



Learning Center Training Plan:

MEAL PATTERN BOOT CAMP

Serving reimbursable meals begins with a solid understanding of the CACFP meal pattern. We'll explore each meal component- fruits, vegetables, grains, meats/meat alternates and milk - so you can confidently serve meals that meet program requirements. Learn from the experts and discover creative ways to incorporate these components into your menus. You can find all of these webinars at cacfp.org/learning-center, or click directly on the title for easy navigation.

“I honestly think that the way the trainings are put together and how organized it is, it really helps me understand and remember A LOT better than as if I was trying to do it myself. Kudos!”

Milk in the CACFP

Milk is a star player in the CACFP meal pattern. It's required at breakfast, lunch and supper - and may even make a guest appearance at snack. This nutrient-rich beverage provides essential nutrients that support healthy growth and development in children. ~ 1 hour, Specialty 1

- Learn which types of milk are allowed in CACFP, how much to serve, and when.
- Discover why milk is a key part of a balanced meal.
- Take away best practices for serving milk and creative ways to include it in your menus.

Grains in the CACFP

Grains are a key part of the CACFP meal pattern, providing the energy kids need to learn, play and grow. From whole grain-rich bread to pasta, knowing what counts and how much to serve is essential for meeting meal pattern requirements. ~ 1 hour, Specialty 1

- Learn how to properly credit grains, including serving sizes and ounce equivalents.
- Differentiate between whole grains and enriched grains and how to meet the CACFP whole grain-rich requirement.
- Understand how to determine if ready-to-eat breakfast cereals are creditable and meet added sugar limits.

Meats & Meat Alternates in the CACFP

Meats and meat alternates provide the protein kids need to grow, stay strong and stay full longer. From chicken and eggs to yogurt and beans, there are plenty of ways to serve protein-packed meals. ~ 1 hour, Specialty 1

- Explore the different types of meats and meat alternates that credit in the CACFP and how much to serve.
- Learn the required serving sizes and serving methods for meats/meat alternates.
- Apply best practices for incorporating a variety of meats and meat alternates into balanced meals.

Fruits in the CACFP

Fruit not only adds color and sweetness to a meal but provides essential nutrients too! Whether fresh, frozen, canned or dried they provide the vitamins and fiber that growing children need. ~ 1 hour, Specialty 1

- Explore the different forms of fruits allowed in the CACFP and how much to serve.
- Learn the required serving sizes and serving methods to ensure compliance.
- Consider best practices to adding fruits to meals and how they support healthy growth.

Vegetables in the CACFP

Vegetables provide essential vitamins, minerals and fiber to support growing bodies. But getting kids excited about eating them? That's where strategy and creativity come in. We'll focus on practical, easy-to-implement ways to serve vegetables in the CACFP meal pattern. ~ 1 hour, Specialty 1

- Identify the different types of vegetables required in the CACFP and how to meet serving size guidelines.
- Understand the nutritional benefits of vegetables and their role in child development.
- Apply strategies to encourage children to try vegetables during mealtimes.

Using the Food Buying Guide for Menu Development

Unlock the full potential of the USDA's Food Buying Guide (FBG) for Child Nutrition Programs. Learn how to access the FBG, create an account and utilize its tools to plan nutritious, compliant and cost-effective meals. We'll guide you through the FBG yield tables, meal components and selecting the right food items for your recipes. Don't miss this chance to streamline your meal planning and ensure dietary guidelines are met with ease! ~ 1 hour, Specialty 3