

CACFP Meal Pattern Training for Adult Daycare

July 21, 2022



Objectives

This training will provide information on the following topics:

- Adult meal patterns for breakfast, lunch, supper and snack
- Menu planning Checklist
- Child nutrition label and product formulation statement
- Whole grain rich requirements
- Sugar limits for cereal and yogurt
- Milk substitutions
- Meat and meat alternates
- Types of meal services

Adult Meal Pattern: Breakfast

Breakfast (Select all three components for a reimbursable meal)	
Food Components and Food Items ¹	Minimum Quantities
Fluid Milk ²	8 fluid ounces
Vegetables, fruits, or portions of both ³	½ cup
Grains (oz eq) ^{4,5,6}	
Whole grain-rich or enriched bread	2 slices
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	2 servings
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	1 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{7,8}	
Flakes or rounds	2 cups
Puffed cereal	2 ½ cups
Granola	½ cup

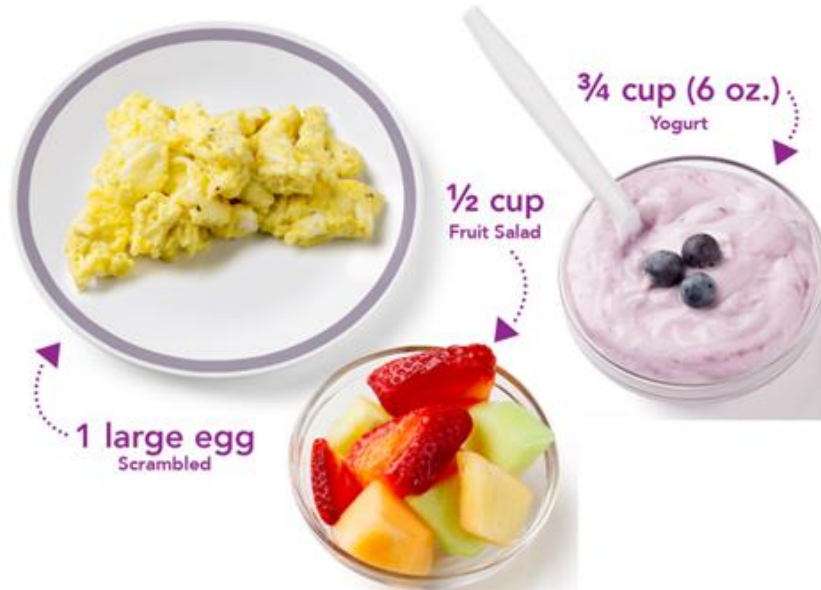
Sample Breakfast



What is in a Breakfast?

Milk (8 fl. oz. or 1 cup)
Vegetables, Fruit, or Both (1/2 cup)
Grains (2 servings)

Optional: Meat/meat alternates may be used to meet the entire grains component up to 3 times per week at breakfast.

