



Nutrition 101 Child and Adult Care Food Program (CACFP)

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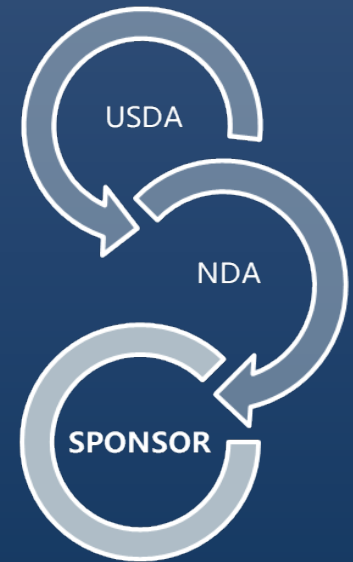
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Nevada
Department
of Agriculture

What is CACFP?

- CACFP is a federal program that provides reimbursements for nutritious meals and snacks to eligible children and adults who are enrolled for care at:
 - Participating licensed child-care centers;
 - Day care homes;
 - Adult day care centers;
 - Afterschool care programs;
 - Children residing in emergency shelters; and
 - Adults over the age of 60 or living with a disability and enrolled in day care facilities



Objectives

- Meal Service: Mealtimes, Preparation, and Serving Meals
- Meal Pattern and Meal Components
- Medical Plan of Care for Special Diets
- Child Nutrition Labels and Product Formulation Statements
- Grains/ Whole Grain Rich Food Items
- Grain Based Desserts
- Added Sugar Limits
- Standardized Recipes
- Menu Development
- Meal Counts/Point of Service
- Infant Feeding Guidelines and Infant Meal Record
- Recordkeeping and Documentation



Meal Service: Mealtimes

Types of Meals Served:	Timeframe for allowable mealtimes:
Breakfast	No longer than two hours, from 6:00AM-10:00AM
Lunch	No longer than two hours, from 11:00AM-1:30PM
Supper	No longer than two hours, from 4:30PM-8:00PM
Snacks	In between meal service, no longer than one hour

Guidance for Meal Times resource available in NPS →
Applications → Download Forms → Menu Planning

Meal Service: Mealtimes

- Meals must be served at their approved time indicated in the Nutrition Programs System (NPS)
- If your institution requires a meal service to start before the customary meal times a meal service waiver must be submitted to NDA for approval
- If significant food waste is observed by NDA because of incorrectly projecting the number of participants, NDA may request the time between meals to be increased, or the number of approved meals or snacks be reduced.
- One and a half hours between the end of a snack and the beginning of a meal is recommended

Meal Service: Mealtimes

Shifts

- If a center serves meals to children in shifts and does not violate the authorized licensed capacity during each shift, reimbursement for the meals is allowed
- Serving meals in shifts must be clearly indicated on the site application in the NDA's Nutrition Programs System (NPS)
- Thirty minutes must be in-between the shifts
- *Example: An institution has a PM Snack from 3:00PM to 3:30PM and 4:00PM-4:30PM*

Meal Service: Preparation

Meal Preparation Systems

Onsite	Purchasing from a School Food Authority (SFA)	Purchasing from a Food Service Management Company (FSMC)	Purchasing from a Commercial Vendor
Meals are prepared at the same location where they are to be served. This option may decrease food costs. An institution conducting food preparation for service to children must conform to all applicable food service rules and regulations regarding food protection and sanitation practices as set forth in the current health district.	Meals may be purchased from a school district that participates in National School Lunch Program, either in bulk or as individual packed units. An institution that chooses to purchase meals from a school district must enter into a written agreement to furnish meals or food items with that school. Signing an agreement with the school does not relieve the institution of its program responsibilities.	Meals that are prepared and delivered. An institution must enter an agreement or contract with the FSMC and must be submitted to NDA for approval. Proper procurement methods must be followed. Signing an agreement with the FSMC does not relieve the institution of its program responsibilities.	Meals provided by public organizations, or private commercial enterprises. An institution must enter a contract with an approved Nevada Commercial Vendor and must be submitted to NDA for approval. Proper procurement methods must be followed. Signing an agreement with the FSMC does not relieve the institution of its program responsibilities.

*Note: Review Financial and Procurement Training available in NPS → Applications → Download Forms → Training

Meal Service: Preparation

Geographic Preference

- Expands the geographic preference option by allowing “locally grown,” “locally raised,” or “locally caught” as procurement specifications (a written description of the product or service that the vendor must meet to be considered responsive and responsible) for unprocessed or minimally processed food items in the CNPs (7 CFR 210.21(g)(1), 215.14a(e), 220.16(f)(1), 225.17(e)(1), and 226.22(c)(1)).
- Continues to allow sponsors and State agencies purchasing on their behalf to adopt their own definition of “local” and does not prescribe a Federal definition of “local” for the purpose of procuring local foods for CNPs.
- The definition of unprocessed, and the minimal food handling and processing techniques allowed within that definition, remains unchanged in this final rule.
- *Note: CNP operators are not required to change menus or operations as a result of this provision.*



Meal Service: Serving Meals

- All meal components required per meal or snack must be served at the same time including milk when applicable
- Family-Style Meal Service Requirements
 - Meal Components
 - A full serving of each meal component must be available on the table
 - Enough food and milk must be placed out for each participant to receive the full portion
 - Milk Service Example
 - Staff may assist children with pouring milk
 - Example: For a 1–2-year-old, staff may pour the full 4 oz into the child's cup
 - All age groups must receive the correct portion size

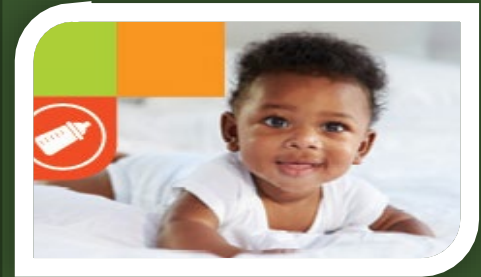


Meal Pattern: Infants

Encourages & supports
breastfeeding

Promotes developmentally
appropriate meals

Provides more nutritious meals



Meal Pattern: Infant Age Groups

Infant Age Groups:

Birth-5 months and 6-11 months

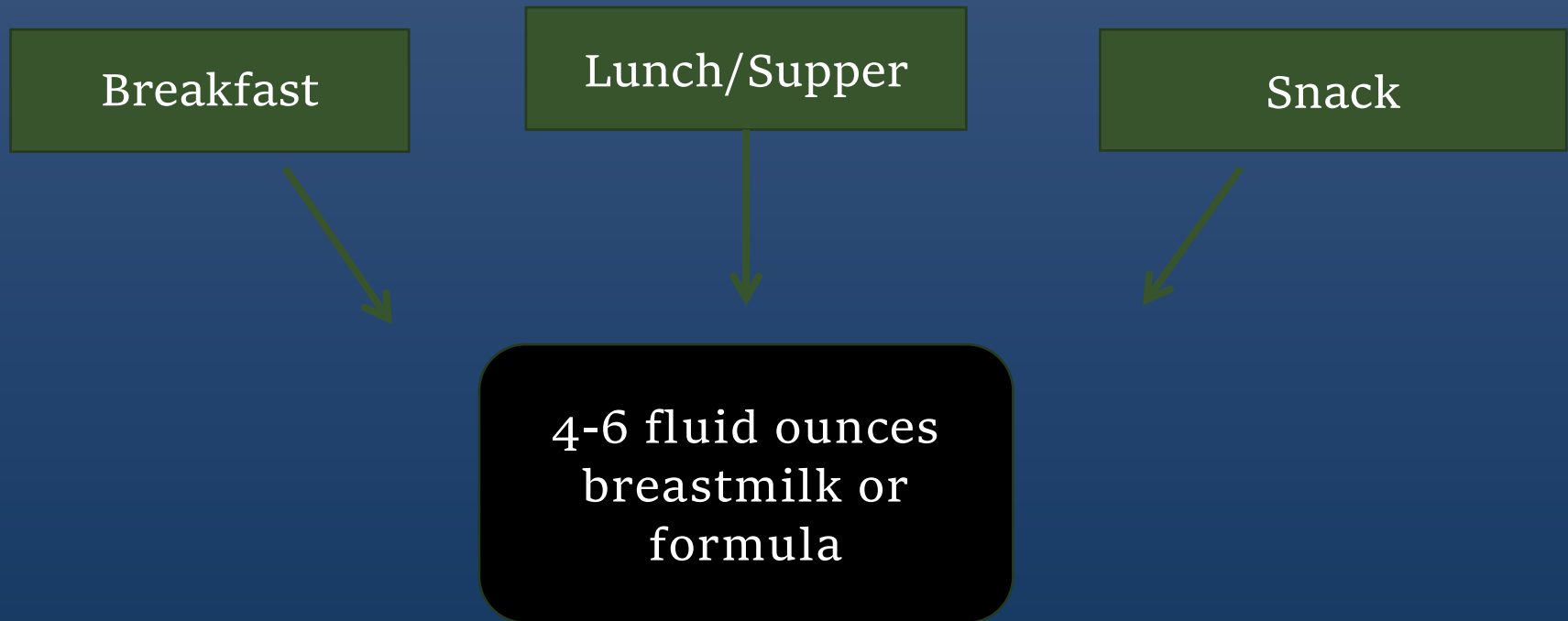
Advantages of Infant Age Groups:

- Encourages exclusive breastfeeding
- Most infants are not ready to consume solid foods until midway through the 1st year

Feeding Infants in the CACFP guide can be reviewed here:
[Feeding Infants in the Child and Adult Care Food Program | Food and Nutrition Service](#)



Meal Pattern: Birth-5 Months



Meal Pattern: Birth-5 Months

- Infants (0-5 months)
 - Only breastmilk or iron-fortified formula may be served
 - No solid foods should be introduced during this age range until the infant is developmentally ready
- Reimbursable Meals
 - Meals are reimbursable when a breastfeeding mother feeds her infant on-site
 - Best Practice: provide a private, clean, and comfortable space for nursing mothers

Meal Pattern: Infants

Iron-Fortified Infant Formula

- Best supplement for breastmilk
- Supports healthy brain development and growth
- Reimbursable meals may include:
 - Iron-fortified formula
 - Breastmilk
 - Combination of both



Meal Pattern: Infants

Supplying Formula

- Sponsors must offer at least 1 type of iron-fortified infant formula
- Formula must be regulated by FDA and manufactured in the U.S.



