FY19 CACFP Meal Pattern Training

Daycare Home Providers

Elika Nematian

CACFP Meal Service Training Officer

NDA

Nevada Department of Agriculture

Pre-assessment

Comprehensive Pre-Assessment

Non-Name Identifier_____

Instructions: Place an easy to remember, non-name identifier (such as a word, phrase, or symbol) in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. During the one-month transition period, children between the ages of 24-25 months may be served _____. Select the best answer.
    a. whole and low-fat (1%) milk only
    b. whole, breastmilk, and flavored reduced-fat (2%) milk
    c. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
    d. whole, low-fat (1%), fat-free milk, or breastmilk only

2. A medical statement is required when non-dairy beverages meet the nutritional standards found in cow's milk. True or False?
    a. True
    b. False

3. When serving meals offer versus serve, a combination food contains _____ _____.
    a. more than one food item from different food components that cannot be separated.
    b. less than two food items from different food components that cannot be separated.
    c. more than two food items from the same food components.
    d. less than three ingredient from different food components.

4. When serving two vegetables as part of a reimbursable meal, a CACFP operator must offer _____. Select the best answer.
    a. one type of vegetable, served in two different forms, such as baked potatoes and mashed potatoes.
    b. three different types of vegetables, such as roasted carrots, baked beans, and steamed broccoli.
    c. two different types of vegetables, such as roasted asparagus and baked sweet potato slices.
    d. two types of vegetables from different sub-groups.

5. When using offer versus serve at breakfast, you must offer_____, in the minimum serving sizes .
    a. four different food items
    b. three different food component
    c. two different food items from three different components
    d. four different food components

6. What are the requirements for serving tofu and soy yogurt in CACFP settings?
    a. Commercially prepared, easily recognized as meat substitute, contains five grams of protein
    b. Contains five grams of protein, appealing to children, and contains four grams of protein
    c. Commercially prepared, 100% soy product, contains three grams of protein
    d. Commercially prepared, easily recognized as meat or grain substitute, contains three grams of protein

7. How many times per week can CACFP operators serve meat and meat alternatives in place of grains at breakfast?
    a. Two
    b. Three
    c. One
    d. Zero

8. During the breakfast meal, CACFP operators must serve a meat/meat alternate in place of the entire grain component five times per week. True or False?
    a. True
    b. False

9. Yogurt must contain no more than_____grams of sugar per_____ounces.
    a. 20 grams, 4 ounces
    b. 23 grams, 1 ounce
    c. 23 grams, 6 ounces
    d. 23 grams, 6 ounces

10. How many times can a CACFP operator serve juice to children and adults in a single day?
    a. 3 times per day
    b. 1 time per day
    c. 0 times per day
    d. 4 times per day

11. Which age groups can a CACFP operator serve fat-free flavored milk?
    a. 3-5 years
    b. 5-12 years
    c. 1-12 years
    d. 6-12 years

12. When serving adult participants, a CACFP operator may serve yogurt in place of milk a total of _____ time(s) per day. Select the best answer.
    a. one
    b. two
    c. zero
    d. three

13. Which frying method is no longer allowed as an approved method for preparing meals on-site in CACFP settings?
    a. Pan-frying
    b. Deep-fat frying
    c. Stir-frying
    d. All of the above

14. Each day, at least_____serving(s) of grains must be whole grain-rich.
    a. one
    b. three
    c. zero
    d. two

15. Breakfast cereals must contain no more than_____grams of sugar per dry ounce.
    a. three
    b. five
    c. six
    d. thirteen

Milk Component Updates
Pre-Assessment

Non-Name Identifier_____

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1. During the one-month transition period, children between the ages of 24-25 months may be served _____. Select the best answer.
    a. whole and low-fat (1%) milk only
    b. whole, breastmilk, and flavored reduced-fat (2%) milk
    c. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
    d. whole, low-fat (1%), fat-free milk, or breastmilk only

2. A medical statement is required when non-dairy beverages meet the nutritional standards found in cow's milk. True or False?
    a. True
    b. False

3. Which age groups can a CACFP operator serve fat-free flavored milk?
    a. 3-5 years
    b. 5-12 years
    c. 1-12 years
    d. 6-12 years

4. When serving adult participants, a CACFP operator may serve yogurt in place of milk a total of _____ time(s) per day. Select the best answer.
    a. one
    b. two
    c. zero
    d. three

5. When serving children flavored water, a CACFP operator must also make plain water available. True or False?
    a. True
    b. False

Meat and Meat Alternates Component Updates
Pre-Assessment

Non-Name Identifier_____

Instructions: Place an easy to remember, non-name identifier (such as a word, phrase, or symbol) in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. Yogurt must contain no more than_____grams of sugar per_____ounces.
    a. 20 grams, 4 ounces
    b. 23 grams, 1 ounce
    c. 23 grams, 6 ounces
    d. 26 grams, 6 ounces

2. What are the requirements for serving tofu and soy yogurt in CACFP settings?
    a. Commercially prepared, easily recognized as meat substitute, contains five grams of protein
    b. Contains five grams of protein, appealing to children, and contains four grams of protein
    c. Commercially prepared, 100% soy product, contains three grams of protein
    d. Commercially prepared, easily recognized as meat or grain substitute, contains three grams of protein

3. Which item is a non-creditable yogurt product?
    a. Drinkable yogurt
    b. Homemade yogurt
    c. Yogurt flavored products
    d. All of the above

4. How many times per week can CACFP operators serve meat and meat alternatives in place of grains at breakfast?
    a. Two
    b. Three
    c. One
    d. Zero

Vegetable and Fruit Component(s) Updates
Pre-Assessment

Non-Name Identifier_____

Instructions: Place an easy to remember, non-name identifier (such as a word, phrase, or symbol) in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. How many times can a CACFP operator serve juice to children and adults in a single day?
    a. 3 times per day
    b. 1 time per day
    c. 0 times per day
    d. 4 times per day

2. Which meal will be disallowed if a CACFP operator claims juice for more than one meal, including snack?
    a. The meal with the highest reimbursement rate that contains juice
    b. The meal with the lowest reimbursement rate that does not contain juice
    c. All meals and snacks in which the juice was served
    d. The meal or snack with the lowest reimbursement rate that contains juice

3. When serving two vegetables as part of a reimbursable meal, a CACFP operator must offer _____. Select the best answer.
    a. one type of vegetable, served in two different forms, such as baked potatoes and mashed potatoes
    b. three different types of vegetables, such as roasted carrots, baked beans, and steamed broccoli
    c. two different types of vegetables, such as roasted asparagus and baked sweet potato slices
    d. two types of vegetables from different sub-groups.

4. Vegetables and fruits are still a single component at_____. Select the best answer.
    a. breakfast
    b. lunch
    c. snack
    d. supper

5. Juice blends now credit as a fruit only in the updated requirements. True or False?
    a. True
    b. False

6. If a CACFP operator has a morning group and an afternoon group, can he/she serve juice to both groups as part of a reimbursable meal or snack?
    a. Yes
    b. No

Grains Component Updates
Pre-Assessment

Non-Name Identifier_____

Instructions: Place an easy to remember, non-name identifier (such as a word, phrase, or symbol) in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. Which item is not a grain-based dessert?
    a. Cinnamon breakfast round
    b. Strawberry granola bar
    c. English muffin
    d. Sweet potato pie

2. Each day, at least_____serving(s) of grains must be whole grain-rich.
    a. One
    b. Three
    c. Zero
    d. Two

3. Breakfast cereals must contain no more than_____grams of sugar per dry ounce.
    a. three
    b. five
    c. six
    d. thirteen

4. During the breakfast meal, CACFP operators must serve a meat/meat alternate in place of the entire grain component five times per week. True or False?
    c. True
    d. False

5. Grain-based desserts are those food items found in the Food Buying Guide for Child Nutrition Professional's Exhibit A with a superscript_____.
    a. 1 and 2
    b. 2 and 3
    c. 3 and 4
    d. 4 and 5

6. When using the rule of three, disregard any ingredients after the words "contains 2% or less." True or False?
    a. True
    b. False

Child and Adult Meal Service Updates
Pre-Assessment

Non-Name Identifier_____

Instructions: Place an easy to remember, non-name identifier (such as a word, phrase, or symbol) in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. Family style meal service is now required in all child and adult care settings. True or False?
    a. True
    b. False

2. When using offer versus serve at breakfast, you must offer_____, in the minimum serving sizes .
    a. four different food items
    b. three different food component
    c. two different food items from three different components
    d. four different food components

3. Rewards and punishment are not allowed in CACFP-operated facilities. True or False?
    a. True
    b. False

4. Which frying method is no longer allowed as an approved method for preparing meals on-site in CACFP settings?
    a. Pan-frying
    b. Deep-fat frying
    c. Stir-frying
    d. All of the above

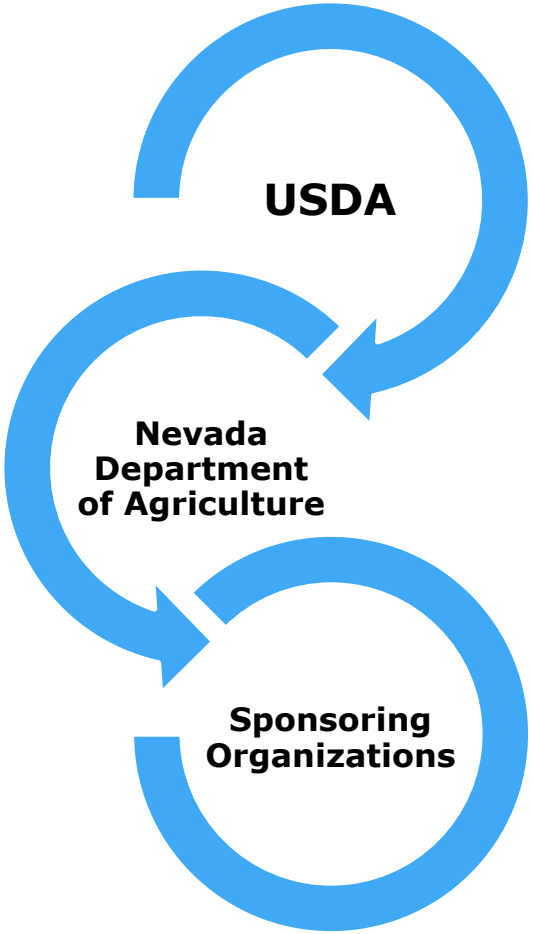
5. When serving meals family style,_____are the only exception(s), children are not required to serve themselves (with/without a supervising adult).
    a. milk
    b. water
    c. milk and juice
    d. milk, juice, and water

6. When serving meals offer versus serve, a combination food contains _____ _____.
    a. more than one food item from different food components that cannot be separated.
    b. less than two food items from different food components that cannot be separated.
    c. more than two food items from the same food components.
    d. less than three ingredient from different food components.

Ice-breaker Activity

1) **Name of their Organization**
2) **How long they have been at that organization & what their job entails**
3) **1 interesting fact about that person OR**
4) **The answer to 1 of the following questions:**
   - If you could be in a movie, what movie would you choose and why?
   - If you were to create a slogan for your life, what would the slogan be and why?
   - If you could be a vegetable or fruit what vegetable or fruit would you be and why?
   - If you could live anywhere in the world and take everything you love with you, where would you choose to live and why?

What is CACFP?



Child and Adult Care Food Program (CACFP)

The purpose of the CACFP is to provide meal reimbursement for serving nutritious meals and snacks to eligible participants in child care centers, day care homes, Head Start programs, afterschool programs, emergency homeless shelters and adult day care centers.

- It is a Federal program funded by the US Department of Agriculture (USDA)
- The Nevada Department of Agriculture (NDA) distributes the funds to "sponsors" and monitors the program to be sure that the center follows rules and requirements

CACFP History

May 8, 2018 marked the 50th anniversary of the CACFP

1968
Beginning of CACFP

2010
The Healthy, Hunger-Free Act of 2010 required USDA to update meal patterns in CACFP

2017
Updated Meal patterns consistent with 2015-2020 Dietary Guidelines & Science-based recommendations made by National Academy of Medicine

CACFP 2017 Update

PURPOSE

- Address the current health status of children & adults
- Align the CACFP meal patterns with the **Dietary Guidelines for Americans**
- Help children develop healthy eating habits
- Safeguard the wellness of adult participants

OVERVIEW

- Wider varieties of protein options
- Greater varieties of vegetables and fruits
- More whole grains
- Less added sugar and saturated fat

Social-Ecological Model for Understanding Factors that Shape Fruit and Vegetable Intake

Public Policy (Social, political, and economic factors)

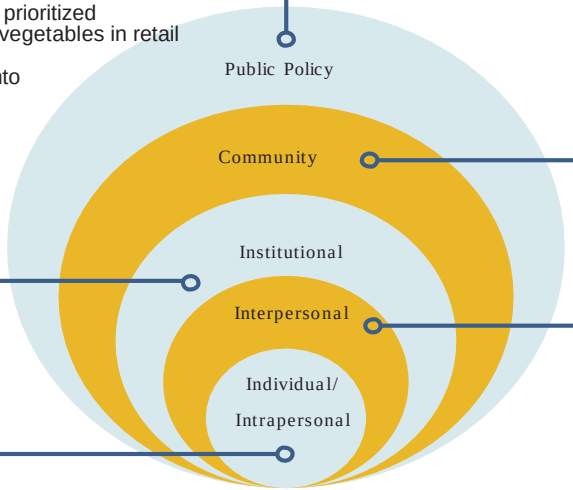
- Food availability
- Population food security
- Supplemental nutrition programs
- Food labeling requirements
- Patterns of food production and sales initiatives

Institutional (Schools and ECEs, governments, food retailers, food producers, and employers)

- Fruits and vegetables required to be included in meals prepared or purchased
- Healthy nutritious foods prioritized
- Availability of fruits and vegetables in retail ensured
- Nutrition incorporated into wellness initiatives

Community

- Geographic factors
- Community gardens
- Relationships with local farms and agricultural industry strengthened
- Cultural norms
- Evidence-based nutrition fostered in charitable and congregate settings



Individual/Intrapersonal

- Knowledge
- Genetic and learned preferences for taste
- Ability to grow, purchase and prepare food

Interpersonal

- Household food norms and traditions
- Peer support
- Food insecurity

- Adapted from Rimer B, Glanz K. Theory at a Glance: A Guide for Health Promotion Practice, US Department of Health and Human Services, National Institutes of Health, National Cancer Institute. 2005. Available from: https://cancercontrol.cancer.gov/brp/research/theories_project/theory.pdf
- Institute of Medicine. Who Will Keep the Public Healthy? Educating Public Health Professionals for the 21st Century. Washington, DC: The National Academies Press, 2003.

Key Finding: Early Child Care Settings and Schools Offer Opportunities to Shape Lifelong Behaviors

- One in 10 American children ages 2 to 17 don't consume fruits or vegetables at all on a daily basis
- Healthy eating in early childhood is critical to establishing lifelong healthy eating patterns
- An estimated 75% of children under age 6 attend an early care and education (ECE) program

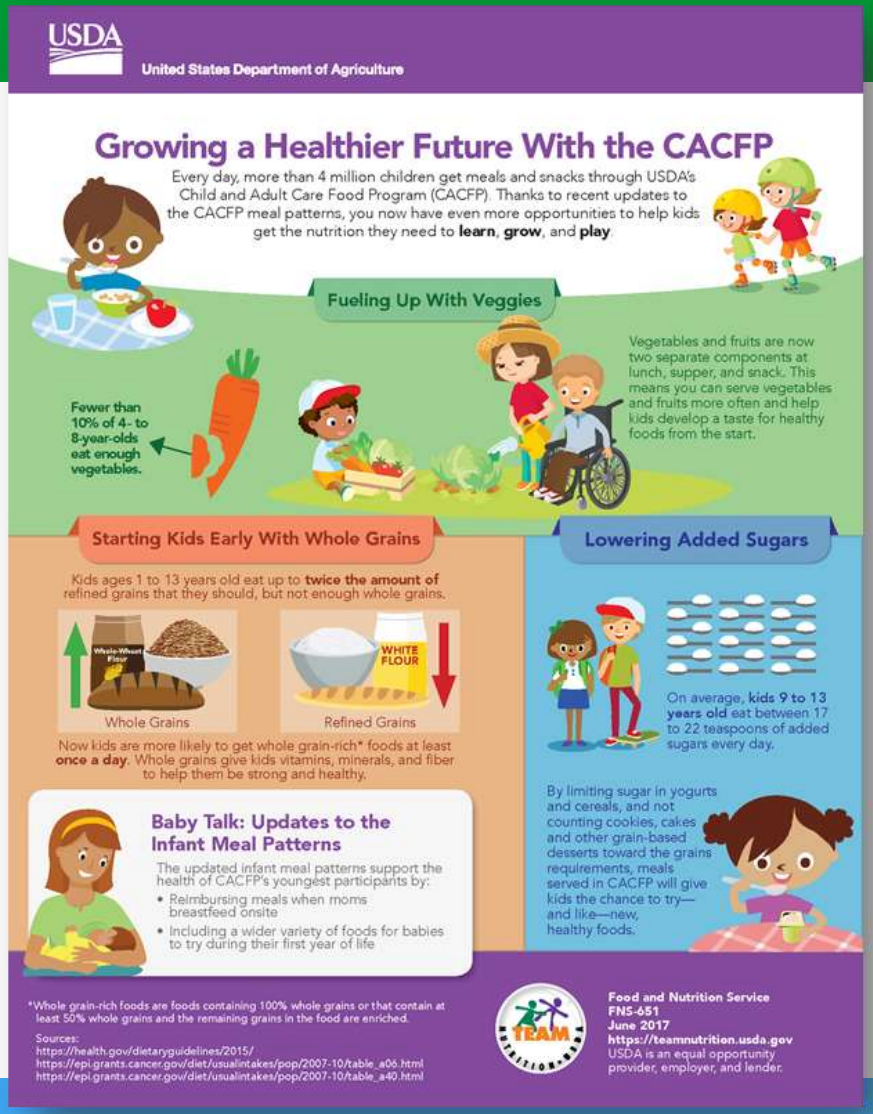
Adapted from : Using Law and policy to increase fruit and vegetable intake in the United States https://www.healthypeople.gov/sites/default/files/NWS_ExecutiveSummary_2018-10.03.pdf

ODPHP | Office of Disease Prevention and Health Promotion

Healthy People 2020

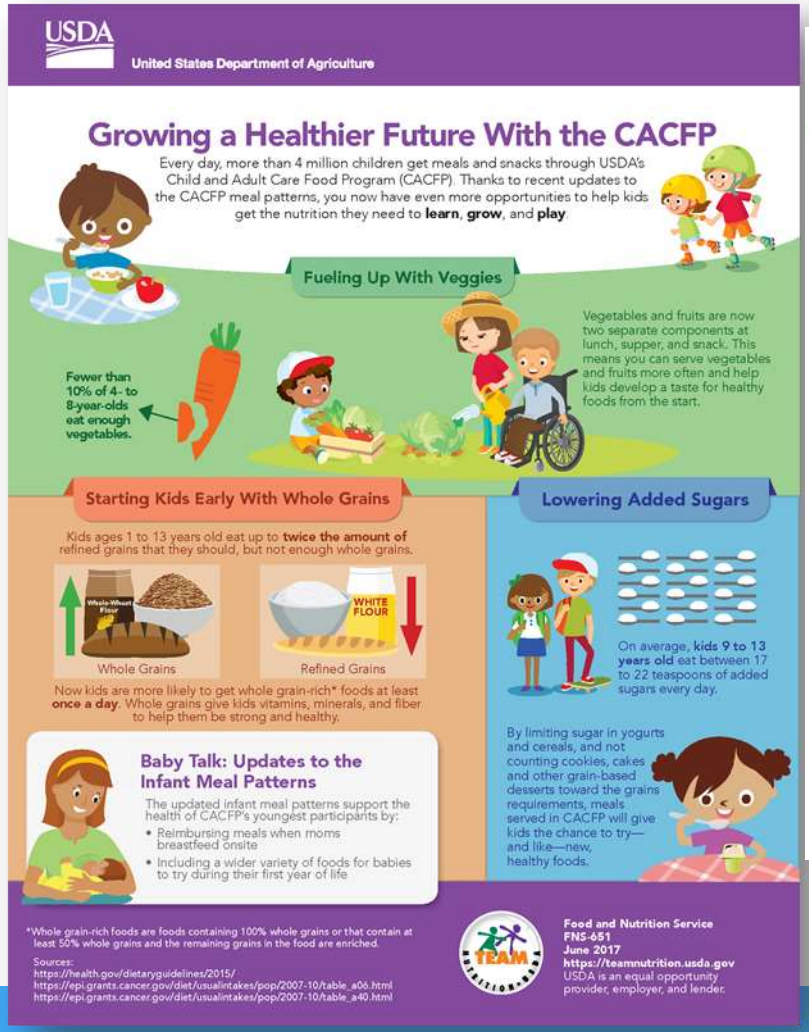
Law and Health Policy

Growing a Healthier Future With the CACFP



NDA
Nevada Department of Agriculture

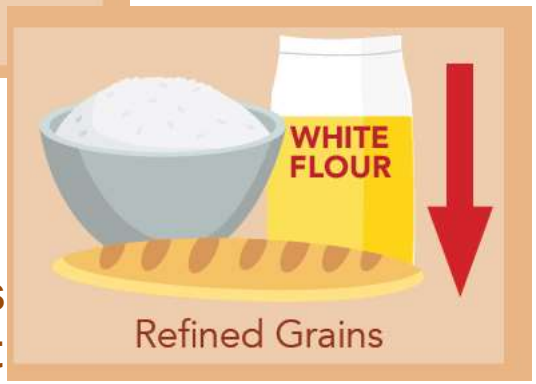
Fueling Up With Veggies



Fewer than 10% of 4 to 8 year old kids eat enough vegetables.

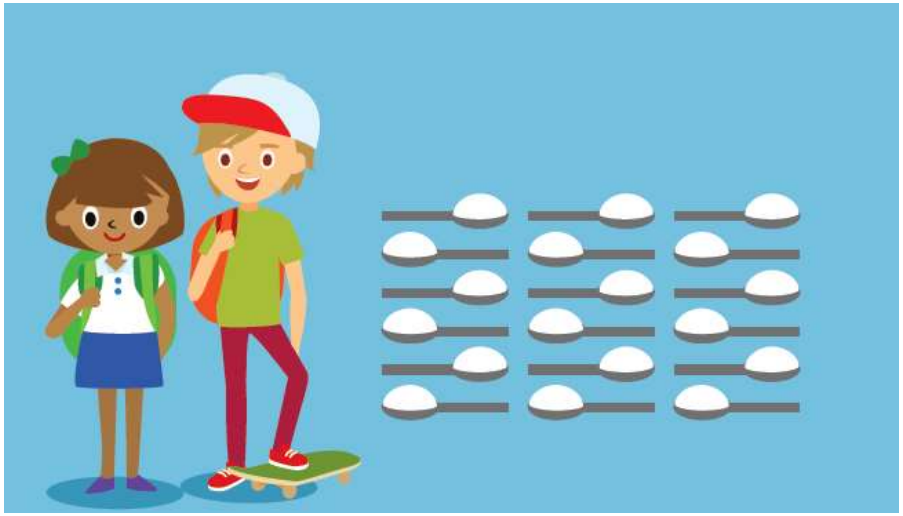
Fruits and vegetables are separated into 2 components to provide more opportunities to introduce and serve vegetables to children and adults throughout the day

Starting Kids Early With Whole Grains



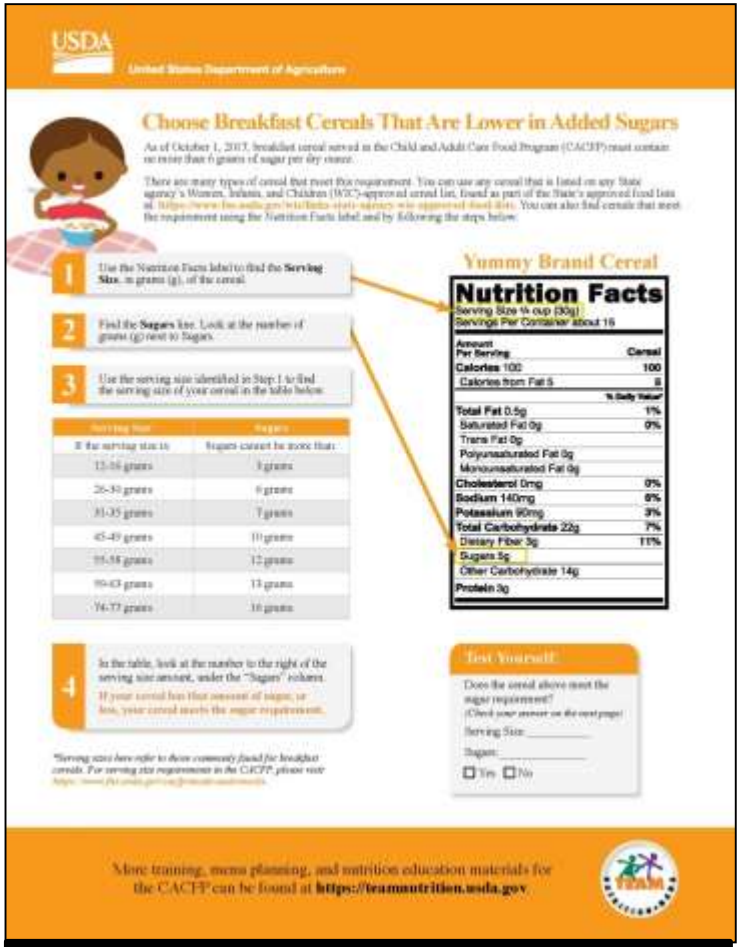
Kids ages 1 to 13 years old get up to twice the amount of refined grains that they should, but not enough whole grains.

Lowering Added Sugars

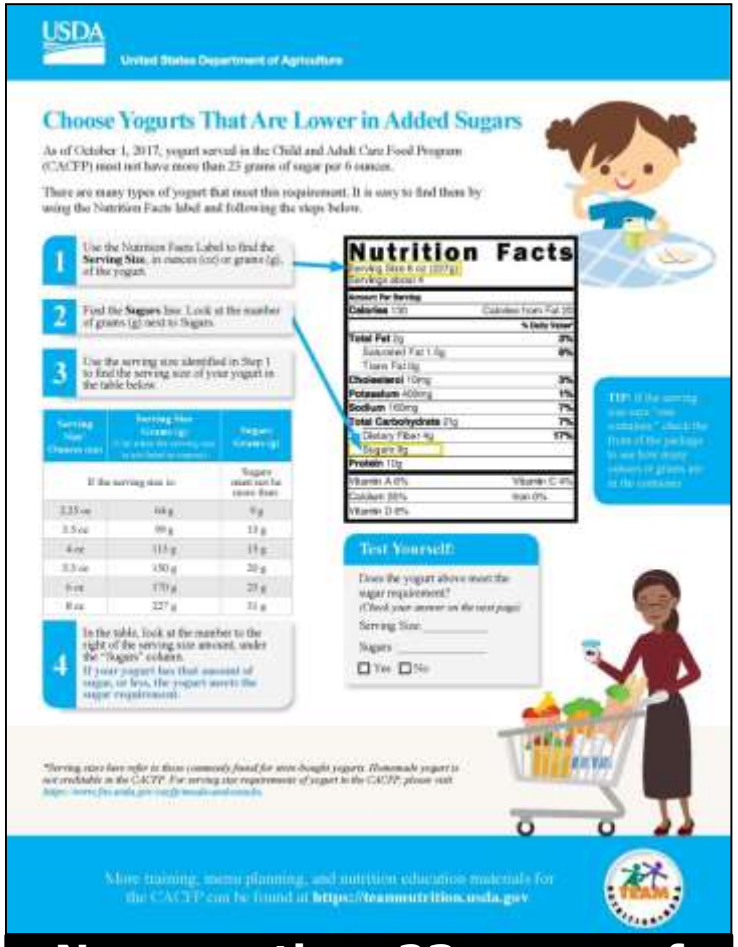


On average, kids 9 to 13 years old eat between 17 and 22 teaspoons of added sugars every day

Lowering Added Sugars



No more than 6 grams of sugar per dry ounce



No more than 23 grams of sugar per 6 ounce

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Nevada Department of Agriculture

Lowering Added Sugars At Breakfast

✗ Grain-based desserts

✓ Meat and meat alternates at breakfast up to 3 times per week

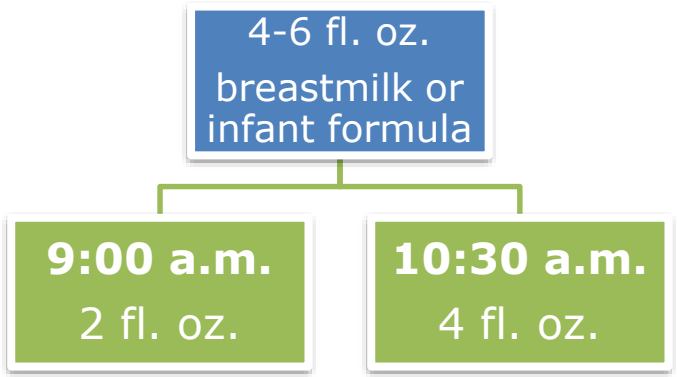
Infant Meal Patterns

Feeding Infants 0-5 Months

	0-5 Months
Breakfast	4-6 fl. oz. breastmilk or formula
Lunch or Supper	4-6 fl. oz. breastmilk or formula
Snack	4-6 fl. oz. breastmilk or formula

Sample Infant Breakfast Meal

Meals can be claimed for reimbursement in the CACFP even if the baby eats at two different times in the day



9:00am
2 fl. Oz.

- If a baby does not finish a bottle of breastmilk at one feeding:

10:30am
4 fl. Oz.