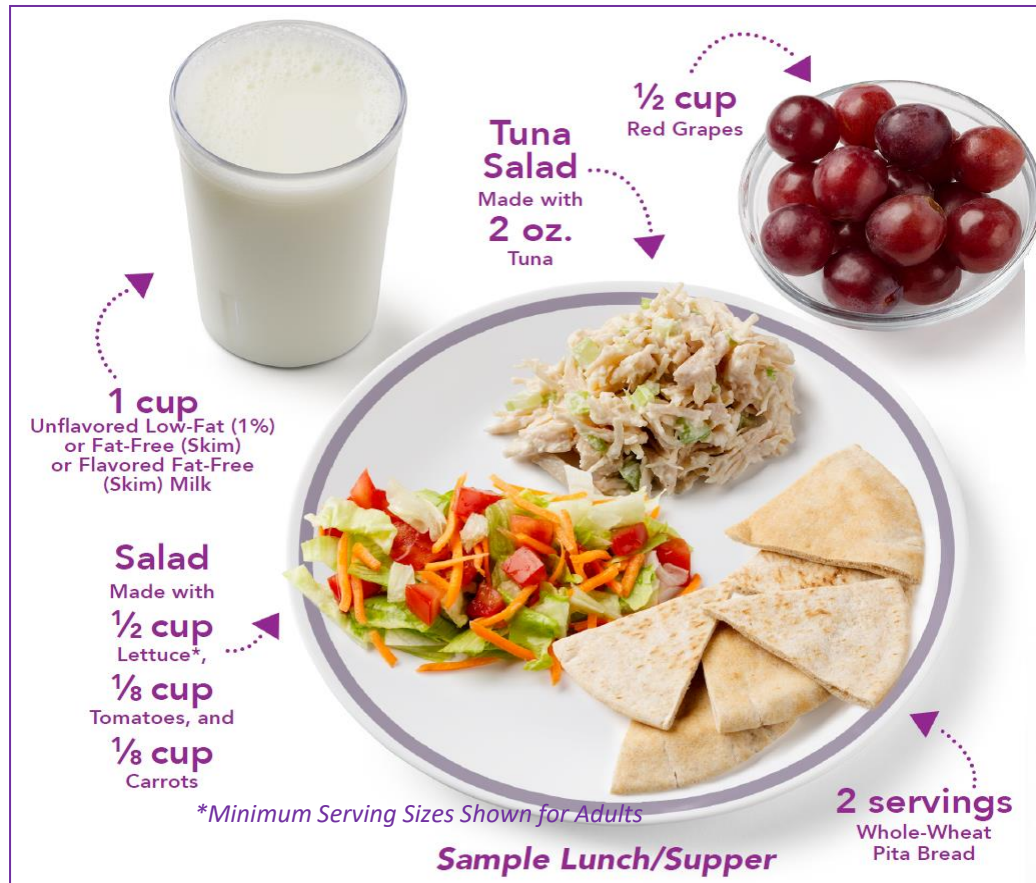


Sample Breakfast

Adult Meal Pattern: Lunch & Supper

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

Sample Lunch or Supper



Adult Meal Pattern: Snack

Snack (Select two of the five components for a reimbursable meal)	
Food Components and Food Items ¹	Minimum Quantities
Fluid Milk²	8 fluid ounces
Meat/meat alternates	
Lean meat, poultry, or fish	1 ounce
Tofu, soy product, or alternate protein product ³	1 ounce
Cheese	1 ounce
Large egg	½
Cooked dry beans or peas	¼ cup
Peanut butter or soy nut butter or another nut or seed butter	2 tbsp
Yogurt, plain or flavored, sweetened or unsweetened ⁴	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	1 ounce
Vegetables⁵	½ cup
Fruits⁵	½ cup
Grains (oz eq)^{6,7}	
Whole grain-rich or enriched bread	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}	
Flakes or rounds	1 cup
Puffed cereal	1 ¼ cup
Granola	¼ cup

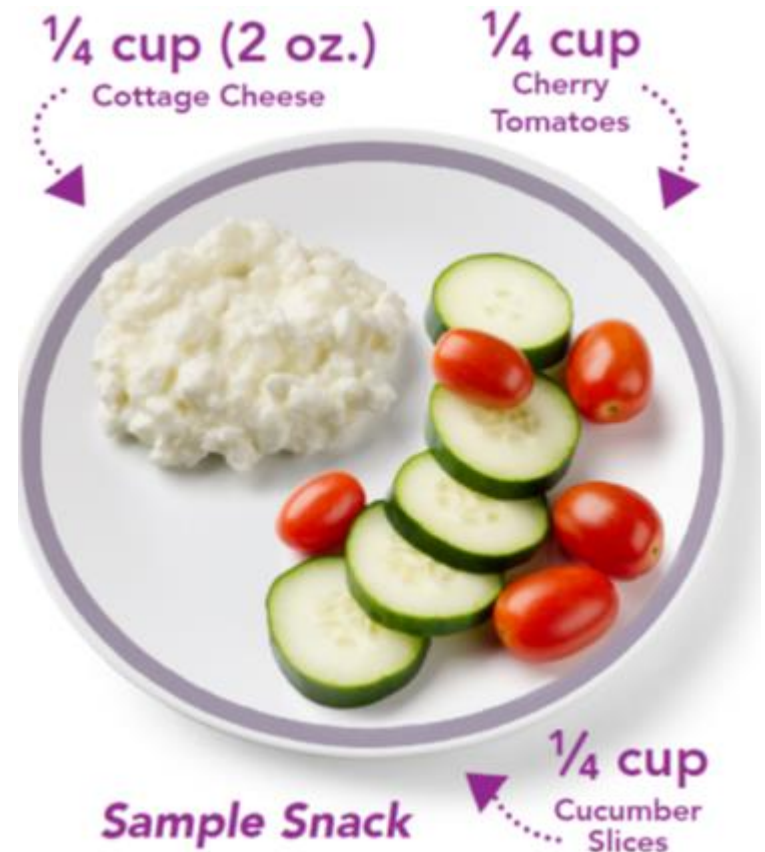
Sample Snack

What is in a Snack?

