

# Child and Adult Meal Pattern Requirements

A CACFP Meal Pattern  
Requirements Supplemental Training

## Assessments



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[www.theicn.org/cacfpmp](http://www.theicn.org/cacfpmp)

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# Institute of Child Nutrition

## The University of Mississippi

The Institute of Child Nutrition was authorized by Congress in 1989 and established in 1990 at The University of Mississippi in Oxford and is operated in collaboration with The University of Southern Mississippi in Hattiesburg. The Institute operates under a grant agreement with the United States Department of Agriculture, Food and Nutrition Service.

### PURPOSE

The purpose of the Institute of Child Nutrition is to improve the operation of child nutrition programs through research, education and training, and information dissemination.

### MISSION

The mission of the Institute of Child Nutrition is to provide information and services that promote the continuous improvement of child nutrition programs.

### VISION

The vision of the Institute of Child Nutrition is to be the leader in providing education, research, and resources to promote excellence in child nutrition programs.

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# Comprehensive Pre-Assessment

Identifier

**Instructions:** Place a four-digit number in the Identifier box at the top of the page. Then, read each question carefully and select the best answer.

1. During the one-month transition period, children between the ages of 24–25 months may be served \_\_\_\_\_.  
 a. whole and low-fat (1%) milk only  
 b. whole, breastmilk, and flavored reduced-fat (2%) milk  
 c. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk  
 d. whole, low-fat (1%), fat-free milk, or breastmilk only
  
2. A medical statement is required when non-dairy beverages are nutritionally equivalent to cow's milk. True or False?  
 a. True  
 b. False
  
3. In offer versus serve, a combination food contains \_\_\_\_\_.  
 a. more than one food item, from different meal components that cannot be separated  
 b. less than two food items, from different meal components that cannot be separated  
 c. more than two food items from the same meal components  
 d. less than three ingredients from different meal components
  
4. When serving two vegetables as part of a reimbursable meal, a CACFP operator must offer \_\_\_\_\_.  
 a. one type of vegetable, served in two different forms, such as baked potatoes and mashed potatoes  
 b. three different types of vegetables, such as roasted carrots, baked beans, and steamed broccoli  
 c. two different types of vegetables, such as roasted asparagus and baked sweet potato slices  
 d. two types of vegetables from different sub-groups
  
5. When using offer versus serve at breakfast, CACFP operators offer \_\_\_\_\_ in the minimum serving sizes.  
 a. four different food items  
 b. three different meal components  
 c. two different food items from three different components  
 d. four different meal components
  
6. What are the requirements for serving tofu in CACFP settings?  
 a. Contains five grams of protein, appealing to children, and it contains four grams of protein  
 b. Commercially prepared, easily recognized as a meat substitute, and it contains five grams of protein  
 c. Commercially prepared, 100% soy product, and it contains three grams of protein  
 d. Commercially prepared, easily recognized as meat or grain substitute, and it contains three grams of protein



7. During breakfast, CACFP operators may serve meats and meat alternates in place of grains a maximum of \_\_\_\_\_ time(s) per week.
- two
  - three
  - one
  - zero
8. Yogurt must contain no more than \_\_\_\_\_ grams of added sugars per \_\_\_\_\_ ounces.
- 10 grams, 4 ounces
  - 23 grams, 2 ounces
  - 12 grams, 6 ounces
  - 26 grams, 4 ounces
9. Each day, an operator serves two different groups of children: one group at breakfast and a second group at lunch. Can this operator serve juice to both groups?
- Yes, operators may serve juice at two different meals at least once a week.
  - No, operators are not allowed to serve juice to children as part of a reimbursable meal or snack.
  - No, operators may not serve juice at two different meals or snacks in a single day.
  - None of the above
10. CACFP operators may serve flavored milk to \_\_\_\_\_ year olds.
- 3–5
  - 5–12
  - 1–12
  - 6–12
11. When serving adult participants, CACFP operators may serve yogurt in place of milk \_\_\_\_\_ time(s) per day.
- one
  - two
  - zero
  - three
12. Shawn is a cook at a large central kitchen. Today's menu states that he should prepare fried chicken, brown rice, peaches, and green beans for the adult care sites. Based on the CACFP requirements, can he deep-fat fry the chicken and deliver them to the sites?
- Yes, only child care sites are not allowed to have deep-fat fried foods.
  - Yes, central kitchens may deep-fat fry foods and deliver them to CACFP sites.
  - No, central kitchens are only allowed to deep-fat fry foods for at-risk after school programs.
  - No, central kitchens may not deep-fat fry foods and then deliver them to any CACFP site.
13. Each day, at least \_\_\_\_\_ serving(s) of grains must be whole grain-rich.
- one
  - three
  - zero
  - two

