>Pizza crust</li> <li>Pretzels (soft)</li> </ul>	<ul style="list-style-type: none"> <li>Rolls</li> <li>Tortillas</li> <li>Tortilla chips</li> <li>Taco shells</li> </ul>
		1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
Group C		Oz Eq for Group C	MSS for Group C
<ul style="list-style-type: none"> <li>Cookies<sup>3</sup> (plain – includes vanilla wafers)</li> <li>Cornbread</li> <li>Corn muffins</li> <li>Croissants</li> </ul>	<ul style="list-style-type: none"> <li>Pancakes</li> <li>Pie crust (dessert pies<sup>3</sup>, cobbler<sup>3</sup>, fruit turnovers<sup>4</sup>, and meat/meat alternate pies)</li> <li>Waffles</li> </ul>	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz
Group D		Oz Eq for Group D	MSS for Group D
<ul style="list-style-type: none"> <li>Doughnuts<sup>4</sup> (cake and yeast raised, unfrosted)</li> <li>Cereal bars, breakfast bars, granola bars<sup>4</sup> (plain)</li> </ul>	<ul style="list-style-type: none"> <li>Muffins (all, except corn)</li> <li>Sweet roll<sup>4</sup> (unfrosted)</li> <li>Toaster pastry<sup>4</sup> (unfrosted)</li> </ul>	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz
Group E		Oz Eq for Group E	MSS for Group E
<ul style="list-style-type: none"> <li>Cereal bars, breakfast bars, granola bars<sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces)</li> <li>Cookies<sup>3</sup> (with nuts, raisins, chocolate pieces, and/or fruit purees)</li> </ul>	<ul style="list-style-type: none"> <li>Doughnuts<sup>4</sup> (cake and yeast raised, frosted, or glazed)</li> <li>French toast</li> <li>Sweet roll<sup>4</sup> (frosted)</li> <li>Toaster pastry<sup>4</sup> (frosted)</li> </ul>	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
Group F		Oz Eq for Group F	MSS for Group F
<ul style="list-style-type: none"> <li>Cake<sup>3</sup> (plain, unfrosted)</li> <li>Coffee cake<sup>4</sup></li> </ul>		1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz

Group G		Oz Eq for Group G	MSS for Group G
<ul style="list-style-type: none"> <li>• Brownies<sup>3</sup> (plain)</li> <li>• Cake<sup>3</sup> (all varieties, frosted)</li> </ul>		1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
Group H		Oz Eq for Group H	MSS for Group H
<ul style="list-style-type: none"> <li>• Cereal grains (barley, quinoa, etc.)</li> <li>• Breakfast cereals (cooked)<sup>6,7</sup></li> <li>• Bulgur or cracked wheat</li> <li>• Macaroni (all shapes)</li> </ul>	<ul style="list-style-type: none"> <li>• Noodles (all varieties)</li> <li>• Pasta (all shapes)</li> <li>• Ravioli (noodle only)</li> <li>• Rice</li> </ul>	1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry	1 serving = 1/2 cup cooked or 25 gm dry
Group I		Oz Eq for Group I	MSS for Group I
<ul style="list-style-type: none"> <li>• Ready-to-eat breakfast cereal (cold, dry)<sup>6,7</sup></li> </ul>		1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola	1 serving = 3/4 cup or 1 oz, whichever is less

<sup>1</sup> In NSLP and SBP (grades K–12), all grains served must meet whole grain-rich criteria. For information on flexibilities, please contact your State agency. For all other child nutrition programs, grains are whole grain or enriched or made with enriched or whole grain meal and/or flour, bran, and/or germ. Under CACFP child and adult meal patterns, and in NSLP/SBP preschool meals, at least one grain serving per day must meet whole grain-rich criteria.

