



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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www.theicn.org/cacfpmp

2024

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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.

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This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The content of this publication does not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

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Institute of Child Nutrition. (2024). *Child and adult meal pattern requirements: A CACFP meal pattern requirements supplemental training*. University, MS: Author.

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Time: 360 minutes (6 hours)

Introduction

Background Information

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

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

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 program types.

Ground Rules

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 4.2 million children and nearly 138,000 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.

The Healthy, Hunger-Free Kids Act of 2010 marked a pivotal shift in the landscape of child nutrition in the United States. This legislation mandated the United States Department of Agriculture (USDA) to overhaul nutrition standards for meals provided through various child nutrition programs, including the CACFP, to align with the latest nutritional science and the Dietary Guidelines for Americans (DGA). This realignment recognized the critical role of nutrition in health and childhood development.

In April 2016, following this directive, the USDA announced updated CACFP meal pattern requirements. These updates, the first in over three decades, aimed to improve the quality of meals served to children and adults under the CACFP, ensuring they meet contemporary nutritional needs. Key changes included a greater variety of vegetables, the inclusion of whole grains, and limits on added sugars based on the DGA. These adjustments aimed to foster healthier eating habits to safeguard the health and wellness of participants. The implementation of these updated meal patterns on October 1, 2017, represented a significant step forward in enhancing the nutritional quality of meals offered in child and adult care settings.

On April 25, 2024, the USDA Food and Nutrition Service (FNS) published the Final Rule, "Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans." This final rule is the next step in continuing the science-based improvement of USDA child nutrition programs. The updates focused on changing sugar limits for breakfast cereals and yogurt from total sugars to added sugars and addressed meal modifications, as well as menu planning and operational flexibilities, and technical changes.

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 three components for a reimbursable meal)

Meal Components and Food Items ¹	Ages 1–2	Ages 3–5	Ages 6–12	Ages 13–18 ²
Fluid Milk	4 fluid ounces ³	6 fluid ounces ⁴	8 fluid ounces ⁵	8 fluid ounces ⁵
Vegetables, fruits, or portions of both ⁶	¼ cup	½ cup	½ cup	½ cup
Grains⁷ (ounce equivalent = oz eq)				
Whole grain-rich or enriched bread	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Whole grain-rich or enriched bread products, such as biscuits, rolls, or muffins	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grains, or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅞ cup	⅞ cup	¼ cup	¼ cup

¹ Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool care centers.

² At-risk afterschool programs and emergency shelters may need to serve larger portions to children ages 13 through 18 to meet their nutritional needs.

³ Must be unflavored whole milk for children age 1.

⁴ Must serve unflavored milk to children 2 through 5 years old. The milk must be fat-free, skim, low-fat, or 1 percent or less.

⁵ May serve unflavored or flavored milk to children ages 6 and older. The milk must be fat-free, skim, low-fat, or 1 percent or less.

⁶ Juice must be pasteurized. Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day.

⁷ Must serve at least one whole grain-rich serving, across all eating occasions, per day. Grain-based desserts may not be used to meet the grains requirement. Meats/meat alternates may be offered in place of the entire grains requirement, up to 3 times per week at breakfast. One ounce equivalent of meats/meat alternates credits equal to one ounce equivalent of grains. Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.

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Child Meal Pattern: Lunch/Supper

(Select all five components for a reimbursable meal)

Meal Components and Food Items ¹	Ages 1–2	Ages 3–5	Ages 6–12	Ages 13–18 ²
Fluid Milk	4 fluid ounces ³	6 fluid ounces ⁴	8 fluid ounces ⁵	8 fluid ounces ⁵
Meats/Meat Alternates (ounce equivalent = oz eq)				
Lean meat, poultry, or fish	1 oz eq	1 ½ oz eq	2 oz eq	2 oz eq
Tofu, soy product, or alternate protein products ⁶	1 oz eq	1 ½ oz eq	2 oz eq	2 oz eq
Cheese	1 oz eq	1 ½ oz eq	2 oz eq	2 oz eq
Large egg	½	¾	1	1
Beans, peas, and lentils	¼ cup	⅜ cup	½ cup	½ cup
Yogurt ⁷	4 oz eq (½ cup)	6 oz eq (¾ cup)	8 oz eq (1 cup)	8 oz eq (1 cup)
Peanut butter, soy nut butter, or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Peanuts, soy nuts, tree nuts, or seeds	1 oz eq	1 oz eq	2 oz eq	2 oz eq
Vegetables⁸	⅓ cup	¼ cup	½ cup	½ cup
Fruits⁸	⅓ cup	¼ cup	½ cup	½ cup
Grains⁹				
Whole grain-rich or enriched bread	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Whole grain-rich or enriched bread products, such as biscuits, rolls, or muffins	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grains, or pasta	¼ cup	¼ cup	½ cup	½ cup

¹ Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool care centers.

² At-risk afterschool programs and emergency shelters may need to serve larger portions to children ages 13 through 18 to meet their nutritional needs.

³ Must serve unflavored whole milk to children age 1.

⁴ Must serve unflavored milk to children 2 through 5 years old. The milk must be fat-free, skim, low-fat, or 1 percent or less.

⁵ May serve unflavored or flavored milk to children ages 6 and older. The milk must be fat-free, skim, low-fat, or 1 percent or less.