14. Breakfast cereals must contain no more than \_\_\_\_\_grams of added sugars per dry ounce.
- three
  - five
  - six
  - thirteen
15. When serving meals family style, CACFP operators may wait until everyone has finished eating to serve milk.  
True or False?
- True
  - False

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# Comprehensive Post-Assessment

Identifier			

**Instructions:** Place the same four-digit number used on the Pre-Assessment in the Identifier box. Then, read each question carefully and select the best answer.

- During the one-month transition period, children between the ages of 24–25 months may be served \_\_\_\_\_ .
  - whole and low-fat (1%) milk only
  - whole, breastmilk, and flavored reduced-fat (2%) milk
  - whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
  - whole, low-fat (1%), fat-free milk, or breastmilk only
- A medical statement is required when non-dairy beverages are nutritionally equivalent to cow’s milk. True or False?
  - True
  - False
- In offer versus serve, a combination food contains \_\_\_\_\_ .
  - more than one food item, from different meal components that cannot be separated
  - less than two food items, from different meal components that cannot be separated
  - more than two food items from the same meal components
  - less than three ingredients from different meal components
- When serving two vegetables as part of a reimbursable meal, a CACFP operator must offer \_\_\_\_\_ .
  - one type of vegetable, served in two different forms, such as baked potatoes and mashed potatoes
  - three different types of vegetables, such as roasted carrots, baked beans, and steamed broccoli
  - two different types of vegetables, such as roasted asparagus and baked sweet potato slices
  - two types of vegetables from different sub-groups
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  - four different food items
  - three different meal components
  - two different food items from three different components
  - four different meal components
- What are the requirements for serving tofu in CACFP settings?
  - Contains five grams of protein, appealing to children, and it contains four grams of protein
  - Commercially prepared, easily recognized as a meat substitute, and it contains five grams of protein
  - Commercially prepared, 100% soy product, and it contains three grams of protein
  - Commercially prepared, easily recognized as meat or grain substitute, and it contains three grams of protein

7. During breakfast, CACFP operators may serve meats and meat alternates in place of grains a maximum of \_\_\_\_\_ time(s) per week.
- two
  - three
  - one
  - zero
8. Yogurt must contain no more than \_\_\_\_\_ grams of added sugars per \_\_\_\_\_ ounces.
- 10 grams, 4 ounces
  - 23 grams, 2 ounces
  - 12 grams, 6 ounces
  - 26 grams, 4 ounces
9. Each day, an operator serves two different groups of children: one group at breakfast and a second group at lunch. Can this operator serve juice to both groups?
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  - No, operators are not allowed to serve juice to children as part of a reimbursable meal or snack.
  - No, operators may not serve juice at two different meals or snacks in a single day.
  - None of the above
10. CACFP operators may serve flavored milk to \_\_\_\_\_ year olds.
- 3–5
  - 5–12
  - 1–12
  - 6–12
11. When serving adult participants, CACFP operators may serve yogurt in place of milk \_\_\_\_\_ time(s) per day.
- one
  - two
  - zero
  - three
12. Shawn is a cook at a large central kitchen. Today's menu states that he should prepare fried chicken, brown rice, peaches, and green beans for the adult care sites. Based on the CACFP requirements, can he deep-fat fry the chicken and deliver them to the sites?
- Yes, only child care sites are not allowed to have deep-fat fried foods.
  - Yes, central kitchens may deep-fat fry foods and deliver them to CACFP sites.
  - No, central kitchens are only allowed to deep-fat fry foods for at-risk after school programs.
  - No, central kitchens may not deep-fat fry foods and then deliver them to any CACFP site.
13. Each day, at least \_\_\_\_\_ serving(s) of grains must be whole grain-rich.
- one
  - three
  - zero
  - two



14. Breakfast cereals must contain no more than \_\_\_\_\_ grams of added sugars per dry ounce.
- a. three
  - b. five
  - c. six
  - d. thirteen
15. When serving meals family style, CACFP operators may wait until everyone has finished eating to serve milk.  
True or False?
- a. True
  - b. False

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# Milk Component Updates

## Pre-Assessment

Identifier

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**Instructions:** Place a four-digit number in the Identifier box at the top of the page. Then, read each question carefully and select the best answer.