Meal Pattern: Infants

Serving Expressed Breastmilk or Formula

- Feed infants on demand
 - Avoid strict schedules and forced feeding
- A smaller portion of breastmilk than the minimum required serving size may be offered
 - Leftovers should be properly stored with name and date



Meal Pattern: Infants

Developmental Readiness

- Introducing solid food too early
 - Can cause choking
 - Can cause infant to consume less breastmilk or infant formula, affecting growth
- Serve solid foods to infants only when they are developmentally ready
- Meal components beginning with “zero”
 - Recognizes not all infants are ready at 6 months
 - Allows for gradual introduction of solid foods
 - One at a time
 - Over the course of a few days



Meal Pattern: Infants

Developmental Readiness

Signs of Readiness

- Good head control while sitting in a highchair, feeding seat, or infant seat
- Opens mouth for food
- Moves food from spoon into throat
- Doubled birth weight

Additional Resources

- [American Academy of Pediatrics](#)
- [USDA Website](#)



Meal Pattern: Infants

Parent Communication

- Ensure Infant Feeding Preference Form is complete with parents and kept on file
- Working with parents helps to:
 - Ensure newly introduced foods are most ideal
 - Be consistent with eating habits
 - Support developmental readiness
- Always consult with parents/guardians before first serving solid foods
- Infant Feeding Preference Form located in NPS → Applications → Download Forms → Menu Planning - Infants



Meal Pattern: 6-11 Months

Breakfast, Lunch or Supper for infants
All three components include:

6-8 fluid ounces breastmilk or
formula

0-4 tablespoon infant cereal, meat/meat alternate
OR 0-2 ounces cheese
OR 0-4 ounces (volume) cottage cheese
OR 0-4 ounces yogurt

0-2 tablespoon vegetable, fruit, or

Meal Pattern: 6-11 months

Snack for infants

All three components include:

2-4 fluid ounces breastmilk or

0-1/2 slice of bread;

OR 0-2 crackers;

OR 0-4 tablespoon infant cereal or
ready to eat cereal; and

0-2 tablespoon vegetable, fruit, or both

Meal Pattern: 6-11 months

Provide Nutritious Meals

- No juice, cheese food, or cheese product
- Yogurt must contain no more than 12 grams of added sugars per 6 ounces
- All grains served must be made with enriched or whole grain meal/flour
- Breakfast or Dry Cereal must contain more than 6 grams of added sugars per dry ounce



Meal Pattern: Infant

- An infant menu is required if your organization is serving infants
- Infant meal pattern should specify:
 - Birth-5 months and 6-11 months
 - List what is being served (i.e., bananas, green beans, rice cereal, etc.), not just the name of the meal component (i.e., fruit, vegetable, grain, meat)
- Infant resources available in NPS → Applications → Download Forms → Menu Planning-Infants:
 - Checklist Infant Meal Pattern
 - Feeding Preference for the Infant
 - Weekly Meal Template for Infants
 - Infant Meal Pattern/
 - Individual Infant Meal Record
 - Meal Record Instructions



Meal Pattern

Providing Meal Components

- Infants ONLY: Parents/guardians may provide only ONE creditable meal component for a reimbursable meal
 - The guardian provides breastmilk = 1 component
 - Childcare center must provide the remaining components

Meal Pattern: Ages 1-18 & Adults

- Variety of Fruits and Vegetables
- More Whole Grains
- More Protein Options
- Age-Appropriate Meals
- Less Added Sugar and Saturated Fat
- Must serve the correct portion size or more per age group



Meal Pattern: Breakfast

Breakfast Meal Patterns must contain 3 of the 5 components:

Component	Ages 1-2	Ages 3-5	Ages 6-12 & 13-18	Adults
Fluid Milk	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, Fruit, or both	¼ cup	½ cup	½ cup	½ cup
Grains (ounces eq.)	½ ounces eq*	½ ounces eq*	1-ounce eq*	2 ounces eq*

*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week



Meal Pattern: Lunch and Supper

Lunch and Supper Meal Patterns must contain all 5 components:

Components	Ages 1-2	Ages 3-5	Ages 6-12 & 13-18	Adult
Fluid Milk	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat and meat alternates	1 ounce	1 ½ ounces	2 ounces	2 ounces
Vegetables	1/8 cup	¼ cup	½ cup	½ cup
Fruits	1/8 cup	¼ cup	¼ cup	½ cup
Grains	½ ounce eq	½ ounce eq	1-ounce eq	2-ounce eq

*A serving of milk is not required at supper meals for adults

Meal Pattern: Snack

Snack Meal Pattern must contain 2 of the 5 components:

Components	Ages 1-2	Ages 3-5	Ages 6-12 & 13-18	Adult
Fluid Milk	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces
Meat and meat alternates	½ ounce	½ ounce	1 ounce	1 ounce
Vegetables	½ cup	½ cup	¾ cup	½ cup
Fruits	½ cup	½ cup	¾ cup	½ cup
Grains	½ ounce eq	½ ounce eq	1-ounce eq	1-ounce eq

Meal Pattern: Meal Components



Separate Meal Components

- Fruit Component
- Vegetable Component

Two different vegetables can be served at Lunch, Supper and Snack but two Fruits are never allowed

Pasteurized, 100% juice limited to serve 1 time per day



Fruits and Vegetables

Best Practices:

- At least 1 fruit or vegetable at every snack
- Serve a variety of fruits
- Choose whole fruits more often than juice
- Incorporate seasonal and locally grown produce into meals

Every week, serve at least one serving of:

- Dark green vegetables
- Red and Orange vegetables
- Starchy vegetables
- Legumes
- Other vegetables



Meal Pattern: Meal Components

Grain Ounce Equivalents

Definition: A method of measurements for the grains in the Child Nutrition Programs

Grain Ounce Equivalent (Oz Eq)= the amount of grains in a portion of food

- Must be used to determine serving size per age group
 - For example, 20 cheese crackers (1" by 1") = 1 oz. eq.
 - 1 Slice of bread or 28 grams
- Review NDAs Grain Ounce Equivalent training located in NPS → Applications → Download Forms → Training
- Review resource here: [Using Ounce Equivalents for Grains in CACFP | Food and Nutrition Service](#)



Separate Components: Lunch & Supper

Are both the Fruit & Vegetable Components Being Met for Lunch and Supper?

- Example: Ages 3-5

- ☐ 1/4 cup Strawberries + 1/4 cup Bananas

- ☐ 1/2 cup Sweet Potatoes

- ☐ 1/4 cup Blueberries + 1/4 cup Green Beans

- ☐ 1/4 cup Broccoli + 1/4 cup Carrots

- ☐ Chicken Noodle Soup

- ☐ Garden Salad (lettuce, cucumber, tomato)

Separate Components: Lunch & Supper

Are both the Fruit & Vegetable Components Being Met for Lunch and Supper?

• Example: Ages 3-5

(Those with an  do not meet the criteria)

 1/4 cup Strawberries + 1/4 cup Bananas

 1/2 cup Sweet Potatoes

☐ 1/4 cup Blueberries + 1/4 cup Green Beans

☐ 1/4 cup Broccoli + 1/4 cup Carrots

 Chicken Noodle Soup

 Garden Salad (lettuce, cucumber, tomato)

Separate Components Snack

Is this snack reimbursable?

- Example: Ages 1-2

- ☐ 1 Serving Meat + 1 Serving Fruit
 - ☐ 1 String Cheese (1 oz.) + ½ cup Apple Slices
- ☐ 2 Servings of the Same Fruit
 - ☐ 1 cup Watermelon
- ☐ 2 Servings of Different Fruits
 - ☐ ½ cup Pineapple + ½ cup peaches
- ☐ 1 Serving Vegetable + 1 Serving Fruit
 - ☐ ½ cup cucumber slices + ½ cup blueberries
- ☐ 1 Serving Grain + 1 Serving Meat
 - ☐ ½ Whole Grain English Muffin + ½ Hardboiled Egg (Slices)

Separate Components Snack

Is this snack reimbursable?