⁶ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁷ Yogurt may be regular or soy, plain or flavored, unsweetened or sweetened. Through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

⁸ Juice must be pasteurized. Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day. A vegetable may be offered to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁹ Must serve at least one whole grain-rich serving, across all eating occasions, per day. Grain-based desserts may not be used to meet the grains requirement. Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.

Child Meal Pattern: Snack

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

Meal Components and Food Items ¹	Ages 1–2	Ages 3–5	Ages 6–12	Ages 13–18 ²
Fluid Milk	4 fluid ounces ³	4 fluid ounces ⁴	8 fluid ounces ⁵	8 fluid ounces ⁵
Meats/Meat Alternates (ounce equivalent = oz eq)				
Lean meat, poultry, or fish	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Tofu, soy products, or alternate protein products ⁶	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Cheese	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Large egg	½	½	½	½
Beans, peas, and lentils	⅛ cup	⅛ cup	¼ cup	¼ cup
Yogurt ⁷	2 oz eq (¼ cup)	2 oz eq (¼ cup)	4 oz eq (½ cup)	4 oz eq (½ cup)
Peanut butter, soy nut butter, or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Peanuts, soy nuts, tree nuts, or seeds	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Vegetables⁸	½ cup	½ cup	¾ cup	¾ cup
Fruits⁸	½ cup	½ cup	¾ cup	¾ cup
Grains⁹				
Whole grain-rich or enriched bread	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Whole grain-rich or enriched bread products, such as biscuits, rolls, or muffins	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grains, or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)				
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

¹ Must serve two of the five components for a reimbursable snack. Milk and juice may not be served as the only two items in a reimbursable snack.

² At-risk afterschool programs and emergency shelters may need to serve larger portions to children ages 13 through 18 to meet their nutritional needs.

³ Must serve unflavored whole milk to children age 1.

⁴ Must serve unflavored milk to children 2 through 5 years old. The milk must be fat-free, skim, low-fat, or 1 percent or less.

⁵ May serve unflavored or flavored milk to children ages 6 and older. The milk must be fat-free, skim, low-fat, or 1 percent or less.

⁶ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁷ Yogurt may be regular or soy, plain or flavored unsweetened or sweetened. Through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

⁸ Juice must be pasteurized. Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day.

⁹ Must serve at least one whole grain-rich serving, across all eating occasions, per day. Grain-based desserts may not be used to meet the grains requirement. Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.



Adult Meal Pattern: Breakfast (Select three components for a reimbursable meal)	
Meal Components and Food Items ¹	Minimum Quantities
Fluid Milk	8 fluid ounces ²
Vegetables, fruits, or portions of both ³	½ cup
Grains ⁴	
Whole grain-rich or enriched bread	2 ounce equivalents
Whole grain-rich or enriched bread products, such as biscuits, rolls, or muffins	2 ounce equivalents
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁵ , cereal grains, or pasta	1 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ⁵	
Flakes or rounds	2 cups
Puffed cereal	2 ½ cups
Granola	½ cup
<p>¹ Must serve all three components for a reimbursable meal. Offer versus serve is an option for adult day care centers.</p> <p>² May serve unflavored or flavored milk to adults. The milk must be fat-free, skim, low-fat, or 1 percent or less. Yogurt may be offered in the place of milk once daily for adults. Yogurt may count as a fluid milk substitute or a meat alternate, but not both, in the same meal. Six ounces (by weight) or ¾ cup (by volume) of yogurt is the equivalent of 8 ounces of fluid milk. Through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).</p> <p>³ Juice must be pasteurized. Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack per day.</p> <p>⁴ Must serve at least one whole grain-rich serving across all eating occasions daily. Grain-based desserts may not be used to meet the grains requirement. Meats/meat alternates may be offered in place of the entire grains requirement, up to 3 times per week at breakfast. One ounce equivalent of meats/meat alternates credits equal to one ounce equivalent of grains.</p> <p>⁵ Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.</p>	

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Adult Meal Pattern: Lunch and Supper

(Select all five components for a reimbursable meal)

Meal Components and Food Items ¹	Minimum Quantities
Fluid Milk	8 fluid ounces ²
Meats/Meat Alternates	
Lean meat, poultry, or fish	2 ounce equivalents
Tofu, soy product, or alternate protein products ³	2 ounce equivalents
Cheese	2 ounce equivalents
Large egg	1
Beans, peas, and lentils	½ cup
Yogurt ⁴	8 ounce equivalents or 1 cup
Peanut butter, soy nut butter, or other nut or seed butters	4 tbsp
Peanuts, soy nuts, tree nuts, or seeds	1 ounce equivalent
Vegetables⁵	½ cup
Fruits⁵	½ cup
Grains⁶	
Whole grain-rich or enriched bread	2 ounce equivalents
Whole grain-rich or enriched bread products, such as biscuits, rolls, or muffins	2 ounce equivalents
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grains, or pasta	1 cup

¹ Must serve all five components for a reimbursable meal. Offer versus serve is an option for adult day care centers.

² May serve unflavored or flavored milk to adults. The milk must be fat-free, skim, low-fat, or 1 percent or less. Yogurt may be offered in place of milk once per day for adults. Yogurt may count as a fluid milk substitute or a meat alternate, but not both, in the same meal. Six ounces (by weight) or ¾ cup (by volume) of yogurt is the equivalent of 8 ounces of fluid milk. A serving of fluid milk is optional for suppers served to adult participants.

³ Alternate protein products must meet Appendix A to Part 226 requirements.