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  - whole, breastmilk, and flavored reduced-fat (2%) milk
  - whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
  - whole, low-fat (1%), fat-free milk, or breastmilk only
- A medical statement is required when non-dairy beverages are nutritionally equivalent to cow's milk. True or False?
  - True
  - False
- CACFP operators may serve flavored milk to \_\_\_\_\_ year olds.
  - 3–5
  - 5–12
  - 1–12
  - 6–12
- When serving adult participants, CACFP operators may serve yogurt in place of milk \_\_\_\_\_ time(s) per day.
  - two
  - one
  - zero
  - three
- When serving flavored water, CACFP operators must make plain water available to all participants. True or False?
  - True
  - False

# Milk Component Updates

## Post-Assessment

Identifier

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**Instructions:** Place the same four-digit number used on the Pre-Assessment in the Identifier box. Then, read each question carefully and select the best answer.

- During the one-month transition period, children between the ages of 24–25 months may be served \_\_\_\_\_.
  - whole and low-fat (1%) milk only
  - whole, breastmilk, and flavored reduced-fat (2%) milk
  - whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
  - whole, low-fat (1%), fat-free milk, or breastmilk only
- A medical statement is required when non-dairy beverages are nutritionally equivalent to cow's milk. True or False?
  - True
  - False
- CACFP operators may serve flavored milk to \_\_\_\_\_ year olds.
  - 3–5
  - 5–12
  - 1–12
  - 6–12
- When serving adult participants, CACFP operators may serve yogurt in place of milk \_\_\_\_\_ time(s) per day.
  - two
  - one
  - zero
  - three
- When serving flavored water, CACFP operators must make plain water available to all participants. True or False?
  - True
  - False

# Meats and Meat Alternates Component Updates

## Pre-Assessment

Identifier			

**Instructions:** Place a four-digit number in the Identifier box at the top of the page. Then, read each question carefully and select the best answer.

1. Yogurt must contain no more than \_\_\_\_\_grams of added sugars per \_\_\_\_\_ounces.
  - a. 10 grams, 4 ounces
  - b. 23 grams, 2 ounces
  - c. 12 grams, 6 ounces
  - d. 26 grams, 6 ounces
2. What are the requirements for serving tofu in CACFP settings?
  - a. Commercially prepared, easily recognized as a meat substitute, and it contains five grams of protein
  - b. Contains five grams of protein, appealing to children, and it contains four grams of protein
  - c. Commercially prepared, 100% soy product, and it contains three grams of protein
  - d. Commercially prepared, easily recognized as meat or grain substitute, and it contains three grams of protein
3. Which item is a non-creditable yogurt product?
  - a. Drinkable yogurt
  - b. Homemade yogurt
  - c. Yogurt flavored products
  - d. All of the above
4. During breakfast, CACFP operators may serve meats and meat alternates in place of grains a maximum of \_\_\_\_\_time(s) per week.
  - a. two
  - b. three
  - c. one
  - d. zero

# Meats and Meat Alternates Component Updates

## Post-Assessment

Identifier

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**Instructions:** Place the same four-digit number used on the Pre-Assessment in the Identifier box. Then, read each question carefully and select the best answer.