Pick 2:

- Milk (8 fl. Oz. or 1 cup)
- Meat/Meat Alternate (1 oz. eq.)
- Vegetables (1/2 cup)
- Fruit (1/2 cup)
- Grains (1 Serving)

**Minimum Serving Sizes Shown for Adults*



Menu Planning: Variety

Offer variety with:

- Whole Grains
 - Serve different kinds of whole grain-rich foods, at different meals & snacks, prepared in different ways
- Meat/meat alternates at breakfast
- Cooking methods
 - Serve vegetables prepared in different ways (raw, roasted, steamed, broiled)



Quick Quesadilla



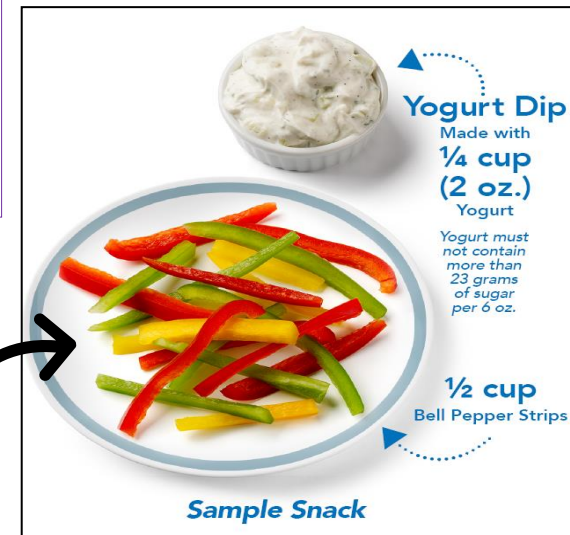
Red Beans and Rice

Menu Planning: Contrast

- **Serve different textures, temperatures, and tastes**
- **Examples:**
 - Crispy raw vegetables with creamy yogurt dip
 - Scrambled eggs with yogurt and fruit



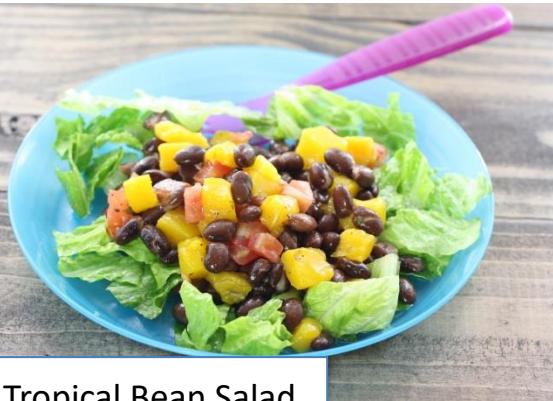
**Minimum Serving Sizes Shown for Adults*



**Minimum Serving Sizes Shown for Children Ages 1 -2*

Menu Planning: Color

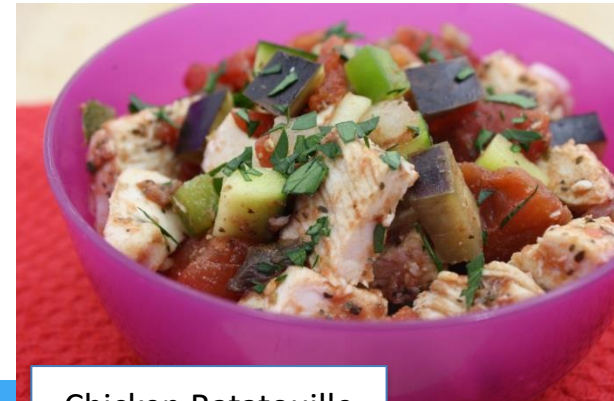
- Add color to your meals with fruits and vegetables
- Top oatmeal or pancakes with fruit
- Serve colorful fruit and vegetables at snacks and meals