⁴ Yogurt may be regular or soy, plain or flavored, unsweetened or sweetened. Through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

⁵ Juice must be pasteurized. Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack per day. A vegetable may be offered to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁶ Must serve at least one whole grain-rich serving, across all eating occasions daily. Grain-based desserts may not be used to meet the grains requirement.

⁷ Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By October 1, 2025, breakfast cereal must contain no more than 6 grams of added sugars per dry ounce.



Adult Meal Pattern: Snack

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

Meal Components and Food Items ¹	Minimum Quantities
Fluid Milk	8 fluid ounces ²
Meats/Meat Alternates	
Lean meat, poultry, or fish	1 ounce equivalent
Tofu, soy products, or alternate protein products ³	1 ounce equivalent
Cheese	1 ounce equivalent
Large egg	½
Beans, peas, and lentils	¼ cup
Yogurt ⁴	4 ounce equivalents or ½ cup
Peanut butter, soy nut butter, or other nut or seed butters	2 tbsp
Peanuts, soy nuts, tree nuts, or seeds	1 ounce equivalent
Vegetables⁵	½ cup
Fruits⁵	½ cup
Grains⁶	
Whole grain-rich or enriched bread	1 ounce equivalent
Whole grain-rich or enriched bread products, such as biscuits, rolls, or muffins	1 ounce equivalent
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grains, or pasta	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ⁷	
Flakes or rounds	1 cup
Puffed cereal	1 ¼ cup
Granola	¼ cup

¹ Must serve two of the five components for a reimbursable snack. Milk and juice may not be served as the only two items in a reimbursable snack.

² May serve unflavored or flavored milk to adults. The milk must be fat-free, skim, low-fat, or 1 percent or less. Yogurt may be offered in place of milk, once per day for adults. Yogurt may count as a fluid milk substitute or a meat alternate, but not both, in the same meal. Six ounces (by weight) or ¾ cup (by volume) of yogurt is the equivalent of 8 ounces of fluid milk.

³ Alternate protein products must meet Appendix A to Part 226 requirements.

⁴ Yogurt may be regular or soy, plain or flavored, unsweetened or sweetened. Through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

⁵ Juice must be pasteurized. Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day.

⁶ Must serve at least one whole grain-rich serving, across all eating occasions, per day. Grain-based desserts may not be used to meet the grains requirement.

⁷ Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By October 1, 2025, breakfast cereal must contain no more than 6 grams of added sugar per dry ounce.



Previous vs. Updated Child and Adult Meal Pattern Requirements

Component ¹	Age 1–2		Age 3–5		Age 6–12 & 13–18		Adult	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Breakfast								
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 ²	½ serving	½ oz eq ³	½ serving	½ oz eq ³	1 serving	1 oz eq ³	2 servings	2 oz eq ³
Lunch and Supper								
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup ⁵
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 ³	½ serving	½ oz eq ³	1 serving	1 oz eq ³	2 servings	2 oz eq ³
Snack								
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 ³	½ serving	½ oz eq ³	1 serving	1 oz eq ³	1 serving	1 oz eq ³
<p>¹All serving sizes are minimum quantities of the meal components that are required to be served</p> <p>² Meats and meat alternates may be used to substitute the entire grains component a maximum of three times per week</p> <p>³ Oz eq = ounce equivalents</p> <p>⁴ Select 2 of the 5 components for snack</p> <p>⁵A serving of milk is not required at supper meals for adults</p>								

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

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

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

Fluid Milk Basics

Ages and Milk Requirements*	Requirements
Age 1 year	
<ul style="list-style-type: none"> Unflavored whole milk 	<ul style="list-style-type: none"> Milk served to 1-year-old children must be unflavored whole milk. Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.
Ages 2–5 years	
<ul style="list-style-type: none"> Unflavored low-fat (1%) Unflavored fat-free (skim) 	<ul style="list-style-type: none"> 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. Flavored milk, including flavored nondairy beverages, cannot be served to children, ages 1 through 5 years old.
Ages 6 years and older, and adults	
<ul style="list-style-type: none"> Unflavored low-fat (1%) Unflavored fat-free (skim) Flavored fat-free (skim) Flavored low-fat (1%) 	<ul style="list-style-type: none"> 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.
Adults (Only)	
<ul style="list-style-type: none"> Yogurt may be served in place of fluid milk for adults once per day. A serving of milk is optional at supper. 	
Nondairy Milk Substitute	
<ul style="list-style-type: none"> Nondairy milk substitutes that are nutritionally equivalent to cow's milk, may be served to children or adults with special dietary needs. Nondairy beverages must meet the nutritional standards found in cow's milk as outlined in 7 CFR 226.20(g)(3). 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. A medical statement signed by a State licensed healthcare professional or registered dietitian 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). 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. 	
<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. A State licensed healthcare professional (an individual authorized to write medical prescriptions under State law) or registered dietitian must sign this form.</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 State Licensed Healthcare Professional or Registered Dietitian	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?

2. When do you need it?

3. What are the three things to look for?

- 1)

- 2)

- 3)

4. Where can you locate additional information?

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.

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

OBJECTIVE 3: Participants will be able to select yogurt products that meet the CACFP added sugars limit.