- Store milk in the refrigerator for **up to 2 hours**

11:00am

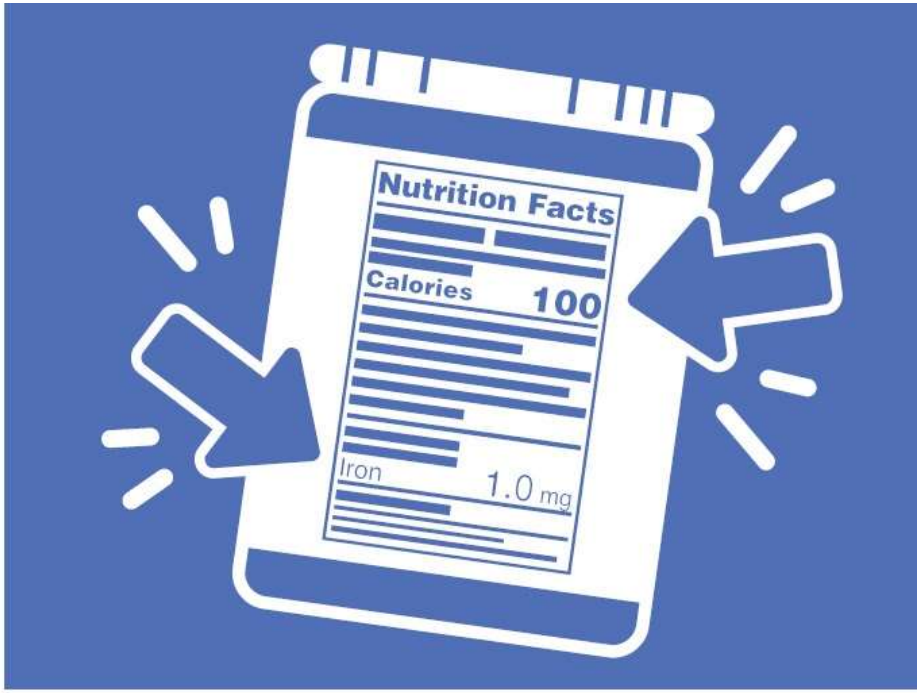
- Throw away the infant formula that is left in the bottle after 2 hours
- The baby's saliva can introduce bacteria into the bottle

Breastmilk or Formula?

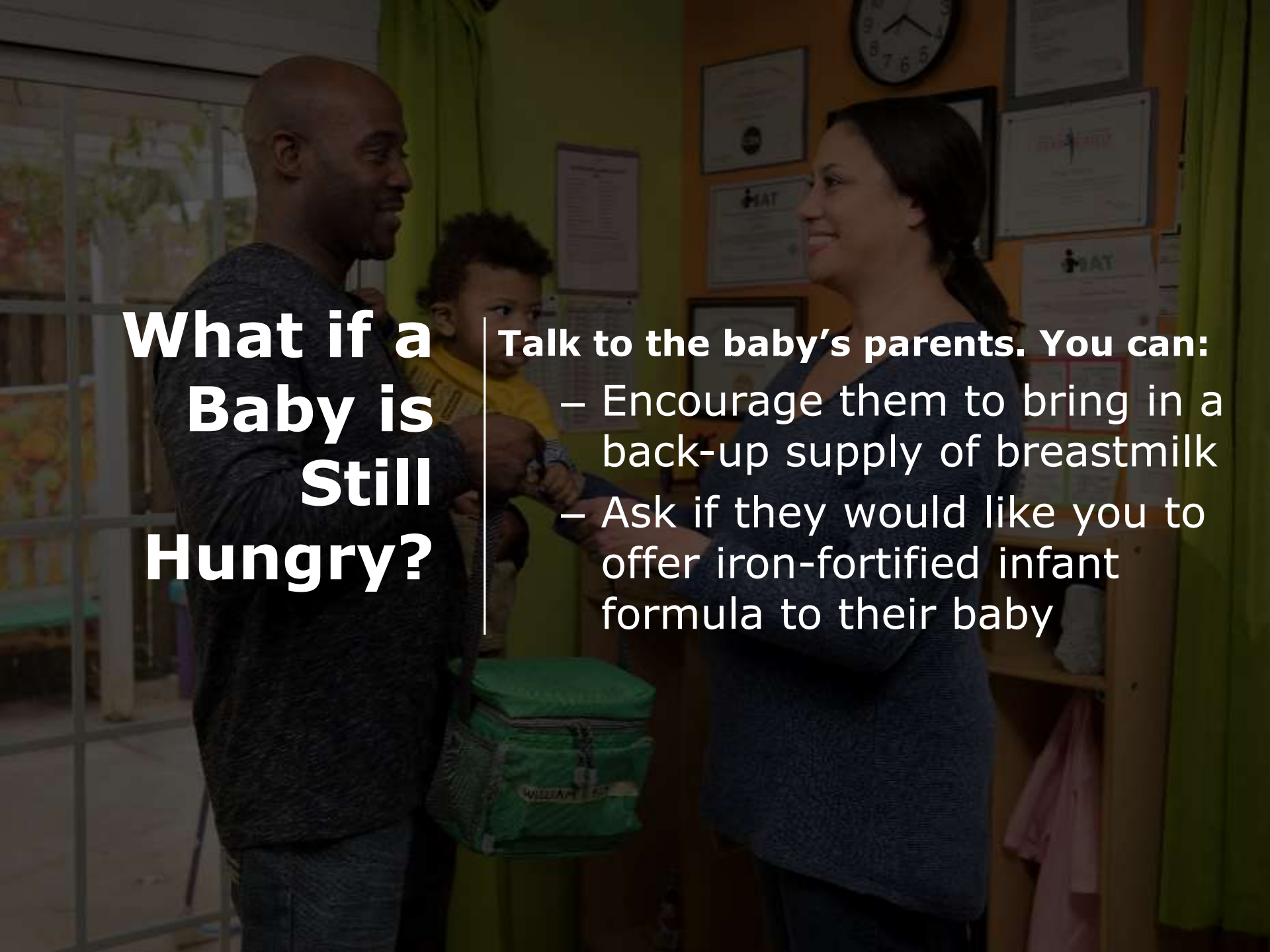
Speak with the baby's parents. They may choose to:

1. Use the iron-fortified infant formula you provide
2. Decline the one you provide, and bring their own iron-fortified infant formula
3. Provide breastmilk or breastfeed at your site
4. Provide breastmilk and supplement with the iron-fortified infant formula you provide
5. Provide breastmilk and provide their own iron-fortified infant formula

Iron-Fortified Infant Formula



You must offer at least one iron-fortified infant formula that is regulated by the Food and Drug Administration



What if a Baby is Still Hungry?

Talk to the baby's parents. You can:

- Encourage them to bring in a back-up supply of breastmilk
- Ask if they would like you to offer iron-fortified infant formula to their baby

Feed Babies On-Demand

Feed a baby when he or she shows signs of hunger:

- Makes sucking noises
- Sucks on hands, fingers, toes
- Reaches for a bottle
- Rooting

Crying is a late sign of hunger

Reading Signs of Fullness

Stop a feeding when you see one or more of these signs:

- Stops sucking or slows down
- Falls asleep
- Turns head away
- Seals lips together
- No longer pays attention during the feeding

A Baby's Usual Eating Habits

- Offer the full minimum amount of breastmilk or infant formula when the baby is hungry
- Some babies may eat less than what you offer – that's okay!
- Never force a baby to finish the bottle

Check Your Knowledge

Baby Zoe is rooting and is making sucking noises. Marta, her child care provider, can tell Baby Zoe is hungry. Marta prepares a bottle containing 6 fl. oz. of breastmilk. Baby Zoe is full after eating 3 fl. oz. of breastmilk and does not finish her bottle.

Can Marta still claim the 3 fl. oz. of breastmilk as part of a reimbursable meal?

❑**Yes**
❑**No**

Check Your Knowledge

Baby Zoe is rooting and is making sucking noises. Marta, her child care provider, can tell Baby Zoe is hungry. Marta prepares a bottle containing 6 fl. oz. of breastmilk. Baby Zoe is full after eating 3 fl. oz of breastmilk and does not finish her bottle.

Can Marta still claim the 3 fl. oz. of breastmilk as part of a reimbursable meal?

❑**Yes**

❑**No**

How the CACFP Meal Patterns Support Breastfeeding

- **Provide reimbursement to CACFP operators if the mother breastfeeds on-site**
- **Encourage mothers to supply breastmilk for their child while in child care**
- **Offer a quiet, private area that is comfortable and sanitary for mothers who come to your child care site to breastfeed**

Breastfeeding Area

- **Offer mothers a clean, comfortable, and quiet place to breastfeed her baby**
  - Small room
  - Corner of a classroom
  - Office
- **The space may include:**
  - A pillow for mom to support baby
  - A foot stool
  - A comfortable chair

Benefits of Breastfeeding

Breastfed babies may have:

- lower risk of asthma
- fewer ear and respiratory infections
- lower risk of SIDS
- fewer infections that cause vomiting and diarrhea
- lower risk of becoming obese

and more!

Mothers who breastfeed may:

- have less blood loss after childbirth
- feel more relaxed
- have lower risk of ovarian and certain types of breast cancer
- have lower risk of Type 2 diabetes

and more!

Receiving Breastmilk at the Child Care Site

- **Bottles should be labeled with:**
  - Baby's full name
  - Date the breastmilk was pumped and thawed

- **Bottles containing breastmilk should be kept in the refrigerator or freezer until it is time to feed the baby**

Thawing Frozen Breastmilk

- **Only thaw the amount of breastmilk needed for one feeding**

- **You can thaw frozen breastmilk:**
  - In the refrigerator overnight
  - In a container of warm water
  - Under warm running water

- **Never thaw frozen breastmilk:**
  - At room temperature
  - By mixing the frozen breastmilk with warm breastmilk
  - By placing in boiling water
  - By heating in a microwave

Feeding the Breastfed Baby

- Bottles should remain in the refrigerator until it is time to feed the baby
- Feed a baby when he or she shows signs of hunger
- Gently swirl the breastmilk if needed. Do not shake

Preparing a Bottle of Breastmilk

- **A bottle of breastmilk does not have t be warmed before a feeding. If it is, it can be placed:**
  - under warm running water, or
  - in a container of warm water

- **Never put infant cereal or other foods or beverages in the bottle**
- If cereal is mixed with breastmilk or infant formula, the child care site cannot claim the cereal or the breastmilk or infant formula in the bottle unless this practice is supported by a medical statement signed by the baby's health care provider

Bottle Feeding the Breastfed Baby

Hold the baby during feeding

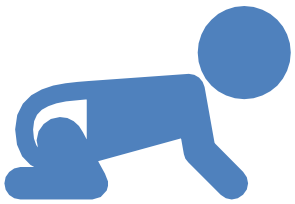
1.Brush the nipple across the baby's upper lip

2. Use a slow flow bottle nipple and hold the bottle mostly sideways

3. Burp the baby during natural breaks in the feeding

4. Switch which arm you use to hold the baby throughout the feeding

Stop the feeding when baby shows signs of fullness



Feeding Infants: Starting with Solids

Developmental Readiness

Sit in a high chair with good head control

Opens his or her mouth when foods come their way or reaches for food

Use his or her tongue to move food from the spoon into his or her mouth to swallow the food without pushing it out

Feeding Solid Foods Too Early

Feeding solid foods before a baby is developmentally ready may increase the chance that he or she will:	Feeding solid foods before a baby is ready:
• choke on the food • drink less breastmilk or infant formula than needed in order to grow • be overweight or obese later in life	• does not help the baby sleep through the night • does not make the baby eat fewer times in a day

Check Your Knowledge

Baby Jonathan is 5 ½ months old. He can sit when his mom holds him tight, but he does not have good head and neck control. Is Baby Jonathan developmentally ready for solid foods?

❑**Yes**

❑**No**

Answer

Baby Jonathan is 5 ½ months old. He can sit when his mom holds him tight, but he does not have good head and neck control. Is Baby Jonathan developmentally ready for solid foods?

❑**Yes**

❑**No**

Check Your Knowledge

Baby Kara is 5 ½ months old. She can sit up on her own with little assistance, has good head control, and keeps reaching for food when it is near. When Baby Kara tried a bite of food she was able to move it to the back of her throat to swallow. Is Baby Kara developmentally ready for solid foods?

- ❑ **Yes**
- ❑ **No**

Answer

Baby Kara is 5 ½ months old. She can sit up on her own with little assistance, has good head control, and keeps reaching for food when it is near. When Baby Kara tried a bite of food she was able to move it to the back of her throat to swallow. Is Baby Kara developmentally ready for solid foods?

- ❑ **Yes**
- ❑ **No**

What Are Solid Foods?

Foods that are easy and safe for a baby to eat once he or she is developmentally ready

1

Pureed

2

Mashed

At around 8 months

3

Ground

4

Finely chopped

Check Your Knowledge

A parent asks you to start serving their 5-month-old baby solid foods at your child care site, but you know the infant meal pattern age groups are 0 through 5 months and 6 through 11 months. If you serve the baby solid foods at 5 months, can you still claim reimbursement for his meals and snacks?

- ❑ **Yes**
- ❑ **No**

Check Your Knowledge

A parent asks you to start serving their 5-month-old baby solid foods at your child care site, but you know the infant meal pattern age groups are 0 through 5 months and 6 through 11 months. If you serve the baby solid foods at 5 months, can you still claim reimbursement for his meals and snacks?

- ❑ **Yes**
- ❑ **No**

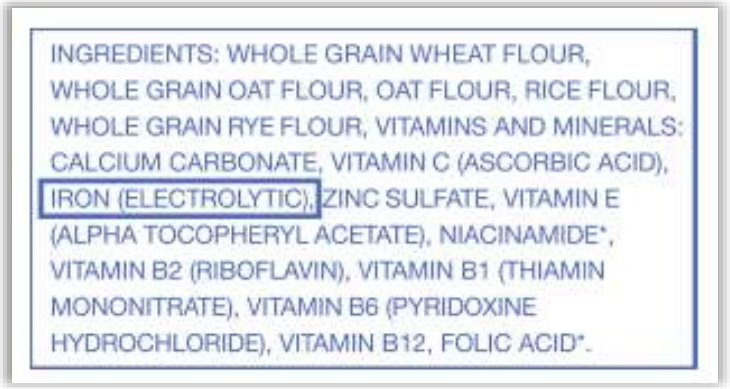
Solid Foods in the Infant Meal Pattern for 6-11 months

Grains

- **Iron-fortified infant cereal**
  - Breakfast, lunch and supper, or snack
- **Breads**
  - Snack only
- **Crackers**
  - Snack only
- **Ready-to-eat cereals**
  - Snack only
  - Must meet the sugar limit (6 grams per dry ounce)
  - Iron-fortified
  - Choose cereal that dissolve easily in the mouth and do not include nuts, dried fruits, or other hard foods

Iron-Fortified Infant Cereal

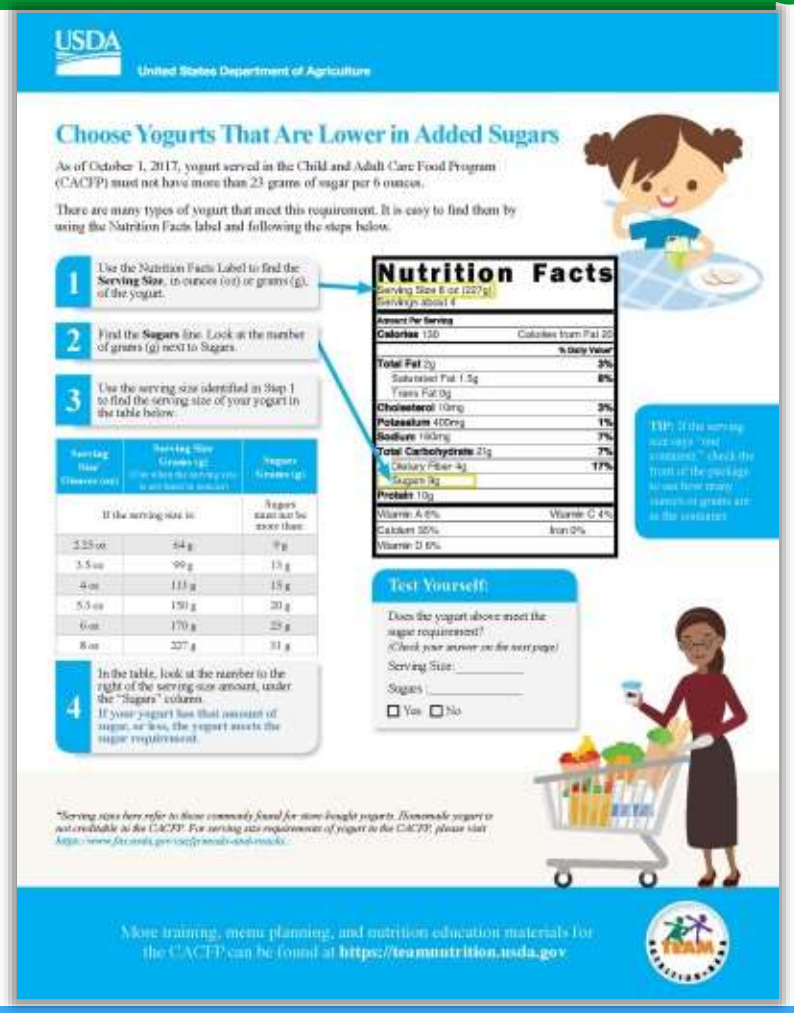
- **Infant cereal must be iron-fortified**
- **Single and mixed-grain cereals are creditable**
  - Offer single grain first, then mixed-grain
- **To tell if an infant cereal is "iron-fortified"**
  - It may say "iron-fortified" on the package
  - Look at the ingredient list
    - Iron
    - Ferric fumarate
    - Electrolytic iron
    - Iron (electrolytic)


INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, WHOLE GRAIN OAT FLOUR, OAT FLOUR, RICE FLOUR, WHOLE GRAIN RYE FLOUR, VITAMINS AND MINERALS: CALCIUM CARBONATE, VITAMIN C (ASCORBIC ACID), IRON (ELECTROLYTIC), ZINC SULFATE, VITAMIN E (ALPHA TOCOPHERYL ACETATE), NIACINAMIDE*, VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B12, FOLIC ACID*.

Meat and Meat Alternates

- **Meats and poultry**
- **Fin fish and shellfish**
- **Whole eggs**
- **Beans and peas**
  - If canned, look for "reduced sodium"
- **Cheese**
- **Cottage cheese**
- **Yogurt**
  - Store-bought low-fat, reduced-fat, and whole milk yogurts are creditable
  - Must not contain more than 23 grams of sugar per 6 ounces

Choose Yogurts That Are Lower in Added Sugars



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Choose Yogurts That Are Lower in Added Sugars

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.

1. Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.
2. Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
3. Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Serving Size (Ounces (oz))	Serving Size Grams (g) (if the whole container is one serving)	Sugars Grams (g)
If the serving size is:		Sugars must be no 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

4. In the table, look at the number to the right of the serving size amount, under the "Sugars" column.
If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

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 190mg 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 8%

TIP: If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.

Test Yourself:
Does the yogurt above meet the sugar requirement?
(Check your answer on the next page)
Serving Size: _____
Sugars: _____
☐ Yes ☐ No

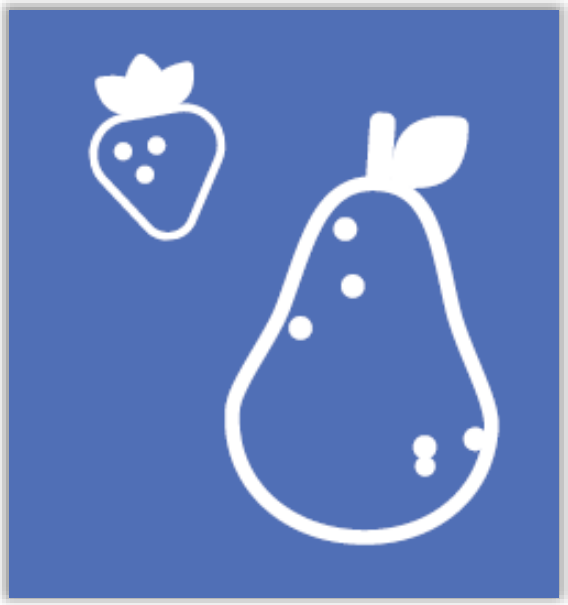
*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP. For serving size requirements of yogurt in the CACFP, please visit https://www.fns.usda.gov/cacfp/meals-and-snacks.

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

Yogurt served in CACFP must not have more than 23 grams of sugar per 6 ounces

Vegetables and Fruit

- **All vegetables and fruits can be offered**
  - They contain important nutrients and fiber
  - Remember to cook and prepare to appropriate textures, remove pits, seeds, skin & peels
- **Fruit and vegetable juices are not creditable, including 100% juice**



Tips for Feeding a Baby Solid Foods

1. If using jarred baby food, spoon some out and put it in another bowl
   - Use clean spoon to move food from container onto the bowl
2. Sit and talk to the baby during the feeding
3. If ready, let the baby feed him or herself
4. Watch the baby during a feeding for signs of:
   - Allergic reaction
   - Choking
5. Throw away uneaten food in bowl

Prepare foods so that they are the right shape, size, and texture

Grind tough meat

Food should be no larger than ½-inch pieces or thin slices

Prepare foods that are the right shape, size, texture

Cook or steam food until soft

Remove pits, seeds, skins, and peels from vegetables and fruit

Remove bones from meats, poultry, fish

Parent Provided Food Component

Parents may provide only one food component as part of a reimbursable meal or snack

If a parent brings in...	You must offer...
Breastmilk	All other solid food components
Iron-fortified infant formula	All other solid food components
A solid food component (for example pureed meat)	Iron-fortified infant formula All other solid food components

Infant Meal Pattern

Breakfast	
Birth through 5 months	**6 through 11 months**
4-6 fluid ounces breastmilk[1] or formula[2]	6-8 fluid ounces breastmilk[1] or formula[2]; and 0-4 tablespoons infant cereal[2,3], meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or ½cup of yogurt[4]; or a combination of the above[5]; and 0-2 tablespoons vegetable or fruit or a combination of both[5,6]

[1] Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

[2] Infant formula and dry infant cereal must be iron-fortified.

[3] Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

[4] Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

[5] A serving of this component is required when the infant is developmentally ready to accept it.

[6] Fruit and vegetable juices must not be served.

* *Breast milk or formula, or both, must be served*
* *It is recommended that breastmilk be served in place of formula from birth – 11 months*

* *Formulas must be iron-fortified*

**Yogurt sugar limits*

* *A serving of this component is required when the infant is developmentally ready to accept it*
  Fruit and vegetable juices may not be served

Infant Meal Pattern

Lunch and Supper	
Birth through 5 months	**6 through 11 months**
4-6 fluid ounces breastmilk[1] or formula[2]	6-8 fluid ounces breastmilk[1] or formula[2]; and 0-4 tablespoons infant cereal[2,3] meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or ½cup of yogurt[4]; or a combination of the above[5]; and 0-2 tablespoons vegetable or fruit or a combination of both[5,6]

[1] Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

[2] Infant formula and dry infant cereal must be iron-fortified.

[3] Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

[4] Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

[5] A serving of this component is required when the infant is developmentally ready to accept it.

[6] Fruit and vegetable juices must not be served.

Infant Meal Pattern

Snack	
Birth through 5 months	**6 through 11 months**
4-6 fluid ounces breastmilk[1] or formula[2]	2-4 fluid ounces breastmilk[1] or formula[2]; and 0-½ slice bread[3,4]; or 0-2 crackers[3,4]; or 0-4 tablespoons infant cereal[2,3,4] or ready-to-eat breakfast cereal[3,4,5,6]; and 0-2 tablespoons vegetable or fruit, or a combination of both[6,7]

[1] Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

[2] Infant formula and dry infant cereal must be iron-fortified.

[3] Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

[4] A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

[5] Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

[6] A serving of this component is required when the infant is developmentally ready to accept it.

[7] Fruit and vegetable juices must not be served.

Sample Infant Cycle Menu

	0-5 MONTHS	6-11 MONTHS		MONDAY DAY 1	TUESDAY Day 2	WEDNESDAY Day 3	THURSDAY Day 4	FRIDAY Day 5
BREAKFAST	4 - 6 oz.	6 - 8 oz.	**Milk**	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	--	2 tbs.	**Fruit/Vegetable**	Mashed Banana	Mashed or Cubed Avacado	Applesauce	Pureed Mangoes	Pureed Peaches
	--	0-4 oz.	**Grain/Meat**	Infants Rice Cereal	Scrambled Eggs	Infants Rice Cereal	Infants Oatmeal	Plain Yogurt
LUNCH	4 - 6 oz.	6 - 8 oz.	**Milk**	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	--	2 tbs.	**Fruit / Vegetable**	Mashed Cauliflower	Mashed Green Beans	Mashed Carrots	Pureed Pears	Mashed Peas
	--	0-4 oz.	**Grain/Meat**	Finely Chopped Chicken	Infants Rice Cereal	Finely Chopped Turkey	Infant Rice Cereal	Cottage Cheese
SNACK	4 - 6 oz.	2 - 4 oz.	**Milk**	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula	Breastmilk or Formula
	--	2 tbs.	**Fruit / Vegetable**	Seedless Watermelon	Mashed Sweet Potato	Mashed Kiwi	Mashed Broccoli	Mashed Zucchini
	--	0-4 oz.	**Grain/Meat**	Teething Biscuit	Puffed Cereal	Crackers	Teething Biscuit	Crackers

All foods are subject to the individual infant and their own developmental readiness to consume that food item
Infant cereal and formula are iron-fortified

https://www.cacfp.org/files/7815/5000/4092/NCA_Sample_Infant_Cycle_Menu.pdf

CACFP Child Meal Patterns

Meal Planning for the CACFP

agri.nv.gov

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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

* *Must serve all 3 components for a reimbursable meal*
* *Offer Vs. Serve is only an option for At-Risk-After School*

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CHILD MEAL PATTERN

Breakfast

(Must serve all three components for a reimbursable meal)

Food Components and Food Items[1]	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18[2] (at-risk afterschool programs and emergency shelters)
Fluid Milk[3]	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both[4]	¼ cup	½ cup	½ cup	½ cup
Grains (oz eq)[5,6,7]				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal[8], cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)[8,9]				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup

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

...fied may need to be served to children 13 through 18 years old to meet their nutritional needs. ...for children age one. ...Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for ...old. Must be unflavored, low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) ...d older.

...may only be used to meet the ...egetable or fruit requirement at one meal, including snack, per day. [5] ...oss all eating occasions, must be ...whole grain-rich. Grain-based desserts do not count towards ...

...be used to meet the entire g... ...ce of ...ual to one ounce equivalent of ... ...nce equivalents are used to de... ...no more than 6 grams of sug... ...ugars per 100 grams of dry cereal).

[7]Beginning October 1, 2019, the minimum serving size specifi... ...ved. Until October 1, 2019, the minimum serving size for any type of re... ...up for children ages 3-5; and ¾ cup for children ages 6-12.

* *Must be unflavored low-fat (1%), unflavored fat-free (skim) milk for 2-5*
* *Must be unflavored low-fat (1%), unflavored fat-free (skim), flavored fat-free(skim) milk for 6+*

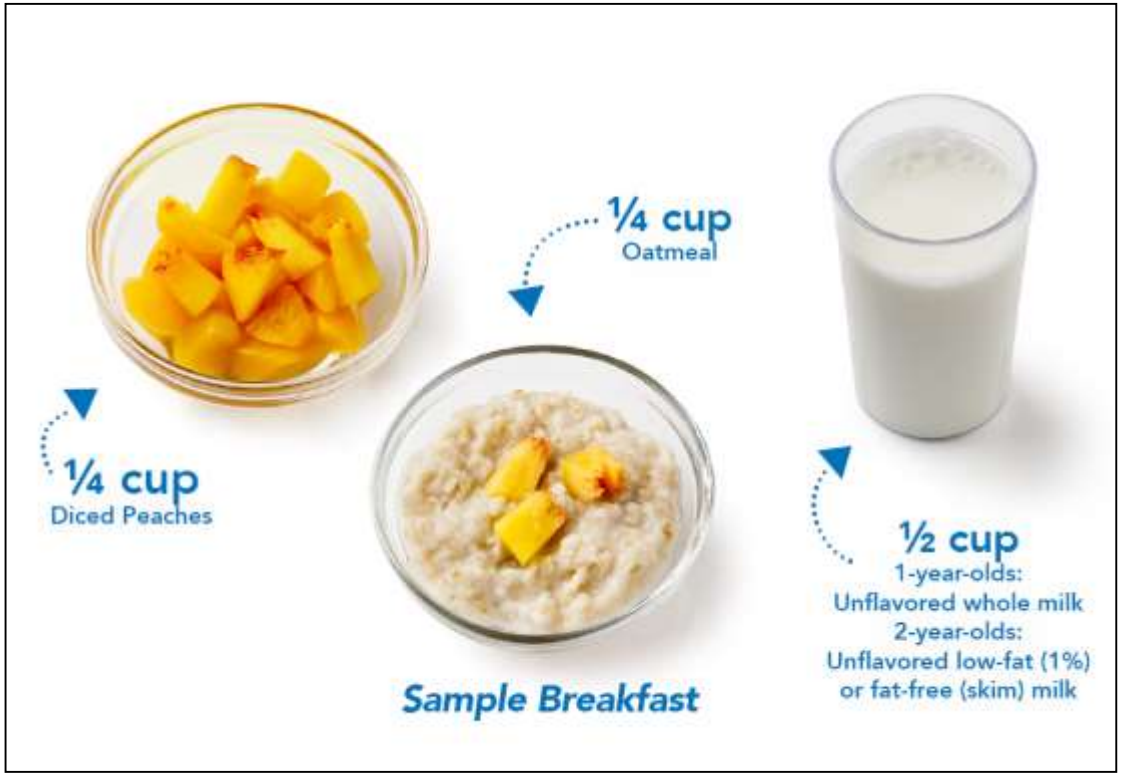
* *Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day*

* *Breakfast cereals must contain no more than 6 grams of sugar per dry ounce*

* *Larger Portion Sizes may need to be served to children 13-18 years old to meet their nutritional needs*

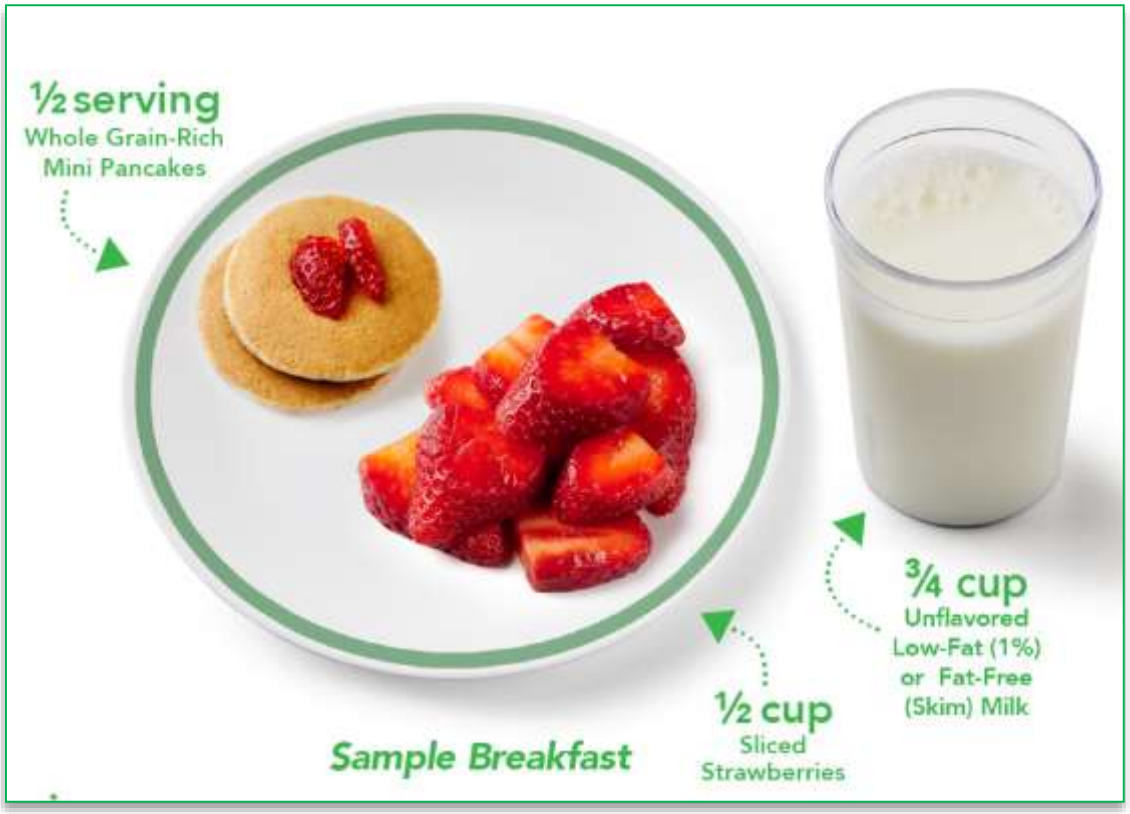
* *At least one serving per day must be Whole Grain Rich (WGR)*
* *Meat and Meat Alternates may be used to meet the entire grain requirement 3 times per week*

Sample Breakfast: Children Ages 1-2



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

Sample Breakfast: Children ages 3-5



**Minimum Serving Sizes Shown for Children Ages 3 -5*

CHILD MEAL PATTERN

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items[1]	**Ages 1-2**	**Ages 3-5**	**Ages 6-12**	**Ages 13-18**[2] (at-risk afterschool programs and emergency shelters)
Fluid Milk[3]	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products[4]	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	⅛ cup	⅜ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened[5]	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	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)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables[6]	⅛ cup	¼ cup	½ cup	½ cup
Fruits[6,7]	⅛ cup	¼ cup	½ cup	½ cup
Grains (oz eq)[8,9]				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal[10], cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

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

* *A vegetable may be used to meet the entire fruit requirement. When 2 vegetables are served at lunch or supper, 2 different kinds of vegetables must be served*

[2] Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

[3] Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

[4] Alternate protein products must meet the requirements in Appendix A to Part 226.