- Example: Ages 1-2

- ☐ 1 Serving Meat + 1 Serving Fruit

- ☐ 1 String Cheese (1 oz.) + ½ cup Apple Slices

- ☒ 2 Servings of the Same Fruit

- ☐ 1 cup Watermelon

- ☒ 2 Servings of Different Fruits

- ☐ ½ cup Pineapple + ½ cup peaches

- ☐ 1 Serving Vegetable + 1 Serving Fruit

- ☐ ½ cup cucumber slices + ½ cup blueberries

- ☐ 1 Serving Grain + 1 Serving Meat

- ☐ ½ Whole Grain English Muffin + ½ Hardboiled Egg (Slices)

Grains

Daily Requirement

- At least one grain component per day must be whole grain-rich

Meal Planning Guidelines

- Whole grain-rich item must be served once per day, not per meal/snack
- The whole grain-rich item must be clearly listed on the menu

Special Cases

- If only breakfast is served, it must include a whole grain-rich item
- If breakfast, lunch, and snack are served, choose any one meal/snack to include the whole grain-rich item

Grain Product Standards

- All grains served must be made with enriched or whole grain meal/flour



Grains

Substituting Vegetables for Grains in Tribal Communities

- Allows institutions and facilities that serve primarily American Indian or Alaska Native participants to substitute vegetables for grains (7 CFR 226.20(f)).
- *Note: this rule provides a menu planning flexibility; sponsors are not required to change menus or operations as a result of this provision.*



Whole Grain Rich

- Whole grain-rich is the term designated by Food and Nutrition Service to indicate that the grain content of a product is between 50 and 100 percent whole grain with any remaining grains being enriched

BEST PRACTICE:

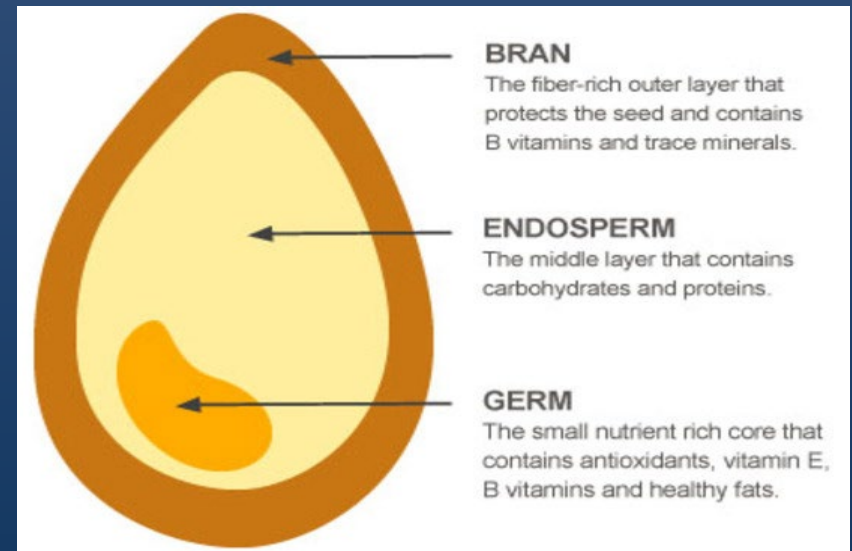
Serve at least 2 servings of whole grain rich grains per day



Whole Grains

Whole Grain Ingredients:

- Cracked wheat / crushed wheat
- Whole-wheat flour
- Bromated whole-wheat flour
- Whole durum wheat flour
- Rolled oats and oatmeal



Whole Grains

Whole Grain Ingredients:

- Graham flour
- Entire-wheat flour
- Amaranth
- Millet flakes
- Quinoa
- Brown & wild rice
- Bulgur or whole grain barley
- Whole wheat pasta
- Soba noodles



Identify other Whole Grain-Rich ingredients by clicking resource [here](#)

Non-creditable Grains or Flours

- Barley malt/malted barley flour
- Bean flour (such as soy flour, chickpea flour, lentil flour, etc.)
- Bromated flour
- Corn
- Corn fiber
- Degerminated corn meal
- Durum flour
- Farina
- Nut/seed flour (almond flour, peanut flour, sesame flour)
- Potato flour
- Rice flour
- Semolina
- Oat fiber
- Wheat flour
- White flour
- Yellow corn meal
- Yellow corn flour



Whole Grain Rich Criteria

- Whole grains are the primary ingredient by weight
- Food package lists an FDA approved whole-grain health claims



Whole Grain Stamp

- Each stamp shows how many grams of whole grain ingredients are in a serving
- Wide range of gram amounts, reflecting the whole grain content of a serving of that specific product
- If a product contains large amounts of whole grain (23g, 37g, 41g, etc.) but also contains extra bran, germ, or refined flour, it will use the 50%+ Stamp or the Basic Stamp

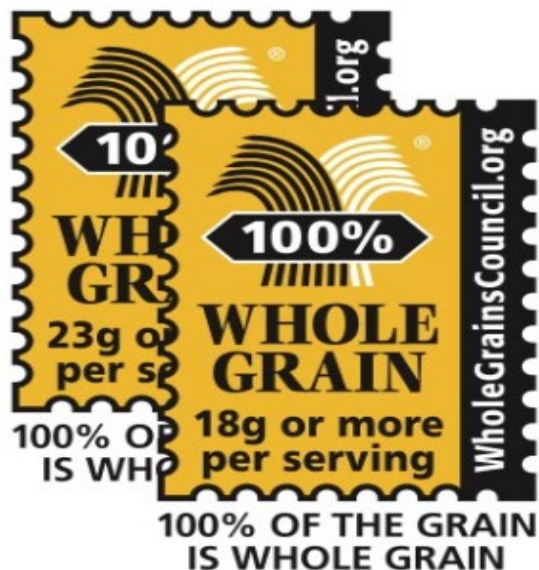


Whole Grain Stamp



- If looking at the Whole Grain Stamp to verify if a product is Whole Grain Rich, you must find the Stamp that indicates the product is 100% Whole Grain

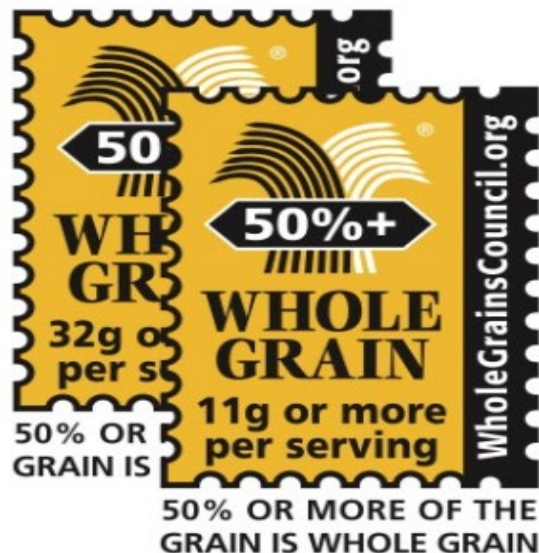
Whole Grain Stamp



THE 100% STAMP

For products where ALL of the grain is whole grain.

Minimum requirement: 16g (16 grams) whole grain per serving. (a full serving of whole grain)



THE 50%+ STAMP

For products where at least 50% of the grain is whole grain.

Minimum requirement: 8g (8 grams) whole grain per serving. (one half serving of whole grain)



THE BASIC STAMP

For products that contain a significant amount of whole grain, but which contain primarily refined grain.*

Minimum requirement: 8g (8 grams) whole grain per serving. (one half serving of whole grain)

Knowledge Check

What would this product qualify as?



- a) All of the grains are whole grain
- b) At least 50% of the grain is whole grain
- c) Significant amount of whole grain, but primarily refined grain

Answer

What would this product qualify as?



- a) All of the grains are whole grain
- ✓ This product would qualify for the 100% Stamp, 22g or more
- ✓ All its grains are whole grain, and it contains more than 16g of whole grain

Knowledge Check

What would this product qualify as?



- a) All of the grains are whole grain
- b) At least 50% of the grain is whole grain
- c) Significant amount of whole grain, but primarily refined grain

Answer

What would this product qualify as?



- b) At least 50% of the grain is whole grain
- ✓ This cereal would also qualify for the 50%+ Stamp, 15g or more
 - ✓ All its grain is whole grain, *but it doesn't meet the minimum of 16g of whole grain required for the 100% Stamp*

Whole Grain Rich Approved

A food is considered whole grain-rich if:

1. It is found on a State agency's WIC-approved Whole Grain Food List (*Check Nevada's WIC list*)

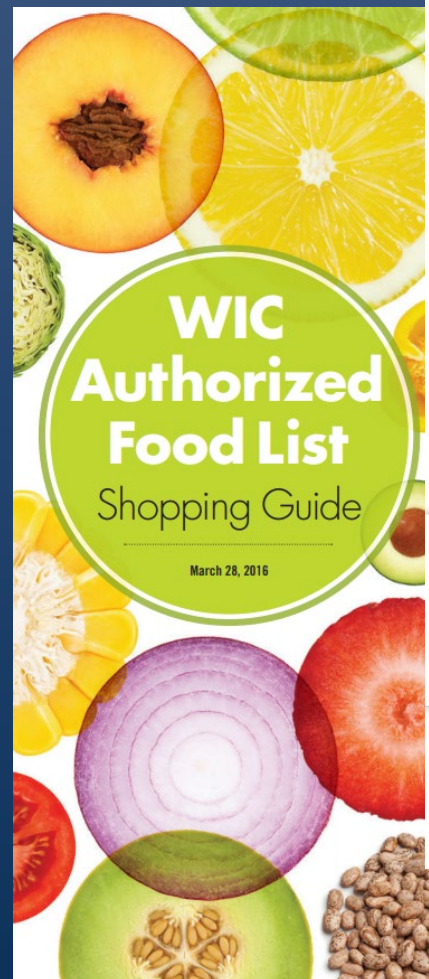
OR

2. It is labeled as:

- Whole wheat
- Entire wheat
- Graham

Including examples like:

- Whole/entire/graham wheat rolls, bread, or buns (*e.g., whole wheat rolls, whole wheat bread, graham buns*)
- Whole wheat pasta products (*macaroni, spaghetti, vermicelli, etc.*)



WHOLE GRAINS



CAN BUY

Whole Wheat Bread | Any brand in 16 oz package:

- Loaves, buns, or rolls that have "100% Whole Wheat" on the **front label**
- Store bakery bread is allowed, if labeled appropriately

CAN BUY

Any brand in 16 oz package or bulk, plain:

Brown Rice • Short, medium, or long grain • Regular, quick, or instant • Basmati Brown • Jasmine Brown	Oatmeal or Oats • Old fashioned • Rolled, cut, or steel cut • Regular, quick, or instant • Crystal Wedding
Whole Grain Barley • Organic is allowed	Bulgur • Organic is allowed

CANNOT BUY ☹

Refer to the **Cannot Buy** section at the bottom of page 17 for a full listing of cannot buys for Whole Grains.

Nutrition Tip

Eating whole grains will increase your daily fiber intake, which may help reduce your risk of developing some health problems, such as diabetes, obesity, and heart disease.