Meats and Meat Alternates Basics

Meats	Meat Alternates
<ul style="list-style-type: none"> • Meat options include lean meat, poultry, or fish. • The creditable quantity of meats must be the edible portion. 	<ul style="list-style-type: none"> • 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.
<h3>Tofu and Tofu Products</h3>	
<ul style="list-style-type: none"> • Commercial tofu may be used to meet all or part of the meats/meat alternates component in accordance with FNS guidance. • Non-commercial and non-standardized tofu and tofu products are not creditable. • 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. • Commercial tofu must contain 5 grams of protein per 2.2 ounces (¼ cup) to equal 1 ounce of the meat/meat alternate. • 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). • 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. 	
Yogurt	Beans, Peas, and Lentils
<ul style="list-style-type: none"> • Yogurt may be regular or soy, plain or flavored, unsweetened or sweetened. • Through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce). • 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. • 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. 	<ul style="list-style-type: none"> • Beans, peas, and lentils may be used to meet all or part of the meats/meat alternates component. Beans, peas, and lentils include black beans, garbanzo beans, lentils, kidney beans, mature lima beans, navy beans, pinto beans, and split peas. • Beans, peas, and lentils may be credited as either a meat alternate or as a vegetable, but not as both in the same meal.
<h3>Nuts, Seeds, and Nut Butters</h3>	
<ul style="list-style-type: none"> • Nuts and seeds, and their butters, may be used to meet the entire meats/meat alternates requirement. • Nut and seed meal or flour may be used only if it meets the requirements for alternate protein products. Acorns, chestnuts, and coconuts are non-creditable meat alternates because of their low protein and iron content. 	

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
Minimum amount of M/MA required when served instead of grains at breakfast	$\frac{1}{2}$ ounce equivalent	1 ounce equivalent	2 ounce equivalents
	is equal to:	is equal to:	is equal to:
Beans, peas, and lentils	$\frac{1}{8}$ 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 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/crediting-handbook-child-and-adult-care-food-program>) 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 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 Canadian Bacon Chicken Cottage Cheese Cheese Tuna Eggs Tofu Yogurt		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 Requirements

Instructions: List the key requirements for serving tofu 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 Recipes

Baked Barbecue Tofu

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

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

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

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

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

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 Tofu
CACFP Meal Pattern: Each serving is equivalent to 1 ounce M/MA and provides 1/2 cup pasta (Grain).	• 1/4 cup Prepared Pesto	• Grated parmesan cheese (optional)
	• 2 Roma Tomatoes, seeded and 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 pepper (or to taste)
CACFP Meal Pattern: Each 2.2 ounces tofu slice or 1/4 cup is equivalent to 1-ounce M/MA.	• 1/4 cup vegetable or canola oil	• Additional salt and pepper to taste
	• 1/4 cup cornstarch	
	• 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



Yogurt and Added Sugars Guide

Through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

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), on the yogurt. Write it here: 6 ounces
- **Step 2:** Find the **Added Sugars** line. Look at the number of grams (g) next to Added Sugars. Write it here: 10 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 "Added Sugars" column. If your yogurt has that amount of added sugars or less, the yogurt meets the added sugars limit.

Is it creditable? Yes, this yogurt meets the added sugars limit because 10 grams of added sugars is less than the added sugars limit of 12 grams for a 6 oz serving size.

Nutrition Facts	
7 servings per container	
Serving size	6 oz (170g)
Amount Per Serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 10mg	3%
Sodium 65mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 13g	26%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Added Sugars Limit Table

Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Added Sugars Grams (g)	Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Added Sugars Grams (g)
If the serving size is:		Added Sugars must not be more than:	If the serving size is:		Added Sugars must not be more than:
1 oz	28 g	2 g	4.75 oz	135 g	9 g
1.25 oz	35 g	2 g	5 oz	142 g	10 g
1.5 oz	43 g	3 g	5.25 oz	149 g	10 g
1.75 oz	50 g	3 g	5.3 oz	150 g	10 g
2 oz	57 g	4 g	5.5 oz	156 g	11 g
2.25 oz	64 g	4 g	5.75 oz	163 g	11 g
2.5 oz	71 g	5 g	6 oz	170 g	12 g
2.75 oz	78 g	5 g	6.25 oz	177 g	12 g
3 oz	85 g	6 g	6.5 oz	184 g	13 g
3.25 oz	92 g	6 g	6.75 oz	191 g	13 g
3.5 oz	99 g	7 g	7 oz	198 g	14 g
3.75 oz	106 g	7 g	7.25 oz	206 g	14 g
4 oz	113 g	8 g	7.5 oz	213 g	15 g
4.25 oz	120 g	8 g	7.75 oz	220 g	15 g
4.5 oz	128 g	9 g	8 oz	227 g	16 g

Example #2: Serving Size in Grams

- **Step 1:** Use the Nutrition Facts label to find the **Serving Size**, in 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 **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.
Write it here: 9 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 “Added Sugars” column. If your yogurt has that amount of added sugars or less, the yogurt meets the added sugars requirement.

Nutrition Facts	
4 servings per container	
Serving size	1/2 cup (85g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 65mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 9g Added Sugars	18%
Protein 5g	10%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Is it creditable? No, this yogurt does not meet the added sugars limit because 9 grams of added sugars exceeds the added sugars limit of 6 grams for an 85g serving size.