<sup>2</sup> For NSLP and SBP (grades K–12), grain quantities are determined using ounce equivalents (oz eq). All other child nutrition programs determine grain quantities using grains/bread servings. Beginning Oct. 1, 2021, grain quantities in CACFP and NSLP/SBP infant and preschool meals will be determined using oz eq. Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>3</sup> Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K–12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grain component in CACFP or NSLP/SBP infant and preschool meals, as specified in §§226.20(a)(4) and 210.10.

<sup>4</sup> Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K–12) as specified in §210.10. May count toward the grain component in SBP (grades K–12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grain component in the CACFP and NSLP/SBP infant and preschool meals, as specified in §§226.20(a)(4) and 210.10.

<sup>5</sup> Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10. May count towards the grain component in SBP (grades K12), CACFP, NSLP/SBP infant and preschool meals, and SFSP.

<sup>6</sup> Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfast served in the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

<sup>7</sup> In the NSLP and SBP, cereals must list a whole grain as the first ingredient and be fortified, or if the cereal is 100 percent whole grain, fortification is not required. For CACFP and SFSP, cereals must be whole grain, enriched, or fortified; cereals served in CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of sugar per dry ounce.

# Grain-Based Dessert Alternatives

Instructions: Identify at least three alternatives for each grain-based dessert.

## Cakes

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Sweet Pie Crusts

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Granola Bars

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Cookies

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Doughnuts

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Sweet Rolls

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Apply in Three

**Instructions:** Write at least three things you learned about the Grains component, how you will apply this information, and the estimated date in which you would like to have completed each action item.

What did you learn?	How will you apply it?	When will you apply it?
1.		
2.		
3.		



## Child and Adult Meal Service Updates

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# Notes Page

**OBJECTIVE 1: Participants will be able to list at least four cooking methods for preparing nutritious meals.**

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**OBJECTIVE 2: Participants will be able to summarize two types of meal services for serving meals in the CACFP.**

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**OBJECTIVE 3: Participants will be able to identify at least three strategies for creating positive mealtime experiences.**

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## Cooking Methods

The CACFP meal pattern requirements do not allow deep-fat frying as a way of cooking foods on-site. The term deep-fat frying means the food is cooked by submerging in hot oil or other fat. CACFP operators may continue to stir-fry, pan-fry, sauté foods, and other methods such as those featured in this handout.

### Roasting or Baking

- Roasting or baking involves cooking meat, poultry, fish, or vegetables in the oven without any liquid and no cover on the cooking vessel.
- When roasting or baking meat or poultry, remove all visible fat from poultry or beef.
- Add appropriate seasonings and flavorings to replace flavor lost when fat is removed. Since salt penetrates meat only about an inch and delays browning, most recipes suggest adding salt at the end of cooking. Do not add salt unless the recipe calls for it.
- If a meat thermometer is used, place it in the thickest part of the meat, away from bone or fat.
- Place in the cooking dish/pan. Do not cover, and do not add any liquid for meat or poultry. Place meat on a rack when appropriate so fat will drain and hot air can circulate on all sides.
- For meats, roast or bake following the recipe for the oven temperature until the food reaches the appropriate internal temperature (the temperature specified in the recipe).
- Remove from the oven and serve. For large pieces of meat, like a turkey or a large roast, allow the meat to sit in a warm place for about 15 minutes before carving or slicing. This makes the meat firmer, juicier, and easier to slice. Meats should be sliced across the grain.
- Hold cooked meat and poultry the correct way. If the meat or poultry will not be served immediately, it should be covered and kept in a warmer at the correct temperature or chilled in the refrigerator. Never hold a meat product at room temperature.

### Sautéing

- Sautéing uses high heat and a small amount of fat to rapidly cook vegetables, meat, poultry, and fish. Searing and stir-frying are also sautéing techniques.
- Prepare the meat or poultry by making sure it is dry. If a marinade has been used, drain it thoroughly and pat the food dry. Food with a lot of moisture will steam rather than sauté.
- Add oil to the pan according to recipe. Measure the oil carefully.
- Heat the oil; add the meat, poultry, or fish. The meat, poultry, or fish pieces should be added to the pan in a single layer. If the pieces are touching, the product will steam, not sauté.
- Cook the meat by gently turning until browned on all sides and cooked evenly. Some recipes suggest that the cooked meat be removed from the pan and the remaining flavored juices are used to make a sauce. Follow the recipe.
- Sautéed meals should be cooked in batches just-in-time for service. Covering a sautéed food during holding causes it to steam, and the advantages of the sauté technique are lost. Serve immediately. Never hold a meat product at room temperature.