[5] Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

[6] Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

[7] A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

[8] At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

[9] Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

[10] Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

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Sample Lunch or Supper: Children Ages 3-5

*Minimum Serving Sizes Shown for Children Ages 3 -5

CHILD MEAL PATTERN

Snack (Select two of the five components for a reimbursable snack)				
Food Components and Food Items[1]	**Ages 1-2**	**Ages 3-5**	**Ages 6-12**	**Ages 13-18**[2] (at-risk afterschool programs and emergency shelters)
Fluid Milk[3]	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Tofu, soy product, or alternate protein products[4]	½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Large egg	½	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Yogurt, plain or flavored unsweetened or sweetened[5]	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce	1 ounce
Vegetables[6]	½ cup	½ cup	¾ cup	¾ cup
Fruits[6]	½ cup	½ cup	¾ cup	¾ cup
Grains (oz eq)[7,8]				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal[9], cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)[9,10]				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	⅛ cup	⅛ cup

1Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.
2Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
3Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.
4Alternate protein products must meet the requirements in Appendix A to Part 226.

5Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
6Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
7At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.
8Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
9Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
10Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; and ¾ cup for children ages 6-12.

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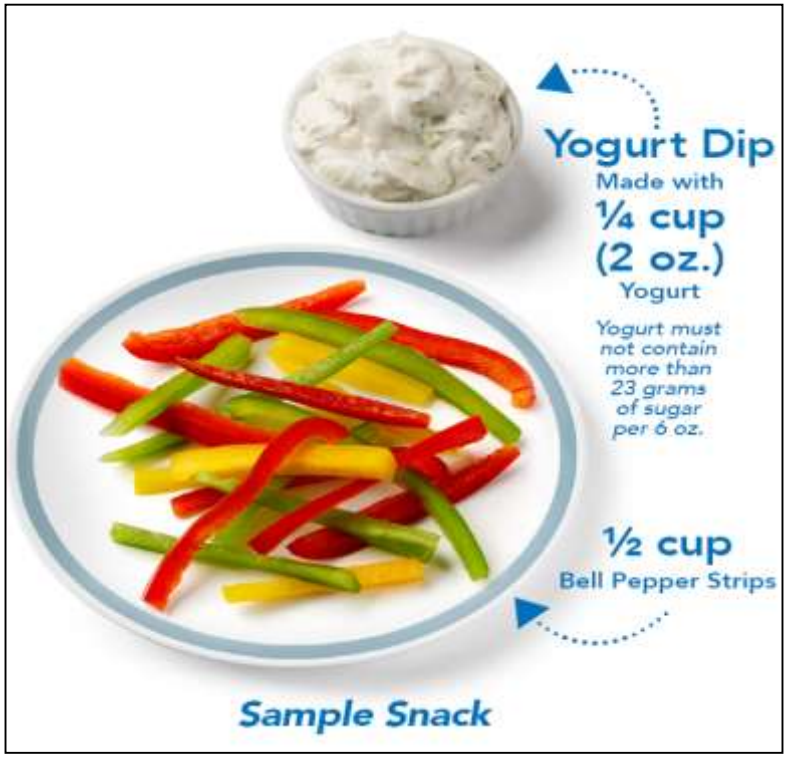
Sample Snack for children ages 1-2



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

Best Practices in Menu Planning

- Balance
- Variety
- Contrast
- Color
- Eye Appeal

Balance

- Use **whole grain-rich** foods to provide balance to strong flavors

- ✓ Whole-wheat bread with chili
- ✓ crackers or pita bread with hummus and other flavorful dips
- ✓ brown rice with stir-fry

**Minimum Serving Sizes Shown for Children Ages 6-12 and 13-18*

- **Serve "heavier" dishes with lighter sides**

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

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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

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

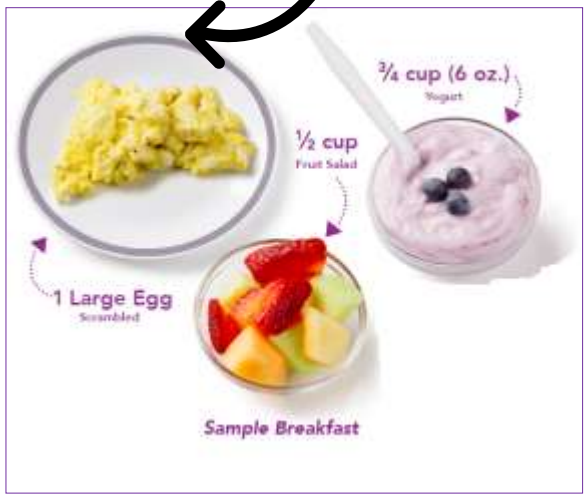
Chicken Ratatouille

Contrast

- **Serve different textures, temperatures and tastes**

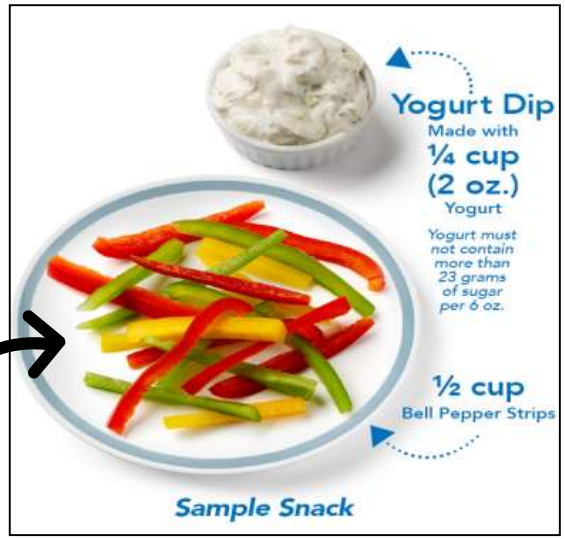
- **Examples:**
  - Crispy raw vegetables with creamy yogurt dip
  - Scrambled eggs with yogurt and fruit

Savory



Minimum Serving Sizes Shown for Adults

Crunchy



*Minimum Serving Sizes Shown for Children Ages 1 -2

Eye Appeal

- Cut or arrange foods into different shapes
- Include space on the plate
- Use different types of bowls, cups, plates, etc.

Baked Cod Ole

Mashed Whipped Potatoes

Tabbouleh

Deep-Fat Frying

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

Foods Fried Off-Site

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

Central and South America

Asia and Pacific Islands

Red Pozole

[Family] [Quantit

Curry Vegetables

[Family] [Quantity]

Multicultural Standardized Recipes for CACFP

- **Recipes come in yields of 6, 25, and 50**
- **Central & South America, North America, Africa, Europe, Asia & Pacific Islands**

Black Beans with Plantains

[Family] [Quantity]

Baked Batatas & Apples

[Family] [Quantity]

Baked Cod Olé

[Family] [Quantity]

Pineapple Chicken

[Family] [Quantity]

Sautéed Tofu and Broccoli

[Family] [Quantity]

Savory Rice Pilaf

[Family] [Quantity]

Example

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Child Care Menus and Recipes

Home
Adult Menus & Recipes
Child Menus & Recipes
Other Resources

Select a day below to see menu ideas and recipes perfect for child care centers participating in for National Child and Adult Care Food Program Week!

Monday

Breakfast	Lunch/Supper	Snacks
Frozen or fresh Blueberries	Crunchy Chinese Tuna Salad (Pg. 15 MSR)	Graham Crackers
Vanilla yogurt	Chow Mein Noodles	Sunflower butter
†Fluid Milk	Lemon Roasted Carrots (CACFP Week Recipes)	Water
	Celery Bites	
	†Fluid Milk	

Tuesday

Breakfast	Lunch/Supper	Snacks
Sliced Peaches (fresh, canned or frozen)	Beef Tacos (USDA D-24)	Deviled Eggs (USDA D-02)
Toast (WG) with Jam	Taco Shells (WG)	Cracker (WG)
†Fluid Milk	Lettuce & Tomato	
	Pinto Beans (canned or dried)	
	†Fluid Milk	

Wednesday

Breakfast	Lunch/Supper	Snacks
Apple Sauce	Toasted Cheese Sandwich (WG bread) (Sandwiches F-13)	Broccoli & Cauliflower Bites
Cranberry Orange Muffin	Red & Green Pepper Strips	Dip for Fresh Vegetables

USDA

Beef or Pork Taco

Makes: 25 or 50 Servings

Directions

1. Brown ground beef or pork. Drain. Continue immediately.
2. Add onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. CCP: Heat to 165 ° F or higher.
3. CCP: Hold for hot service at 140° F or warmer.
4. Topping: Reserve cheese for step 5. Combine tomatoes and lettuce. Toss lightly and reserve for step 5.
5. Portion is 2 tacos.

Notes

* See Marketing Guide

Serving suggestions:
A. Before serving, fill each taco shell with a No. 30 scoop (2 Tbsp) meat mixture. On each plate serve 2 tacos, No. 10 scoop (⅝ cup) lettuce and tomato mixture, and ½ oz (2 Tbsp) shredded cheese.
OR
B1. Pre-portion No. 10 scoop (⅝ cup) lettuce-tomato mixture and ½ oz (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until service.
B2. Transfer meat mixture and taco shells to steamtable pans or place on tables. For each child, serve 2 unfilled taco shells, 2 No. 30 scoops (¾ cup ½ tsp) meat mixture, 1 pre-portioned soufflé cup of lettuce-tomato mixture, and 1 pre-portioned soufflé cup of shredded cheese. Instruct children to "build" their own tacos.
Source: USDA Recipes for Child Care

Nutrition Information

Nutrients	Amount
Calories	259
Total Fat	16 g
Saturated Fat	6 g
Cholesterol	46 mg
Sodium	254 mg
Total Carbohydrate	20 g
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	10 g
Vitamin D	N/A
Calcium	200 mg
Iron	2 mg
Potassium	N/A

N/A - data is not available

Marketing Guide

Foods as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Tomatoes	12 oz	1 lb 8 oz
Head lettuce	1 lb 10 oz	3 lb 4 oz

Meat Components

Vegetables	1/2 cup
Grains	1 slice
Meat / Meat Alternate	2 ounces

For more information on meat components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.

agri.nv.gov

Activity:
CACFP Child Meal Pattern Menu Assessment

CACFP Child Meal Pattern Menu Assessment

Name:_____ Site: _____

Milk	Yes/No
Whole milk is served to children ages 12-23 months.	
1% or skim milk unflavored milk is served to children ages 2 – 5 years of age.	
1% or skim milk unflavored milk or flavored fat-free milk is served to children ages 6 – 18 years of age.	
Type of milk is identified on the menu. *Note: a statement at the bottom of the menu listing the types of milk served for different ages is acceptable*	
Grains/Breads	**Yes/No**
At least one whole grain-rich serving is served per day when grain is part of the meal pattern.	
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 ounce.	
Type of cereal is identified on the menu. (*For example, Cheerios® or Kix®)*	
Whole grain-rich foods are identified on menu. (*For example, "turkey sandwich on whole grain-rich bread," "whole wheat pasta," "brown rice, "oatmeal." The abbreviations "WW" and "WG" for whole wheat and whole grain are acceptable)*	
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 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 grains component at breakfast a maximum of three times per week.	

Understanding Food Labels

LOOK

When reading nutrition labels, keep in mind that the Nutrition Facts are based on serving size. If you are choosing to eat more than the one serving size, you will need to multiply the numbers by how many servings you plan to eat.

COUNT

The number of calories your body needs on a daily basis depends on your age, gender, and level of physical activity.

HEART TALK

Choose foods that are lower in fat, cholesterol, and sodium. These can increase your risk of heart disease, high blood pressure, obesity and some cancers.

LIMIT

Sugar isn't all bad for you. Some sugar is good and needed for energy but some sugar is bad. Limit your Added Sugars to less than 10% of your daily calories.

GET MORE

These nutrients help improve your health. Most people don't get the proper daily amount of vitamins and supplements that the body needs. Look for foods with 10% or higher of these nutrients in the Daily Value Column.

Nutrition Facts

Serving Size 1 Cup (58g)
Serving Per Container about 7

Amount Per Serving	
Calories	230
Calories from Fat	30
	% Daily Values **
Total Fat 4g*	8%
Saturated Fat 1g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 41g	10%
Dietary Fiber 5g	14%
Sugars 10g	
Includes 4g Added Sugars	19%
Protein 3g	
	% Daily Values **
Vitamin A	10%
Vitamin C	25%
Calcium	13%
Iron	4%

•Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

% DAILY

These percentages are based on an average adult's daily calorie count needs of 2,000. **Children have very different calorie needs** based on age, gender, height and weight.

To find out daily recommended calorie count for children ages 2 through 14 go to: www.choosemyplate.gov/MyPlate-Daily-Checklist

5% Daily Value or less per serving is LOW.

20% Daily Value or more per serving is HIGH.

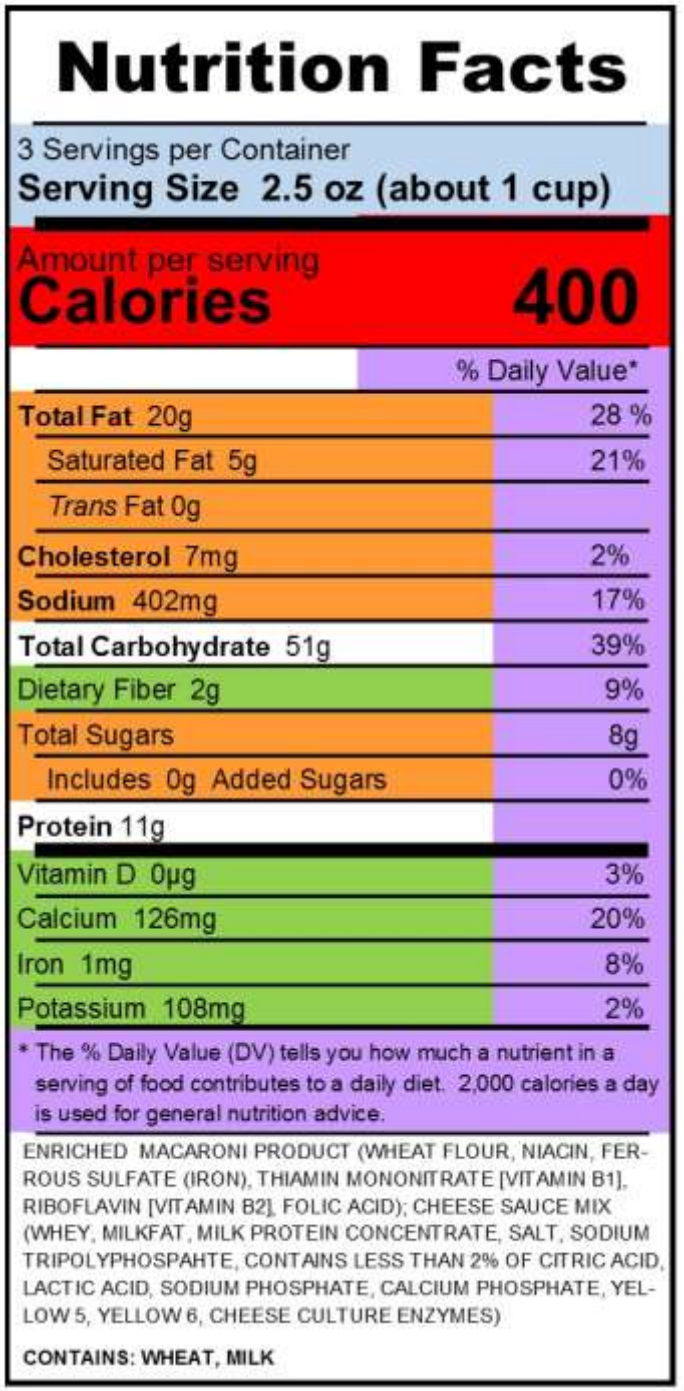
Servings

Calories

Nutrients – Limit

Nutrients – Get More

Ingredients (Allergies)



Nutrition Facts

3 Servings per Container
Serving Size 2.5 oz (about 1 cup)

Amount per serving
Calories **400**

	% Daily Value*
Total Fat 20g	28 %
Saturated Fat 5g	21%
Trans Fat 0g	
Cholesterol 7mg	2%
Sodium 402mg	17%
Total Carbohydrate 51g	39%
Dietary Fiber 2g	9%
Total Sugars	8g
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Protein 11g	
Vitamin D 0µg	3%
Calcium 126mg	20%
Iron 1mg	8%
Potassium 108mg	2%

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CONTAINS: WHEAT, MILK

% Daily Value

Servings

Serving Size – recommended amount (for 2,000 calorie diet)

1 cup of mac & cheese

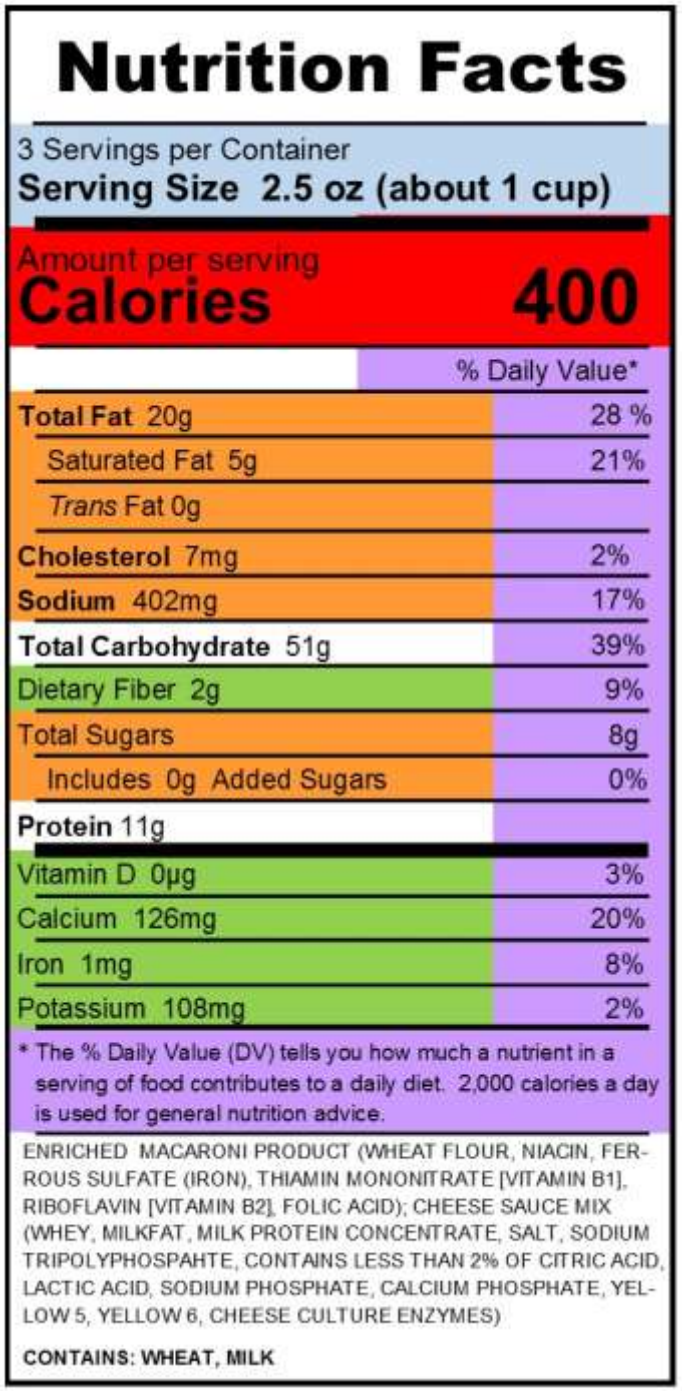
Other examples:

About 23 chips

1 can (or ½ bottle)

Servings per container – number of servings in a container

About 3 servings (cups) in the box of mac & cheese



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CONTAINS: WHEAT, MILK

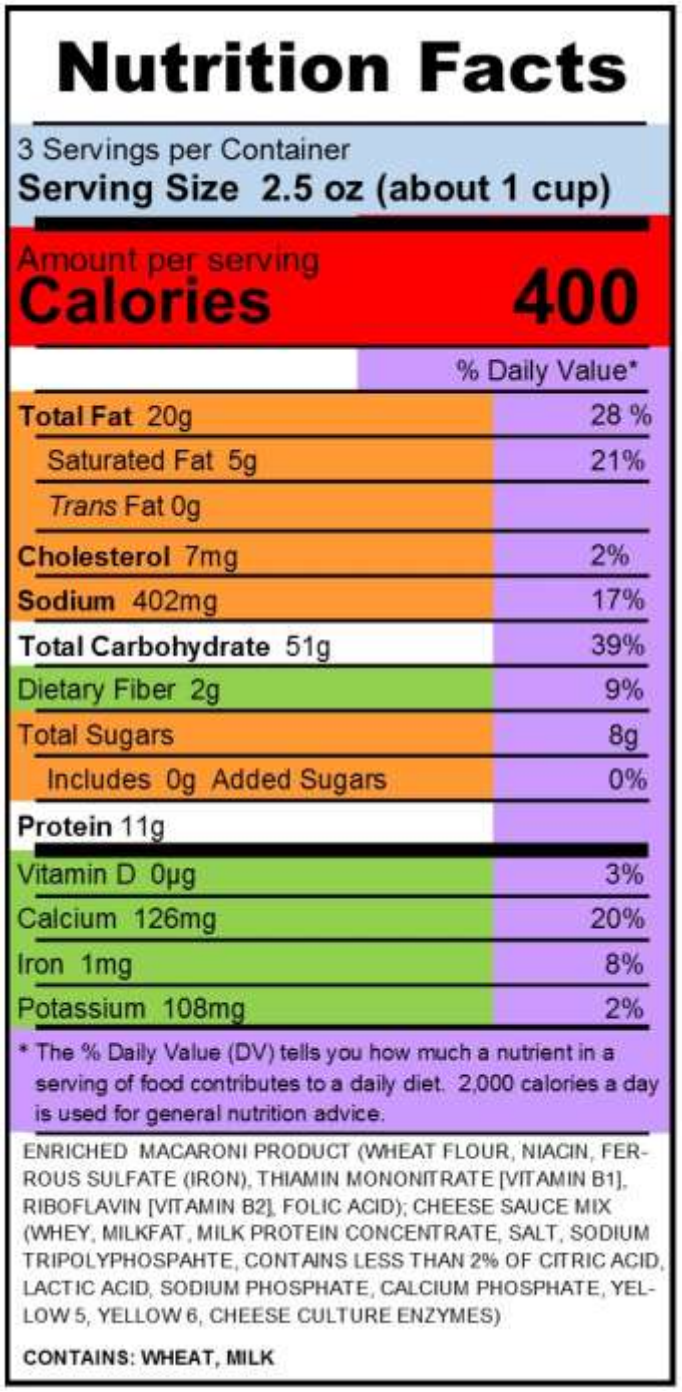
Calories

Calories-carbohydrates, protein & fat

400 calories in 1 serving of Mac & Cheese

The entire container:

3 servings x 400 = 1,200 Calories



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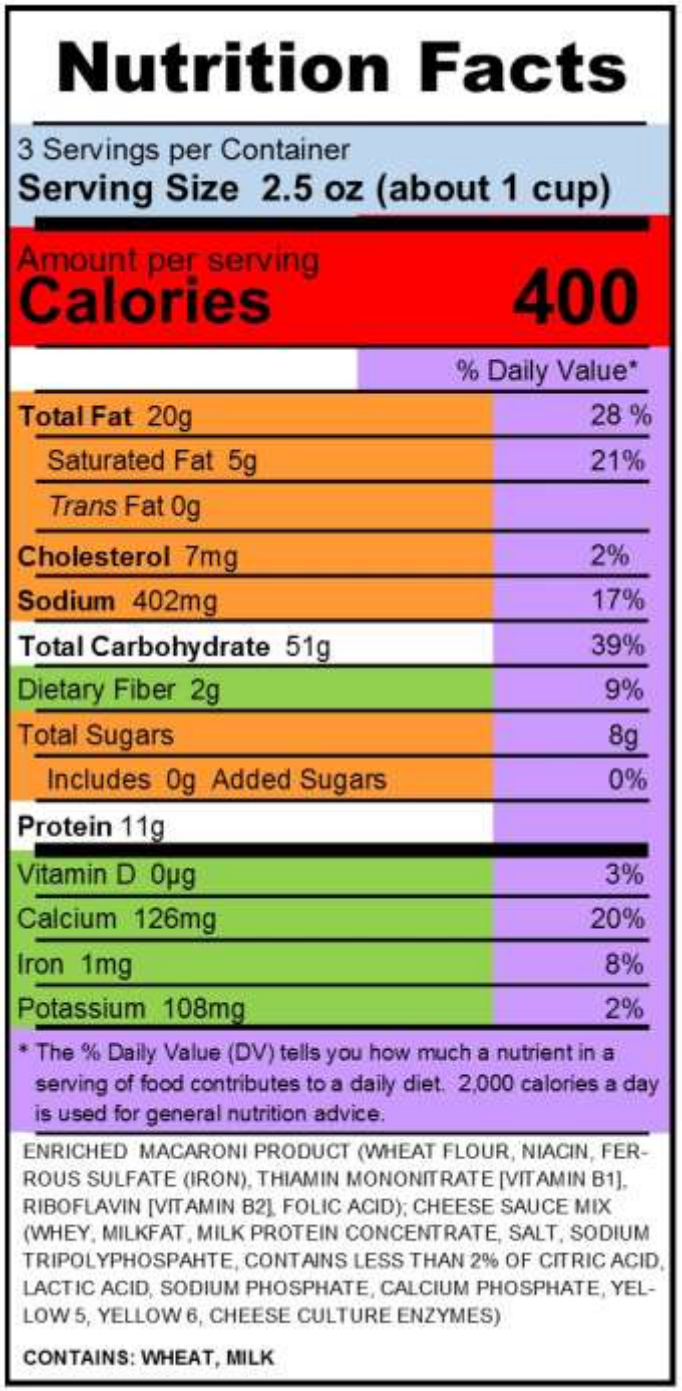
CONTAINS: WHEAT, MILK

Nutrients

LIMIT:

- Saturated/Trans fat
- Cholesterol
- Sodium
- Added Sugars



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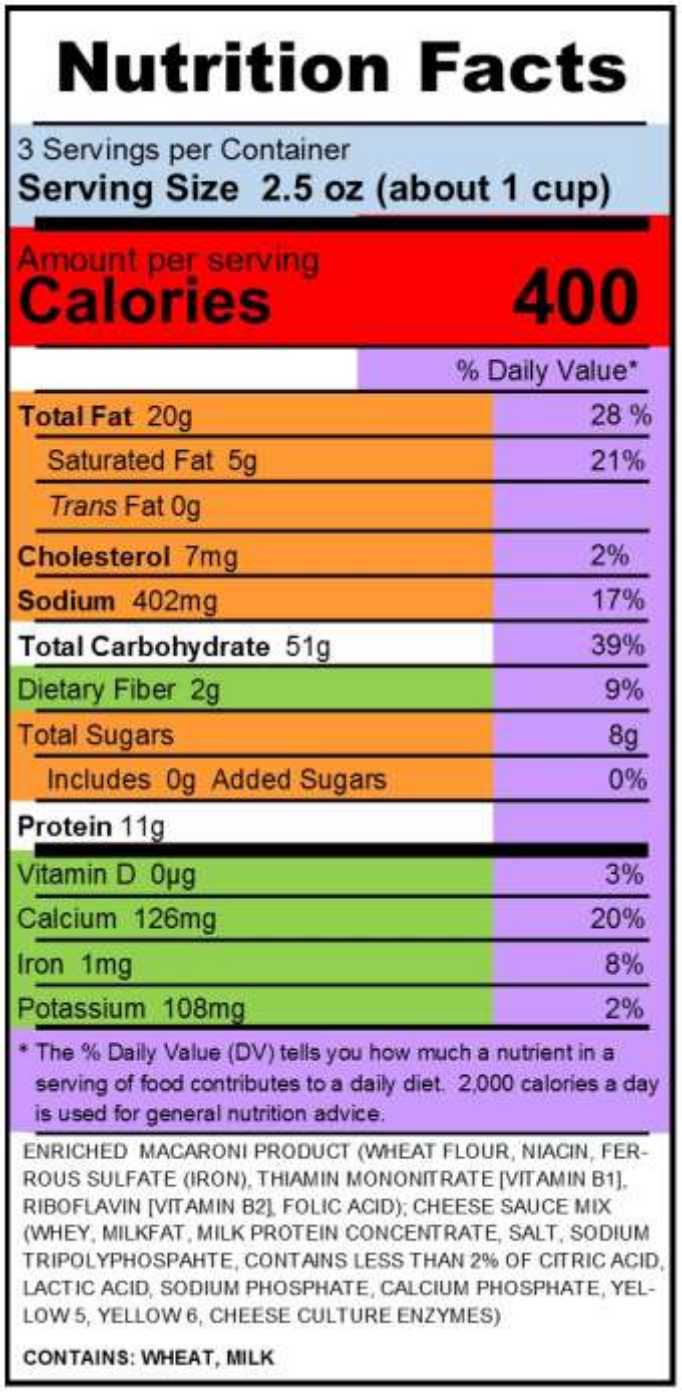
CONTAINS: WHEAT, MILK