Added Sugars Limit Table

Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Added Sugars Grams (g)	Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Added Sugars Grams (g)
If the serving size is:		Added Sugars must not be more than:	If the serving size is:		Added Sugars must not be more than:
1 oz	28 g	2 g	4.75 oz	135 g	9 g
1.25 oz	35 g	2 g	5 oz	142 g	10 g
1.5 oz	43 g	3 g	5.25 oz	149 g	10 g
1.75 oz	50 g	3 g	5.3 oz	150 g	10 g
2 oz	57 g	4 g	5.5 oz	156 g	11 g
2.25 oz	64 g	4 g	5.75 oz	163 g	11 g
2.5 oz	71 g	5 g	6 oz	170 g	12 g
2.75 oz	78 g	5 g	6.25 oz	177 g	12 g
3 oz	85 g	6 g	6.5 oz	184 g	13 g
3.25 oz	92 g	6 g	6.75 oz	191 g	13 g
3.5 oz	99 g	7 g	7 oz	198 g	14 g
3.75 oz	106 g	7 g	7.25 oz	206 g	14 g
4 oz	113 g	8 g	7.5 oz	213 g	15 g
4.25 oz	120 g	8 g	7.75 oz	220 g	15 g
4.5 oz	128 g	9 g	8 oz	227 g	16 g



Yogurt, Is It Creditable?

Instructions: Review each label and then, use the Added Sugars 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 Added Sugars.
Write it here: _____
- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your yogurt in the Added Sugars Limit Table.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column.

Is it creditable? _____

Nutrition Facts	
1 servings per container	
Serving size	5.3 oz (150g)
Amount Per Serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 50mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 8g Added Sugars	16%
Protein 11g	22%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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 Added Sugars.
Write it here: _____
- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your yogurt in the Added Sugars Limit Table.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column.

Is it creditable? _____

Nutrition Facts	
4 servings per container	
Serving size	8 oz (227g)
Amount Per Serving	
Calories	220
<small>% Daily Value*</small>	
Total Fat 11g	14%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 80mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 7g Added Sugars	14%
Protein 20g	40%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Raspberry Soy 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 Added Sugars.
Write it here: _____
- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your yogurt in the Added Sugars Limit Table.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column.

Is it creditable? _____

Nutrition Facts	
1 servings per container	
Serving size	6 oz (170g)
Amount Per Serving	
Calories	160
<small>% Daily Value*</small>	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 16g Added Sugars	32%
Protein 8g	16%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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 Added Sugars.
Write it here: _____
- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your yogurt in the Added Sugars Limit Table.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the “Added Sugars” column.
Is it creditable? _____

Nutrition Facts	
4 servings per container	
Serving size	2.5 oz (71g)
Amount Per Serving	
Calories	120
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 85mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 2g	4%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Added Sugar Limits Table

Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Added Sugars Grams (g)	Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Added Sugars Grams (g)
If the serving size is:		Added Sugars must not be more than:	If the serving size is:		Added Sugars must not be more than:
1 oz	28 g	2 g	4.75 oz	135 g	9 g
1.25 oz	35 g	2 g	5 oz	142 g	10 g
1.5 oz	43 g	3 g	5.25 oz	149 g	10 g
1.75 oz	50 g	3 g	5.3 oz	150 g	10 g
2 oz	57 g	4 g	5.5 oz	156 g	11 g
2.25 oz	64 g	4 g	5.75 oz	163 g	11 g
2.5 oz	71 g	5 g	6 oz	170 g	12 g
2.75 oz	78 g	5 g	6.25 oz	177 g	12 g
3 oz	85 g	6 g	6.5 oz	184 g	13 g
3.25 oz	92 g	6 g	6.75 oz	191 g	13 g
3.5 oz	99 g	7 g	7 oz	198 g	14 g
3.75 oz	106 g	7 g	7.25 oz	206 g	14 g
4 oz	113 g	8 g	7.5 oz	213 g	15 g
4.25 oz	120 g	8 g	7.75 oz	220 g	15 g
4.5 oz	128 g	9 g	8 oz	227 g	16 g



Apply in Three

Instructions: Write at least three things you learned about the meats/meat alternates 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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Vegetables and Fruits Components Updates

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Notes Page

OBJECTIVE 1: Participants will be able to recall the requirements for separating the vegetables and fruits components.

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

Vegetables and Fruits 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.
- Beans, peas, and lentils 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.



Vegetables and Fruits Components

Separation of Vegetables and Fruits Components

The child and adult meal pattern requirements separate the vegetables and fruits components at lunch, supper, and snack. Separate vegetables and fruits 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 fruits 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, peas, and lentils, 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
Ages 1-2 Years		
Meats/Meat Alternates	1 oz chicken	1 oz chicken
Vegetables	1/8 cup broccoli	1/8 cup sweet potato
Fruits	1/8 cup apple slices	1/8 cup zucchini
Grains	1 whole wheat pita	1 whole wheat pita
Milk	1/2 cup unflavored, whole milk	1/2 cup unflavored, whole milk
Ages 3-4 Years		
Meats/Meat Alternates	1 1/2 oz chicken	1 1/2 oz chicken
Vegetables	1/4 cup green beans	1/4 cup cauliflower
Fruits	1/4 cup diced peaches	1/4 cup carrots
Grains	1/2 whole wheat pita	1/2 whole wheat pita
Milk	3/4 cup unflavored, low-fat milk	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.

Vegetables and Fruits Components Statements

1. The child and adult meal pattern separates the vegetables and fruits components 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 meal 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?

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

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

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

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

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

Apply in Three

Instructions: Write at least three things you learned about the vegetables and fruits components, 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.

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

OBJECTIVE 3: Participants will be able to use two methods to select breakfast cereals that meet the CACFP added sugars limit.