## Braising and Stewing

- Braising and stewing are a combination of dry-heat and moist-heat cooking used for less tender cuts of meat. Braising is used for large cuts of meat. The same technique is called stewing when used for bite-sized pieces of meat, poultry, or fish.
- Trim fat and prepare meat according to the recipe.
- Sear the meat on all sides. Searing meat before braising or stewing adds color and flavor. Follow the recipe to use a small amount of oil or preferably, no oil. Brown the meat on all sides in a hot pan. For large pieces of meat, use a pan in the oven or a steam jacketed kettle. For smaller pieces, use a grill, or brown in a hot oven.
- Remove the meat from the pan and add any vegetables or seasonings called for in the recipe.
- Add the seared meat back to the cooking pan along with the liquid for cooking.
- Cover tightly and simmer until tender. Follow the recipe for the temperature and time for the equipment being used. Do not allow the liquid to boil. The size of the cut of meat and the kind of meat will also influence the cooking time. Braised or stewed meats are done when they are tender.
- Remove the meat from the cooking liquid. Some recipes suggest the cooking liquid be cooked an additional time to reduce the volume and concentrate the flavor. The cooking liquid may also be thickened with a roux.
- Hold cooked meat and poultry the correct way. If the meat, poultry, or fish will not be served immediately, it should be covered and kept in a warmer at the correct temperature or chilled in the refrigerator.



## Support Family Style Meals

Family style meals provide many benefits to both children and child care providers. In family style meal service, food and beverages for the meal are placed in common serving bowls, plates, dishes, pitchers, and containers on the table. Foods are passed around the table and children serve themselves how much and what they would like to eat, with the help of an adult when needed. Children are encouraged to try each food and can take more food during the meal if it's available.

Because family style meals allow children to have control over how much or how little food they want to eat, this type of meal service can help children develop independence, build self-esteem and confidence, and develop healthy eating behaviors, such as trying new foods and making healthy food choices. Children will also learn and improve their social skills, language skills, and table manners.

### How can I prepare for family style meals?

*Set a start date.* Look at the calendar and think about when you would like to start serving family style meals in your child care program. Once you have a date in mind, work backwards and decide on dates and deadlines for buying supplies, holding training, and educating parents and children on family style meals.

*Buy equipment.* Most serving-ware and dishes are designed for adults and may be too big or heavy for young children to easily handle. If possible, try to buy supplies that are child-sized, unbreakable, stain-, odor-, and scratch-resistant, and convenient (dishwasher and microwave safe).

*Provide training.* If you have other staff or helpers, organize a meeting to introduce and teach about family style meals. You may want to include detailed instructions about helping children serve themselves, determining portion sizes, and encouraging children to eat based on their hunger and fullness.

Talk about things to expect, and possible challenges and solutions. If possible, role-play serving meals family style to increase awareness of some of the challenges that might come up.

*Educate parents, caregivers, and other family members.* Send the message home and put the "family" into family style meals! You may wish to hold a meeting, tell parents and other caregivers during drop-off or pick-up time, or send a letter home letting them know you will be starting family style meals on a certain date. Describe and explain the meaning of family style meals, highlight the benefits, and ask them to talk to their children about this change. If some families are already serving meals family style, ask them to share their experiences with the rest of the group.

*Educate children.* Explain to the children that there will be some changes at mealtime and snack time. Have them practice some of the skills they will need, such as pouring water into cups, passing empty serving dishes, and scooping dried beans from a large bowl into a smaller one. As their skills develop, allow them to serve themselves one item during snack time or mealtime and continue to add more items until children are serving all foods to themselves.