Whole Grain Rich Approved

- The food has an FDA-approved whole-grain health claim

OR

- The food meets the whole grain-rich criteria for the National School Lunch or School Breakfast Programs

OR

- If you have proper documentation from a manufacturer, or a standardized recipe that shows whole grains are the main ingredients by weight



Grain Dishes

Non-Mixed:

- Breads and cereals
- First ingredient is a whole grain
- First ingredient is water, and the second ingredient is a whole grain

Mixed:

- Pizza and burritos
- Whole grains primary ingredient by weight
- Proper documentation is required

Whole Grain Rich: Rule of Three

- Rule of Three: 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
- If the food meets the criteria listed in the *Rule of Three*, then it is Whole Grain Rich



Ingredients: Whole Grain Wheat, Wheat Bran, Enriched Corn Flour, Sugar, Salt, Tripotassium Phosphate, Wheat Starch, Vitamin E.

Vitamins and Minerals: Calcium Carbonate, Iron, Zinc, Vitamin C, Vitamin B6, Vitamin A

Whole Grain Rich: Rule of Three

1. Start by finding the Ingredient List

Single Item Foods

- For foods that are single items, look at the entire ingredient list to see if the only meal component in the food is grains
- Examples include:
 - bread
 - pastas
 - bagels
 - pancakes
 - breakfast cereals

INGREDIENTS: Whole Wheat Flour, Water, Yeast, Brown Sugar, Wheat Gluten, Contains 2% or Less of Each of the Following: Salt, Dough Conditioners, Soybean Oil, Vinegar, Cultured Wheat Flour, Citric Acid

Whole Grain Rich: Rule of Three

- Foods with One Grain Ingredient that is a whole grain ingredient means the food is whole grain rich



Ingredients: Whole Grain Wheat Flour, Soybean Oil, Sugar, Cornstarch, Malt Syrup, Salt, Refiner's Syrup, Leavening, Vegetable Color

This item only has one grain ingredient, and it is a whole-grain ingredient

STOP HERE

Whole Grain Rich: Rule of Three

Using the Ingredient List: Combination Foods

- For combination foods, look at the ingredients in the grain portion of the food
- Examples:
 - the tortilla in a burrito
 - wild rice in a chicken and wild rice soup
 - the crust of a pizza

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten. Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives. **Shredded mozzarella cheese:** Pasteurized part skim milk, cheese, cultures, salt, enzymes. **Sauce:** Water, tomato paste, pizza seasoning; modified food starch.



Whole Grain Rich: Rule of Three

Using the Ingredient List: Combination Foods

- Review the parts of the ingredient list for the crust, since that is the part of the pizza that will credit towards the grain component



INGREDIENTS: **Crust:** Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten. Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives. **Shredded mozzarella cheese:** Pasteurized part skim milk, cheese, cultures, salt, enzymes. **Sauce:** Water, tomato paste, pizza seasoning; modified food starch.

Whole Grain Rich: Rule of Three

2. Simplify the Ingredient List

Disregarded Ingredients
when using rule of three:

- Corn dextrin
- Corn starch
- Modified food starch
- Rice starch
- Tapioca starch
- Water
- Wheat dextrin
- Wheat gluten
- Wheat starch
- Any ingredients that appear after the phrase “Contains 2% or less of...”

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten~~, ~~Contains less than 2% each of the following:~~ ~~vegetable shortening, sesame flour, preservatives.~~

This ingredient list shows some ingredients that can be crossed out to simplify the list.

Whole Grain Rich: Rule of Three

3. Look at the First Grain Ingredient

Possible Grain Ingredients:

- Flour
- Wheat
- Grain
- Bran
- Oat
- Germ
- Rice

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten~~, ~~Contains less than 2% each of the following:~~ ~~vegetable shortening, sesame flour, preservatives.~~

Knowledge Check

What is the first grain ingredient?

- ☐ Whole-wheat flour
- ☐ Enriched flour
- ☐ Yeast

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat~~ gluten, ~~Contains less than 2% each of the following:~~ ~~vegetable shortening, sesame flour, preservatives.~~

Answer

Whole Wheat Flour

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives.~~

Knowledge Check

Is the first grain ingredient whole-grain?

☐ Yes

☐ No

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives.~~

Answer

Yes, Whole-wheat flour

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten~~, ~~Contains less than 2% each of the following:~~ ~~vegetable shortening, sesame flour, preservatives.~~

*The first grain ingredient is “**whole-wheat flour**,” which is a **whole-grain ingredient**.*

Whole Grain Rich: Rule of Three

4. Look for the second Grain Ingredient

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives.~~

Whole Grain Rich: Rule of Three

- Make sure the second grain ingredient is whole-grain, enriched, or bran or germ
- Common enriched ingredients include:
 - Enriched Wheat Flour
 - Enriched Corn flour
 - Enriched Durum flour
 - Enriched Rice flour
 - Enriched Rye flour
 - Enriched White flour
- Common bran and germ ingredients include:
 - Corn/oat/rice/rye/wheat bran
 - Wheat germ

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten~~, ~~Contains less than 2% each of the following:~~ vegetable shortening, ~~sesame flour~~, ~~preservatives~~.

*The first grain ingredient is “**whole-wheat flour**,” which is a **whole-grain ingredient**.*

Knowledge Check

What is the second grain ingredient?

- ☐ Whole-grain
- ☐ Enriched, bran, or germ
- ☐ None of the above

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives.~~

*The first grain ingredient is “**whole-wheat flour**,” which is a **whole-grain ingredient**.*

Answer

Enriched wheat flour

- Make sure the second grain ingredient is whole-grain, enriched, or bran or germ
- Common enriched ingredients include:
 - Enriched wheat flour
 - Enriched corn flour
 - Enriched durum flour
 - Enriched rice
 - Enriched rice flour
 - Enriched rye flour
 - Enriched white flour
- Common bran and germ ingredients include:
 - Corn/oat/rice/rye/wheat bran
 - Wheat germ

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives.~~

*The second grain ingredient is “**enriched wheat flour**,” which is an **enriched** grain ingredient.*

Whole Grain Rich: Rule of Three

Second grain ingredient



INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives.~~

*When using the rule of three, the enriched wheat flour and everything in the parenthesis count as ONE grain ingredient

Whole Grain Rich: Rule of Three

- Make sure the third grain ingredient is whole-grain, enriched, or bran or germ
- Common enriched ingredients include:

- Enriched wheat flour
- Enriched corn flour
- Enriched durum flour
- Enriched rice
- Enriched rice flour
- Enriched rye flour
- Enriched white flour

- Common bran and germ ingredients include:
 - Corn/oat/rice/rye/wheat bran
 - Wheat germ

Look at the third grain ingredient

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives.~~

Knowledge Check

What is the third grain ingredient?

- ☐ Whole-grain
- ☐ Enriched, bran, or germ
- ☐ None of the above

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives.~~

*The second grain ingredient is “**enriched wheat flour**,” which is an **enriched** grain ingredient.*

Answer

Wheat Bran

Make sure the third grain ingredient is whole-grain, enriched, or bran or germ

Common enriched ingredients include:

- Enriched wheat flour
- Enriched corn flour
- Enriched durum flour
- Enriched rice
- Enriched rice flour
- Enriched rye flour
- Enriched white flour

Common bran and germ ingredients include:

- Corn/oat/rice/rye/wheat bran
- Wheat germ

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten, Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives.

The third grain ingredient is “**wheat bran**,” which is a type of **bran**.

Knowledge Check

Rule of Three:

1st ingredient
must be whole-
grain



2nd ingredient
must be whole-
grain, enriched,
bran or germ



3rd ingredient
must be whole-
grain, enriched,
bran or germ

Is this pizza crust whole grain-rich?

☐ Yes

☐ No

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten, Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives.

Answer

Rule of Three:

- ✓ 1st ingredient must be whole-grain: whole-wheat flour
- ✓ 2nd ingredient must be whole-grain, enriched, bran or germ: enriched wheat flour
- ✓ 3rd ingredient must be whole-grain, enriched, bran or germ: wheat bran

Yes, the pizza crust is whole grain rich

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten, Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives.

Knowledge Check

Looking at these menus, which one(s) meet the CACFP requirement for serving a whole grain-rich item?

Menu 1

Served at a child care center that serves one group of children in the morning and another in the afternoon

Breakfast: Chopped strawberries, whole grain-rich waffles, 1% milk

Lunch: Baked chicken, 1% milk, broccoli, orange wedges, white rice

Snack: Apple slices and string cheese

Menu 2

Served at an at-risk afterschool center that only serves snack

Snack: Enriched pretzels and hummus (bean dip)

Menu 3

Served at an at-risk afterschool center that only serves snack

Snack: Celery sticks and sunflower seed butter

Answer

Menu 1

Served at a child care center that serves one group of children in the morning and another in the afternoon



Correct

Breakfast: Chopped strawberries, whole grain-rich waffles, 1% milk

Lunch: Baked chicken, 1% milk, broccoli, orange wedges, white rice

Snack: Apple slices and string cheese

Menu 2

Served at an at-risk afterschool center that only serves snack

Snack: Enriched pretzels and hummus (bean dip)



Not
Correct

Menu 3

Served at an at-risk afterschool center that only serves snack

Snack: Celery sticks and sunflower seed butter



Correct

Adding Whole Grains to Your Menu

- NDA requires that organizations label which foods are whole grain-rich on their menu and a copy of the picture, nutrition facts label and ingredients for the food item

 Writing “Whole Grain” (“WG”) or “Whole Grain Rich” (“WGR”) in front of an item on a menu

 Adding a grain icon or picture next to the whole grain foods with acronym on the menu to identify icon

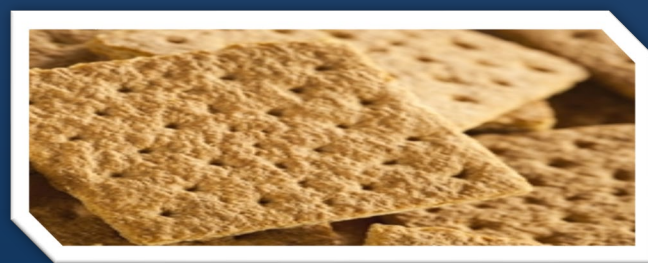


Grain Based Desserts

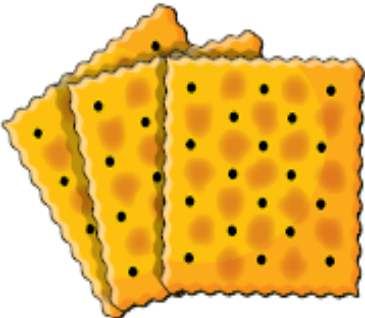
Grain based desserts are not creditable



Graham and Animal crackers are creditable



Grain-Based Desserts

Grain-Based Desserts (Not Reimbursable in the CACFP):	Not Grain-Based Desserts (Reimbursable in the CACFP):
• 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	• 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 

Grain-Based Desserts

Why Make the Change?