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



Grains Basics

Whole Grain-Rich Items

- At least one serving of grains per day must be whole grain-rich.
- Whole grain-rich foods are products with a grain content between 50 and 100 percent whole grain, with any remaining grains being 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 meet the CACFP added sugars limit. Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.

Grain-Based Desserts

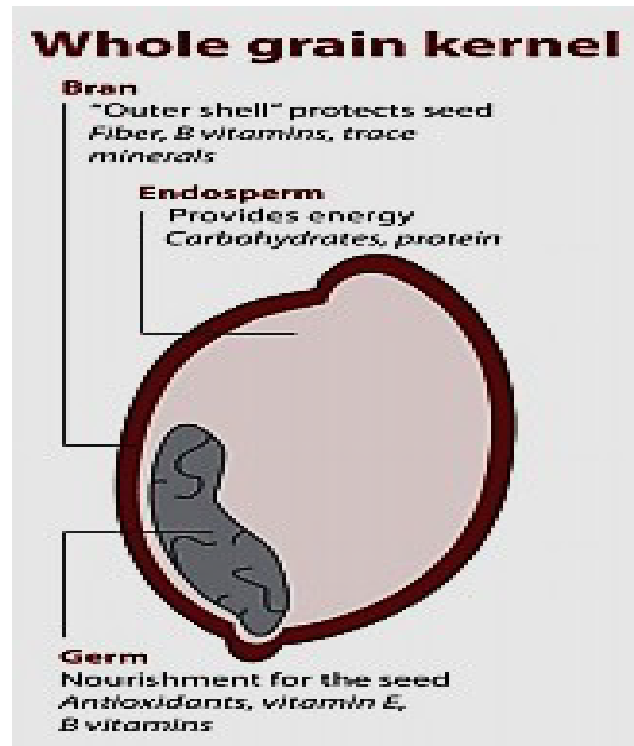
- Grain-based desserts do not count towards the grain requirement.
- Grain-based desserts are identified in Exhibit A in the memorandum CACFP 02-2017 “Grain Requirements in the Child and Adult Care Food Program; Questions and Answers.” These items have a superscript 3 or 4 to indicate they are a grain-based 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:** The grain content of a product is between 50 and 100 percent whole grain, with any remaining grains being 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 are those in which the grain content is between 50 and 100 percent whole grain, with any remaining grains being 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 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:
INGREDIENTS: WHOLE WHEAT FLOUR, FLAXSEED, HONEY, RYE, SOYBEAN OIL CONTAINS 2% OR LESS OF: GLUTEN, CALCIUM SULFATE, SALT, BUTTER, SOY LECITHIN CONTAINS: WHEAT.	<ul style="list-style-type: none"> • Corn dextrin • Corn starch • Modified food starch • Rice starch • Tapioca starch • Wheat dextrin • Wheat gluten • Wheat starch

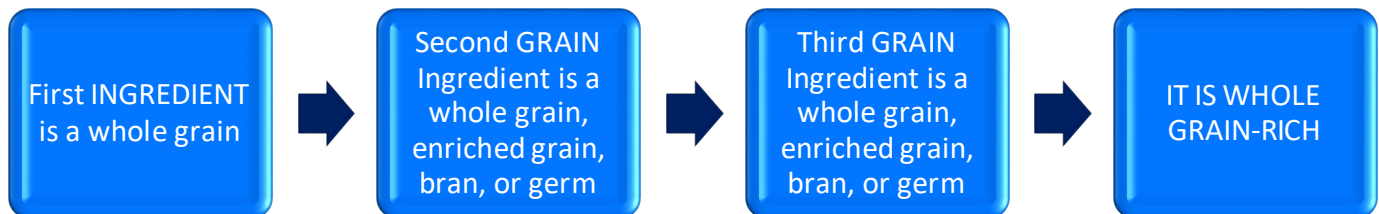
NON-CREDITABLE GRAINS: The following table lists non-creditable grain ingredients. If any of these grains are listed as the first three grain ingredients, the product is not whole grain-rich.

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		

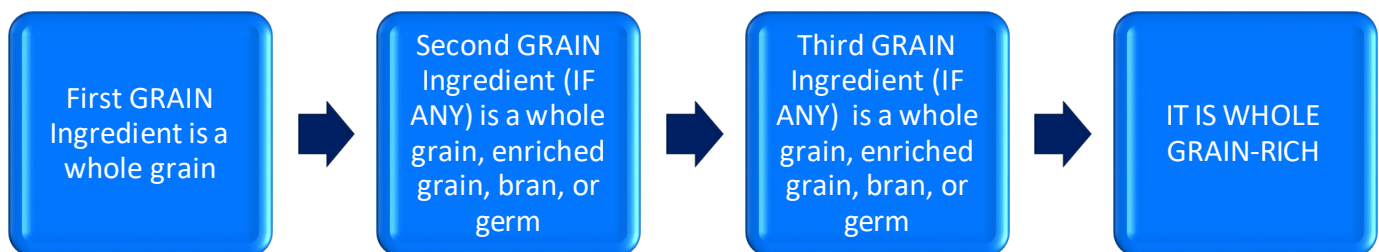
Applying the Rule of Three

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.