Adapted Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services. (2013, June). *Nutrition and wellness tips for young children: Provider handbook for the Child and Adult Care Food Program*. USDA Food and Nutrition Service, Alexandria, VA.






## Offer Versus Serve in the CACFP

If your site serves meals to at-risk afterschool or adult participants in the Child and Adult Care Food Program (CACFP), you may use a type of meal service called Offer Versus Serve (OVS). OVS allows children and adults to decline some of the food offered in a reimbursable breakfast, lunch, or supper. OVS may not be used at snacks or in other CACFP settings. OVS can help reduce food waste and give children and adults more choices.

### Understanding OVS: Know the Terms

- **Food component**—the name of a **group** of foods in a reimbursable meal. **Food components** include milk, vegetables, fruits, grains, and meat and meat alternates. At breakfast only, vegetables and fruits are one combined component. This means you can serve vegetables, fruits, or a combination of both to meet this requirement.
- **Food item**—foods that are part of a **food component**. For example, broccoli is a **food item** in the vegetables **food component**.
- **Combination Food**—a type of food that contains more than one food item from different food components, in which they cannot be separated. These items include prepared sandwiches, burritos, and pizzas.

### How to Use OVS at Meals

<p><b>OVS at Breakfast</b></p> <ol style="list-style-type: none"> <li>1. Offer these 3 <b>food components</b> at breakfast:           <ul style="list-style-type: none"> <li>- Milk</li> <li>- Vegetables and/or Fruits</li> <li>- Grains</li> </ul> </li> <li>2. Offer at least 4 different <b>food items</b> at breakfast, at least 1 from each <b>food component</b> above. The 4th food item can come from the vegetables or fruits, grains, or meat/meat alternates component.</li> <li>3. Ask the child or adult to <b>choose at least 3</b> different <b>food items</b>.</li> </ol>	<p><b>OVS at Lunch and Supper</b></p> <ol style="list-style-type: none"> <li>1. Offer these 5 <b>food components</b> at lunch and supper:           <ul style="list-style-type: none"> <li>- Milk*</li> <li>- Vegetables</li> <li>- Fruits</li> <li>- Grains</li> <li>- Meat and meat alternates</li> </ul> </li> <li>2. Offer at least one <b>food item</b> from each component.</li> <li>3. Ask the child or adult to choose <b>food items</b> from <b>3 or more food components</b>.</li> </ol>
	
 <p><b>Note:</b> The 4th food item can be selected as well.</p>	 <p><b>Note:</b> The child or adult can select food from all 5 components. Foods from <b>at least 3 components</b> are needed for a reimbursable meal.</p>
<p><b>*For Adult Participants Only:</b> Milk is optional at supper. If milk is not offered, the adult still needs to select food items from 3 different food components to have a reimbursable meal.</p>	

Adapted Source: United States Department of Agriculture. (2017). *Offer versus serve in the Child and Adult Care Food Program*. <https://www.fns.usda.gov/tn/offer-versus-serve-cacfp>

## OVS in the CACFP Review

**Instructions:** After reading each scenario, determine if it meets the Offer Versus Serve requirements for serving meals in the CACFP.

1. Your adult day care center uses OVS at breakfast and offers low-fat (1%) milk, apple slices, oatmeal, and bananas. Karen is a participant who chooses milk, oatmeal, and apple slices, and took the full minimum serving size of each item. Is Karen's breakfast reimbursable? Why or why not?

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2. Your at-risk afterschool site uses OVS at supper and offers non-fat (skim) milk, roasted turkey, roasted broccoli, steamed carrots, fruit salad, and whole-wheat rolls. David is a participant who chooses the turkey, broccoli, and carrots, and took the full minimum serving size of each item. Is this supper reimbursable? Why or why not?