Nutrients

GET MORE OF:

- Fiber
- Vitamin D
- Calcium
- Iron
- Potassium



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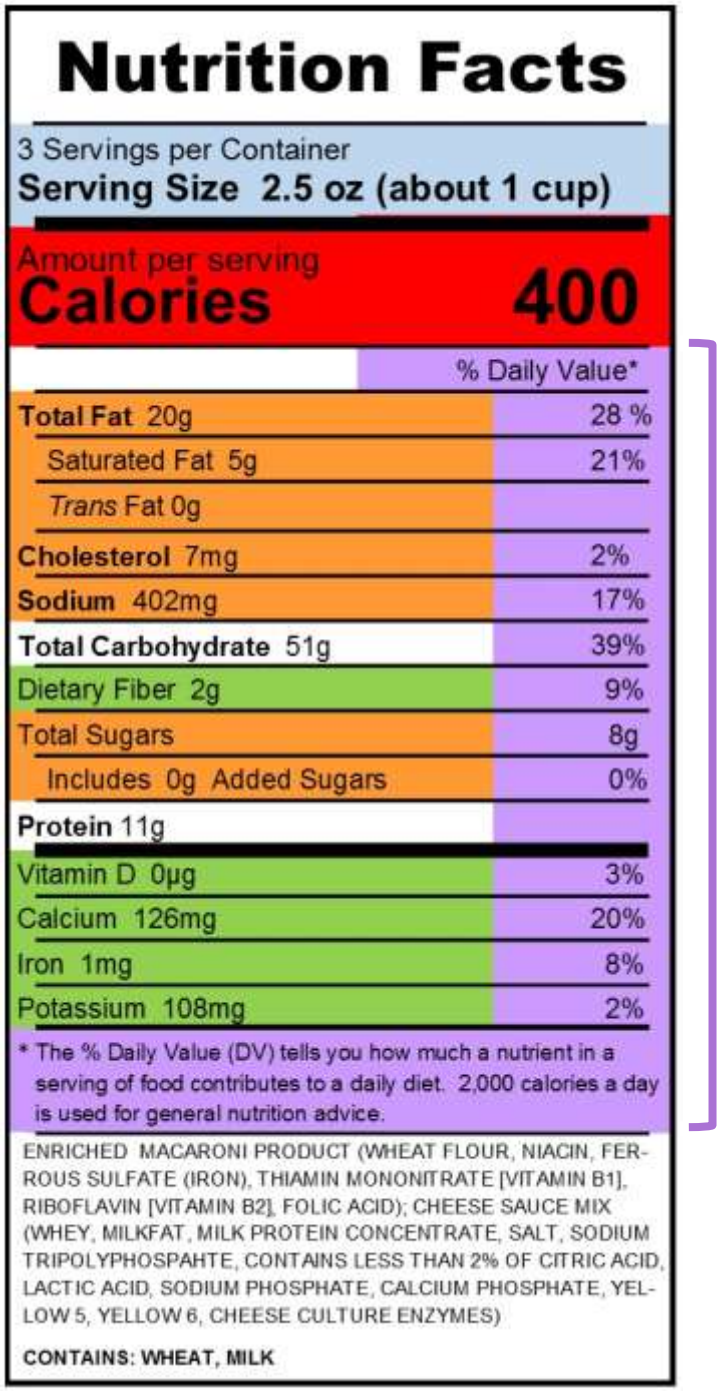
CONTAINS: WHEAT, MILK

Here's a tool you can use…

% Daily Value



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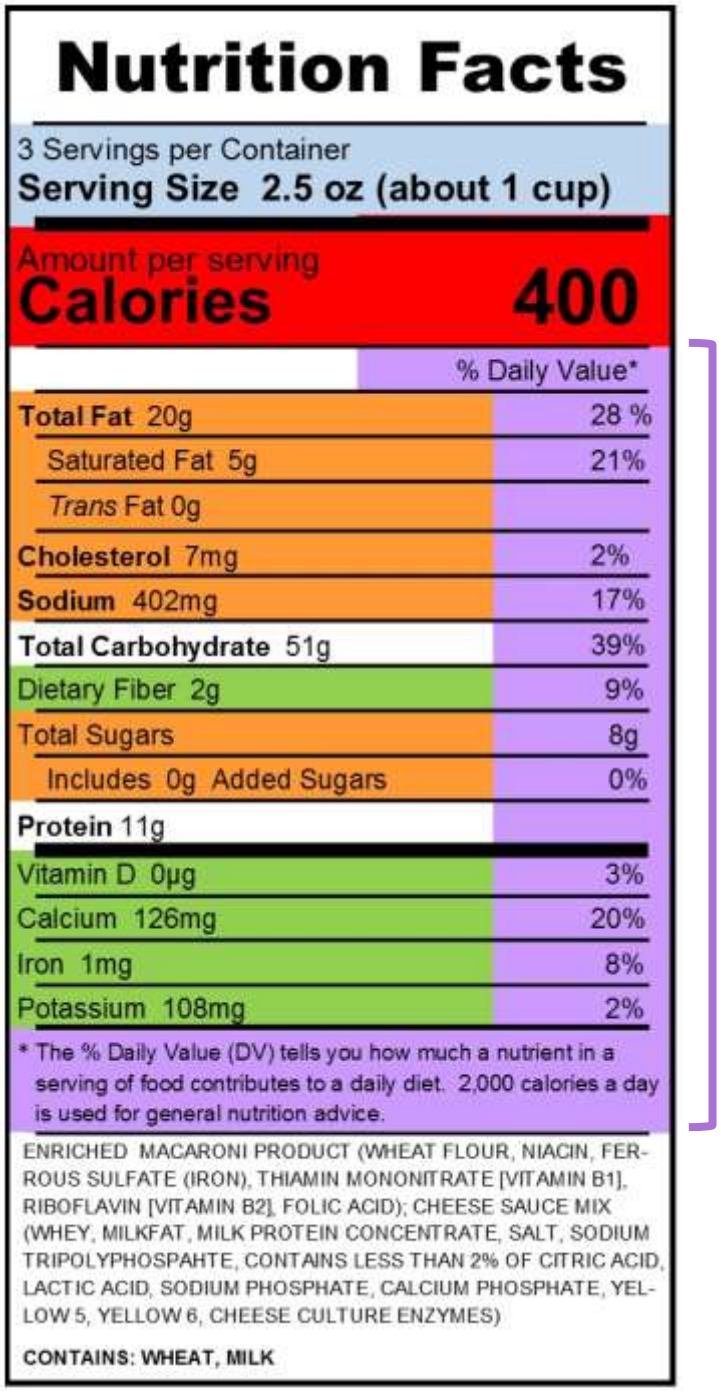
CONTAINS: WHEAT, MILK

Here's a tool you can use…

% Daily Value

Gives a general idea of how *one serving of a food* contributes nutritionally to a typical 2000-calorie-a-day diet

Refers to a whole day, not a single meal or a snack



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CONTAINS: WHEAT, MILK

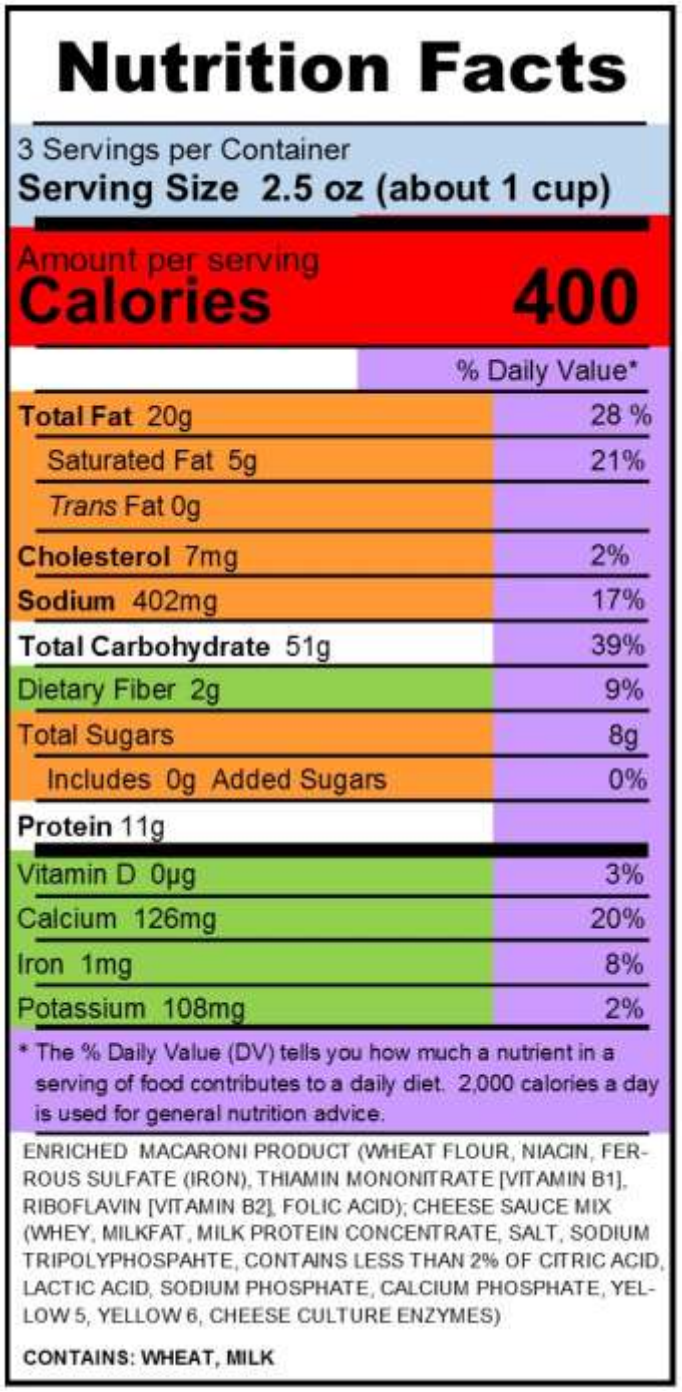
Nutrients to

LIMIT:

Use the "*5-20* Guide"

5% (or less) is low

- **Saturated/Trans fat**
- **Cholesterol**
- **Sodium**
- **Added Sugar**



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CONTAINS: WHEAT, MILK

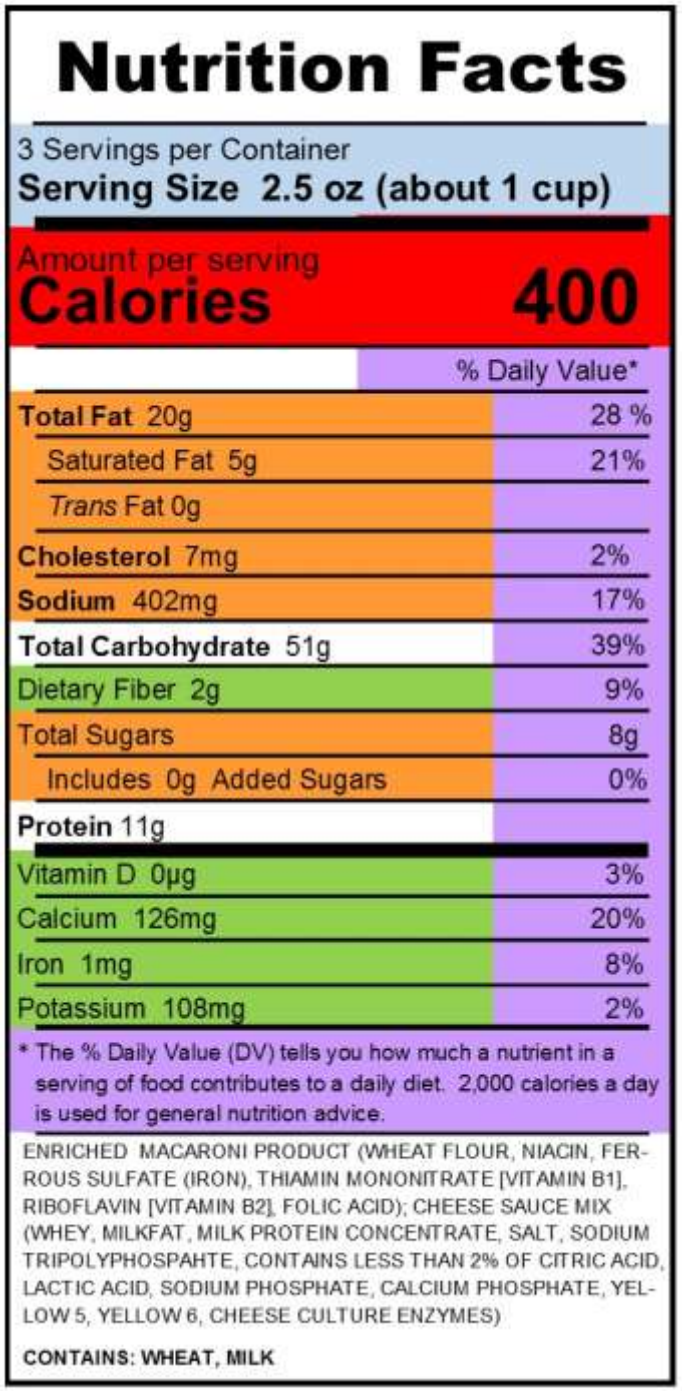
Nutrients to

GET MORE OF:

Use the "*5-20* Guide"

20% (or more) is high

- **Fiber**
- **Vitamin D**
- **Calcium**
- **Iron**
- **Potassium**



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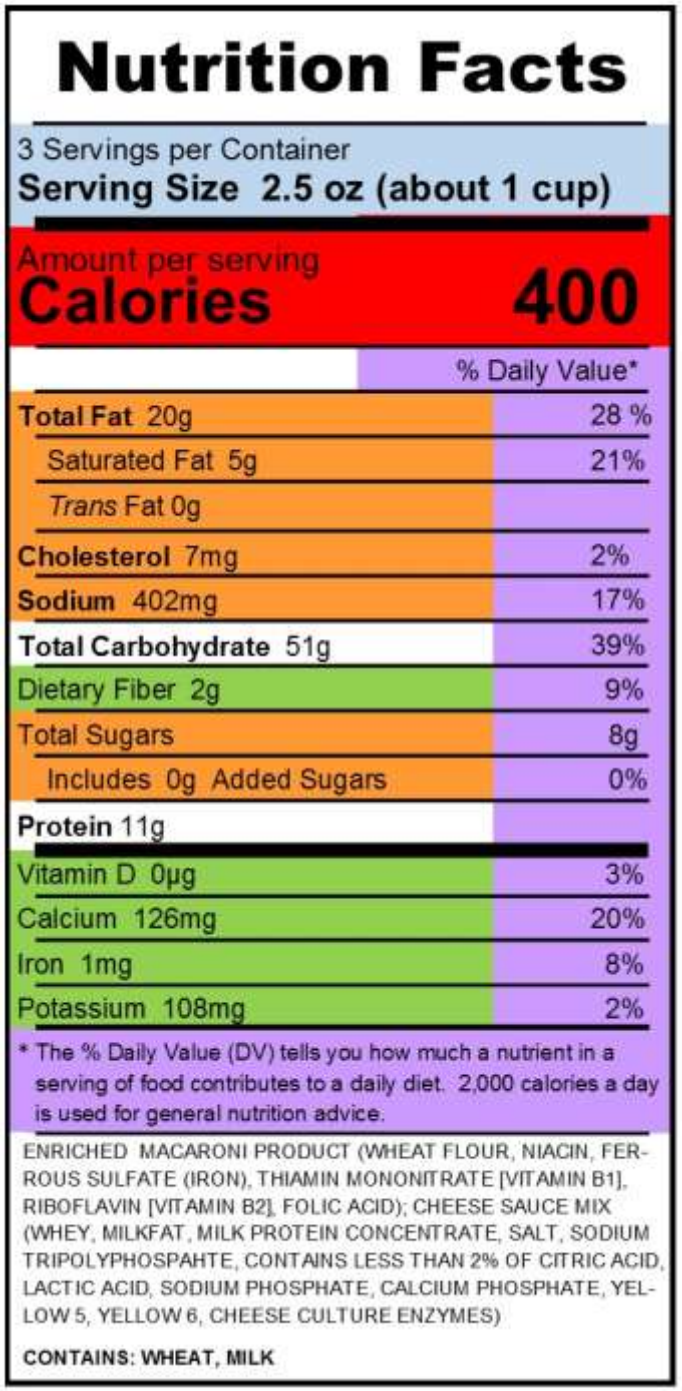
CONTAINS: WHEAT, MILK

Ingredients
& Allergy Information



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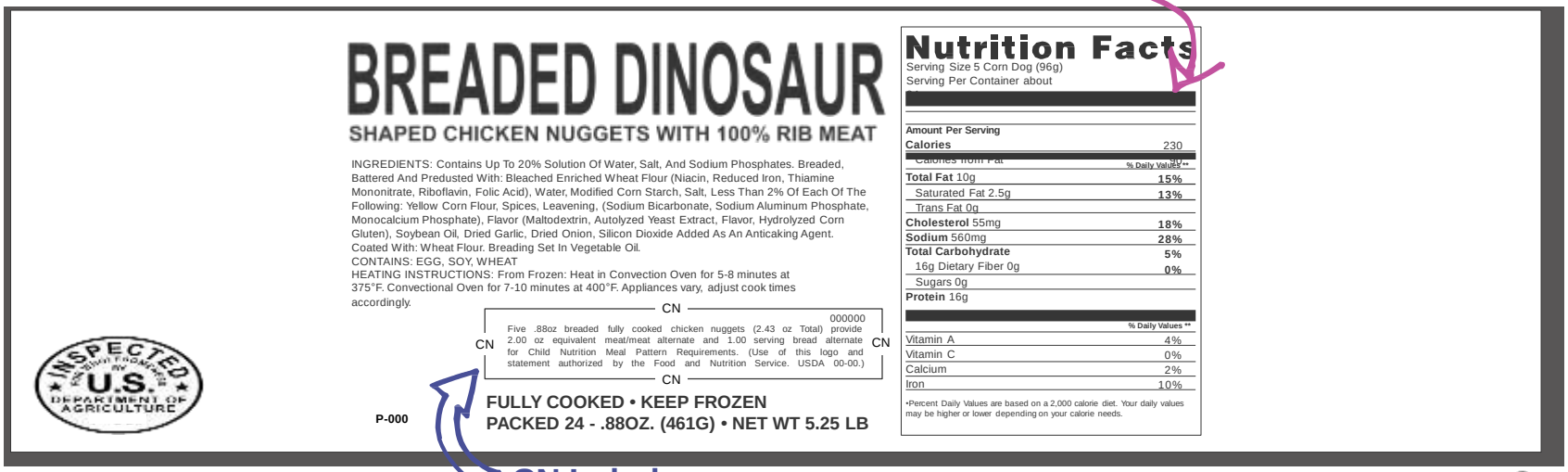
CONTAINS: WHEAT, MILK

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 Predusted 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.

CN 000000 CN
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

P-000

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

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

Amount Per Serving	
Calories	230
Calories from Fat	90
	% Daily Values**
Total Fat 10g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 560mg	28%
Total Carbohydrate	5%
16g Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	
	% Daily Values **
Vitamin A	4%
Vitamin C	0%
Calcium	2%
Iron	10%

•Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INSPECTED BY U.S. DEPARTMENT OF AGRICULTURE

CN Label

CN 000000 CN
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

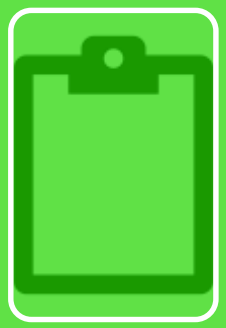
NATIONAL CACFP ASSOCIATION

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

CN XXXXXX*
One 5.00 oz Wedge Cheese Pizza with Whole Wheat Crust provides 2.00 oz equivalent meat alternate, 1/8 cup red/orange vegetable, and 2.0 oz eq Grains for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX-XX**.)
CN CN

Whole Grain-Rich Requirements for the CACFP

Grains served at one meal or snack every day must be **whole grain-rich**



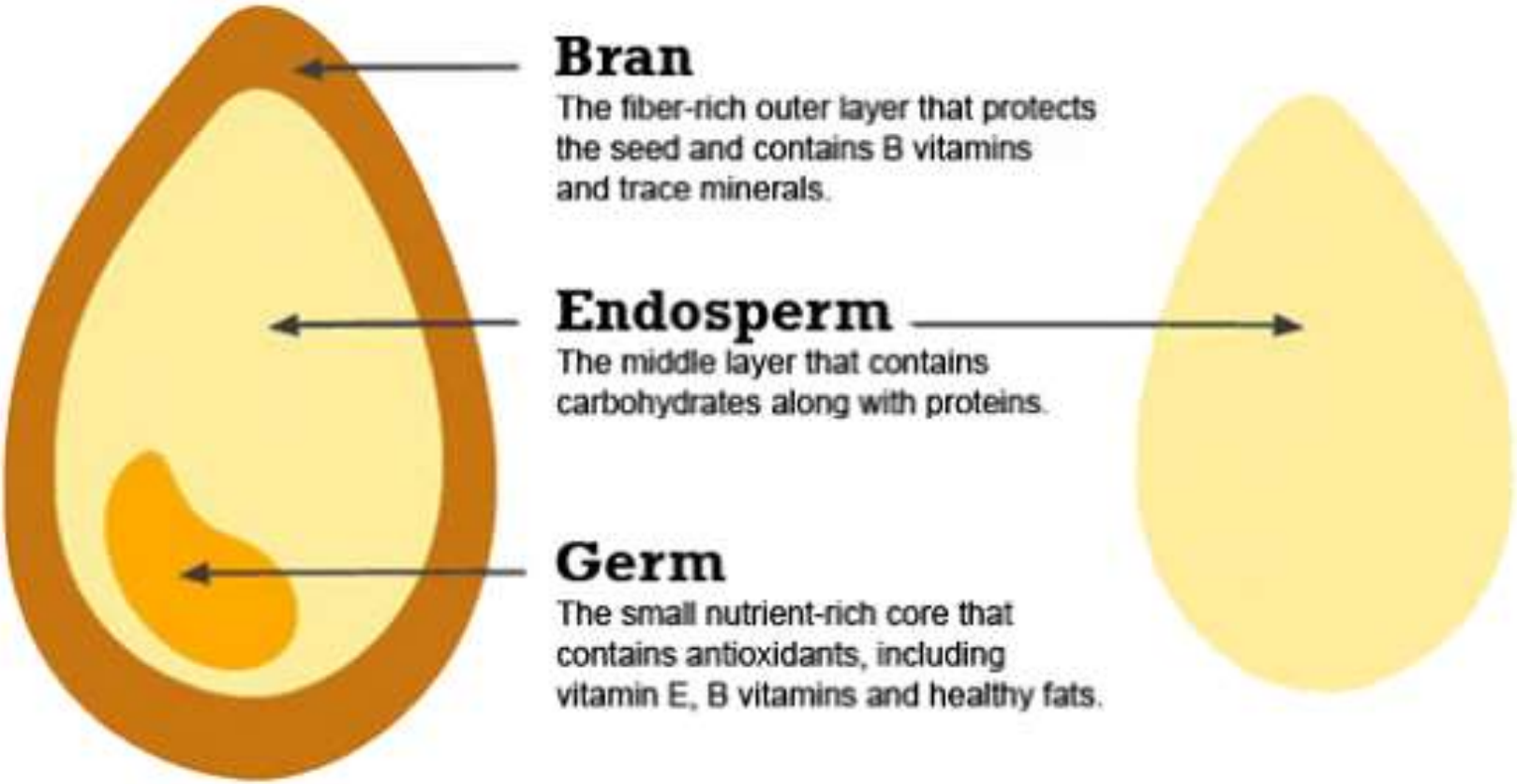
Required for child and adult meal patterns only

Whole grain-rich means:

- At least half the grain ingredients are whole-grain
- Remaining grain ingredients are enriched, bran, or germ

Nevada Department of Agriculture

Whole Grain vs. "White" Grain



Bran

The fiber-rich outer layer that protects the seed and contains B vitamins and trace minerals.

Endosperm

The middle layer that contains carbohydrates along with proteins.

Germ

The small nutrient-rich core that contains antioxidants, including vitamin E, B vitamins and healthy fats.

Whole Grain Stamp

THE 100% STAMP	THE 50%+ STAMP	THE BASIC STAMP
For products where ALL of the grain is whole grain.	For products where at least 50% of the grain is whole grain.	For products that contain a significant amount of whole grain, but which contain primarily refined grain.*
Minimum requirement: 16g (16 grams) whole grain per serving. (a full serving of whole grain)	Minimum requirement: 8g (8 grams) whole grain per serving. (one half serving of whole grain)	Minimum requirement: 8g (8 grams) whole grain per serving. (one half serving of whole grain)

Whole Grain Stamp (Cont.)

- Each Stamp shows how many grams of whole grain ingredients are in a serving of the product
- 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 (and not the 100% Stamp).

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

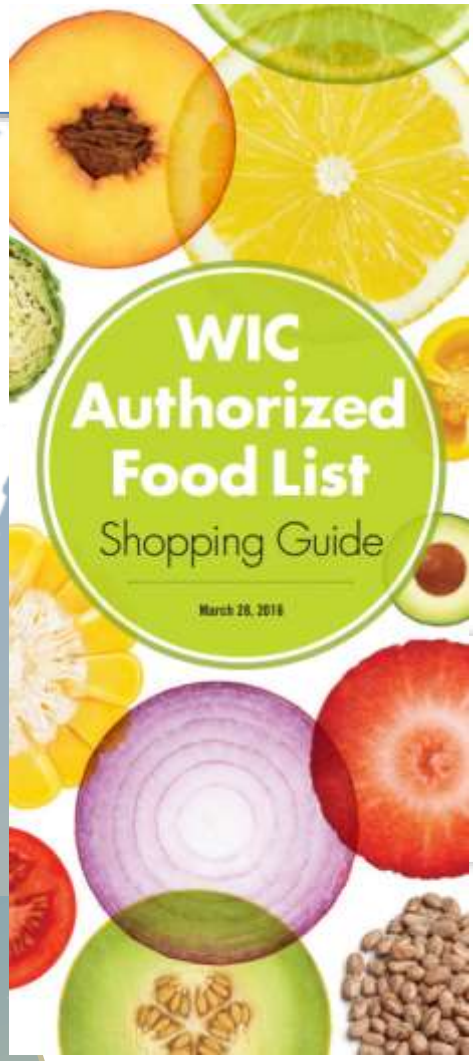
- ✓ This cereal would also qualify for the 50%+ Stamp, 15g or more
- ✓ All its grain is whole grain, *but it doesn't meet the minimum of 16g* of whole grain required for the 100% Stamp

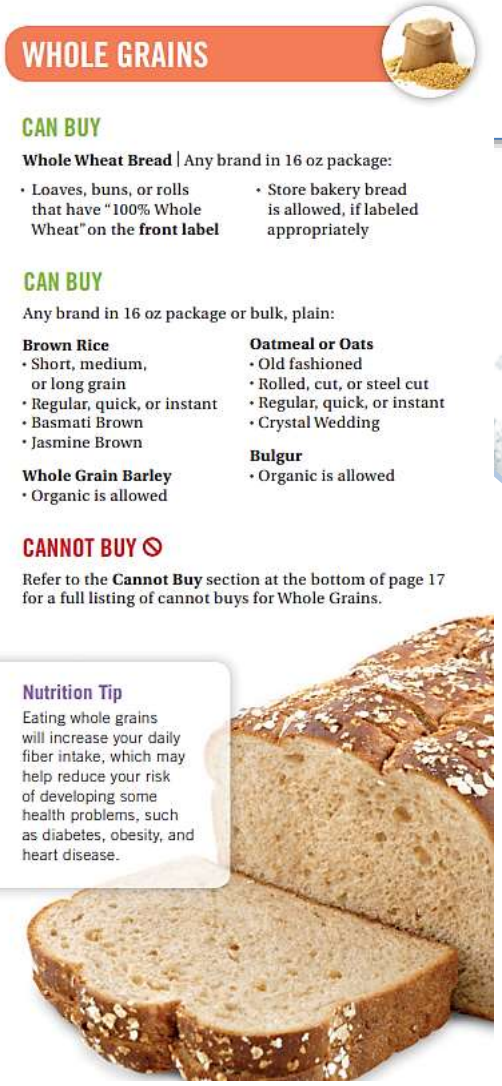
Foods Are Whole Grain-Rich in the CACFP If…

- ✓ **The food is found on any State agency's WIC-approved whole grain food list (Nevadawic.org)**

OR

- ✓ **There are certain foods listed: "whole wheat" "entire wheat" or "graham" including:**
  - whole wheat rolls, entire wheat bread, graham buns
  - Whole wheat macaroni, macaroni product, spaghetti or vermicelli





- ✓ **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**

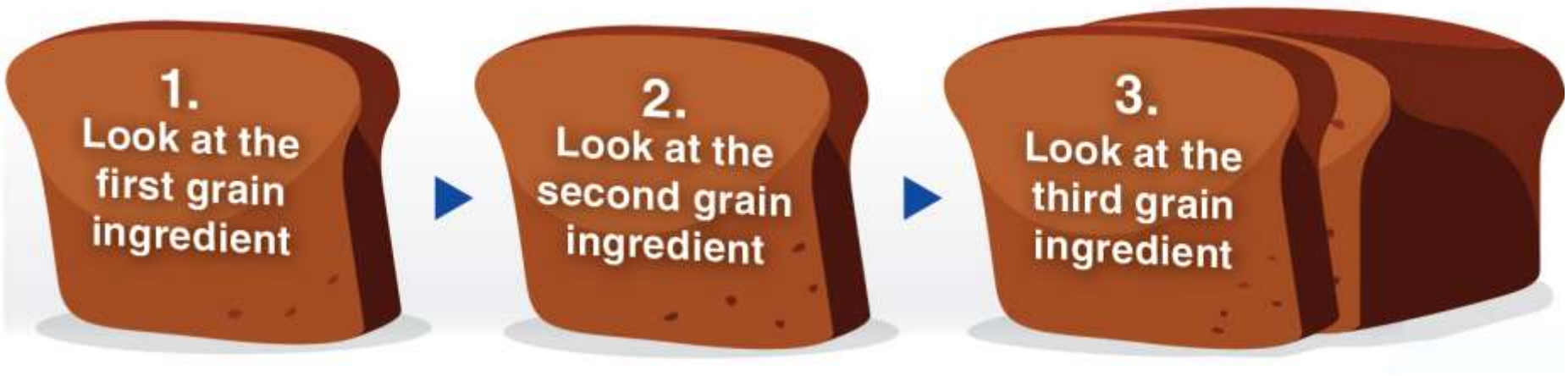
✓ **The food meets criteria listed in the *Rule of Three***

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

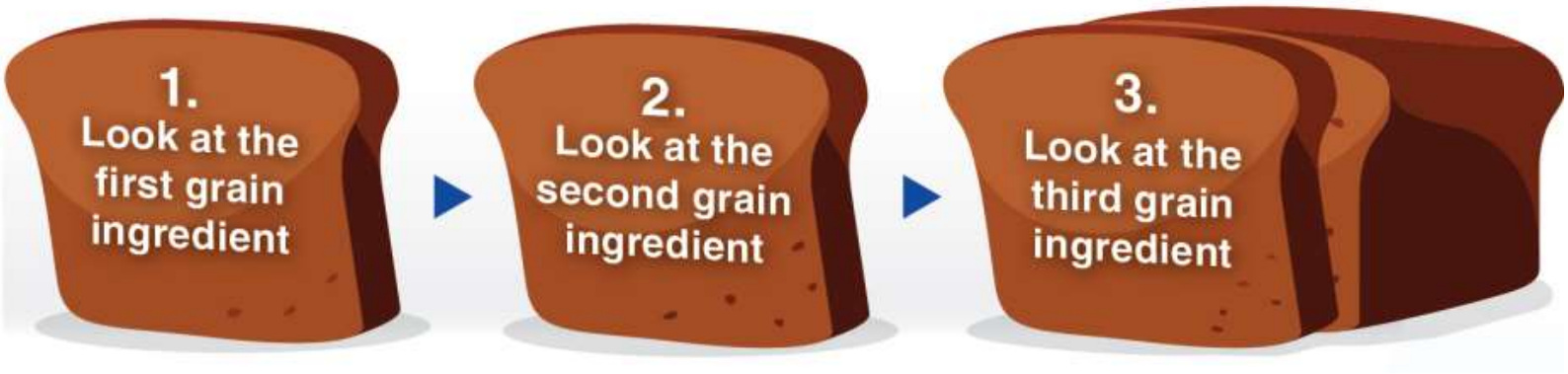
Vitamins and Minerals: Calcium Carbonate, Iron, Zinc, Vitamin C, Vitamin B6, Vitamin A

NDA
Nevada Department of Agriculture

Rule of Three



Rule of Three



✓Whole-grain

✓Whole-grain
✓Enriched
✓Bran or germ

✓Whole-grain
✓Enriched
✓Bran or germ

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

1. Find 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

Foods with One Grain Ingredient

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

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.