1. Yogurt must contain no more than \_\_\_\_\_grams of added sugars per \_\_\_\_\_ounces.
  - a. 10 grams, 4 ounces
  - b. 23 grams, 1 ounce
  - c. 12 grams, 6 ounces
  - d. 26 grams, 6 ounces
2. What are the requirements for serving tofu in CACFP settings?
  - a. Commercially prepared, easily recognized as a meat substitute, and it contains five grams of protein
  - b. Contains five grams of protein, appealing to children, and it contains four grams of protein
  - c. Commercially prepared, 100% soy product, and it contains three grams of protein
  - d. Commercially prepared, easily recognized as meat or grain substitute, and it contains three grams of protein
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  - b. Homemade yogurt
  - c. Yogurt flavored products
  - d. All of the above
4. During breakfast, CACFP operators may serve meats and meat alternates in place of grains a maximum of \_\_\_\_\_time(s) per week.
  - a. two
  - b. three
  - c. one
  - d. zero

# Vegetables and Fruits Components Updates

## Pre-Assessment

Identifier

**Instructions:** Place a four-digit number in the Identifier box at the top of the page. Then, read each question carefully and select the best answer.

- When serving two vegetables as part of a reimbursable meal, a CACFP operator must offer \_\_\_\_\_.
  - one type of vegetable, served in two different forms, such as baked potatoes and mashed potatoes
  - three different types of vegetables, such as roasted carrots, baked beans, and steamed broccoli
  - two different types of vegetables, such as roasted asparagus and baked sweet potato slices
  - two types of vegetables from different sub-groups
- If a juice blend has slightly more fruit than vegetable, it can credit as either a fruit or a vegetable. True or False?
  - True
  - False
- Vegetables and fruits are a single meal component at \_\_\_\_\_.
  - breakfast
  - lunch
  - snack
  - supper
- Each day, an operator serves two different groups of children: one group at breakfast and a second group at lunch. Can the operator serve juice to both groups?
  - Yes, operators may serve juice at two different meals at least once a week.
  - No, operators are not allowed to serve juice to children as part of a reimbursable meal or snack.
  - No, operators may not serve juice at two different meals or snacks.
  - None of the above
- Which meal will be disallowed if a CACFP operator claims juice for more than one meal, including snack?
  - The meal with the highest reimbursement rate that contains juice
  - The meal with the lowest reimbursement rate that does not contain juice
  - All meals and snacks in which the juice was served
  - The meal or snack with the lowest reimbursement rate that contains juice

# Vegetables and Fruits Components Updates

## Post-Assessment

Identifier

**Instructions:** Place the same four-digit number used on the Pre-Assessment in the Identifier box. Then, read each question carefully and select the best answer.

- When serving two vegetables as part of a reimbursable meal, a CACFP operator must offer \_\_\_\_\_.
  - one type of vegetable, served in two different forms, such as baked potatoes and mashed potatoes
  - three different types of vegetables, such as roasted carrots, baked beans, and steamed broccoli
  - two different types of vegetables, such as roasted asparagus and baked sweet potato slices
  - two types of vegetables from different sub-groups
- If a juice blend has slightly more fruit than vegetable, it can credit as either a fruit or a vegetable. True or False?
  - True
  - False
- Vegetables and fruits are a single meal component at \_\_\_\_\_.
  - breakfast
  - lunch
  - snack
  - supper
- Each day, an operator serves two different groups of children: one group at breakfast and a second group at lunch. Can the operator serve juice to both groups?
  - Yes, operators may serve juice at two different meals at least once a week.
  - No, operators are not allowed to serve juice to children as part of a reimbursable meal or snack.
  - No, operators may not serve juice at two different meals or snacks.
  - None of the above
- Which meal will be disallowed if a CACFP operator claims juice for more than one meal, including snack?
  - The meal with the highest reimbursement rate that contains juice
  - The meal with the lowest reimbursement rate that does not contain juice
  - All meals and snacks in which the juice was served
  - The meal or snack with the lowest reimbursement rate that contains juice



# Grains Component Updates

## Pre-Assessment

Identifier

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**Instructions:** Place a four-digit number in the Identifier box at the top of the page. Then, read each question carefully and select the best answer.

- Which item is not a grain-based dessert?
  - Cinnamon breakfast round
  - Strawberry granola bar
  - English muffin
  - Sweet potato pie
- Each day, at least \_\_\_\_\_ serving(s) of grains must be whole grain-rich.
  - one
  - three
  - zero
  - two
- Breakfast cereals must contain no more than \_\_\_\_\_ grams of added sugars per dry ounce.
  - three
  - five
  - six
  - thirteen
- Grain-based desserts are those food items found in the Food Buying Guide for Child Nutrition Professional's Exhibit A with a superscript \_\_\_\_\_.
  - 1 and 2
  - 2 and 3
  - 3 and 4
  - 4 and 5
- When using the rule of three, disregard any ingredients after the words "contains 2% or less."  
True or False?
  - True
  - False

## Grains Component Updates

### Post-Assessment

Identifier

**Instructions:** Place the same four-digit number used on the Pre-Assessment in the Identifier box. Then, read each question carefully and select the best answer.