- Dietary Guidelines for Americans
 - Limit consumption of added sugars
 - Added sugars, such as sweeteners and syrups are added when foods or beverages are processed or prepared
 - Limit consumption of solid fats
 - Fats that are solid at room temperature



Grain-Based Desserts

- Menu planners should consider the common *perception* of the food item and whether it is generally considered to be a dessert or sweet item

Explore Your Options



Baking Powder
Biscuits

Maple Baked French
Toast Squares



Pancakes

Team Nutrition Recipes | Food and Nutrition Service

Best Practices



Still Too Sweet?



- Even if a food is not listed as a grain-based dessert, it can still be high in added sugars. As a best practice, compare grains and choose those that are lower in sugars. For instance, the amount of added sugars in a muffin can vary from recipe to recipe. Some muffins are as sweet as cupcakes and include ingredients such as candy and chocolate pieces or cinnamon-sugar toppings.
- Look for alternatives to sweet toppings (such as syrups, honey, and cinnamon sugars). For example, try topping pancakes with fruits instead of syrup. Starting these practices early helps kids develop healthy habits.

Try It Out

1. Think about some grain-based desserts that you used to serve. Add them to the "Instead of serving" column on the left.
2. What are some other foods you can serve instead? Add them to the "Try" column on the right.
3. Think of other foods you could substitute for the examples in the "Try" column and add them to the "Other Choices" column.

Instead of serving:	Try:
Doughnuts or cinnamon rolls	Pancakes or waffles topped with fruit
Marshmallow cereal treat	Whole-grain tortilla chips or fruit
Cookies	Whole-wheat crackers or graham crackers
Cake or brownies	Banana bread
Toaster pastries	Whole-wheat toast

Use your "Try" and "Other Choices" lists to help you plan new menus at your site!

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Still Too Sweet?



- Even if a food is not listed as a grain-based dessert, it can still be high in added sugars. As a best practice, compare grains and choose those that are lower in sugars. For instance, the amount of added sugars in a muffin can vary from recipe to recipe. Some muffins are as sweet as cupcakes and include ingredients such as candy and chocolate pieces or cinnamon-sugar toppings.
- Look for alternatives to sweet toppings (such as syrups, honey, and cinnamon sugars). For example, try topping pancakes with fruits instead of syrup. Starting these practices early helps kids develop healthy habits.

Reducing Added Sugars Resource: [Click Here](#)

Try It Out With your Menus!



Still Too Sweet?

- Even if a food is not listed as a grain-based dessert, it can still be high in added sugars. As a best practice, compare grains and choose those that are lower in added sugars. For instance, the amount of added sugars in a muffin can vary from recipe to recipe. Muffins are as sweet as cupcakes and include ingredients such as chocolate chips or cinnamon-sugar toppings.
- Look for alternatives to sweet toppings (such as syrups, honey, and fruit). For example, try topping pancakes with fruits instead of syrup. Starting early helps kids develop healthy habits.

Try It Out!

1. Think about some grain-based desserts that you used to serve. Add them to the “Instead of serving” column on the left.
2. What are some other foods you can serve instead? Add them to the “Try” column in the middle.
3. Think of other foods you could substitute for the examples listed below. Add them to the right column under “Other Choices.”

Instead of serving:	Try:
Doughnuts or cinnamon rolls	Pancakes or waffles topped with sliced fruit
Marshmallow cereal treat	Whole-grain tortilla chips or fruit
Cookies	Whole-wheat crackers or graham crackers
Cake or brownies	Banana bread
Toaster pastries	Whole-wheat toast

Use your “Try” and “Other Choices” lists to help plan new menus at your site!

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Try It Out!

1. Think about some grain-based desserts that you used to serve. Add them to the “Instead of serving” column on the left.
2. What are some other foods you can serve instead? Add them to the “Try” column in the middle.
3. Think of other foods you could substitute for the examples listed below. Add them to the right column under “Other Choices.”

Instead of serving:	Try:	Other Choices:
Doughnuts or cinnamon rolls	Pancakes or waffles topped with sliced fruit	
Marshmallow cereal treat	Whole-grain tortilla chips or fruit	
Cookies	Whole-wheat crackers or graham crackers	
Cake or brownies	Banana bread	
Toaster pastries	Whole-wheat toast	

Use your “Try” and “Other Choices” lists to help you plan new menus at your site!

Added Sugars: Cereal

Added Sugars: Cereal

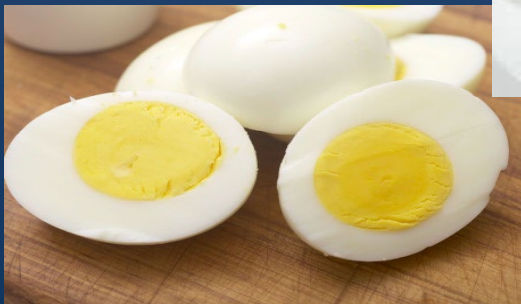
- Calculating using the “Added Sugars” and “Serving Size” listed on the nutrition facts label:
- 4 grams Added Sugars/30 grams serving size= 0.13
- Does this Cereal meet the requirement?
- Breakfast cereals must contain no more than 6 grams of added sugars per dry ounce

Yummy Brand Cereal	
Nutrition Facts	
15 servings per container	
Serving size $\frac{3}{4}$ 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 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

Added Sugar Limit for Cereal

- To calculate added sugar limits in cereal using a worksheet, please click on the link below:
- [Added Sugars Limit for Breakfast Cereals in the CACFP](#)

Meat & Meat Alternates (MA)



- **Meat & MA** can be served in place of the entire grains component at Breakfast
 - Up to 3x per week
 - Must serve 1 oz, equivalent to 1 oz of grain
- **Breakfast Menu Example:**

Breakfast	Component
Cheese Omelet	Grain/ Meat
Strawberries	Fruit
Milk	Milk

See resource here: [Crediting Meats/Meat Alternates in the Child Nutrition Programs Tip Sheet](#)

Meat & Meat Alternatives

Meat:

- Lean meat
- Poultry
- Fish

Meat Alternatives:

- Tofu
- Soy Products
- Yogurt
- Cheese
- Eggs
- Beans & Peas
- Nuts, Seeds, & Nut Butters

Tofu



Creditable Tofu:

- Firm & Extra Firm
- 2.2 ounce (1/4 cup) and 5 grams of Protein
- CN Label is required

Non-creditable Tofu:

- Soft & Silken
- Tofu Noodle
- Non-Commercial/Non-Standardized

Yogurt & Soy Yogurt



- Commercial yogurt/soy yogurt products only
- Non creditable yogurt products:
 - Frozen yogurt
 - Drinkable yogurt
 - Homemade yogurt
 - Yogurt flavored products
 - Yogurt bars
 - Yogurt covered fruits & nuts

Added Sugars: Yogurt

- Added Sugars: Yogurt
- Calculating using the “Added Sugars” and “Serving Size” listed on the nutrition facts label:
- 10 grams Added Sugars/6 oz serving size= 1.667 OR
10 grams Added Sugars/ 170 grams serving size= 0.0589
- Does this Yogurt meet the requirement?
- Yogurt must contain no more than 12 grams of added sugars per 6 ounces

Nutrition Facts	
7 servings per container	
Serving size 6 oz (170g)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 14g	28%

Added Sugar Limit For Yogurt

- To determine added sugar limits in yogurt using a worksheet, please click on the link below:

[Calculating Added Sugars Limit for Yogurt in the Child and Adult Care Food Program](#)



Nuts, Seeds, & Nut Butter

- Nuts & Seeds meet the Meat/Meat Alternate requirements
 - No acorns, chestnuts or coconuts
 - Spreads, such as cream cheese are not creditable
 - Nuts and Seeds can meet part or credit for the full Meat/Meat alternate
 - 1 oz=2 Tbsp



Beans & Peas



- Beans and Peas can meet Meat/MA or Vegetable requirements, but not both in the same meal

Best Practice: Meat/Meat Alternate

- Limit serving processed meats to one serving per week
- Serve only natural cheese that is low-fat or reduced fat
- Serve only lean meats, nuts, and legumes



Fluid Milk

Milk Type Based on Age

1-2-Year-Olds

- Required Amount: 4 ounces
- Allowed Types:
 - Unflavored whole milk

3-5-Year-Olds

- Required Amount: 6 ounces
- Allowed Types:
 - Unflavored low-fat (1%) milk
 - Unflavored fat-free (skim) milk

6 Years and Older

- Required Amount: 8 ounces
- Allowed Types:
 - Unflavored low-fat or fat-free milk
 - Flavored fat-free milk
 - *(Note: Contains added sugars)*



Milk Substitutions

Nutrients Required and Picture Guide

Nutrients per Cup

- Calcium 276 mg
- Protein 8 g
- Vitamin A 150 mcg
- Vitamin D 2.5 mcg
- Magnesium 24 mg
- Phosphorus 222 mg
- Potassium 349 mg
- Riboflavin 0.44 mg
- Vitamin B 12 1.1 mcg