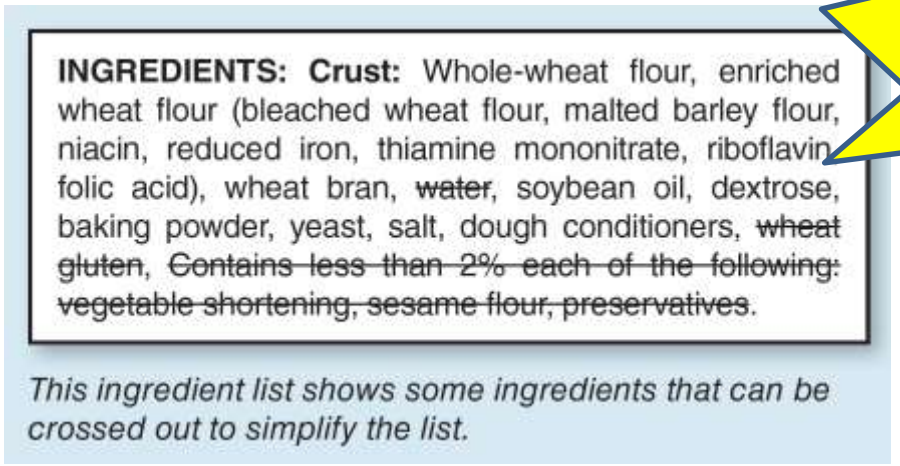
Using the Ingredient List: Combination Foods

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.

2. Simplify the Ingredient List

Disregarded Ingredients:

- 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…"**



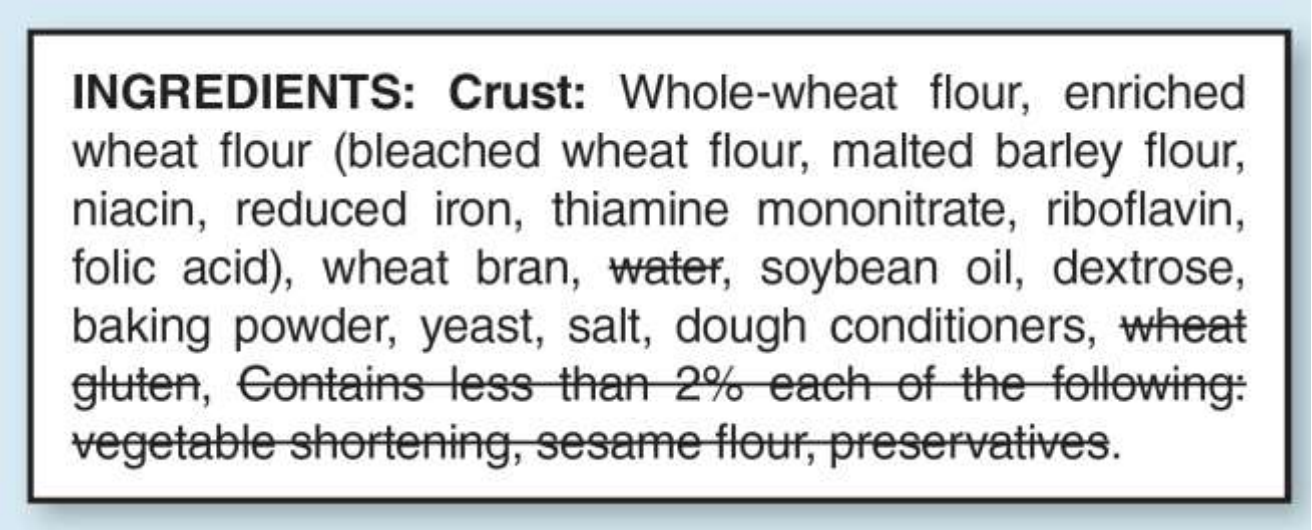
This ingredient list shows some ingredients that can be crossed out to simplify the list.

Disregarded ingredients are listed on page 2 of the handout

3. Look at the First Grain Ingredient

Possible Grain Ingredients:

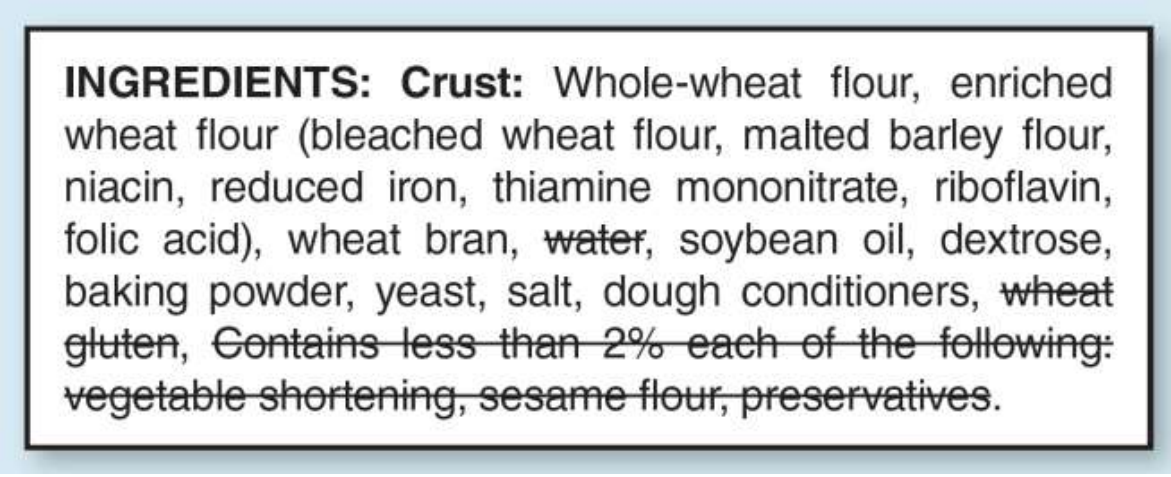
- Flour
- Wheat
- Grain
- Bran
- Oat
- Germ
- Rice



Knowledge Check

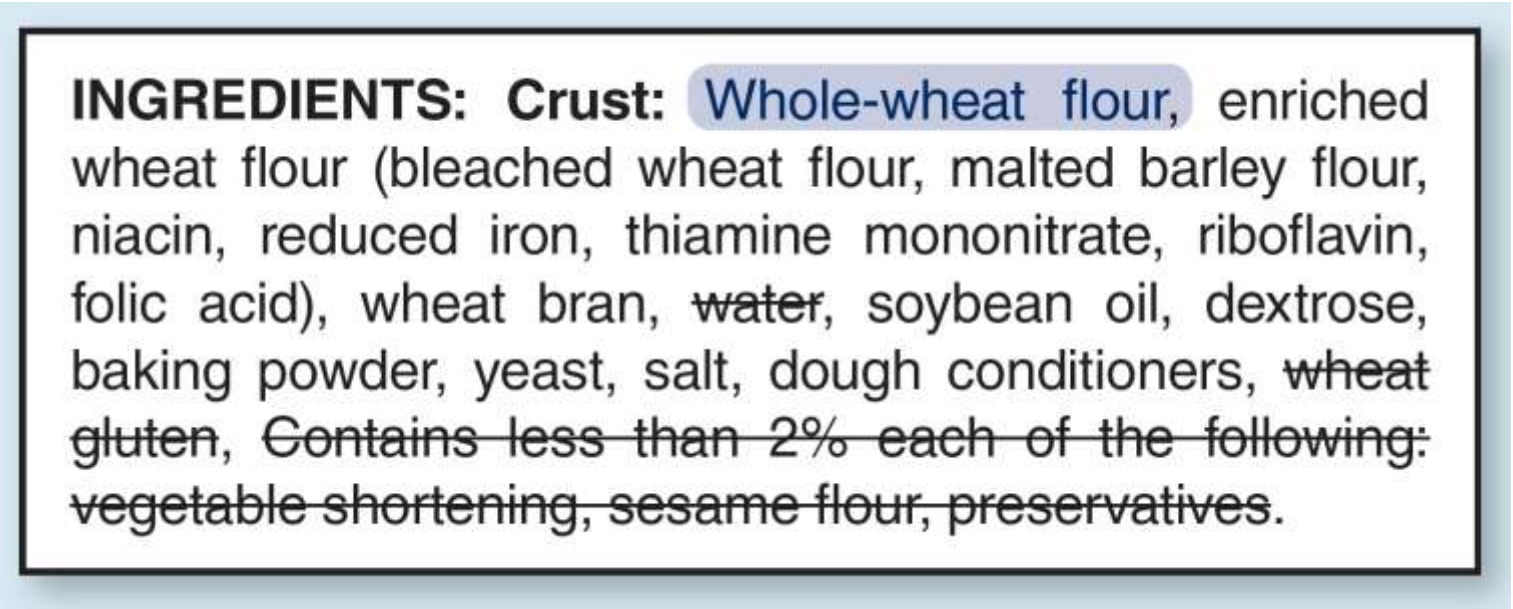
What is the first grain ingredient?

- ❑ 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~~.

Knowledge Check—Answer



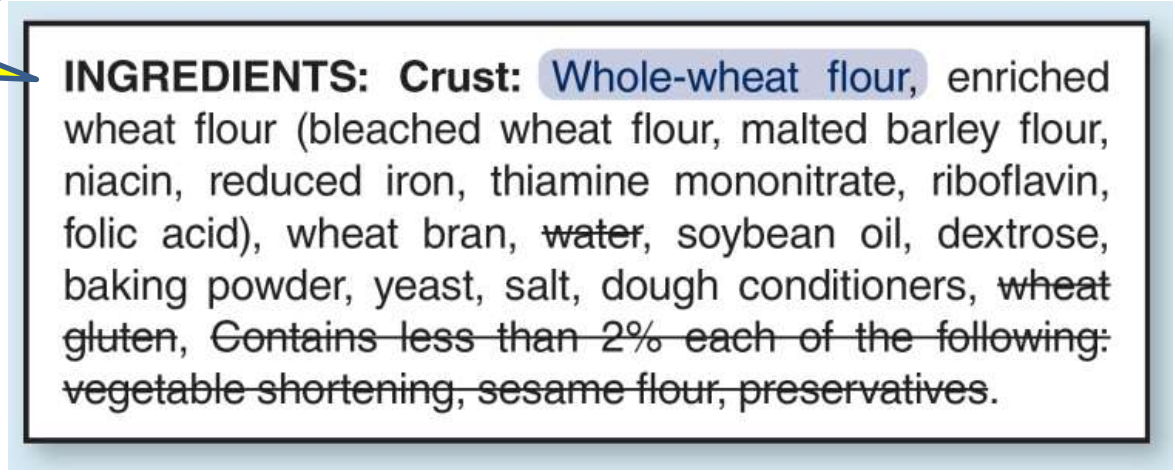
INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten~~, ~~Contains less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

Knowledge Check

Is the first grain ingredient whole-grain?

- ❑ Yes
- ❑ No

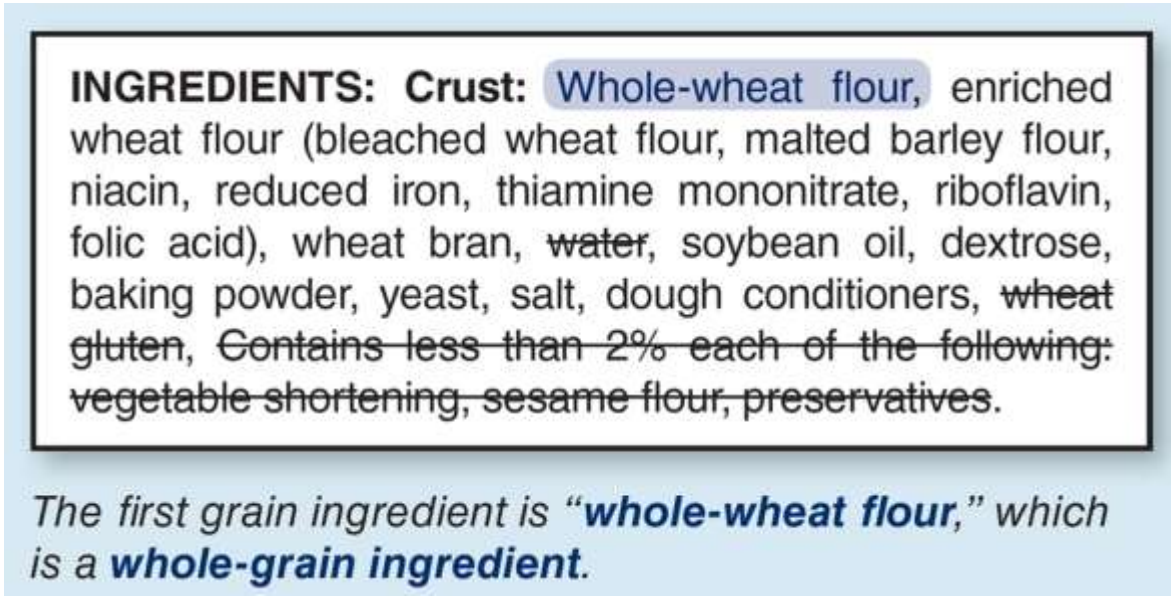
Whole-grain ingredients are listed on page 3 of the handout



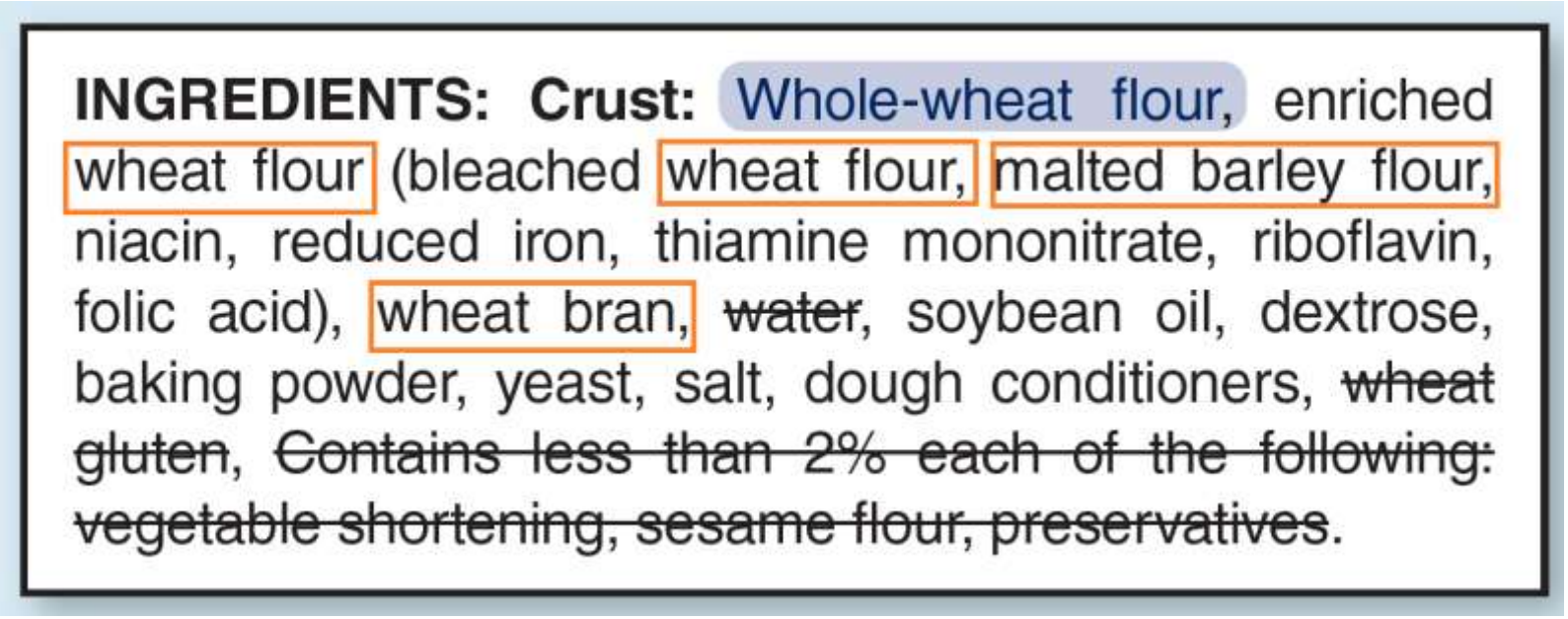
Knowledge Check—Answer

Common <u>whole-grain</u> ingredients include:

- Brown rice
- Bulgur
- Graham flour
- Oats (instant, steel cut, old fashioned, quick cooking, etc.)
- Quinoa
- Whole corn/whole-grain corn
- Whole durum flour
- Whole grain corn flour
- Whole rye flour
- Whole-wheat flour
- Wild rice



4. Look for the second Grain Ingredient

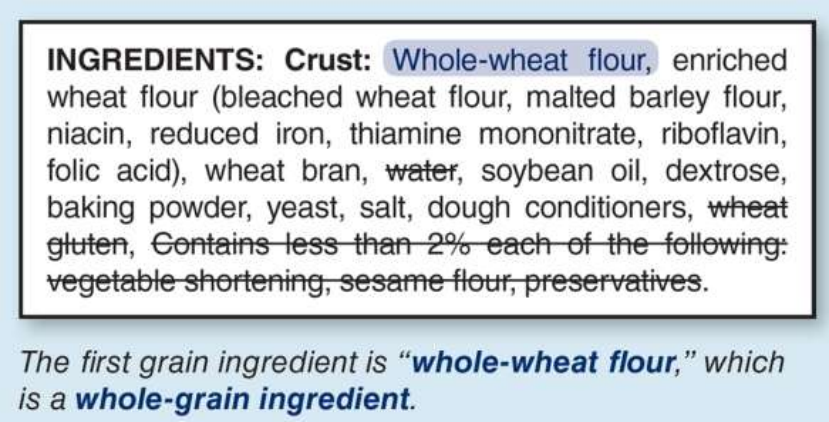


Look at the Second Grain Ingredient

- **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

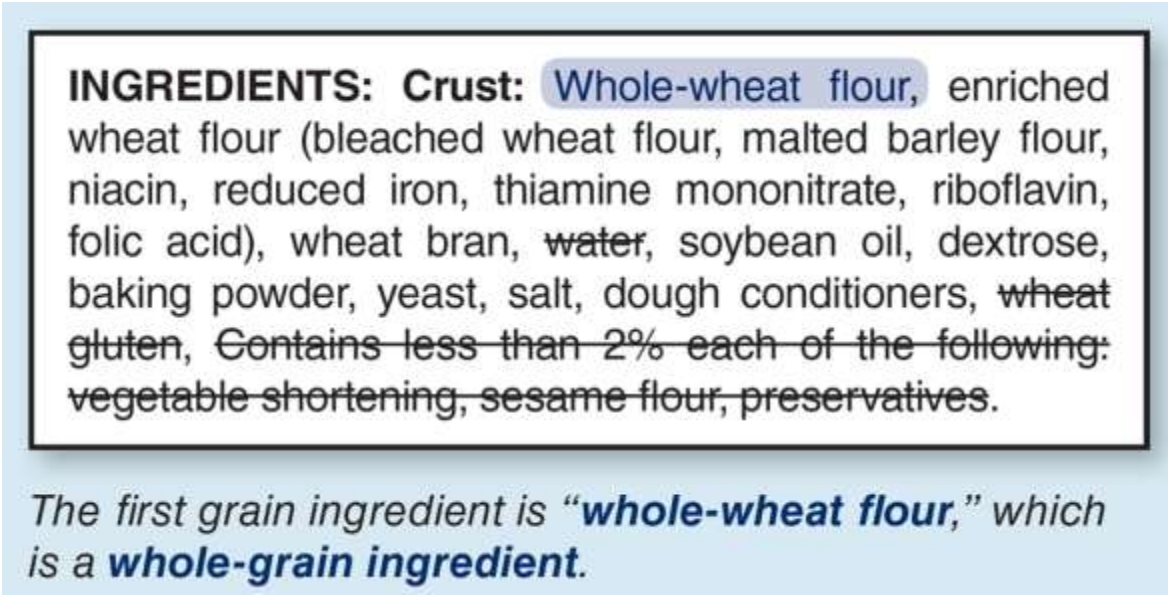


Lists of ingredients are listed on page 3 of the handout

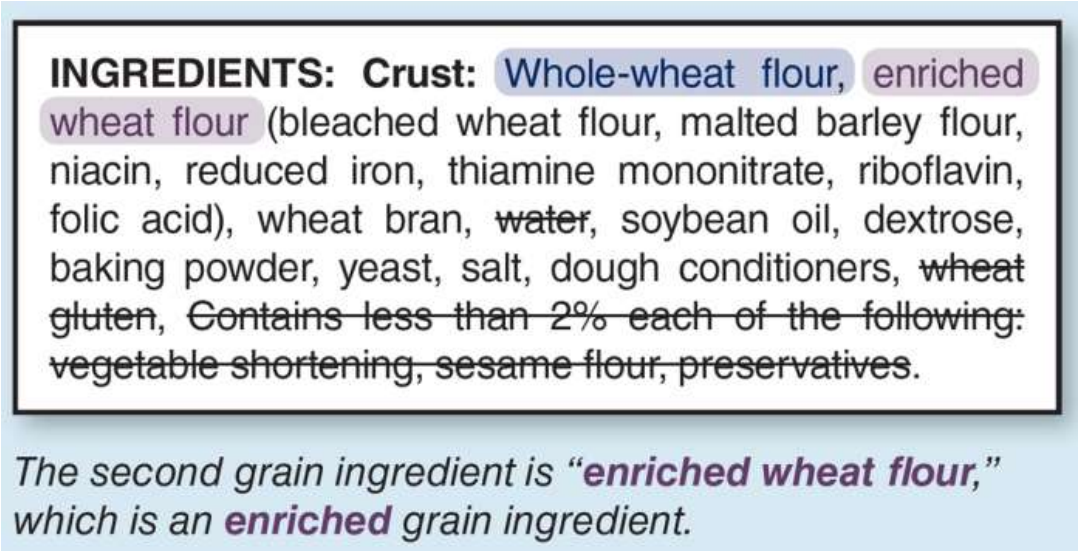
Knowledge Check

What is the second grain ingredient?

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



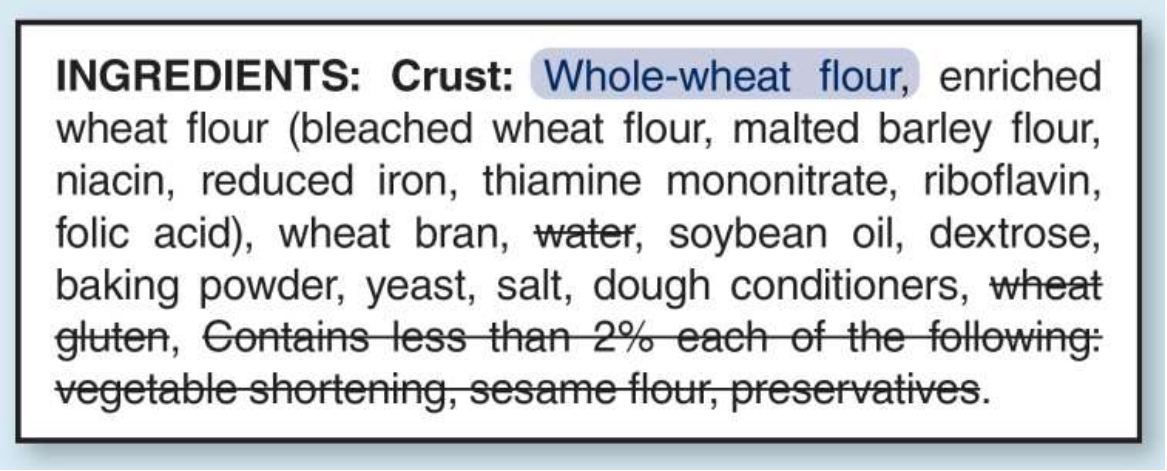
Knowledge Check-Answer



Knowledge Check

Is the second grain ingredient whole-grain, enriched, bran, germ?

- ❑ Yes
- ❑ No

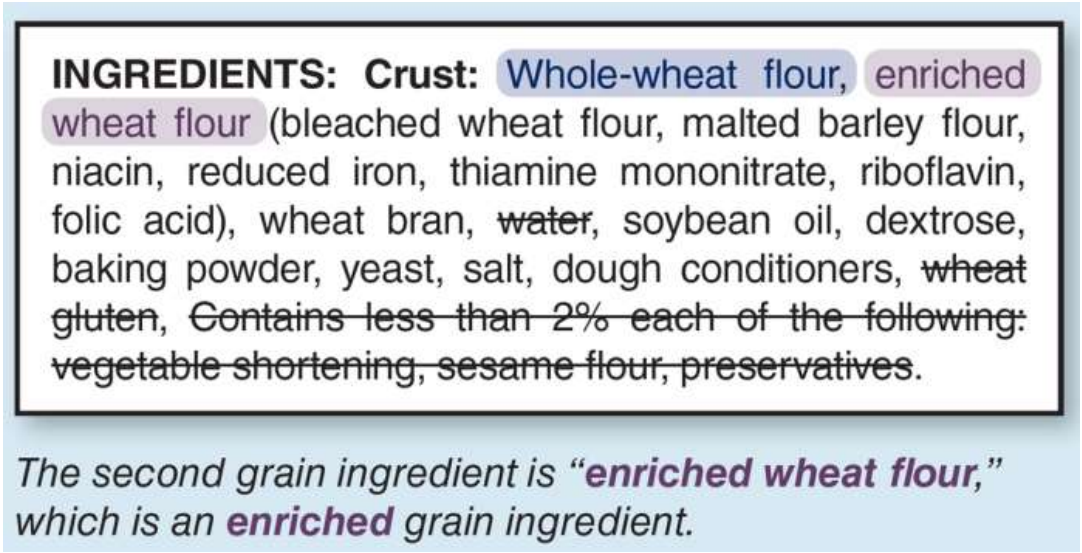


Knowledge Check-Answer

- **Make sure the second grain ingredient is <u>whole-grain</u>, <u>enriched</u>, or <u>bran</u> or <u>germ</u>**

- **Common <u>enriched</u> ingredients include:**
  - Enriched wheat flour
  - Enriched corn flour
  - Enriched durum flour
  - Enriched rice
  - Enriched rice flour
  - Enriched rye flour
  - Enriched white flour

- **Common <u>bran</u> and <u>germ</u> ingredients include:**
  - Corn/oat/rice/rye/wheat bran
  - Wheat germ

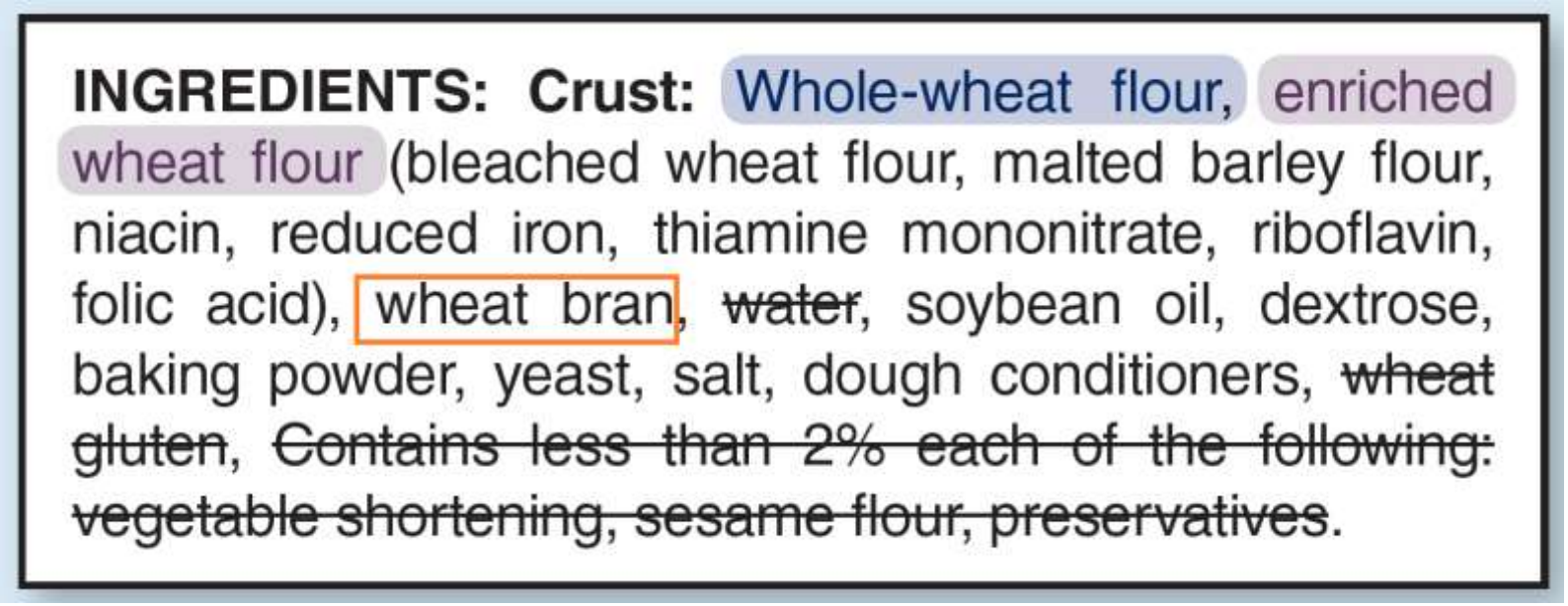


A Closer Look....