Tropical Bean Salad



Gingered Carrots



Chicken Ratatouille

Menu Planning: Restriction

Deep-Fat Frying

- **Defined as food submerged in hot oil or other fat**
- **May not be used to prepare meals on-site**
 - Includes central and satellite kitchens
- **Too many deep-fat fried foods may contribute to chronic illnesses**

Menu Planning- Fried Foods

Foods Fried Off-Site

- **May purchase from commercial manufacturer**
 - Pre-fried
 - Flash-fried
 - Par-fried
 - Deep-fat fried
- **May not deep-fry when reheating**

Multicultural Standardized Recipes

- **Multicultural Recipes come in serving size yields of 6, 25, and 50**
- **Click on link below to access**



Central and South America



North America



Africa



Europe



Asia and Pacific Islands

- [Multicultural Child Care Recipes | Food and Nutrition Service \(usda.gov\)](https://www.usda.gov/foodandnutritionservice/multicultural-recipes)

Adult Menu Checklist

DOES YOUR MENU MEET THE CACFP MEAL PATTERNS?

Milk	Yes/No
1% or skim milk unflavored milk or flavored fat-free milk is served	
Type of milk is identified on the menu. <i>Note: a statement at the bottom of the menu listing the types of milk served for different ages is acceptable</i>	
Yogurt is served in place of fluid milk no more than once per day. Yogurt contains less than 24 grams of sugar per 6 ounce serving	
Grains/Breads	Yes/No
At least one whole grain-rich serving is served per day ¹	
No grain-based desserts (such as brownies, cakes, cereal bars, coffee cakes, cookies, doughnuts, granola bars, pie crusts for dessert pies, sweet rolls, and toaster pastries) are served ²	
Cereals have 6 grams or less of sugar per ounce ³	
Type of cereal is identified on the menu (<i>For example, Cheerios® or Kix®</i>)	
Whole grain-rich foods are identified on menu. (<i>For example, "turkey sandwich on whole grain-rich bread," "whole wheat pasta," "brown rice, "oatmeal."</i>) The abbreviations "WW" and "WG" for whole wheat and whole grain are acceptable)	

Adult Menu Checklist Continued

Fruits/Vegetables	Yes/No
Juice is limited to one serving or less per day on menus	
A separate fruit and separate vegetable are offered at lunch and supper (Note: two different vegetables are allowed at lunch and supper)	
Meat/Meat Alternate	Yes/No
Yogurt contains less than 23 grams of sugar per 6 ounce serving	
Tofu, if used, is commercially prepared, contains 5 grams of protein per 2.2 ounces by weight and is easily recognizable as a meat substitute	
No deep-fat frying of foods on-site occurs	
Optional: Meat and meat alternates may be served in place of the grain's component at breakfast a maximum of three times per week	

Child Nutrition Label and Product Formulation Statement

A Child Nutrition (CN) label or a Product Formulation Statement (PFS) provides meal pattern contribution information for commercially prepared, combination food items.

- CN labels are available only for main dish entrees that contribute to the meat/meat alternate component of the meal pattern
- Some commercially prepared, combination foods may not have a CN label
- If a commercially prepared, combination food item does not have a CN label, contact the manufacturer for a PFS

Whole Grain Rich Requirements

- **Grains served at one meal or snack every day must be whole grain-rich**
- **Required for child and adult meal patterns only**
- **Whole grain-rich means:**
 - At least half the grain ingredients are whole-grain
 - Remaining grain ingredients are enriched, bran, or germ

Grain Based Desserts

Grain based desserts are not creditable.



Graham and Animal crackers are creditable.



What are Grain-Based Desserts?



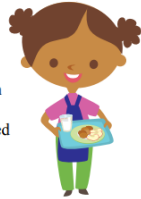
Grain-Based Desserts in the Child and Adult Care Food Program

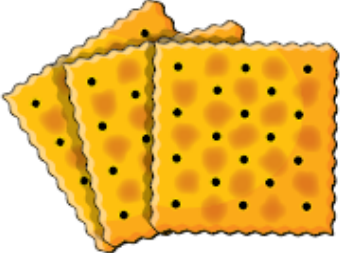
Kids need the vitamins, minerals, and other nutrients in foods such as fruits, vegetables, whole grains, low-fat dairy, and lean protein foods. Too often, kids are filling up on foods high in added sugars and low in nutrients.

As of October 1, 2017, grain-based desserts no longer count toward the grain component of meals and snacks offered through the Child and Adult Care Food Program (CACFP). This small change helps reduce the amount of added sugars kids eat in child care.