Form located in NPS → Applications → Download Forms → Meal Patterns

Unflavored:			
8 th Continent Original Soymilk	Kikkoman Pearl Organic Soymilk Smart Original	Pacific All Natural Ultra Soy Original	Sunrich Naturals Original Soymilk
			
Great Value Original Soy Milk	Westsoy Organic Plus Plain Soymilk	Kirkland Organic Soymilk Plain	Silk Original Soy Milk
			
Flavored: *Check CACFP requirements before serving/claiming Flavored Fluid Milk Substitute.			
8 th Continent Vanilla Soymilk	Kikkoman Pearl Organic Soymilk, Smart Creamy Vanilla	Kikkoman Pearl Organic Soymilk, Smart Chocolate	Pacific All Natural Ultra Soy Vanilla
			
Sunrich Naturals Organic Vanilla Soymilk	Sunrich Naturals Unsweetened Vanilla Soymilk	Westsoy Organic Plus Vanilla Soymilk	Ripple Vanilla or Chocolate Dairy-Free Milk
			

Ripple
Original
Dairy-Free Milk



Menus: Standardized Recipes

- When standardized recipes Are Required:
 - Recipes are required when more than one meal component is combined before being served to children or adult participants. This ensures the dish meets CACFP meal pattern requirements and allows for accurate crediting of each component.
- Examples from a menu:
 - Casseroles
 - Turkey and Cheese Sandwich
 - Smoothies
 - Pizza
- Recipe number may be indicated on the menu for clarity
- All recipes on menu must be kept on file



Menus: Standardized Recipes

- A standardized recipe format should include:
 - Recipe Title and Description
 - Ingredients
 - Weight/Volume of Each Ingredient
 - Preparation Directions
 - Cooking Time, Temperature, and Preparation Time
 - Serving Size
 - Yield (Number of Servings)
 - Equipment and Tools Needed
 - Crediting Information
 - Food Safety Guidelines/Critical Control Point
- Resources available: NPS → Applications → Download Forms → Menu planning

Child and Adult Menu Development

Child and Adult Menu Planner Template

Child Menu Planner Site Name: _____ Weeks: _____

 Nevada Department of Agriculture

Meal & Snack Pattern as Required by USDA	Date/Day:	Serving Size for Ages:			Date/Day:	Serving Size for Ages:			Date/Day:	Serving Size for Ages:			Date/Day:	Serving Size for Ages:			Date/Day:	Serving Size for Ages:		
		1-2	3-5	6-12		1-2	3-5	6-12		1-2	3-5	6-12		1-2	3-5	6-12		1-2	3-5	6-12
Breakfast																				
Milk ¹ – Age 1: Whole 2yrt+: 1% or Nonfat																				
Fruit or Vegetable ³																				
Grain/Bread ^{4,5,6,7}																				
Meat/Meat Alternate ^{8,9}																				
Other Foods Extra to Meal Pattern																				
AM Snack (Any two)																				
Milk ¹ – Age 1: Whole 2yrt+: 1% or Nonfat																				
Fruit or Vegetable ³																				
Vegetable ³																				
Grain/Bread ⁴																				
Meat/Meat Alternate ⁸																				
Other Foods Extra to Meal Pattern																				
Lunch																				
Milk ¹ – Age 1: Whole 2yrt+: 1% or Nonfat																				
Fruit or Vegetable ³																				
Vegetable ³																				
Grain/Bread ⁴																				
Meat/Meat Alternate ⁸																				
Other Foods Extra to Meal Pattern																				

This institution is an equal opportunity provider.

- Include variety for each component

Forms located in NPS → Applications → Download Forms → Menu Planning

Child and Adult Care Food Program (CACFP) Adult Menu Planner

Division of Food and Nutrition



Name of Sponsor: _____

Site Name, if applicable: _____ Week of: _____

Meal Component	Minimum Serving Size	Day of Week				
		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast – Must contain 3 of the 5 components						
Fluid Milk*	1 c. (8 fl. oz.)					
Grains	2 oz. eq.					
Meat/Meat Alternate	2 oz. **					
Vegetable	½ c.					
Fruit	½ c.					
Other (Optional)						
Lunch/Supper – Must contain 5 of the 5 components						
Fluid Milk*	1 c. (8 fl. oz.)					
Grains	2 oz. eq.					
Meat/Meat Alternate	2 oz. **					
Vegetable	½ c.					
Fruit	½ c.					
Other (Optional)						



Menus: Portion Sizes

- Menus must be submitted with accurate portion sizes per food item
- Reminder: Cycle menus submitted for review must include portion sizes
 - Example: Lunch – Ages (3-5)

Meal Component	Food Item	Portion Size
Milk	Low-fat milk (unflavored)	¾ cup or 4 oz
Meat/Meat Alternate	Baked chicken strips	1½ oz
Vegetable	Steamed green beans	¼ cup
Fruit	Diced peaches (canned in juice)	¼ cup
Grains	Brown rice	⅓ cup cooked

Menus: Portion Sizes

- Grains: list the amount required to serve and not 1/2 oz or 1 oz equivalent of grains:
 - Example: Grains at Breakfast, Lunch and Snack – Ages (1-5)
 - Resource: [Using Ounce Equivalents for Grains in the CACFP](#)

Meal Component	Food Item	Portion Size
Grain	Bread	1/2 Slice
Grain	Cereal, Ready-to-Eat: Puffed	3/4 Cup
Grain	Animal Cracker	8 crackers or 14 grams
Grain	Pasta	1/4 Cup Cooked
Grain	Waffle	1/2 Waffle or 17 grams

Menus: Documentation

- Nutrition Labels & Pictures Required:
- Food Items:
 - Yogurt
 - Cereal
 - Whole grain rich item served for the day
- What to Include:
 - A clear picture of the food item
 - A copy of the nutrition label
 - Ingredients list must be visible



Nutrition Facts	
About 5 servings per container	
Serving Size	3/4 cup (170g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	3%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 18g	35%
Vitamin D 0mcg 0%	Calcium 200mg 15%
Iron 0mg 0%	Potassium 260mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

INGREDIENTS: GRADE A PASTEURIZED SKIMMED MILK, LIVE ACTIVE YOGURT CULTURES (L. BULGARICUS, S. THERMOPHILUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI).

FAGE USA Dairy Industry, Inc.
Johnstown, NY 12095
1-866-962-5912 MON.-FRI.
usa.fage
Plant # 36-0129

**KEEP REFRIGERATED
DO NOT FREEZE**

**ONCE OPENED CONSUME
WITHIN 5 DAYS**

Use by date on lid

Milk produced without the use of rBST.

The FDA has said no significant difference has been shown, and no test can now distinguish, between milk derived from rBST treated and untreated cows.

Remove parchment paper on opening

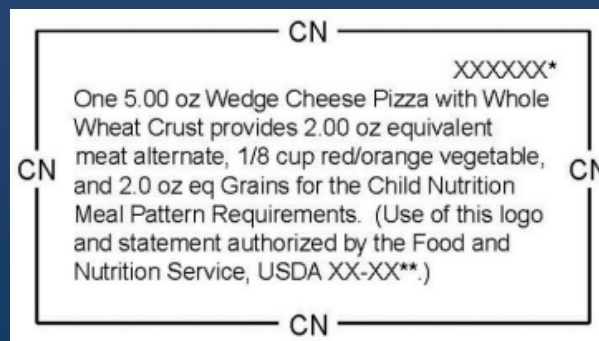
GLUTEN FREE

Barcode: 089524 08304



Menu: Documentation

- Child Nutrition (CN) Labels or Product Formulation Statement for all commercially processed food items
- What are CN labels?
 - CN labels tell us how a product contributes to the meal pattern requirements. The manufacturer voluntarily submits their product to the USDA to get a CN label
- What if you cannot find a CN label?
 - Contact the manufacturer for a Product Formulation Statement



- Resources available: NPS → Applications → Download Forms → Menu Planning → Crediting Food CN Label Instructions
- USDA: CN Label Program: <https://www.fns.usda.gov/cn/labeling>

Child and Adult Menu Development

Menu Checklist

- Child and Adult menus should be reviewed with the checklist
- Checklist location:
NPS → Applications → Download Forms → Menu Planning → Menu Checklist...

Child and Adult Care Food Program (CACFP) Menu Checklist – Child Meal Pattern



Division of Food and Nutrition

Does your menu meet the Child and Adult Care Food Program (CACFP) meal patterns?

Milk	Yes	No
Whole milk is served to children ages 12-23 months.	☐	☐
Whole milk is served to children ages 2 – 5 years.	☐	☐
Unflavored fat-free milk is served to children ages 2 – 5 years.	☐	☐
Unflavored fat-free milk is served to children ages 2 – 5 years. <i>Note: a statement at the bottom of the menu listing the types of milk served for different ages is acceptable.</i>	☐	☐
Grains/Breads	Yes	No
At least one whole grain-rich item serving is served per day when grain is a part of the meal.	☐	☐
Brownies, cakes, cereal bars, coffee cakes, cookies, doughnuts, granola bars, pie crusts for dessert pies, sweet rolls, and toaster pastries are served.	☐	☐

Child and Adult Care Food Program (CACFP) Menu Checklist – Adult Meal Pattern



Division of Food and Nutrition

Does your menu meet the Child and Adult Care Food Program (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 23 grams of sugar per 6 ounce serving.	☐	☐
Grains/Breads	Yes	No
At least one whole grain-rich item serving is served per day.	☐	☐
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.	☐	☐
Cereals have 6 grams or less of sugar per dry ounce.	☐	☐



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

Medical Plan of Care for Special Diets Form

- CACFP programs must make reasonable substitutions to meals and/or snacks on a case-by-case basis for participants
- For a milk substitution non-disabling special dietary needs only
 - Parents can complete the form (Part 1, 2 and 5); count the meal to be claimed only if the milk is lactose-free or a pictured allowable milk substitution
- Form to be completed by Physician/Medical Authority or Registered Dietitian if Participant has a Disability including details
 - List of alternate food/milk items



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 and sponsors must keep documentation on file

- For example, CN labels are available that contribute to the meat/meat alternate and grain component of the meal pattern. E.g., Chicken Tenders
- 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



Child Nutrition Label

The Child Nutrition (CN) Label is a product label which contains a statement from the USDA Food and Nutrition Service that clearly identifies the contribution that product makes towards the CN meal pattern requirements.