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

5.Look for the third Grain Ingredient



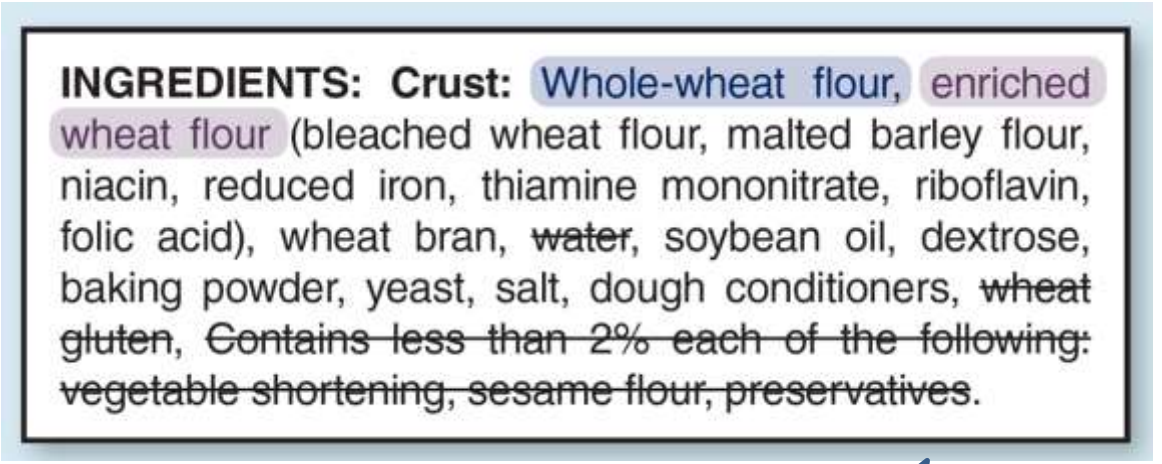
INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten~~, ~~Contains less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

Look at the Third Grain Ingredient

- **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

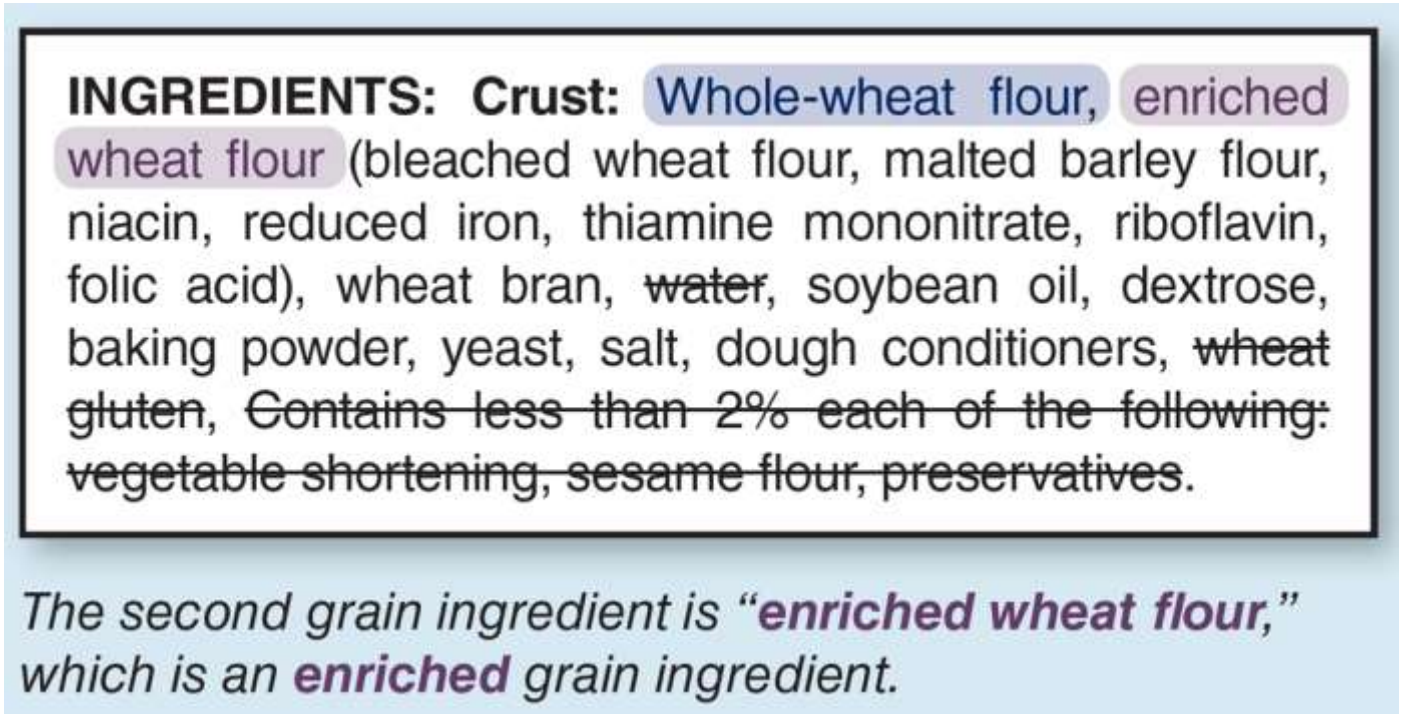


Lists of ingredients are listed on page 3 of the handout

Knowledge Check

What is the third grain ingredient?

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

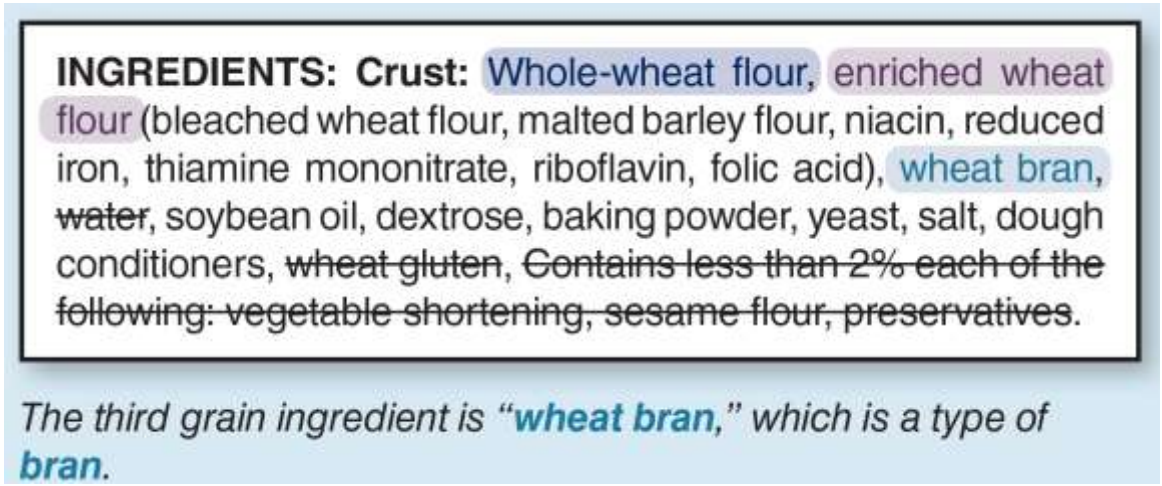


Knowledge Check-Answer

- **Make sure the third grain ingredient is <u>whole-grain</u>, <u>enriched</u>, or <u>bran</u> or <u>germ</u>**

- **Common <u>enriched</u> ingredients include**:
  - Enriched wheat flour
  - Enriched corn flour
  - Enriched durum flour
  - Enriched rice
  - Enriched rice flour
  - Enriched rye flour
  - Enriched white flour

- **Common <u>bran</u> and <u>germ</u> ingredients include:**
  - Corn/oat/rice/rye/wheat bran
  - Wheat germ



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**

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~~.

Is this pizza crust whole grain-rich?

- ❑ **Yes**
- ❑ **No**

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**

Is this pizza crust whole grain-rich?

- ❑ **Yes**
- ❑ **No**

Bread Example 1

Nutrition Facts

Serving size 1 slice (26g)
Servings per container 22

Amount Per Serving	1 slice	2 slices
Calories	60	130
Calories from Fat	10	15
		% Daily Value*
Total Fat 1g	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 120mg	5%	10%
Total Carbohydrate 12g	4%	8%
Dietary Fiber 2g	8%	16%
Sugars 1g		
Protein 3g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	4%	6%
Iron	4%	8%
Thiamin	4%	8%
Riboflavin	0%	2%
Niacin	4%	8%
Folic Acid	2%	4%

***Percent(%) Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.**

	Calories	2,000	2,500
Total Fat	less than	65g	80g
Saturated Fat	less than	20g	25g
Cholesterol	less than	300mg	300mg
Sodium	less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients

Whole wheat flour, water, wheat gluten, sugar, yeast, soybean oil, salt, molasses, wheat bran, calcium propionate (preservative), datem, monoglycerides, calcium sulfate, cellulose gum, monocalcium phosphate, cornstarch, soy lecithin, citric acid, grain vinegar, potassium iodate.

Bread Example 2

Nutrition Facts

Serving size 1 slice (26g)
Servings per container 22

Amount Per Serving	1 slice	2 slices
Calories	70	140
Calories from Fat	10	15
		% Daily Value*
Total Fat 1g	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 125mg	5%	10%
Total Carbohydrate 13g	4%	9%
Dietary Fiber 0g	0%	4%
Sugars 1g		
Protein 2g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	2%	6%
Iron	4%	8%
Thiamin	8%	15%
Riboflavin	4%	8%
Niacin	4%	8%
Folic Acid	6%	15%

***Percent(%) Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.**

	Calories	2,000	2,500
Total Fat	less than	65g	80g
Saturated Fat	less than	20g	25g
Cholesterol	less than	300mg	300mg
Sodium	less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients

Enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid], water, high fructose corn syrup, yeast, soybean oil, salt, wheat gluten, calcium propionate (preservative), monoglycerides, datem, calcium sulfate, soy lecithin, citric acid, potassium iodate, monocalcium phosphate, cornstarch, calcium phosphate.

INGREDIENTS: WHOLE GRAIN WHEAT, VEGETABLE OIL (SOYBEAN OR CANOLA OIL), SUGAR, SEA SALT, ONION POWDER, SODIUM DIACETATE, TOMATO POWDER, DRIED BALSAMIC VINEGAR, SPICES (INCLUDES BASIL), CITRIC ACID, YEAST EXTRACT, MALIC ACID, RED BEET JUICE POWDER (FOR COLOR), DRIED MALT VINEGAR (FROM BARLEY), SALT, EXTRA VIRGIN OLIVE OIL, NATURAL FLAVOR (CONTAINS CELERY), PAPRIKA EXTRACT (FOR COLOR).

CONTAINS: WHEAT.

MONDELEZ GLOBAL LLC, EAST HANOVER, NJ 07936 USA

Cracker Example 1

Cracker Example 2

INGREDIENTS: WHOLE GRAIN WHEAT, CANOLA OIL, MALTODEXTRIN, SALT, GARLIC POWDER, DEXTROSE, NATURAL FLAVOR.

BHT ADDED TO THE PACKAGING MATERIAL TO PRESERVE FRESHNESS.

CONTAINS: WHEAT.

"made with whole grain" pasta example

INGREDIENTS: ENRICHED PASTA PRODUCT (WHOLE DURUM WHEAT FLOUR, DURUM WHEAT SEMOLINA FLOUR, GLYCERYL MONOSTEARATE, NIACIN, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FERROUS SULFATE [IRON]); CHEESE SAUCE MIX (WHEY, MILK, CORN SYRUP SOLIDS, MILKFAT, PALM OIL, MODIFIED FOOD STARCH, MILK PROTEIN CONCENTRATE, SALT, MALTODEXTRIN, CONTAINS LESS THAN 2% OF CALCIUM CARBONATE, SODIUM TRIPHOSPHATE, MEDIUM CHAIN TRIGLYCERIDES, DRIED BUTTERMILK, SODIUM PHOSPHATE, CITRIC ACID, CREAM, LACTIC ACID, CALCIUM PHOSPHATE, CHEESE CULTURE, NONFAT DRY MILK, GUAR GUM, WITH PAPRIKA, TURMERIC, AND ANNATTO ADDED FOR COLOR, ENZYMES, NATURAL FLAVOR, XANTHAN GUM); MODIFIED FOOD STARCH, MALTODEXTRIN, POTASSIUM CHLORIDE, ACETYLATED MONOGLYCERIDES, SALT, MEDIUM CHAIN TRIGLYCERIDES.
CONTAINS: WHEAT, MILK.

Mac'n'cheese Example

INGREDIENTS: ENRICHED MACARONI PRODUCT (WHEAT FLOUR, GLYCERYL MONOSTEARATE, NIACIN, FERROUS SULFATE [IRON], THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID); CHEESE SAUCE MIX (WHEY, MILK, CORN SYRUP SOLIDS, MILKFAT, PALM OIL, MODIFIED FOOD STARCH, MILK PROTEIN CONCENTRATE, SALT, MALTODEXTRIN, CONTAINS LESS THAN 2% OF CALCIUM CARBONATE, SODIUM TRIPHOSPHATE, MEDIUM CHAIN TRIGLYCERIDES, DRIED BUTTERMILK, SODIUM PHOSPHATE, CITRIC ACID, CREAM, LACTIC ACID, CALCIUM PHOSPHATE, CHEESE CULTURE, NONFAT DRY MILK, GUAR GUM, WITH PAPRIKA, TURMERIC, AND ANNATTO ADDED FOR COLOR, ENZYMES, NATURAL FLAVOR, XANTHAN GUM); MODIFIED FOOD STARCH, MALTODEXTRIN, POTASSIUM CHLORIDE, ACETYLATED MONOGLYCERIDES, SALT, MEDIUM CHAIN TRIGLYCERIDES.

CONTAINS: WHEAT, MILK.

Ready-to-Eat Cereals

- ✓ **Make sure the cereal meets the CACFP sugar limit**

AND

- ✓ **first ingredient is whole-grain**

AND

- ✓ **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

Adding Whole Grains To Your Menu

- Each day, **at least one of the grain components of a meal or snack must be "whole grain-rich"**

- Whole grain-rich food items must be offered at least once per day, not once per meal/snack

Adding Whole Grains to Your Menu

How Often do I need to Serve Whole Grains?

If you serve meals and snacks to the same group of children or adults during the day:

- Serve whole grain-rich items for the grain component at one of the meals or snack each day

If you serve only snacks:

- You do not have to serve a grain component at snack but if you do, it must be whole grain-rich

Can I serve a grain-based dessert if it is whole grain-rich?

Grain-based desserts, even those made with whole grains, cannot count towards the grain component of a CACFP meal or snack. There are many other tasty whole grain-rich foods that you can add to your menus.

Adding Whole Grains to Your Menu

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

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

Adding Whole Grains to Your Menu

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

Menu 1 ✓

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Snack: Apple slices and string cheese

✗ Menu 2

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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

Adding Whole Grains to Your Menu

- Writing "Whole Grain" ("WG") or "whole Grain Rich" ("WGR") in front of an item
- Adding a grain icon or picture next to the whole grain foods

Although there are no Federal CACFP requirements that you label which foods are whole grain-rich on your menu, Nevada Department of Agriculture requires this indication on the menu and a readily available copy of the food label for the item

Grain-Based Desserts in the CACFP

USDA
United States Department of Agriculture

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):
• 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 • Sweet bread puddings • Sweet biscotti, such as those made with fruits, chocolate, icing, etc. • Sweet croissants, such as chocolate-filled • Sweet pita chips, such as cinnamon-sugar flavored • Sweet rice puddings • Sweet scones, such as those made with fruits, icing, etc. • Sweet rolls, such as cinnamon rolls • Toaster pastries	• 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 • Savory biscotti, such as those made with cheese, vegetables, herbs, etc. • Savory bread puddings, such as those made with cheese, vegetables, herbs, etc. • Savory rice puddings, such as those made with cheese, vegetables, etc. • Savory scones, such as those made with cheese, vegetables, herbs, etc. • Teething biscuits, crackers, and toasts • Tortillas and tortilla chips • Waffles

Whole grain-rich and homemade grain-based desserts are also not creditable in the CACFP.

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

TEAM Nutrition

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 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!

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USDA

United States Department of Agriculture

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.

Why Make the Change?

Dietary Guidelines for Americans

- **Limit consumption of added sugars**
  - Added sugars are sweeteners and syrups that are added when foods or beverages are processed or prepared

- **Limit consumption of solid fats**
  - Fats that are solid at room temperature

What are Grain Based Desserts?

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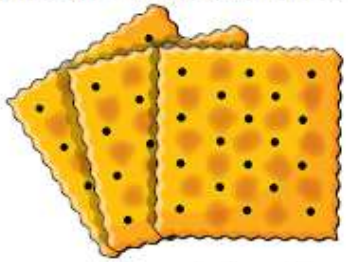


Product Packaging

Scenario: I purchased a box of cranberry oatmeal breakfast biscuits at the grocery store. The item on the box looks like a cookie but the package says biscuit.

How should the child care provider handle this situation?

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

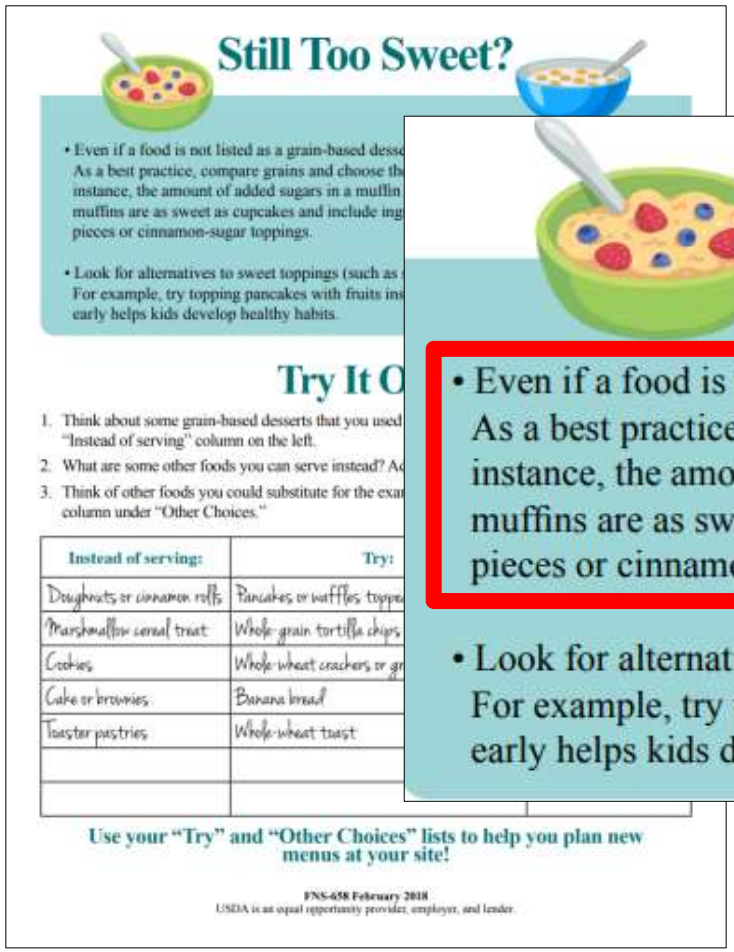
Baking Powder Biscuits

Maple Baked French Toast Squares

Pancakes

https://www.fns.usda.gov/usda-standardized-recipe

Best Practices

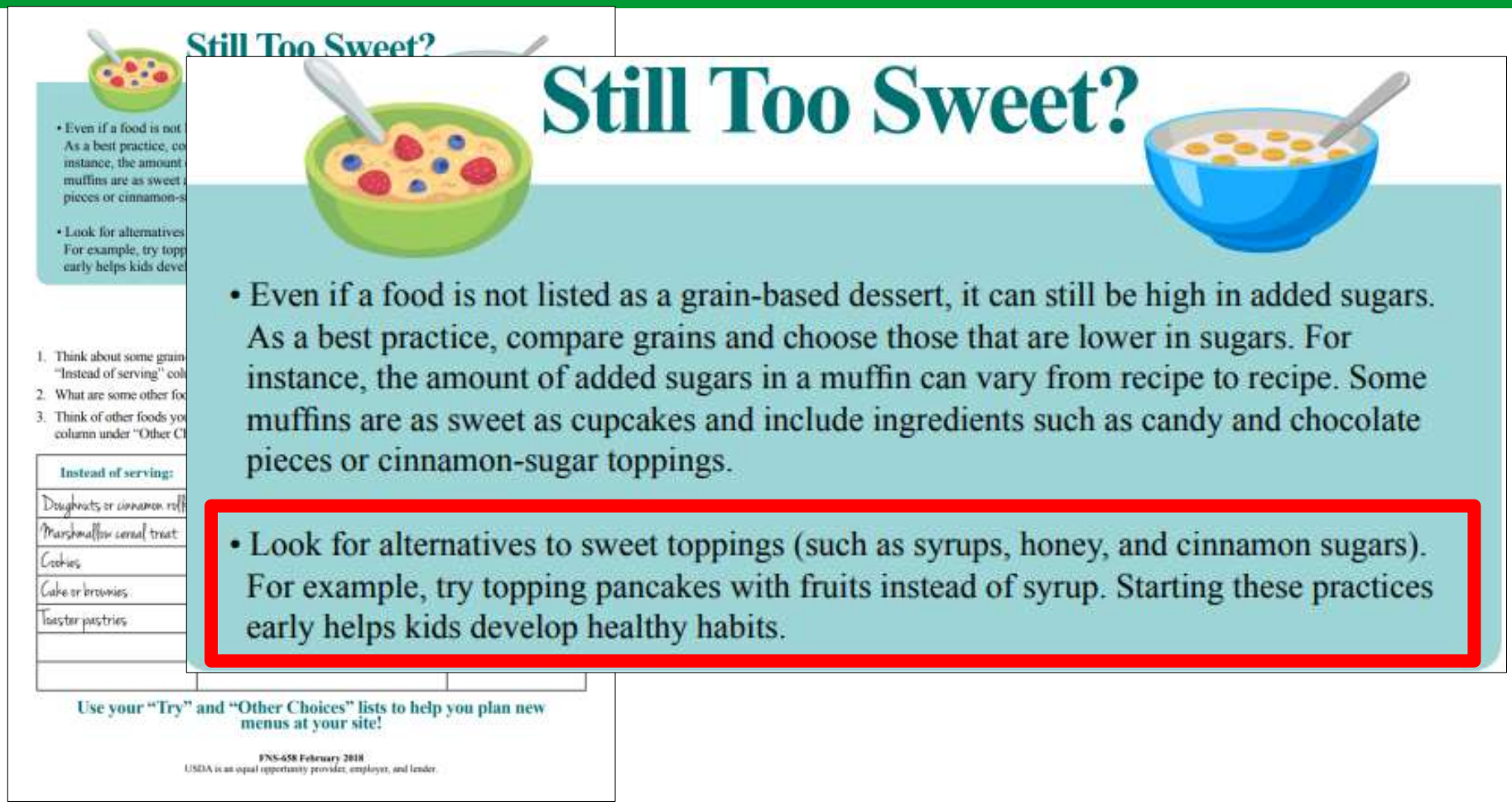


Still Too Sweet?

- 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.

Best Practices



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1. Think about some grain
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column under "Other C

Instead of serving:	
Doughnuts or cinnamon roll	
Marshmallow cereal treat	
Cookies	
Cake or brownies	
Toaster pastries	

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

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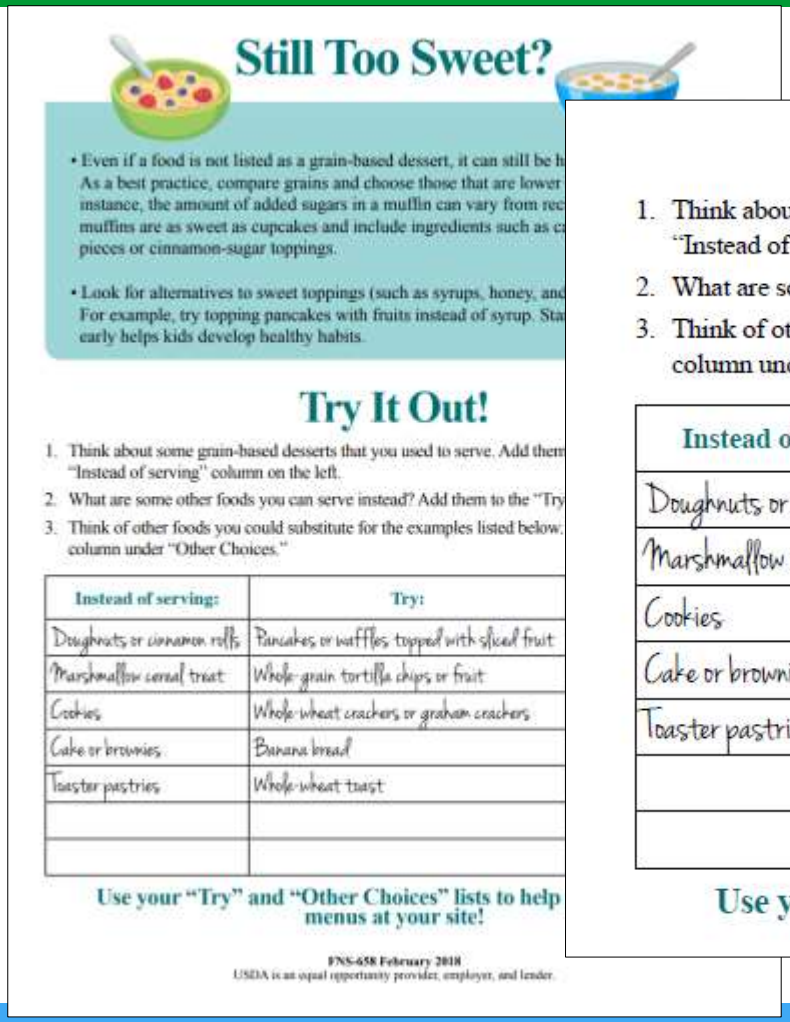
Try It Out With your Menus!



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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 menus at your site!

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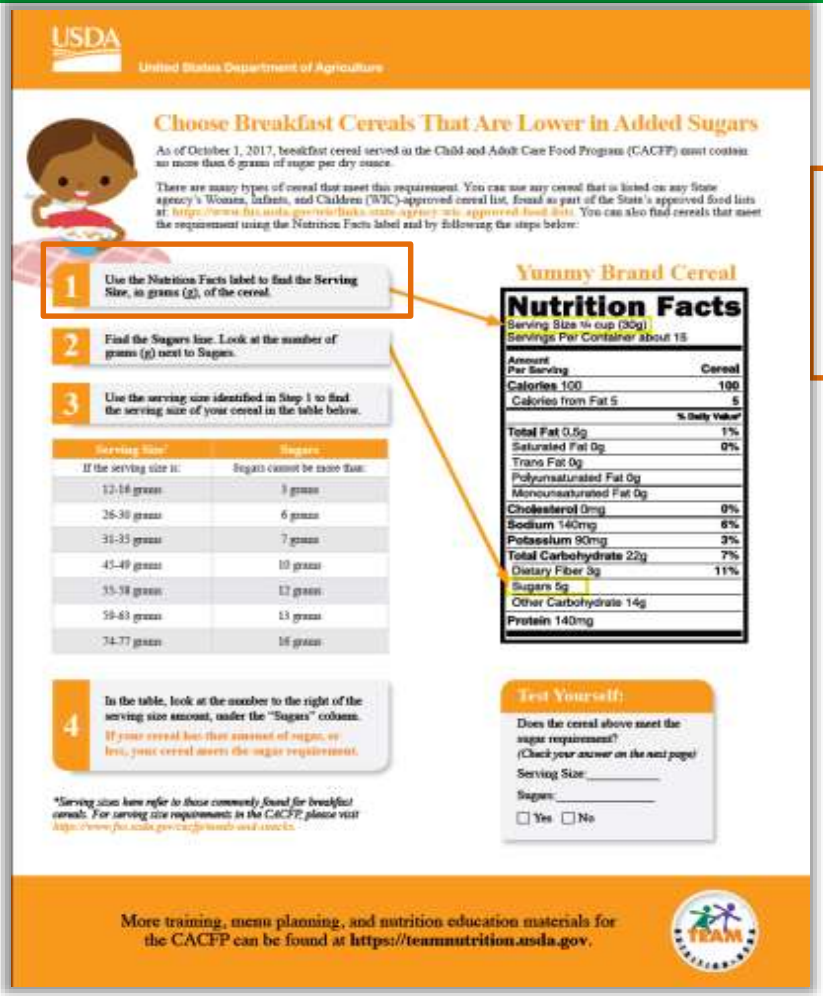
Cake or brownies	Banana bread	
Toaster pastries	Whole-wheat toast	

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

Lowering Added Sugars

- 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

Step 1



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Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists at: https://www.fns.usda.gov/wic/links-state-agency-wic-approved-food-lists. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:

1 Use the Nutrition Facts label to find the Serving Size, in grams (g), of the cereal.

2 Find the Sugars line. Look at the number of grams (g) next to Sugars.

3 Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column. If your cereal has that amount of sugars, or less, your cereal meets the sugar requirement.

*Serving sizes have refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit https://www.fns.usda.gov/cacfp/meals-and-snacks.

Yummy Brand Cereal

Nutrition Facts

Serving Size ¾ cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 140mg	

Test Yourself!