What Are Grain-Based Desserts?

The chart below lists some common grain-based desserts:





Grain-Based Desserts (Not Reimbursable in the CACFP):	Not Grain-Based Desserts (Reimbursable in the CACFP):
<ul style="list-style-type: none">• Brownies• Cakes, including coffee cake and cupcakes• Cereal bars, breakfast bars, and granola bars• Cookies, including vanilla wafers• Doughnuts, any kind• Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies• Gingerbread• Ice cream cones• Marshmallow cereal treats• Pie crusts of dessert pies, cobblers, and fruit turnovers	<ul style="list-style-type: none">• Banana bread, zucchini bread, and other quick breads• Cereals that meet the sugar limit and are whole grain-rich, enriched, and/or fortified• Cornbread• Crackers, all types• French Toast• Muffins• Pancakes• Pie crusts of savory pies, such as vegetable pot pie and quiche• Plain croissants• Plain or savory pita chips 

Sugar Limit for Cereal


- **Breakfast cereal must contain no more than 6 grams of sugar per dry ounce**
- You can use any cereal that is listed on any State agency's WIC-approved cereal list
- You can find cereals that meet the sugar limit by using the "Choose Breakfast Cereals That Are Lower in Added Sugars" worksheet

Lowering Added Sugars



On average, kids 9 to 13 years old eat between 17 to 22 teaspoons of added sugars every day.

By limiting sugar in yogurts and cereals, and not counting cookies, cakes and other grain-based desserts toward the grains requirements, meals served in CACFP will give kids the chance to try—and like—new, healthy foods.



Ready-to-Eat Cereals

- **Make sure the cereal meets the CACFP sugar limit**
AND
- **Make sure the first ingredient is whole-grain**
AND
- **Make sure the cereal is fortified**



INGREDIENTS: Whole Grain Oats, Corn Flour, Sugar, Salt, Tripotassium Phosphate, Vitamin E. **Vitamins and Minerals:** Calcium Carbonate, Iron and Zinc, Vitamin C, Vitamin B6, Vitamin A, Vitamin B12

Sugar Limit for Yogurt

- Yogurt must contain no more than 23 grams of total sugars per 6 oz of yogurt

Find the serving size in grams or ounces

Nutrition Facts	
Serving Size 8 oz (227g)	
Servings about 4	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Potassium 400mg	1%
Sodium 160mg	7%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	17%
Sugars 9g	
Protein 10g	
Vitamin A 6%	Vitamin C 4%
Calcium 35%	Iron 0%
Vitamin D 6%	

Find grams of sugar

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		Sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

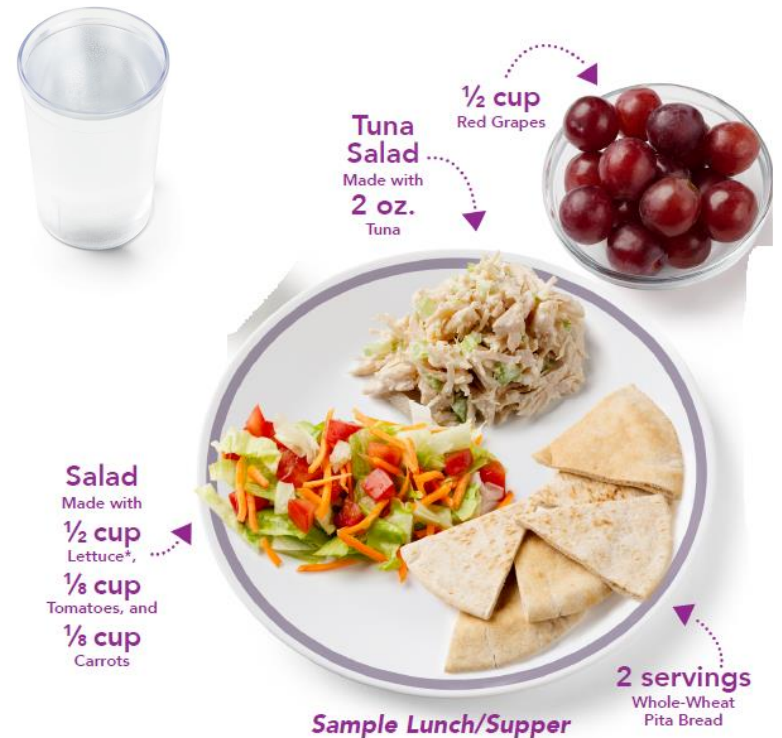
Adult Participants Only-Yogurt

- **Once per day, 6 oz ($\frac{3}{4}$ cup) of yogurt may be served in place of 8oz of fluid milk**
- **Credits for only one food component in a single meal**
- **Yogurt may not credit as milk and as a meat alternate in the same meal**