Nutrition Label

BREADED DINOSAUR

SHAPED CHICKEN NUGGETS WITH 100% RIB MEAT

INGREDIENTS: Contains Up To 20% Solution Of Water, Salt, And Sodium Phosphates, Breaded, Battered And Pre dusted With: Bleached Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Modified Corn Starch, Salt, Less Than 2% Of Each Of The Following: Yellow Corn Flour, Spices, Leavening, (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Flavor (Maltodextrin, Autolyzed Yeast Extract, Flavor, Hydrolyzed Corn Gluten), Soybean Oil, Dried Garlic, Dried Onion, Silicon Dioxide Added As An Anticaking Agent. Coated With: Wheat Flour, Breading Set In Vegetable Oil.

CONTAINS: EGG, SOY, WHEAT

HEATING INSTRUCTIONS: From Frozen: Heat in Convection Oven for 5-8 minutes at 375°F. Convectional Oven for 7-10 minutes at 400°F. Appliances vary, adjust cook times accordingly.

Nutrition Facts

Serving Size 5 Corn Dog (96g)
Serving Per Container about

Amount Per Serving	
Calories	230
Total Fat 10g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 560mg	28%
Total Carbohydrate 16g	6%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	

CN 000000
 Five .88oz breaded fully cooked chicken nuggets (2.43 oz Total) provide 2.00 oz equivalent meat/meat alternate and 1.00 serving bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 00-00.)
 CN

FULLY COOKED • KEEP FROZEN
PACKED 24 - .88OZ. (461G) • NET WT 5.25 LB

CN Label

CN 000000
 Five .88oz breaded fully cooked chicken nuggets (2.43 oz Total) provide 2.00 oz equivalent meat/meat alternate and 1.00 serving bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 00-00.)
 CN

Six Digit ID#

Assigned by the FNS USDA.

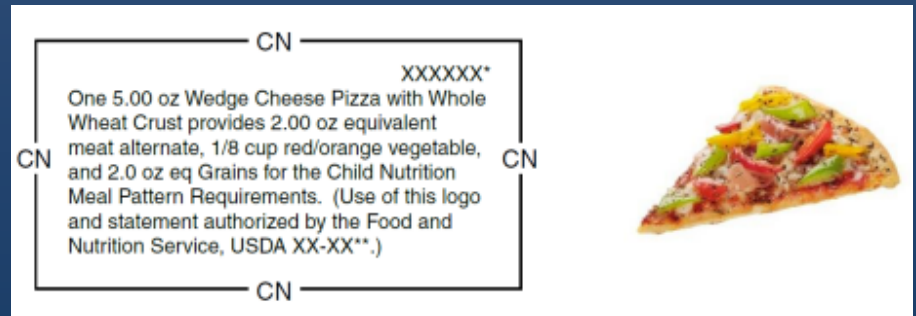
Date/Month

Approved by the FNS USDA

Child Nutrition Label

Identify CN label:

- CN logo, with a distinct border
- Meal pattern contribution statement
- Six-digit product identification number
- USDA's Authorization and
- Month and year of approval
- Keep documents of CN labels:



- If your organization is having difficulty locating a CN label, you may reference and use the USDA CN Label Verification Report

Resources available: NPS → Applications → Download Forms → Menu Planning → Crediting Food CN Label Instructions

USDA: CN Label Program: <https://www.fns.usda.gov/cn/labeling>

Product Formulation Statement

A Product Formulation Statement (PFS) provides crediting information for processed products that do not have a CN Label.

A PFS always contains:

- Manufacturer's letterhead
- Name of product and product code number
- Math calculations showing how the manufacturer determined the meal pattern contribution
- Crediting statement
- Signed and dated by an official of the manufacturer

To determine if a product has a PFS, contact the manufacturer

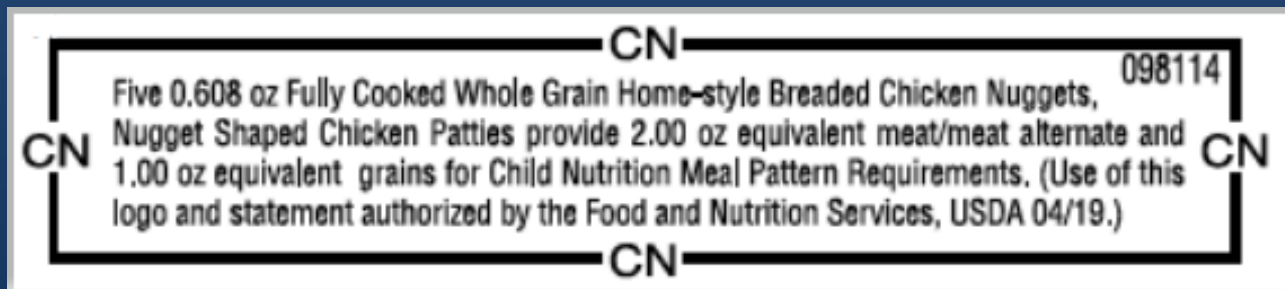
- Explain that you need the child nutrition information for the commercially prepared product. They may ask for the Universal Product Code (UPC) number so have this information available as well

Resource available for Guidance on PFS here: [CN Labeling and PFS Guidance for Food Manufacturers/Industry | Food and Nutrition Service](#)



Combination Items

- If you serve combination items such as chicken nuggets, you must keep a current Child Nutrition (CN) Label or a Product Formulation Statement on file
- CN labels expire 5 years after their issue date, the example below was issued on 04/19 and expires on 04/24 or the CN Label can be listed on the USDA CN Label Verification Report



Knowledge Check

1. When is a standardized recipe required in CACFP?

- A. Only for Casseroles
- B. When more than one component is pre plated
- C. When more than one meal component is combined before serving
- D. Only for smoothies

2. Which of the following food items require a photo and nutrition label? (Select all that apply)

- A. Yogurt
- B. Cereal
- C. Fresh fruit
- D. Whole Grain Rich Food item

3. What must be included when submitting documentation for a food item?

- A. Only the front of the package
- B. A clear picture of the food item, the nutrition label, and the ingredients list
- C. Just the nutrition label
- D. A photo of the meal served

Knowledge Check

1. C
2. A, B and D
3. B



Meal Counts

- Point of service meal counts must be taken by name on proper documentation
- Attendance does not guarantee that a child received a reimbursable meal
- When serving infants, the type of food and amount offered must be documented on the individual infant meal record

Resources available: NPS → Applications → Download Forms → Claim Documents



Point of Service Instructions

- Point of service must be taken during meal service before the participant leaves the table: best option is shortly after participant receives their meal
- A director or administrator should conduct an edit check and indicate which meals should be claimed for reimbursement
- Best Practice: Transfer these weekly meal counts to the monthly Meal Count Summary Sheet
- You cannot claim or be reimbursed for program adult meals, USDA has asked that these meals be recorded to track food costs per 7 CFR 226.7(m)(2)



Infant Menu Planner Template

- Include required meal and snack components for infant's menu

Infant Menu Planner

Site Name:

Date: -



Nevada
Department
of Agriculture

Infant Meal Pattern Chart	Breakfast/Lunch/Dinner			AM/PM Snack	
Each bullet point is a <u>required</u> component.	0-5 months: • 4-6 FL- oz breastmilk¹ or formula² 6-11 months: • 6-8 FL- oz breastmilk¹ or formula²; and • 0-4 TBSP infant cereal^{2,3}, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 oz of cheese; or 0-4 oz (volume) of cottage cheese; or 0-8 oz or 1 cup of yogurt⁴; or a combination of the above⁵; and • 0-2 TBSP vegetable or fruit or a combination of both^{5,6}			0-5 months: • 4-6 FL- oz breastmilk¹ or formula² 6-11 months: • 2-4 FL-oz breastmilk or formula; and • 0-1/2 slice bread or 0-2 crackers or 0-4 TBSP infant cereal or ready-to-eat breakfast cereal⁵; and • 0-2 TBSP vegetable or fruit or a combination of both^{5,6,7}	
	Breakfast	Monday	Tuesday	Wednesday	Thursday
0-5 Months					
6-11 Months					
AM Snack					
0-5 Months					
6-11 Months					
Lunch					
0-5 Months					
6-11 Months					
PM Snack					
0-5 Months					
6-11 Months					
Supper					
0-5 Months					
6-11 Months					

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Infant Menu Checklist

- Infant menus should be reviewed with the checklist
- Checklist location:
NPS → Applications → Download Forms → Menu Planning-Infants → Checklist Infant Meal Pattern

Child and Adult Care Food Program (CACFP) Menu Checklist – Infant Meal Pattern

Division of Food and Nutrition



Does your menu meet the Child and Adult Care Food Program (CACFP) meal patterns?