Does the cereal above meet the sugar requirement?
(Check your answer on the next page)

Serving Size:_____

Sugars:_____

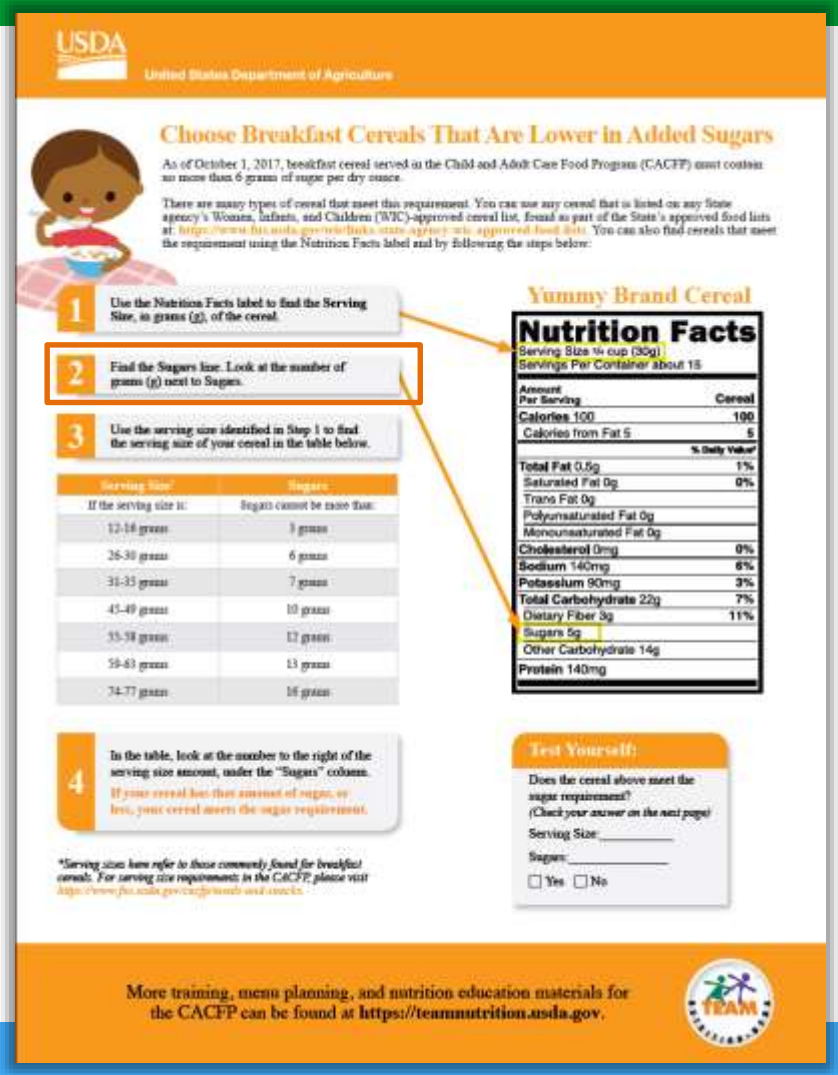
☐ Yes ☐ No

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

TEAM

1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

Step 2



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Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 140mg	

Test Yourself:

Does the cereal above meet the sugar requirement? (Check your answer on the next page)

Serving Size: _____

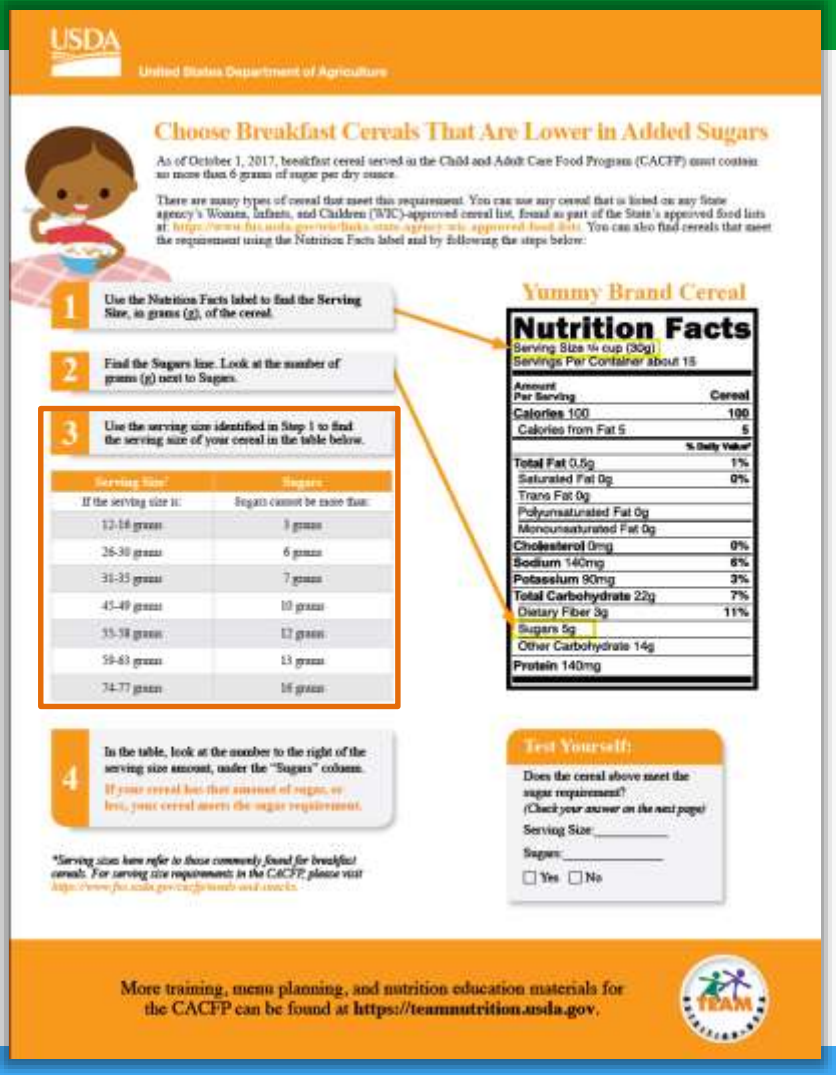
Sugars: _____

☐ Yes ☐ No

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

2 Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

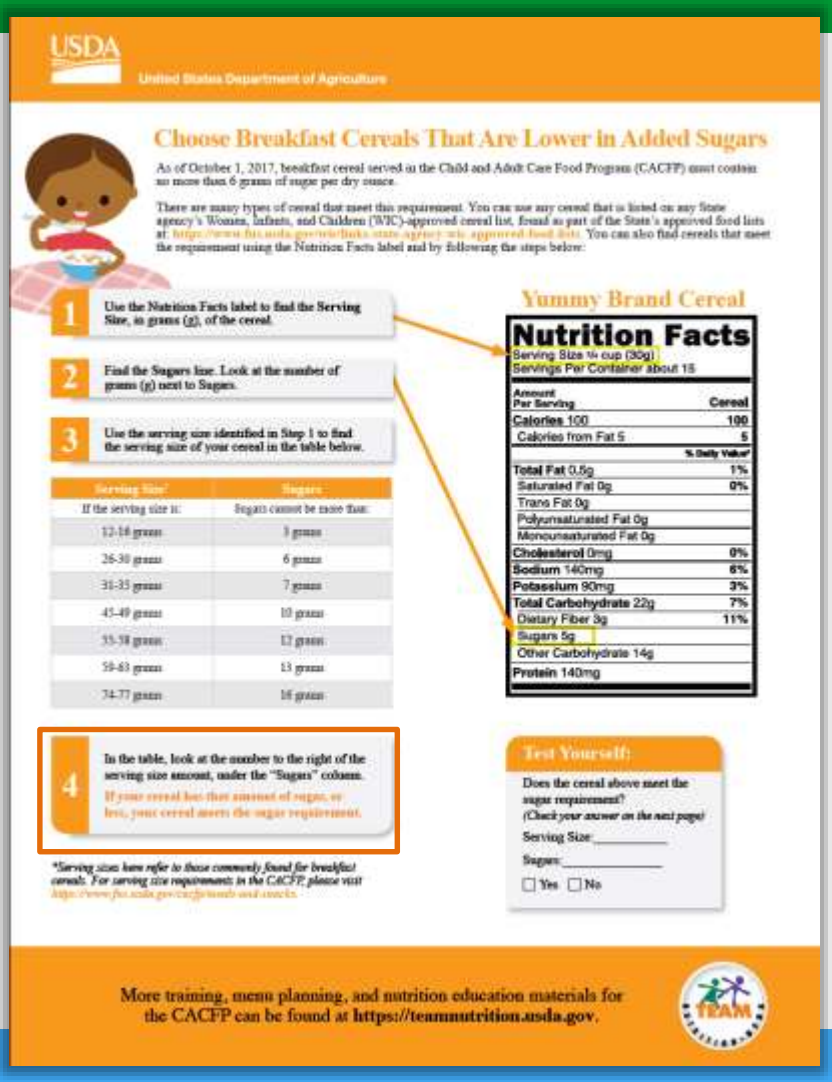
Step 3



3 Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

Step 4



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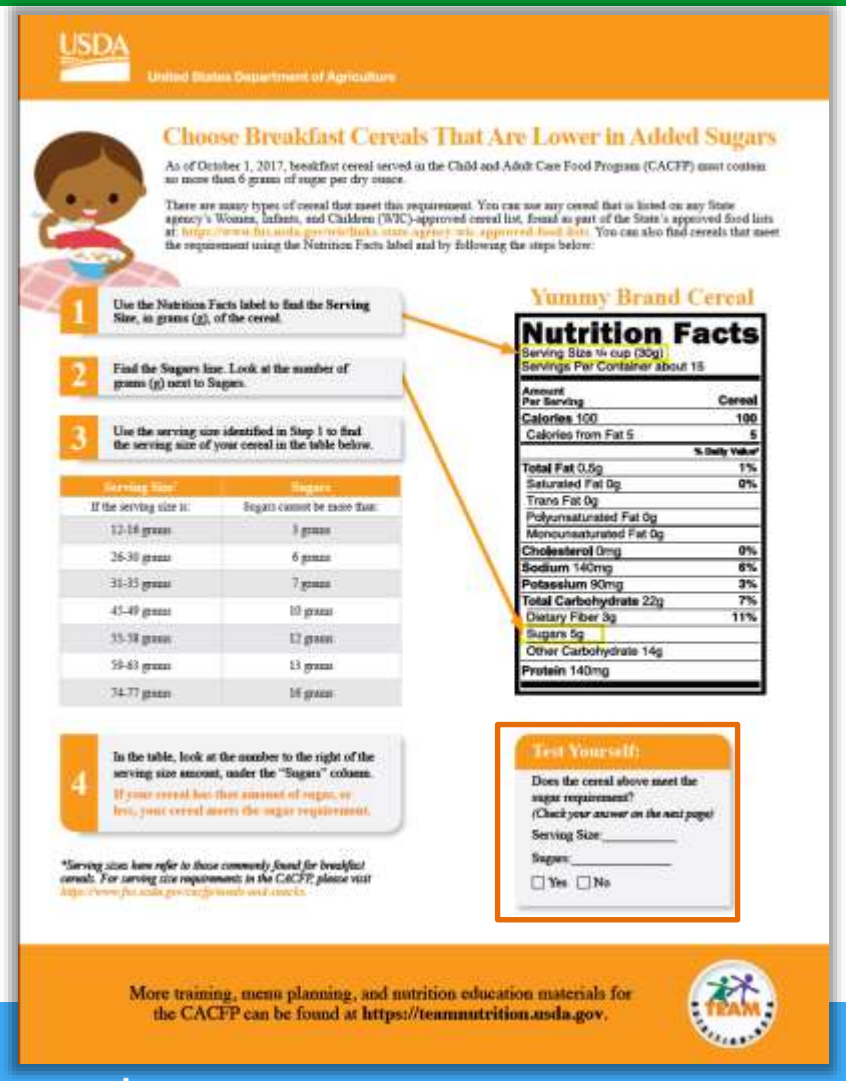
Choose Breakfast Cereals That Are Lower in Added Sugars



USDA
United States Department of Agriculture

Choose Breakfast Cereals That Are Lower in Added Sugars

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31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

4. In the table, look at the number to the right of the serving size amount, under the "Sugars" column. If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.

*Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit https://www.fns.usda.gov/cacfp/meals-and-snacks.

Yummy Brand Cereal

Nutrition Facts

Serving Size ¾ cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 140mg	

Test Yourself:
Does the cereal above meet the sugar requirement?
(Check your answer on the next page)
Serving Size: _____
Sugars: _____
☐ Yes ☐ No

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

TEAM Nutrition

Test Yourself:

Does the cereal above meet the sugar requirement?
(Check your answer on the next page)

Serving Size: 30 grams

Sugars: 5 grams

☐ Yes ☐ No

Try It Out!

Use the "Sugar Limits in Cereal" table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the "Cereals To Serve in the CACFP" list. You can use this as a shopping list when buying cereals to serve in your program.

Sugar Limits in Cereal

Serving Size	Sugars	Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:	If the serving size is:	Sugars cannot be more than:
0-2 grams	0 grams	50-54 grams	11 grams
3-7 grams	1 gram	55-58 grams	12 grams
8-11 grams	2 grams	59-63 grams	13 grams
12-16 grams	3 grams	64-68 grams	14 grams
17-21 grams	4 grams	69-73 grams	15 grams
22-25 grams	5 grams	74-77 grams	16 grams
26-30 grams	6 grams	78-82 grams	17 grams
31-35 grams	7 grams	83-87 grams	18 grams
36-40 grams	8 grams	88-91 grams	19 grams
41-44 grams	9 grams	92-96 grams	20 grams
45-49 grams	10 grams	97-100 grams	21 grams

Cereals To Serve in the CACFP*

Cereal Brand	Cereal Name	Serving Size	Sugars (g)
Healthy Food Company	Nutty Oats	28 grams	5 grams

*The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched, or fortified.

Answer to "Test Yourself" activity on page 1: *The cereal has 5 grams of sugar per 30 grams. The maximum amount of sugar allowed for 30 grams of cereal is 6 grams. 5 is less than 6, so this cereal meets the sugar requirement.*

FNS-655 June 2017

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Answer to "Test Yourself" activity on page 1: *The cereal has 5 grams of sugar per 30 grams. The maximum amount of sugar allowed for 30 grams of cereal is 6 grams. 5 is less than 6, so this cereal meets the sugar requirement.*

Try It Out!
Which Cereals Can You Add to Your List?

C Brand
Great Granola
Cereal

Nutrition Facts

Serving Size 1 oz. pouch (28g)
Servings Per Container 1

Amount Per Serving	
Calories 120	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 2g	**8%**
Sugars 6g	
Protein 3g	**6%**

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Try It Out!

Use the "Sugar Limits in Cereal" table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the "Cereals To Serve in the CACFP" list. You can use this as a shopping list when buying cereals to serve in your program.

Sugar Limits in Cereal

Serving Size	Sugars	Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:	If the serving size is:	Sugars cannot be more than:
0-2 grams	0 grams	50-54 grams	11 grams
3-7 grams	1 gram	55-58 grams	
8-11 grams	2 grams	59-63 grams	
12-16 grams	3 grams	64-68 grams	
17-21 grams	4 grams	69-73 grams	
22-25 grams	5 grams	74-77 grams	
26-30 grams	6 grams	78-82 grams	
31-35 grams	7 grams	83-87 grams	
36-40 grams	8 grams	88-91 grams	
41-44 grams	9 grams	92-96 grams	
45-49 grams	10 grams	97-100 grams	

Cereals To Serve in the CACFP*

Cereal Brand	Cereal Name	Serving Size	Sugars (g)
Healthy Food Company	Nutty Oats	28 grams	5 grams
C Brand	Great Granola	28 g	6g

*The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched, or fortified.

Cereals To Serve in the CACFP*

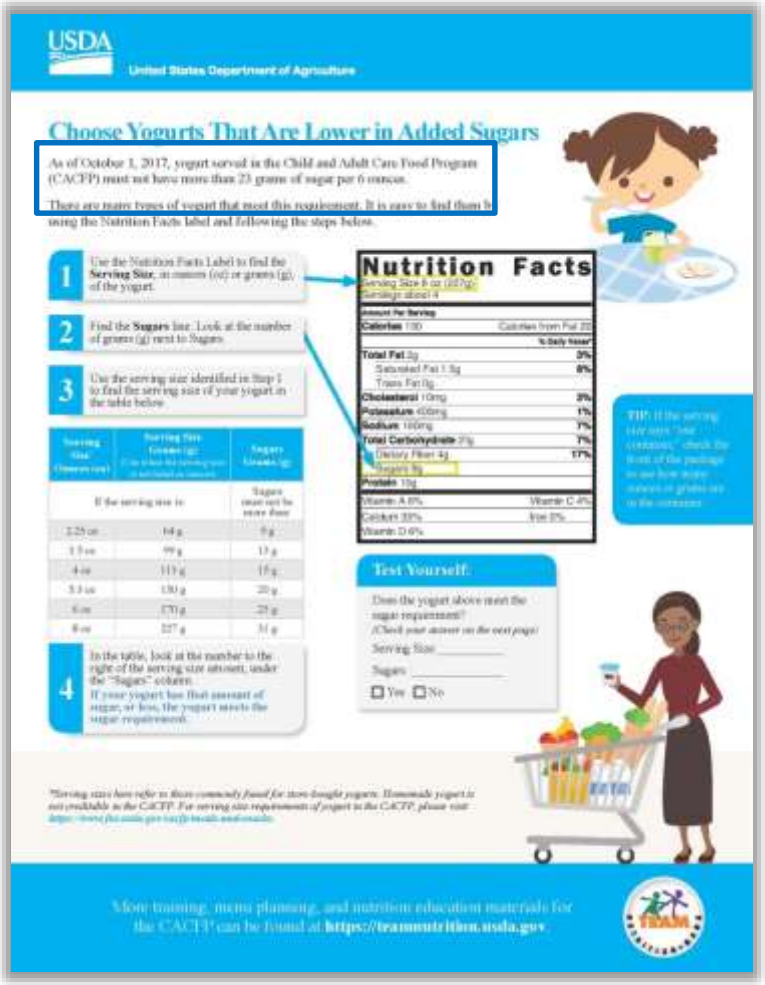
Cereal Brand	Cereal Name	Serving Size
Healthy Food Company	Nutty Oats	28 grams

*The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched, or fortified.

Answer to "Test Yourself" activity on page 1: *The cereal has 5 grams of sugar per 30 grams. The maximum amount of sugar allowed for 30 grams of cereal is 6 grams. 5 is less than 6, so this cereal meets the sugar requirement.*

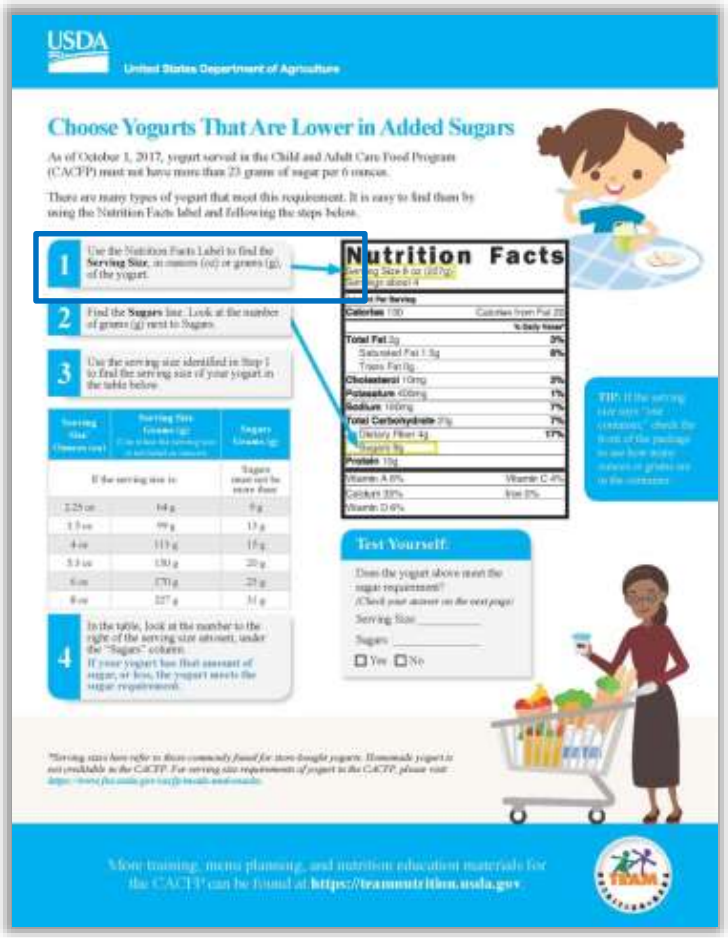
FNS-655 June 2017

Sugar Limit for Yogurt



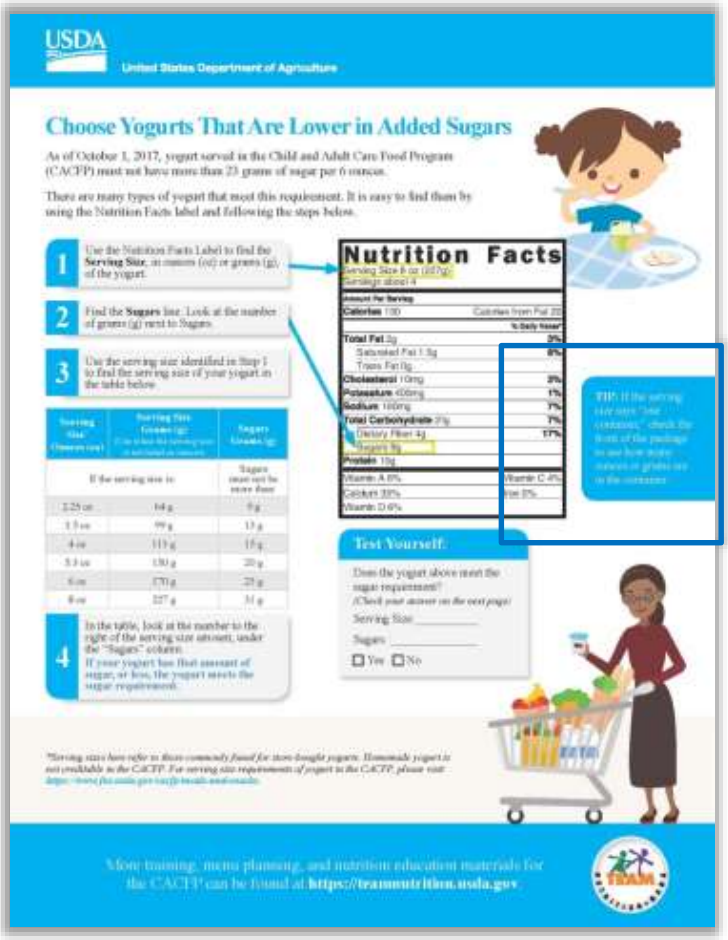
As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

Step 1



1	Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.

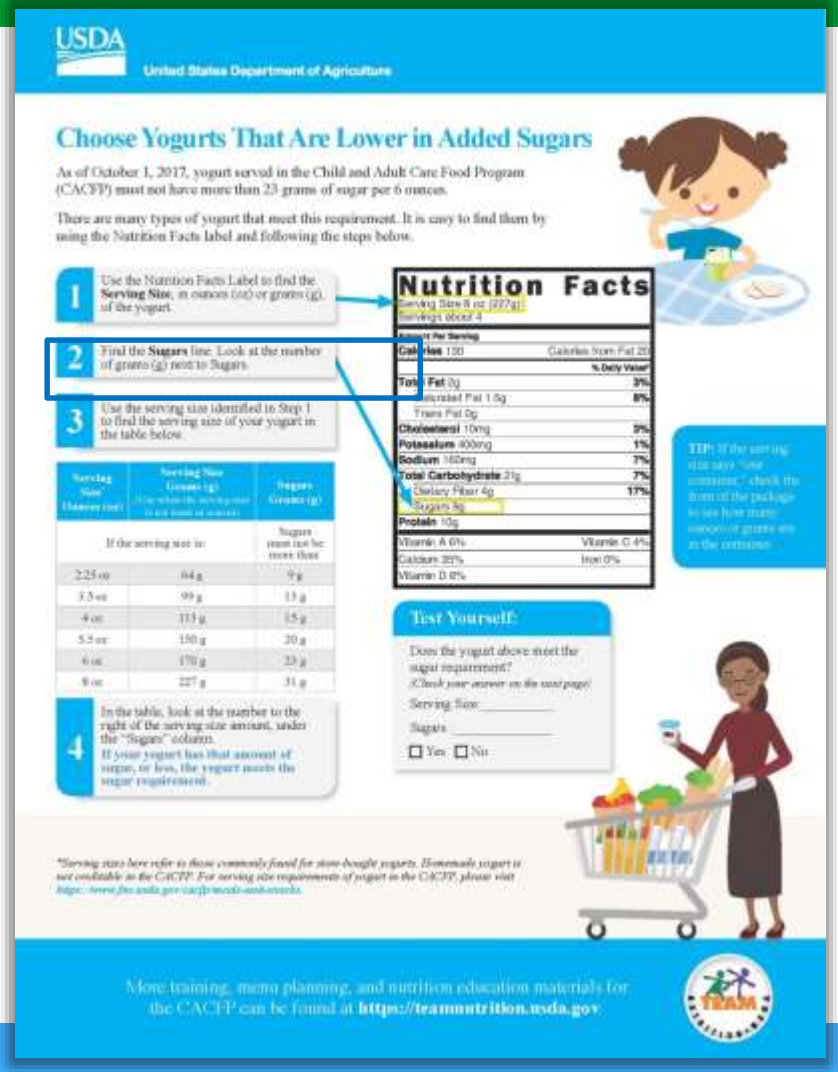
Step 1



1 Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.

TIP: If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.

Step 2



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Choose Yogurts That Are Lower in Added Sugars

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.

1 Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.

2 Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

3 Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Serving Size Ounces (oz)	Serving Size Grams (g) (Use what's on the serving size line next to ounces)	Sugars Grams (g)
If the serving size is:		Sugar 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
5.5 oz	156 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column. If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

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 8%

TIP! If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.

Test Yourself:
Does the yogurt above meet the sugar requirement?
(Check your answer on the next page)
Serving Size: _____
Sugars: _____
☐ Yes ☐ No

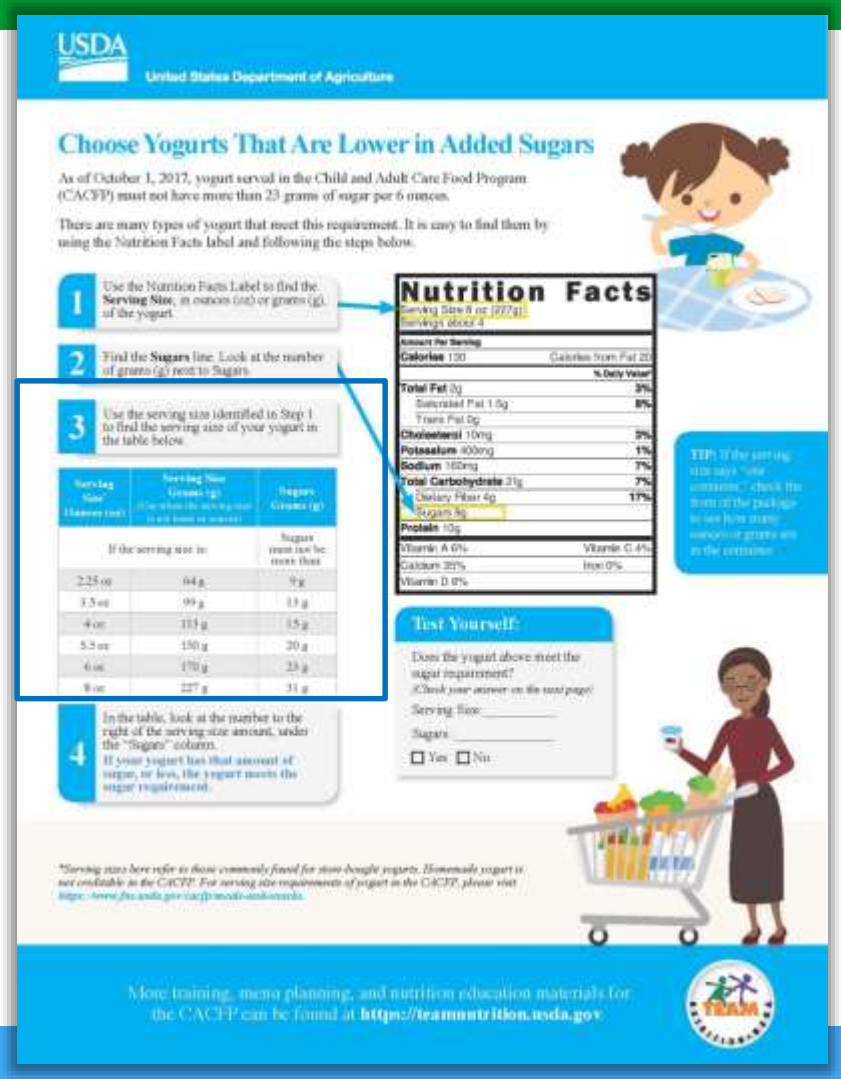
*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP. For serving size requirements of yogurt in the CACFP, please visit https://www.fns.usda.gov/cacfp/meals-and-snacks.