Milk Component

- **Milk is optional at supper only**
- **Required components at supper are:**
 - Vegetables
 - Fruit
 - Grains
 - Meat/meat alternate
- **Water should be offered and made available throughout the day**



Milk Substitutions

- **Allowed for non-disability medical or special dietary need**
- **Medical statement is not required if nutritionally equivalent to cow's milk**
- **Request must be made in writing**

Medical Statements



NDA requires a **Medical Plan of Care for Special Diets Form** to be completed when a participant has a disability that calls for a non-dairy beverage that is **not** nutritionally equivalent to cow's milk.

Form available in [NPS](#)>>[Download Forms](#)>>[Meal Patterns](#)

Meat and Meat Alternate Guidelines

- Meat (M) and Meat Alternates (MA) can be served in place of grains **up to 3 times per week for breakfast**
- If M/MA is served in place of grains, it must replace the **entire required amount** of grains at breakfast

Meat/Meat Alternate- Ounce Equivalent

- **1 oz eq of M/MA credits as 1 oz eq of grains**
- **1 oz eq of M/MA credits as:**
 - 2 tablespoons of peanut butter
 - ½ of a large egg
 - 1 oz of lean meat, poultry, or fish

Serving Meat and Meat Alternates at Breakfast

USDA Resource on serving Meat and Meat Alternates at Breakfast



United States Department of Agriculture

Serving Meat 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 meat 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 meat or meat alternates as part of a reimbursable breakfast meal:

- Substitute 1 ounce equivalent of meat/meat alternate for 1 serving of grains; or
- 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, ½ of a large egg, or 1 ounce of lean meat, poultry, or fish. If you want to serve meat/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 and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
Minimum amount of meat/meat alternates required when served instead of grains at breakfast	½ ounce equivalent	1 ounce equivalent	2 ounce equivalents
	is equal to:	is equal to:	is equal to:
Beans or peas (cooked)	½ cup	¼ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	¼ cup (1 ounce)	¼ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ 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)	¼ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

Note: When you serve beans and peas as a vegetable, they cannot also count as a meat alternate in the same meal.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.



Serving Meat and Meat Alternates at Breakfast



United States Department of Agriculture

Serving Meat 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 meat 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 meat or meat alternates as part of a reimbursable breakfast meal:

- Substitute 1 ounce equivalent of meat/meat alternate for 1 serving of grains; or
- 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 meat/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 and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
Minimum amount of meat/ meat alternates 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 or peas (cooked)	$\frac{1}{4}$ 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	$\frac{1}{4}$ 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)	$\frac{1}{2}$ 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 of yogurt (2 ounces)	$\frac{1}{2}$ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

Note: When you serve beans and peas as a vegetable, they cannot also count as a meat alternate in the same meal.

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Serving Meat and Meat Alternates at Breakfast

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
Minimum amount of meat/ meat alternates required when served instead of grains at breakfast	½ ounce equivalent	1 ounce equivalent	2 ounce equivalents
	is equal to:	is equal to:	is equal to:
Beans or peas (cooked)	⅛ cup	¼ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	⅛ cup (1 ounce)	¼ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ 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)	⅛ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

Knowledge Check

You work for an adult day care site, and you would like to serve them eggs for breakfast twice per week. What amount of eggs do you need to serve if you are serving them in place of grains?

- 1/4 large egg
- 1/2 large egg
- 1/2 tablespoon large egg
- 1 large egg

Answer

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
Minimum amount of meat/ meat alternates required when served instead of grains at breakfast	½ ounce equivalent	1 ounce equivalent	2 ounce equivalents
	is equal to:	is equal to:	is equal to:
Beans or peas (cooked)	⅛ cup	¼ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	⅛ cup (1 ounce)	¼ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ 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)	⅛ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

Serving Meat and Meat Alternates at Breakfast

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. Meat and meat alternates can be served together, such as eggs (a meat alternate) and ham (a meat). Meat and meat alternates can also be served in a dish mixed with other foods, such as apple slices spread with peanut butter, yogurt topped with fruit, or a tofu scramble with vegetables.