Breastmilk or Infant Formula and Support of Breastfeeding	Yes	No
The menu for infants ages 0-5 months contains only breastmilk or formula.	☐	☐
When a parent or guardian provides breastmilk or formula and the infant is consuming solid foods, the center supplies all other required meal components, for the meal to be reimbursable.	☐	☐
Cereal is not served in bottles, unless supported by a medical statement.	☐	☐
Optional: Reimbursement is claimed when a mother directly breastfeeds her infant on-site.	☐	☐
Optional: Meals containing expressed breastmilk are claimed for reimbursement.	☐	☐
Developmental Readiness for Solids	Yes	No
Introduction of solid foods, of the appropriate texture and consistency, begins at 6 months of age, as developmentally appropriate.	☐	☐
The center or day care home has a policy or procedure for how parents or guardians communicate their infants' readiness for solids to care providers. NOTE: As best practice, parents or guardians can request in writing when a center or day care home should begin serving solids to infants in care.	☐	☐
Grains/Breads	Yes	No
No grain-based desserts (brownies, cakes, cereal bars, coffee cakes, cookies, doughnuts, granola bars, pie crusts for dessert pies, sweet rolls, and toaster pastries) are served.	☐	☐
Bread, Crackers and Ready-to-eat cereals are only offered at snack and not at meals. NOTE: If these items are served at breakfast, lunch or supper they are not creditable toward a reimbursable meal.	☐	☐
Breakfast cereals (e.g. ready-to-eat, instant, and regular hot) have 6 grams or less of sugar per ounce.	☐	☐
Cereal type is identified on the menu. (For example, puffed rice, granola, Cheerios® or Kix®)	☐	☐



Infants: Meal Record

- Completing the Individual Infant Meal Record
- This form indicates how much the infant was offered, not consumed
 - Example: 6 Months and/or ready for solid foods
- Breakfast:

Child and Adult Care Food Program (CACFP) Individual Infant Meal Record Division of Food and Nutrition



Center/Provider: Wildflower Center Infant Name: Lily Brown Age: 6 Months Month(s) Date of Birth: January 15, 2025

Infant Formula Type: Similac Breastmilk: ☐ Yes ☒ No Feeding Preference Form on File: ☒ Yes ☐ No

Allergies According to Medical Statement: N/A

Plan to serve the component(s) and amount(s) appropriate for the age of each infant. Place “P” next to each item the parent brings. *

Please indicate the amount of each component offered, not consumed.

	Food Components	0-5 months	6-11 months	Date: 6/23/25	Date: 6/24/25	Date: 6/25/25	Date: 6/26/25	Date: 6/27/25
Breakfast	Iron Fortified Formula or Breastmilk	4-6 fluid oz.	6-8 fluid oz.	8 oz formula	8 oz formula	8 oz formula	8 oz formula	8 oz formula
	Infant Cereal or meat, or fish, or poultry, or whole egg or cooked dry beans or cooked dry peas or cheese or cottage cheese or yogurt or combination of above		0-1/2 oz eq 0-4 tbsp. 0-4 tbsp. 0-2oz 0-4oz ½ cup	2 oz Infant Cereal	2 oz cottage cheese	2 oz Infant Cereal	2 oz Infant Cereal	2 oz Infant Cereal
	Fruit or vegetable or both		0-2 tbsp.	2 TB Applesauce	2 TB Peaches	2 TB Bananas	2 TB Sweet Potatoes	2 TB Peas



Infants: Meal Record

- Completing the Individual Infant Meal Record
 - Example: 6 Months and/or ready for solid foods

• Lunch or Supper:

Lunch	Iron Fortified Formula or Breastmilk	4-6 fluid oz.	6-8 fluid oz.	8 oz formula	8 oz formula	8 oz formula	8 oz formula	8 oz formula
	Infant Cereal or meat, or fish, or poultry, or whole egg or cooked dry beans or cooked dry peas or cheese or cottage cheese or yogurt or combination of above		0-1/2 oz eq. 0-4 tbsp. 0-4 tbsp. 0-2oz 0-4oz 1/2 cup	2 oz infant cereal and 1 oz cheese	2 oz infant cereal	2 oz infant cereal and 1oz scrambled eggs	2 oz infant cereal	2 oz infant cereal
	Fruit or vegetable or both		0-2 tbsp.	3TB Peas	3 TB Pears and Apples	2 TB Mangos	3 TB Carrots	3 TB Spinach

• Snack:

Snack	Iron Fortified Formula or Breastmilk	4-6 fluid oz.	2-4 fluid oz.	4 oz formula	4 oz formula	4 oz formula	4 oz formula	4 oz formula
	<u>Grain</u> slice of bread crackers Infant cereal or ready to eat breakfast cereal		0-1/2oz eq bread 0-1/4oz eq crackers 0-1/2 oz eq 0-1/4oz eq	1/2 Slice of Bread	4 Ritz Crackers	1 oz infant cereal	4 Ritz crackers	1 oz infant cereal
	Fruit or vegetable or both		0-2 tbsp.	2 TB Bananas	2 TB Carrots	2 TB Applesauce	2 TB Green Beans	2 TB Pumpkin

Infants: Meal Record

Documenting On-site Breastfeeding

- It is NOT required to record the total amount of ounces a mother breastfeeds
- Acceptable way to document on the individual infant meal record form:
 - If infant was breastfed on-site include “BF”

Infant Feeding Preference Form

Infant Feeding Preference Form

- Work with the parent to identify needs of the child

Child and Adult Care Food Program (CACFP) Infant Feeding Preference - Center

Division of Food and Nutrition



Name of Infant: _____ Date of Birth: _____

This center participates in the Child and Adult Care Food Program (CACFP) and receives USDA reimbursement for serving nutritious meals to infants and children. Participation in this program requires caregivers to follow specific meal patterns according to the age of the child being fed. Only breastmilk and/or infant formula are served to infants 0-5 months old. Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.

Policy requires a center participating in the CACFP to provide formula or breastmilk to infants who are in care during meal service times. Parents/Guardians may decline the formula that is offered and supply the infant breastmilk and/or formula.

_____ will feed your infant breastmilk or formula provided by
(Name of Provider)
you and/or we will provide iron fortified infant formula. The formula we provide is:

(Name of Formula)

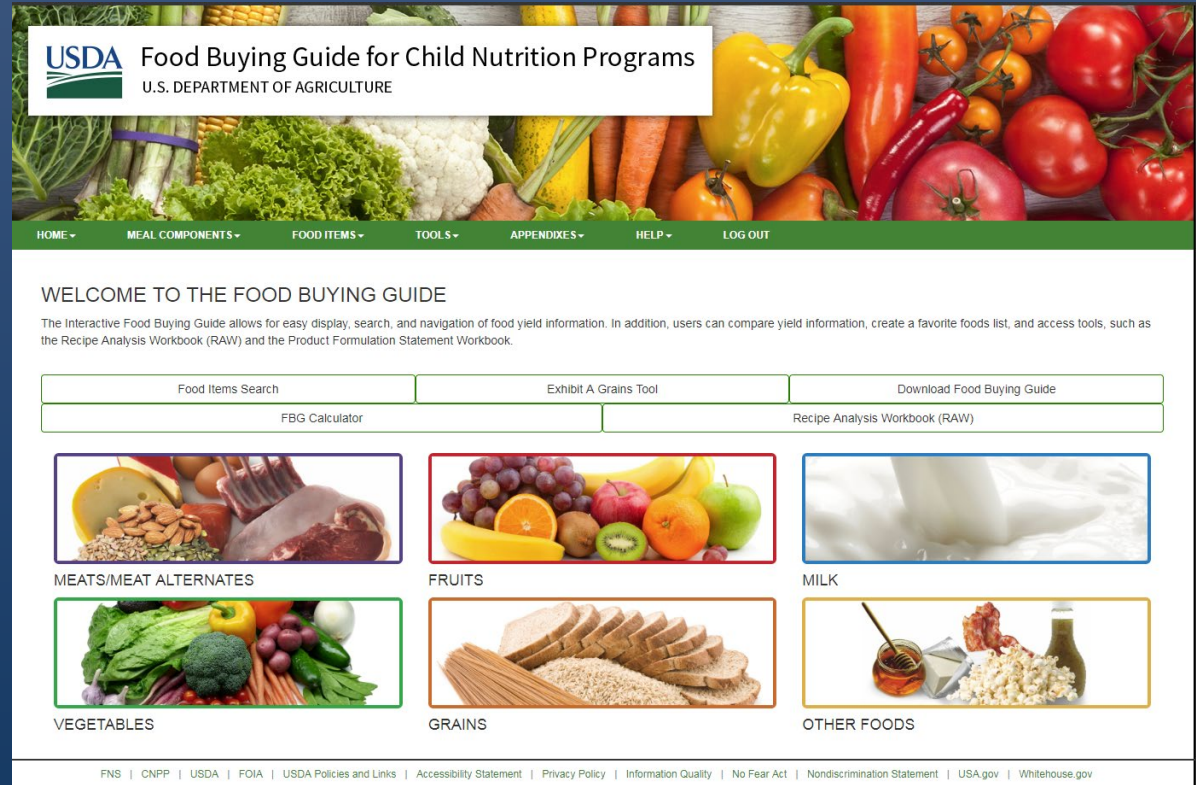
Breastmilk & Formula Preference: 0-11 Months (Check all that apply and update as needed)	Date	Date	Date
☐ I will bring expressed breastmilk for my infant.			
☐ I will return to the center to breastfeed my child on site.			
☐ I want the center to provide formula for my infant.			
☐ I will bring formula for my infant. List the type of formula you will bring:			



Food Buying Guide

Access the Food Buying Guide Resources:

- The FBG Calculator
- Exhibit A Grains tool
- Recipe Analysis Workbook (RAW)
- Product Formulation Statement Workbook



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

Resources

- Team Nutrition Tips Sheets including crediting fruits and vegetables, meats/meat alternates, grains and milk.
- Team Nutrition Food Buying Guide with Interactive Web-based Tool and Mobile App.
- The Crediting Handbook for the Child and Adult Care Food Program (CACFP) is an important supplemental companion to the Food Buying Guide for crediting and meal planning for CACFP operators
- USDA Nutrition Standards
- Final Rule-Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 DGAs
- Trainings and Forms available in NPS → Applications → Download Forms



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1. mail:

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Mail Stop 9410, Washington, D.C. 20250-9410; or

2. fax:

(202) 690-7442; or

3. email:

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