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3. Your at-risk afterschool site uses OVS at supper, and offers tuna salad, sliced tomatoes, peaches, pita bread, and low-fat (1%) milk. Your participant Anna would like all the food offered, but only wants half of the minimum serving size of each food. Would this supper be reimbursable? Why or why not?

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## Apply in Three

**Instructions:** Write at least three things you learned about the requirements for serving meals in the CACFP, how you will apply this information, and the estimated date in which you would like to have completed each action item.

What did you learn?	How will you apply it?	When will you apply it?
1.		
2.		
3.		

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# Appendix

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## Training Resources

### USDA REGULATIONS AND POLICY MEMOS\*

SP 18-2018, CACFP 13-2018	Child Nutrition Programs' Flexibilities for School Year 2018-2019
CACFP02-2018	Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers
CACFP 09-2018	Grain Requirements in the Child and Adult Care Food Program; Questions and Answers
CACFP 09-2017	Vegetable and Fruit Requirements in CACFP: Q&As
CACFP 17-2017	Documenting Meals in the Child and Adult Care Food Program
CACFP05-2017	Offer Versus Serve and Family Style Meals in the Child and Adult Care Food Program
CACFP08-2017	Questions and Answers on the Updated Meal Pattern Requirements for the Child and Adult Care Food Program
CACFP 13-2017	Transition Period for the Updated Child and Adult Care Food Program Meal Patterns and the Updated Meal National School Lunch Program and School Breakfast Program Infant and Preschool Meal Patterns
CACFP 14-2017	Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food Service Program
CACFP 16-2017	Grain-Based Desserts in the Child and Adult Care Food Program
CACFP 15-2016	Optional Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program Meal Pattern Requirements
CACFP 17-2016	Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program
CACFP 20-2016	Water Availability in the Child and Adult Care Food Program
SP 53-2016, CACFP 21-2016	Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the Child and Adult Care Food Program
*All policy memos can be found at the following website: <a href="https://www.fns.usda.gov/cacfp/policy">https://www.fns.usda.gov/cacfp/policy</a>	

### RESOURCES

#### RESOURCES

CACFP Training Tools: Infographics, Posters, Training Worksheets	<a href="https://bit.ly/2tnIsRp">https://bit.ly/2tnIsRp</a>
FDA Exempt Infant Formula, refer to the Exempt Infant Formulas Marketed in the United States By Manufacturer and Category	<a href="http://bit.ly/2bUSCVw-ICN">http://bit.ly/2bUSCVw-ICN</a>
Feeding Infants: A Guide for Use in the Child Nutrition Programs	<a href="http://bit.ly/2ciIGWf_ICN">http://bit.ly/2ciIGWf_ICN</a>
Food Buying Guide for Child Nutrition Program Exhibit A	<a href="https://bit.ly/3z31K3n-ICN">https://bit.ly/3z31K3n-ICN</a>
Food Buying Guide for Child Nutrition Program Section 1- Meats/Meat Alternates – Cheeses	<a href="http://bit.ly/2bZhBIR-ICN">http://bit.ly/2bZhBIR-ICN</a>
Child Nutrition Sharing Site	<a href="https://theicn.org/cnss/">https://theicn.org/cnss/</a>
ICN Education and Training Resources	<a href="https://theicn.org/cacfp">https://theicn.org/cacfp</a>
MyPlate	<a href="http://bit.ly/2cH2VOd-ICN">http://bit.ly/2cH2VOd-ICN</a>
Procuring Local Foods	<a href="https://bit.ly/3P8a2wv-ICN">https://bit.ly/3P8a2wv-ICN</a>
Team Nutrition Resource Library	<a href="http://bit.ly/2bZfTnz-ICN">http://bit.ly/2bZfTnz-ICN</a>
Ten Steps to Breastfeeding Friendly Child Care Centers Resource Kit	<a href="http://bit.ly/2bZmluE-ICN">http://bit.ly/2bZmluE-ICN</a>
Using Ounce Equivalents for Grains in the CACFP	<a href="https://icn.ms/cacfpTW">https://icn.ms/cacfpTW</a>