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

Turkey bacon, Canadian bacon, and some types of sausage are creditable only if the



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



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

3. You want to serve yogurt at breakfast to your 3-5 year olds once per week. If you are serving the yogurt in place of a grain, what's the minimum amount you must serve to this age group to meet the meal pattern requirement?

3. If serving yogurt in place of a grain at breakfast, you must serve at least 2 ounces (¼ cup) of yogurt to the 3-5 year olds to meet the meal pattern requirement.

2. You may serve meat and meat alternates in place of grains up to 3 times per week. All centers and day care homes have the option to serve meat/meat alternates in place of grains at breakfast up to 3 times per week, no matter how many days per week they are open.

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Answer Key:

FNS-657 February 2018
USDA is an equal opportunity provider, employer, and lender.

Serving Meat and Meat Alternates at Breakfast

Organizations can serve a meat or meat alternate as a standalone item, such as cottage cheese, ham, or scrambled eggs.

	Example 1	Example 2	Example 3
Milk	Low-fat (1%) milk	Fat-free (Skim) Milk	Low-fat (1%) Milk
Vegetable/ Fruit	Mixed Berries	Melon Cubes	Orange Slices
Meat/Meat Alternate	Low-fat Cottage Cheese	Low-sodium Ham	Scrambled Eggs

Combined Meat/Meat Alternates

Two or more different meat/meat alternates can be combined to meet the required serving amount for the meat/meat alternate component

	Example 1	Example 2	Example 3
Milk	Low-fat (1%) Milk	Fat-free (Skim) Milk	Low-fat (1%) Milk
Vegetable/ Fruit	Mixed Berries	Melon Cubes	Orange Slices
Meat/Meat Alternate	Low-Fat Cottage Cheese with Chopped Nuts or Seeds	Ham and Cheese Roll- ups	Scrambled Eggs with Cheese

Meat/Meat Alternates Combined with Other Components

	Example 1	Example 2	Example 3
Milk	Low-fat (1%) Milk	Fat-Free (Skim) Milk	Low-fat (1%) Milk
Vegetable/ Fruit	Apple Slices Spread with Peanut Butter	Fruit Parfait (made with fruit, yogurt, and optional chopped nuts or seeds)	Spinach Egg Bake
Meat/Meat Alternate			

Tofu and Soy Products

Credit as a Meat or Meat Alternate for adult meals



Tofu and Soy Products

Requirements for serving tofu and soy yogurt:

- **Commercially prepared**
- **Easily recognized as a meat substitute**
- **Five grams of protein**



Tofu and Soy Products Continued

Recognized as Meat Substitutes:

CREDITABLE

- Tofu links and tofu sausages
- Tofu pieces in a salad
- Tofu cubes in a stir fry
- Tofu omelets
- Tofu miso soup

NOT CREDITABLE

- Tofu noodles: Credit as a grain component
- Smoothies with soft or silken tofu: Adds texture
- Baked desserts with soft or silken tofu: Adds texture

*If tofu mimics another food group or is used to add texture, it is not creditable because it is not easily recognized as a meat alternate

Meat Substitutes

Five Grams of Protein

- **Meat Substitutes must contain 5 grams of protein per 2.2 ounces (1/4 cup) by weight to credit as 1 ounce of M/MA**
- **Find the total amount of protein by reviewing:**
 - Nutrition Facts Label
 - Child Nutrition (CN) Label
 - Product Formulation Statement (PFS)
 - For **processed tofu product**, a CN label or PFS must be reviewed to determine if the item meets requirements

Non-Creditable Meat Substitutes

Non-Creditable Yogurt Substitutes:

- **Frozen yogurt**
- **Drinkable yogurt**
- **Homemade yogurt**
- **Yogurt flavored products**
- **Yogurt bars**
- **Yogurt covered fruits & nuts**
- **Yogurt in commercially prepared smoothies**



Other Meat and Meat Alternates

- **Nuts & seeds**
- **Dry beans and peas**
- **Eggs**
- **Cheeses**



Types of Meal Services

Meal service impacts what participants eat

- **Meal service types:**
 - Family Style
 - Offer Versus Serve (OVS)
 - Pre-plated meals