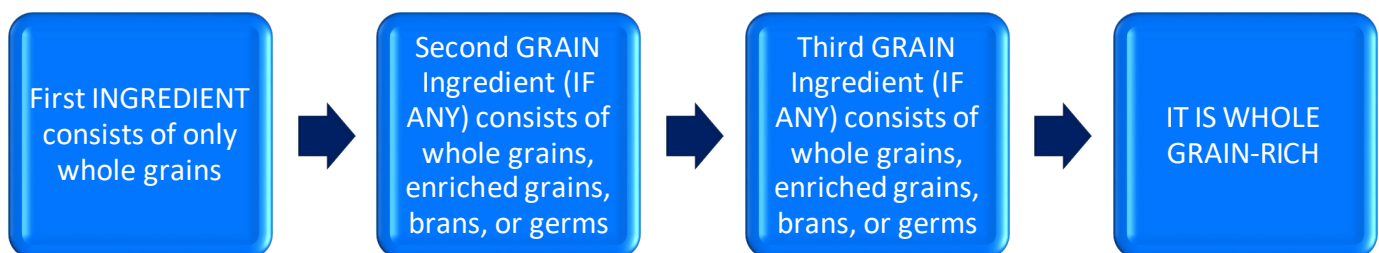
Using this method, a product is whole grain-rich if the first ingredient (or second after water) is a whole grain, and the next two grain ingredients (if any) are whole grains, enriched grains, brans, or germs.



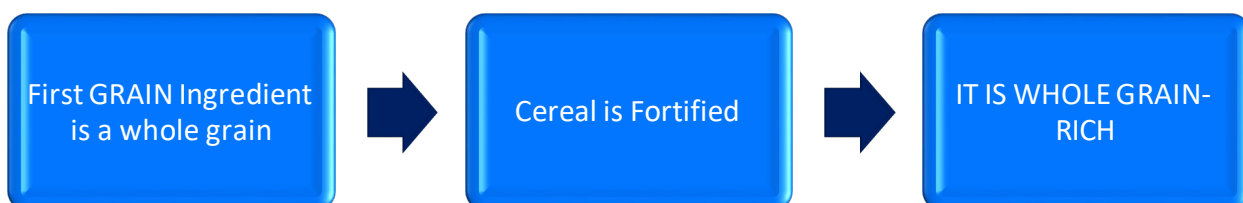
Mixed Dishes: (e.g., pizza crust and tortillas for burritos): Use the “grain portion” of the ingredients label to determine if the first ingredient is a whole grain and the next two grain ingredients (if any) are whole grains, enriched grains, bran, or germ. If it meets the criteria, it is whole grain-rich.



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 Added Sugars Guide

Requirement: Breakfast cereals must meet the CACFP added sugars limit. Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars 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 meet the added sugars limit.

Website: 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 **Added Sugars** line. Look at the number of grams (g) next to Added 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 **Added Sugars Limits Table**.
- Step 4:** In the table, look at the number to the right of the serving size amount, under the “Added Sugars” column. If your breakfast cereal has that amount of added sugars or less, it meets the added sugars limit. Is it creditable? Yes, this breakfast cereal is creditable because 5 grams of added sugars is below the added sugars limit of 6 grams for a 30g serving size.

Nutrition Facts	
5 servings per container	
Serving size	3/4 cup (30g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 5g Added Sugars	10%
Protein 5g	10%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Added Sugars Limits Table

Serving Size	Added Sugars	Serving Size	Added Sugars
If the serving size is:	Added sugars must not be more than:	If the serving size is:	Added sugars must not 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

Breakfast Cereal, Is It Creditable?

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

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 Added Sugars.
Write it here: _____
- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your cereal in the Added Sugars Limits Table.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If your cereal has that amount of added sugars or less, your cereal meets the added sugars requirement.
Is it creditable? _____

Nutrition Facts	
8 servings per container	
Serving size	1 cup (32g)
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars 23g	
Includes 10g Added Sugars	20%
Protein 1g	2%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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 Added Sugars.
Write it here: _____
- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your cereal in the Added Sugars Limits Table.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If your cereal has that amount of added sugars or less, your cereal meets the added sugars requirement.
Is it creditable? _____

Nutrition Facts	
12 servings per container	
Serving size	3/4 cup (30g)
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 17g	
Includes 12g Added Sugars	24%
Protein 1g	2%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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 Added Sugars.
Write it here: _____
- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your cereal in the Added Sugars Limits Table.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If your cereal has that amount of added sugars or less, your cereal meets the added sugars requirement.
Is it creditable? _____

Nutrition Facts	
12 servings per container	
Serving size	3/4 cup (28g)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 14g	
Includes 9g Added Sugars	18%
Protein 2g	4%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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 Added Sugars.
Write it here: _____
- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your cereal in the Added Sugars Limits Table.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column. If your cereal has that amount of added sugars or less, your cereal meets the added sugars requirement.
Is it creditable? _____

Nutrition Facts	
1 servings per container	
Serving size	1 bowl (33g)
Amount Per Serving	
Calories	120
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 2g	4%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Added Sugars Limits Table

Serving Size	Added Sugars Limit	Serving Size	Added Sugars Limit
If the serving size is:	Added sugars cannot be more than:	If the serving size is:	Added 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: GRAINS REQUIREMENTS FOR CHILD NUTRITION PROGRAMS^{1,2}