## Key Terms

Key Terms	Definition
Dietary Guidelines for Americans	The nation's trusted resource for evidence-based nutrition recommendations. This resource provides policy makers and professionals with the information they need to help the public make informed choices about their diets at home, school, work, and within their communities.
Expressed milk	Milk that is produced and expelled from the breast, bottled, and served to the infant.
Deep-fat frying	To cook a food by submerging it in hot oil or other fat.
Enriched Grains	Enriched is a process that adds nutrients back to a refined grain product. The nutrients that are usually added back in the process are iron and four B vitamins (thiamin, riboflavin, niacin, and folic acid).
Family style meal service	A type of meal service that allows children and adults to serve themselves from common platters of food with assistance of supervising adults.
Grain-based desserts	Grain-based desserts are those items in USDA's <i>Food Buying Guide for Child Nutrition Programs</i> that are denoted as desserts with superscripts 3 and 4. This definition of grain-based desserts includes cakes, cookies, sweet piecrusts, fruit turnovers, doughnuts, cereal, breakfast, and granola bars, toaster pastries, sweet rolls, and brownies.
Food components	Food categories that make up a reimbursable meal, including fluid milk, vegetables, fruits, grains, and meats/meat alternates.
Fortified Grains	Fortified means vitamins and minerals were added to a food that were not originally in the food.
Meal pattern	A specific template with meal components and minimum serving sizes for different age groups that must be followed in order for the meal to be reimbursed. The template is customized for breakfast, lunch, supper, and snacks.
Offer Versus Serve (OVS)	OVS is a concept that applies to menu planning and the menu service. OVS allows participants to decline some of the food offered in a reimbursable breakfast, lunch or supper. OVS is not allowed for snacks and can only be used in at-risk afterschool programs and adult day care centers.
Refined Grains	Refined grains have been processed to remove the bran and germ, which removes dietary fiber, iron, and other nutrients.
Reimbursable meal	Meals that meet all applicable meal pattern requirements.
Whole grains	Whole grains consist of the entire cereal grain seed or kernel.
Whole grain-rich	Foods that contain 100% whole grains, or at least 50% whole grains and any remaining grains are enriched.



# Answer Key

## Comprehensive Assessment

1. C. whole, reduced-fat (2%), low-fat (1%), fat-free, and breast milk
2. B. False
3. A. more than one food item, from different food components that cannot be separated
4. C. two different types of vegetables, such as roasted asparagus and baked sweet potato slices
5. A. four different food items
6. B. Commercially prepared, easily recognized as a meat substitute, and it contains five grams of protein
7. B. three
8. C. 23 grams, 6 ounces
9. C. No, operators may not serve juice at two different meals or snacks in a single day.
10. D. 6–12
11. A. one
12. D. No, central kitchens may not deep-fat fry foods and then deliver them to any CACFP site.
13. A. one
14. C. six
15. B. False

## Milk Component Updates

1. C. whole, reduced-fat (2%), low-fat (1%), fat-free, and breast milk
2. B. False
3. D. 6–12
4. B. one
5. A. True

## Meat and Meat Alternates Component Update

1. C. 23 grams, 6 ounces
2. A. Commercially prepared, easily recognized as a meat substitute, and it contains five grams of protein
3. D. All of the above
4. C. one

## Vegetable and Fruit Component(s) Updates

1. C. two different types of vegetables, such as roasted asparagus and baked sweet potato slices
2. B. False
3. A. breakfast
4. C. No, operators may not serve juice at two different meals or snacks.
5. D. The meal or snack with the lowest reimbursement rate that contains juice

## Grains Component Updates

1. C. English muffin
2. A. one
3. C. six
4. C. 3 and 4
5. A. True

## Child and Adult Meal Service Updates

1. B. False
2. D. four different food components
3. A. True
4. D. No, central kitchens may not deep-fat fry foods and then deliver them to any CACFP site.

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