Offer versus Serve (OVS): Benefits

- Adult day care facilities are allowed to participate in OVS
- Participants may decline one or two of the food components or items, while choosing those that appeal to them
- Reduce food waste & provides option for participants
- Operators may serve food pre-portioned or directly

OVS: Key Terms

- **Food component:** one of the five food categories that make up a reimbursable meal
 - 1 cup of broccoli and carrots make up the vegetable component
- **Food item:** a specific food offered within the food components
 - 1/2 Cup of Broccoli is one food item for the vegetable component
- **Combination food:** contains more than one food item from different food components that cannot be separated
 - Vegetable pizza contains three food items from three different food components: a serving of grains (crust), a serving of vegetables (vegetable toppings), and a serving of meat alternate (cheese)

OVS: Serving Meals

- **Allowed at breakfast, lunch, and supper**
- **OVS is not allowed at snack**

How to Use OVS at Meals

OVS at Breakfast

1. Offer these 3 **food components** at breakfast:
 - Milk
 - Vegetables and/or Fruits
 - Grains
2. Offer at least 4 different **food items** at breakfast, at least 1 from each **food component** above. The 4th food item can come from the vegetables or fruits, grains, or meat/meat alternates component.
3. Ask the child or adult to **choose at least 3** different **food items**.



OVS at Lunch and Supper

1. Offer these 5 **food components** at lunch and supper:
 - Milk*
 - Vegetables
 - Fruits
 - Grains
 - Meat and meat alternates
2. Offer at least one **food item** from each component.
3. Ask the child or adult to choose **food items** from **3 or more food components**.



Note: The 4th food item can be selected as well.



Note: The child or adult can select food from all 5 components. Foods from **at least 3 components** are needed for a reimbursable meal.

***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 food components to have a reimbursable meal.

OVS: Reimbursable breakfast

Participants must take at least three different food items

Sample option

½ cup bananas

½ cup strawberries

1 serving whole grain
pancakes

1 cup (8 oz) of fluid
milk

Reimbursable OVS Lunch or Supper

Participants must take at least three food components

Sample option

2 ounces
Parmesan
Chicken

½ cup fruit
salad

¼ cup broccoli

1 cup pasta,
and

1 cup (8 oz)
of fluid milk

Serving Water in CACFP

- **Water must be offered *and* made available throughout the day**
- **Water may not be served in place of milk**
- **Water may be offered alongside milk at meals or at snack**

Flavoring Water

- **Fruits, vegetables, and herbs for added flavor**
- **Plain, potable water must be available**
- **Commercially flavored water is not allowed**
- **Flavoring foods are not creditable for any food component**



Food Buying Guide

Access the Food Buying Guide Resources:

- The FBG Calculator
- Exhibit A Grains Tool
- Recipe Analysis Workbook (RAW), and
- Product Formulation Statement (PFS) Workbook

USDA Food Buying Guide for Child Nutrition Programs
U.S. DEPARTMENT OF AGRICULTURE

HOME MEAL COMPONENTS FOOD ITEMS TOOLS APPENDICES HELP LOG OUT

WELCOME TO THE FOOD BUYING GUIDE

The Interactive Food Buying Guide allows for easy display, search, and navigation of food yield information. In addition, users can compare yield information, create a favorite foods list, and access tools, such as the Recipe Analysis Workbook (RAW) and the Product Formulation Statement Workbook.

Food Items Search Exhibit A Grains Tool Download Food Buying Guide

FBG Calculator Recipe Analysis Workbook (RAW)

MEATS/MEAT ALTERNATES

FRUITS

MILK

VEGETABLES

GRAINS

OTHER FOODS

FNS | CNPP | USDA | FOIA | USDA Policies and Links | Accessibility Statement | Privacy Policy | Information Quality | No Fear Act | Nondiscrimination Statement | USA.gov | Whitehouse.gov

<https://foodbuyingguide.fns.usda.gov/Home/Home>

Resources

- **USDA Team Nutrition:**
<https://www.fns.usda.gov/tn>
- **National CACFP Sponsor Association:**
<https://www.cacfp.org/>
- **Nevada Department of Agriculture**
<https://agri.nv.gov/Food/CACFP/>
- **Contact NDA for more information at**
FND@agri.nv.gov or 775-895-4167

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mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:

(833) 256-1665 or (202) 690-7442; or

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program.intake@usda.gov

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