1. Which item is not a grain-based dessert?
  - a. Cinnamon breakfast round
  - b. Strawberry granola bar
  - c. English muffin
  - d. Sweet potato pie
  
2. Each day, at least \_\_\_\_\_ serving(s) of grains must be whole grain-rich.
  - a. one
  - b. three
  - c. zero
  - d. two
  
3. Breakfast cereals must contain no more than \_\_\_\_\_ grams of added sugars per dry ounce.
  - a. three
  - b. five
  - c. six
  - d. thirteen
  
4. Grain-based desserts are those food items found in the Food Buying Guide for Child Nutrition Professional's Exhibit A with a superscript \_\_\_\_\_.
  - a. 1 and 2
  - b. 2 and 3
  - c. 3 and 4
  - d. 4 and 5
  
5. When using the rule of three, disregard any ingredients after the words "contains 2% or less."  
True or False?
  - a. True
  - b. False

# Child and Adult Meal Service Updates

## Pre-Assessment

Identifier			

**Instructions:** Place a four-digit number in the Identifier box at the top of the page. Then, read each question carefully and select the best answer.

1. When serving meals family style, CACFP operators may wait until everyone has finished eating to serve milk. True or False?
  - a. True
  - b. False
2. When using offer versus serve at breakfast, CACFP operators offer \_\_\_\_\_ in the minimum serving sizes.
  - a. four different food items
  - b. three different meal components
  - c. two different food items from three different meal components
  - d. four different meal components
3. Requiring children to finish eating all their food is a form of punishment in the CACFP. True or False?
  - a. True
  - b. False
4. Shawn is a cook at a large central kitchen. Today's menu states that he should prepare fried chicken, brown rice, peaches, and green beans for the adult care sites. Based on the CACFP requirements, can he deep-fat fry the chicken and deliver them to the sites?
  - a. Yes, only child care sites are not allowed to have deep-fat fried foods.
  - b. Yes, central kitchens may deep-fat fry foods and deliver them to CACFP sites.
  - c. No, central kitchens are only allowed to deep-fat fry foods for at-risk after school programs.
  - d. No, central kitchens may not deep-fat fry foods and then deliver them to any CACFP site.

## Child and Adult Meal Service Updates

### Post-Assessment

Identifier			

**Instructions:** Place the same four-digit number used on the Pre-Assessment in the Identifier box. Then, read each question carefully and select the best answer.

1. When serving meals family style, CACFP operators may wait until everyone has finished eating to serve milk. True or False?
  - a. True
  - b. False
2. When using offer versus serve at breakfast, CACFP operators offer \_\_\_\_\_ in the minimum serving sizes.
  - a. four different food items
  - b. three different meal components
  - c. two different food items from three different meal components
  - d. four different meal components
3. Requiring children to finish eating all their food is a form of punishment in the CACFP. True or False?
  - a. True
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4. Shawn is a cook at a large central kitchen. Today's menu states that he should prepare fried chicken, brown rice, peaches, and green beans for the adult care sites. Based on the CACFP requirements, can he deep-fat fry the chicken and deliver them to the sites?
  - a. Yes, only child care sites are not allowed to have deep-fat fried foods.
  - b. Yes, central kitchens may deep-fat fry foods and deliver them to CACFP sites.
  - c. No, central kitchens are only allowed to deep-fat fry foods for at-risk after school programs.
  - d. No, central kitchens may not deep-fat fry foods and then deliver them to any CACFP site.

# Answer Key

## Comprehensive Assessment

1. C. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
2. B. False
3. A. more than one food item, from different meal 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. 12 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 breastmilk
2. B. False
3. D. 6–12
4. B. one
5. A. True

## Meats and Meat Alternates Component Update

1. C. 12 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

## Vegetables and Fruits Components 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 meal 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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