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"> Bread-type coating Bread sticks (hard) Chow Mein noodles Savory Crackers (saltines and snack crackers) 	<ul style="list-style-type: none"> Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing 	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"> Bagels Batter type coating Biscuits Breads – all (for example sliced, French, Italian) 	<ul style="list-style-type: none"> Buns (hamburger and hot dog) Sweet Crackers⁵ (graham crackers – all shapes, animal crackers) 	<ul style="list-style-type: none"> Egg roll skins English muffins Pita bread Pizza crust Pretzels (soft) 	<ul style="list-style-type: none"> Rolls Tortillas Tortilla chips Taco shells 	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"> Cookies³ (plain – includes vanilla wafers) Cornbread Corn muffins Croissants 	<ul style="list-style-type: none"> Pancakes Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) Waffles 	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"> Doughnuts⁴ (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars⁴ (plain) 	<ul style="list-style-type: none"> Muffins (all, except corn) Sweet roll⁴ (unfrosted) Toaster pastry⁴ (unfrosted) 	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"> Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) Cookies³ (with nuts, raisins, chocolate pieces, and/or fruit purees) 	<ul style="list-style-type: none"> Doughnuts⁴ (cake and yeast raised, frosted, or glazed) French toast Sweet roll⁴ (frosted) Toaster pastry⁴ (frosted) 	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"> Cake³ (plain, unfrosted) Coffee cake⁴ 		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"> • Brownies³ (plain) • Cake³ (all varieties, frosted) 		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"> • Cereal grains (barley, quinoa, etc.) • Breakfast cereals (cooked)^{6,7} • Bulgur or cracked wheat • Macaroni (all shapes) 	<ul style="list-style-type: none"> • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice 	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"> • Ready-to-eat breakfast cereal (cold, dry)^{6,7} 		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

¹ In the NSLP, SBP (grades K–12), and NSLP afterschool snacks (effective July 1, 2025), at least 80 percent of the weekly grains offered must meet the whole grain-rich criteria and the remaining grain items offered must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Please note: State agencies have the discretion to set stricter requirements than the minimum nutrition standards for school meals. For additional guidance, please contact your State agency. For all other Child Nutrition Programs, grains must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Under the CACFP child and adult meal patterns and in the NSLP/SBP preschool meals, at least one grain serving per day must meet the whole grain-rich criteria.

² For the NSLP, SBP (grades K–12), NSLP afterschool snacks, and CACFP, and NSLP/SBP infant and preschool meals grain quantities are determined using ounce equivalents (oz eq). SFSP may determine grain quantities using grains/breads servings. Some of the following grain items may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³ 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 grains component in CACFP or NSLP afterschool snacks (effective July 1, 2025), or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

⁴ Allowed 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 grains component in SBP (grades K–12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grains component in the CACFP, NSLP afterschool snacks (effective July 1, 2025), or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

⁵ 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 toward the grains component in the SBP (grades K–12), NSLP afterschool snacks, CACFP, NSLP/SBP infant and preschool meals, and SFSP.

⁶ 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.

⁷ In the NSLP and SBP, cereals that list a whole grain as the first ingredient must be fortified. If the cereal is 100 percent whole grain, fortification is not required. For all Child Nutrition Programs, cereals must be whole-grain, enriched, or fortified.

⁸ Effective July 1, 2025, cereals served in NSLP, SBP, and NSLP afterschool snacks must contain no more than 6 grams of added sugars per dry ounce.

⁹ Effective October 1, 2025, cereals served in CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of added sugars per dry ounce. Prior to October 1, 2025, breakfast cereals served in the CACFP must contain no more than 6 grams of total sugars 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.

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

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.

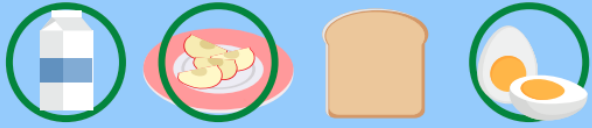

Offer Versus Serve in the CACFP

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

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

How to Use OVS at Meals

OVS at Breakfast	OVS at Lunch and Supper
<ol style="list-style-type: none"> 1. Offer these 3 meal components at breakfast: <ul style="list-style-type: none"> • Milk • Vegetables and/or Fruits • Grains 2. Offer at least 4 different food items at breakfast, at least 1 from each meal component above. The 4th food item can come from the vegetables or fruits, grains, or meats/meat alternates component. 3. Ask the child or adult to choose at least 3 different food items. 	<ol style="list-style-type: none"> 1. Offer these 5 meal components at lunch and supper: <ul style="list-style-type: none"> • Milk* • Vegetables • Fruits • Grains • Meats and Meat Alternates 2. Offer at least 1 food item from each meal component. 3. Ask the child or adult to choose food items from 3 or more meal components.
 <p>Note: The 4th food item can be selected as well.</p>	 <p>Note: The child or adult can select food from all 5 components. Foods from at least 3 components are needed for a reimbursable meal.</p>

***For Adult Participants Only:** Milk is optional at supper. If milk is not offered, the adult still needs to select food items from 3 different meal components to have a reimbursable meal.

Adapted Source: United States Department of Agriculture. (2018, February). *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?

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?

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?

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: https://www.fns.usda.gov/cacfp/policy	

RESOURCES

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

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.
Fortified grains	Fortified means vitamins and minerals were added to a food that were not originally in the food.
Meal components	Food categories that make up a reimbursable meal, including fluid milk, vegetables, fruits, grains, and meats/meat alternates.
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 in which the grain content is between 50 and 100 percent whole grain, with any remaining grains being 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 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 breast milk
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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