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

TEAM

2 Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

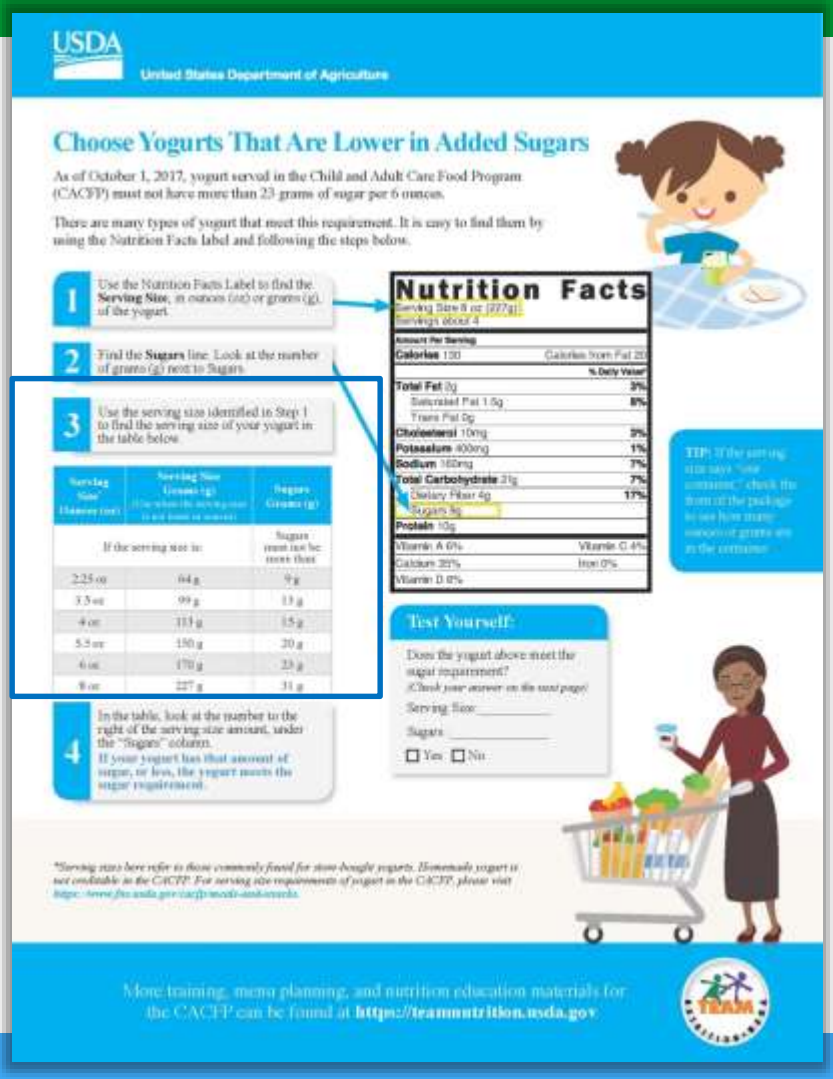
Step 3



3 Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

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

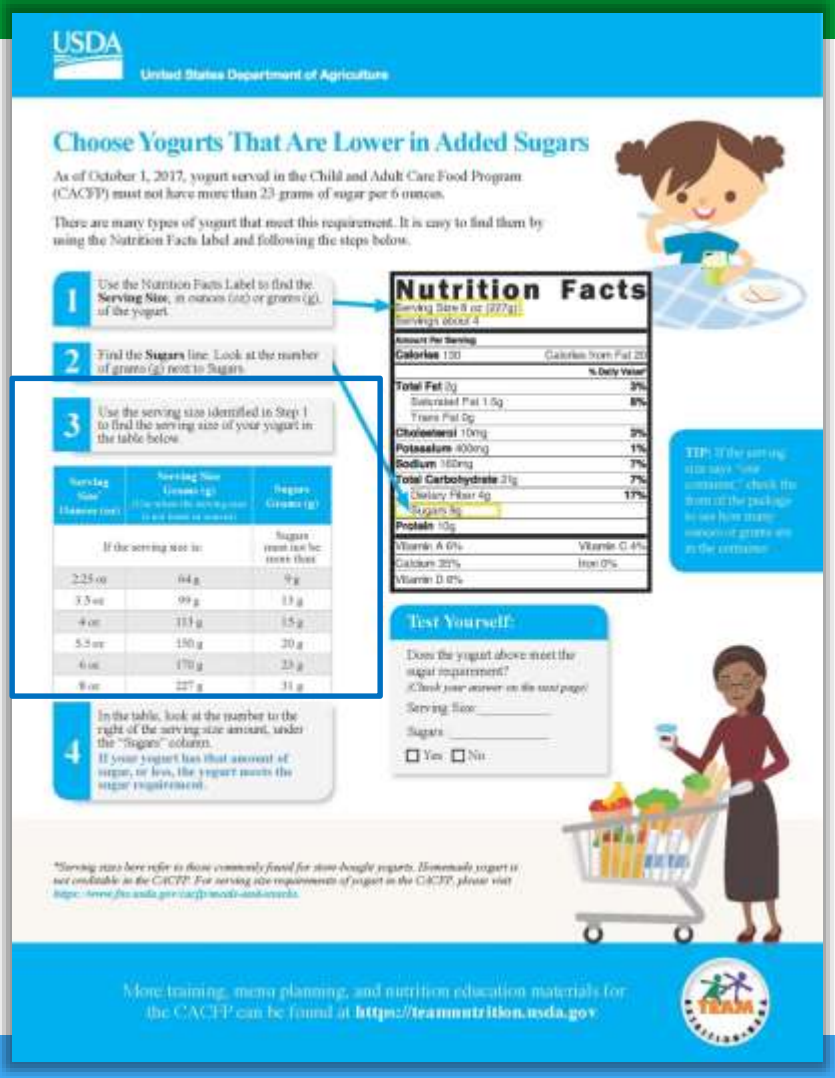
Step 3



3 Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

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

Step 3



3 Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

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

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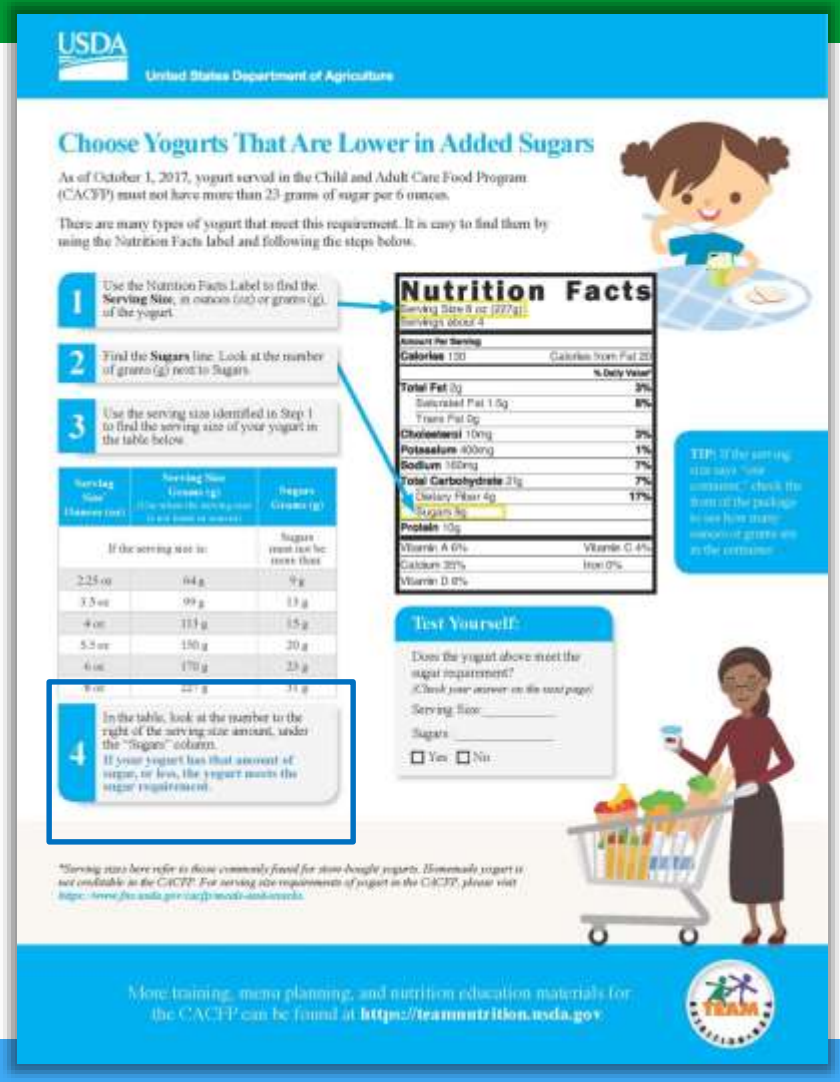
Step 4

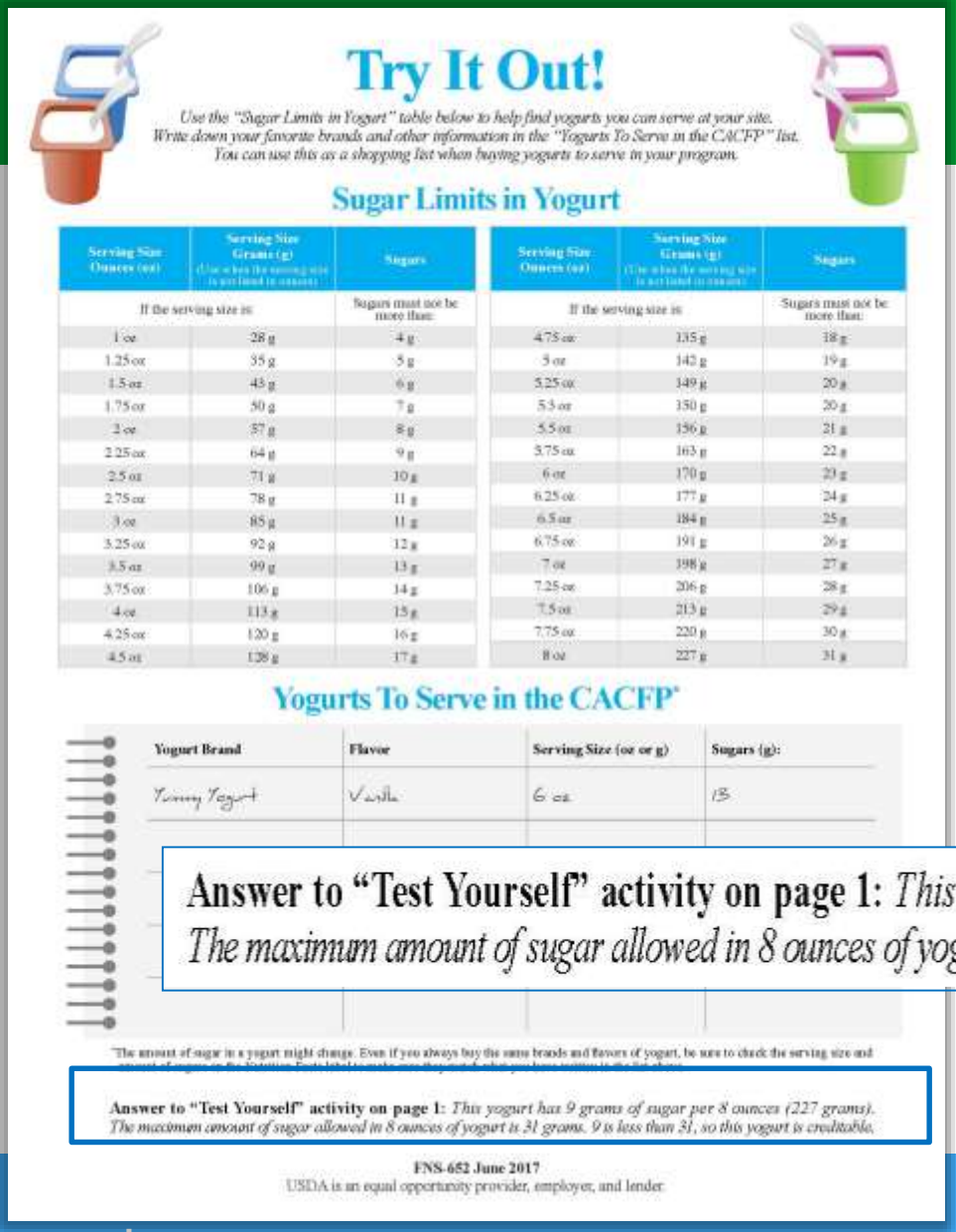


4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column.

If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

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

NDA
Nevada Department of Agriculture



Try It Out!

Use the "Sugar Limits in Yogurt" table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the "Yogurts To Serve in the CACFP" list. You can use this as a shopping list when buying yogurts to serve in your program.

Sugar Limits in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars
If the serving size is:		Sugars must not be more than:
1 oz	28 g	4 g
1.25 oz	35 g	5 g
1.5 oz	43 g	6 g
1.75 oz	50 g	7 g
2 oz	57 g	8 g
2.25 oz	64 g	9 g
2.5 oz	71 g	10 g
2.75 oz	78 g	11 g
3 oz	85 g	11 g
3.25 oz	92 g	12 g
3.5 oz	99 g	13 g
3.75 oz	106 g	14 g
4 oz	113 g	15 g
4.25 oz	120 g	16 g
4.5 oz	128 g	17 g

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars
If the serving size is:		Sugars must not be more than:
4.75 oz	135 g	18 g
5 oz	142 g	19 g
5.25 oz	149 g	20 g
5.3 oz	150 g	20 g
5.5 oz	156 g	21 g
5.75 oz	163 g	22 g
6 oz	170 g	23 g
6.25 oz	177 g	24 g
6.5 oz	184 g	25 g
6.75 oz	191 g	26 g
7 oz	198 g	27 g
7.25 oz	206 g	28 g
7.5 oz	213 g	29 g
7.75 oz	220 g	30 g
8 oz	227 g	31 g

Yogurts To Serve in the CACFP

Yogurt Brand	Flavor	Serving Size (oz or g)	Sugars (g):
Yummy Yogurt	Vanilla	6 oz	13

"The amount of sugar in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of sugar on the Nutrition Facts label every time you buy it to be sure it is still creditable."

Answer to "Test Yourself" activity on page 1: *This yogurt has 9 grams of sugar per 8 ounces (227 grams). The maximum amount of sugar allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt is creditable.*

FNS-652 June 2017

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Answer to "Test Yourself" activity on page 1: *This yogurt has 9 grams of sugar per 8 ounces (227 grams). The maximum amount of sugar allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt is creditable.*

Try It Out!

Use the "Sugar Limits in Yogurt" table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the "Yogurts To Serve in the CACFP" list. You can use this as a shopping list when buying yogurts to serve in your program.

Sugar Limits in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars	Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars
If the serving size is:		Sugars must not be more than:	If the serving size is:		Sugars must not be more than:
1 oz	28 g	4 g	4.75 oz	135 g	18 g
1.25 oz	35 g	5 g	5 oz	142 g	19 g
1.5 oz	43 g	6 g	5.25 oz	149 g	20 g
1.75 oz	50 g	7 g	5.3 oz	150 g	20 g
2 oz	57 g	8 g	5.5 oz	156 g	21 g
2.25 oz	64 g	9 g	5.75 oz	163 g	22 g
2.5 oz	71 g	10 g	6 oz	170 g	23 g
2.75 oz	78 g	11 g	6.25 oz	177 g	24 g
3 oz	85 g	11 g	6.5 oz	184 g	25 g
3.25 oz	92 g	12 g	6.75 oz	191 g	26 g
3.5 oz	99 g	13 g	7 oz	198 g	27 g
3.75 oz	106 g	14 g	7.25 oz	206 g	28 g
4 oz	113 g	15 g	7.5 oz	213 g	29 g
4.25 oz	120 g	16 g	7.75 oz	220 g	30 g
4.5 oz	128 g	17 g	8 oz	227 g	31 g

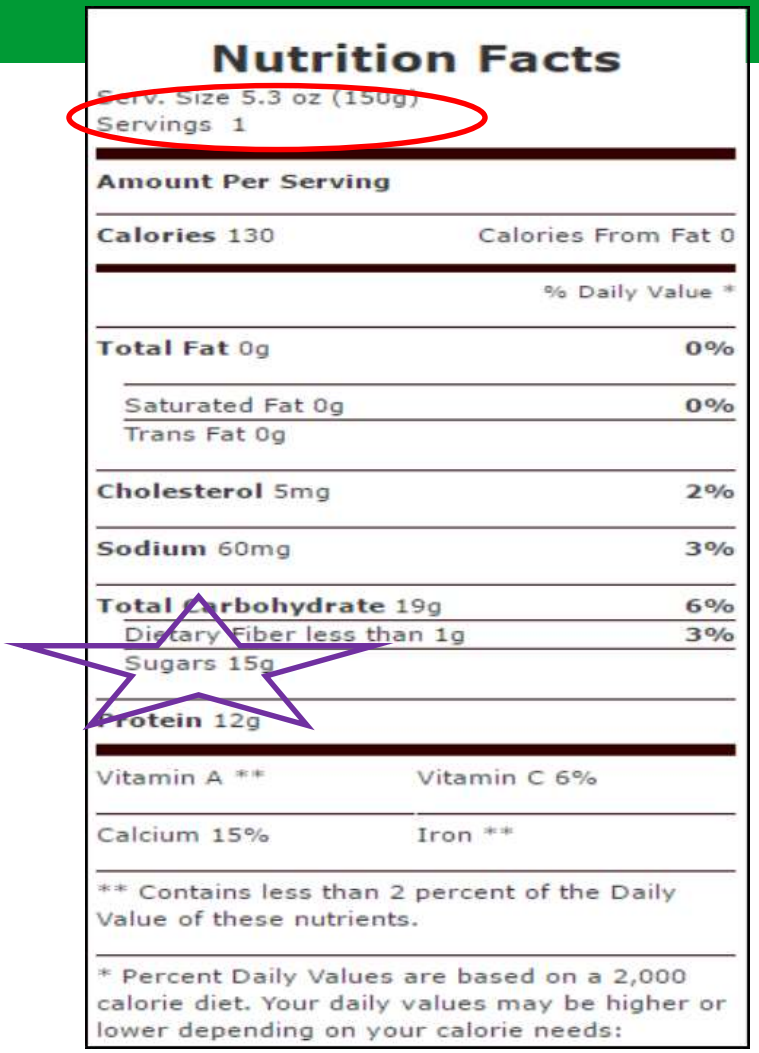
Yogurts To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Sugars (g):
Yummy Yogurt	Vanilla	6 oz	13

*The amount of sugar in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

Answer to "Test Yourself" activity on page 1: *This yogurt has 9 grams of sugar per 8 ounces (227 grams). The maximum amount of sugar allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt is creditable.*

FNS-652 June 2017



Nutrition Facts

Serv. Size 5.3 oz (150g)
Servings 1

Amount Per Serving

Calories 130 — Calories From Fat 0

% Daily Value *

Total Fat 0g — **0%**
Saturated Fat 0g — **0%**
Trans Fat 0g

Cholesterol 5mg — **2%**

Sodium 60mg — **3%**

Total Carbohydrate 19g — **6%**
Dietary Fiber less than 1g — **3%**
Sugars 15g

Protein 12g

Vitamin A ** — Vitamin C 6%

Calcium 15% — Iron **

** Contains less than 2 percent of the Daily Value of these nutrients.

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

A Brand
Strawberry Yogurt

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

Non-Creditable Yogurt Products

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

Milk Component

Updates

- **More defined age groups for milk**
- **Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs**

Breastmilk Past 12 Months

- **May be served to children of any age**
- **Reimbursable:**
  - If a parent/guardian provides expressed breastmilk
  - A mother breastfeeds her child onsite
- **May be served in combination with other milk types**
  - E.g., mother brings ¼ cup for 1 year old, provider would supply ¼ cup whole unflavored milk for a total of ½ cup serving

One Year Olds

- **Most 1 year olds need whole milk**
  - Provides higher fat content
- **Whole unflavored milk is required at breakfast, lunch, & supper**
  - Optional at snack
- **Serve 4 fl oz (½ cup) of unflavored whole milk**

Transition Period

- **One-month transition period is allowable**
  - Switch from whole milk to low-fat or fat-free milk
- **Children 24 months to 25 months may be served**
  - Whole milk or reduced-fat (2%) milk

2 to 5 Year Olds

- **Serve unflavored low-fat (1%) milk or fat-free (skim) milk**
- **Minimum serving sizes**
  - 2 years, 4 fl oz or ½ cup
  - 3-5 years, 6 fl oz or ¾ cup
- **Flavored milk is not reimbursable**

6 Year Olds +

- **Options:**
  - unflavored low-fat (1%) or fat-free (skim) milk
  - **flavored** fat-free milk
- **Minimum serving sizes**
  - 8 fl oz or 1 cup
- **Flavored Milk**
  - Serve **only fat-free flavored milk**
  - Adding syrup or flavored milk powder is only allowed for **fat-free plain milk**

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

Required when a disability calls for a non-dairy beverage that is **not** nutritionally equivalent to cow's milk

Medical Statements

Medical statements must include:

- Detailed information about the participant's disability
- List of Alternate food items
- Prescribed and signed by a State recognized medical authority

Accepting Medical Statements

- **Review it carefully**
- **Request additional information, if necessary**

Serving Meat and Meat Alternates at Breakfast

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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)	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)

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://teamnutrition.usda.gov**.

TEAM Nutrition

Nevada Department of Agriculture

General Guidelines

- Meat (M) and Meat Alternates (MA) can be served 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

Ounce Equivalent

- **1 oz eq of M/MA is 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

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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

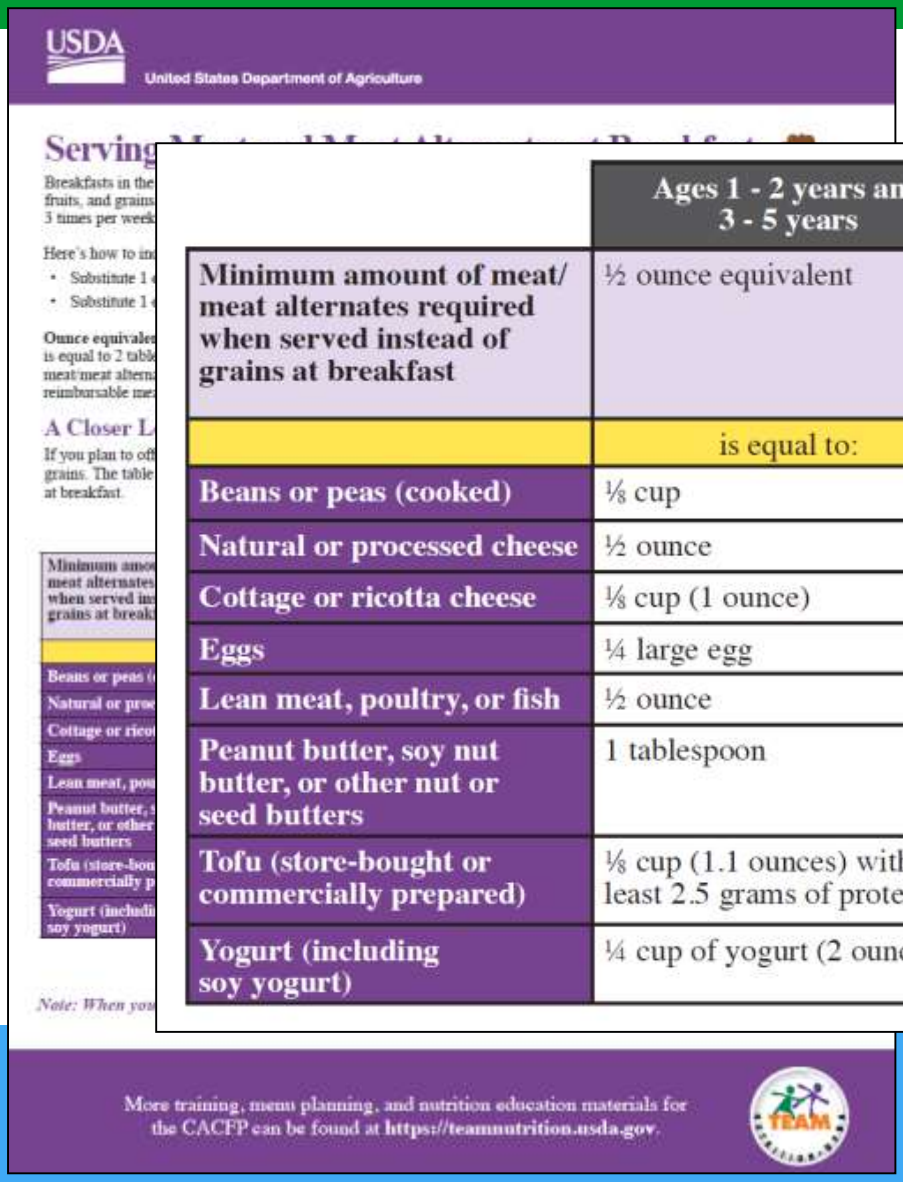
If you plan to offer a meat or meat alternate at breakfast in place of grains, it must replace the entire required amount of grains. The table below shows the minimum amount of a meat or meat alternate you would need to serve in place of grains at breakfast.

	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)	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

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://teamnutrition.usda.gov**.

Serving Sizes for M/MA 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)

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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)

Try It Out!

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, how much yogurt do you need to serve?

- ❑ **1/8 cup**
- ❑ **¼ cup**
- ❑ **1 tablespoon**
- ❑ **½ tablespoon**

Answer

	Ages 1 - 2 years and 3 - 5 years
Minimum amount of meat/ meat alternates required when served instead of grains at breakfast	½ ounce equivalent
	is equal to:
Beans or peas (cooked)	⅛ cup
Natural or processed cheese	½ ounce
Cottage or ricotta cheese	⅛ cup (1 ounce)
Eggs	¼ large egg
Lean meat, poultry, or fish	½ ounce
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon
Tofu (store-bought or commercially prepared)	⅛ cup (1.1 ounces) with at least 2.5 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)

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, how much yogurt do you need to serve?

- ❑ 1/8 cup
- ❑ ¼ cup
- ❑ 1 tablespoon
- ❑ ½ tablespoon

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.

Mix It Up at Breakfast

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1. Your adult day care center is open 4 days a week. How many times per week may you serve meat and meat alternatives in place of grains at breakast?

2. Your child care home is open 7 days per week. How many times per week may you serve meat and meat alternatives in place of grains at breakast?

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?

Answer Key:

1. 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.

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.

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.

FNS-657 February 2018
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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 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**.

meat alternatives in place of grains at breakast?

2. Your child care home is open 7 days per week. How many times per week may you serve meat and meat alternatives in place of grains at breakast?

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?

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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.

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Standalone

	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 and Meat Alternates

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

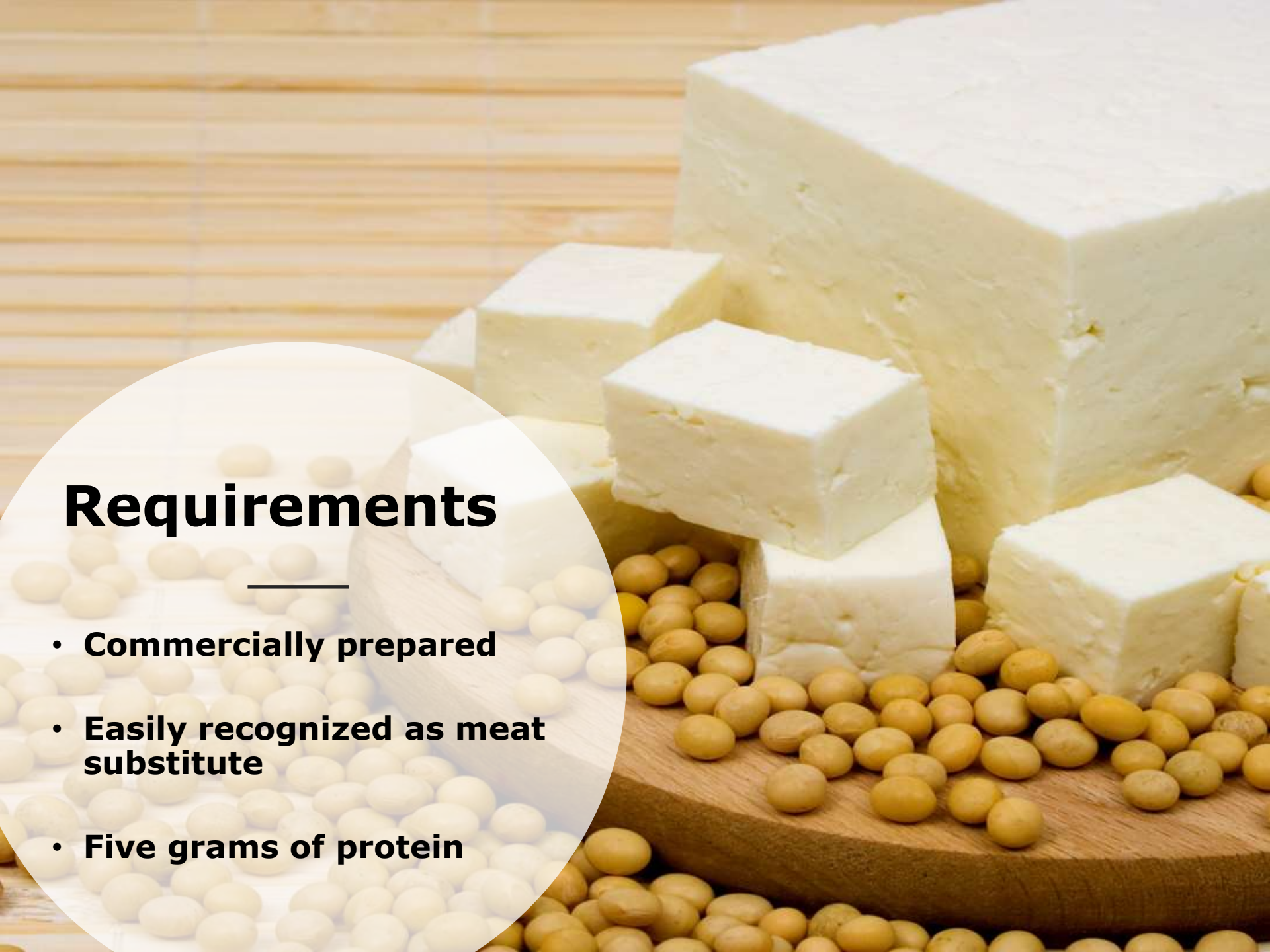
	Example 1	Example 2	Example 3
Milk	Low-fat (1%) Milk	Fat-free (Skim) Milk	Low-fat (1%) Milk
Vegetable/ Fruit	Mixed Berries	Melon Cubes	Orange Slices
Meat/Meat Alternate	Low-Fat Cottage Cheese with Chopped Nuts or Seeds	Ham and Cheese Roll-ups	Scrambled Eggs with Cheese

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 M/MA for child & adult meals**
- **Does not credit toward reimbursable meals for infants**



Requirements

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

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

Five Grams of Protein

- **Must contain 5 grams of protein per 2.2 ounces (¼ cup) by weight to credit as 1 ounce of M/MA**

Other M/MA

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

Types of Meal Services in the CACFP

- **Meal service impacts what participants eat**

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

Family Style Meal Service

"(FSMS) allows children & adults to serve themselves from common serving bowls & platters of food…"

Supervising adults may provide assistance as needed

Benefits of FSMS

- Promotes social, emotional, & motor skills
- Encourages children to try new foods
- Provides control over eating for children & adults

FSMS Guidelines

- **Place enough food at each table to provide the required portions**
  - Children & supervising adults (optional)

- **Example:**
- **3 children (3-5 years) & 1 supervising adult**
  - Minimum serving size is ¼ cup for sliced apples
  - Place 1 cup of sliced apples in shared bowl
    - Includes ¼ cup for supervising adult

Each participant and supervising adult would serve themselves ¼ cup to meet the minimum requirement for fruit component

Portion Amount

- **Children & adults may take smaller portions than required**
- **Actively encourage participants to take the full serving**
- **If the food is refused, do not force**
  - Meals are reimbursable as long as all food components are offered

Supervising Adults in FSMS

- **Eating meals with children is one of the most important ways of promoting healthy eating habits**

- Supervising adult meals are not reimbursable but are an allowable expense

CACFP Infant & Child Meal Pattern Menu Plans

CACFP Child Menu Changes Plan

Did you check "No" on any items in the Checklist? Use the space below to plan what you will change to meet the new CACFP Meal Patterns.

Menu	Planned Improvement			
Specific - *what is the menu item you are setting the goal for?*	**Measurable** - *how will you measure that the goal has been met?*	**Achievable -** *do you have the skills and resources to meet the goal?*	**Relevant -** *why is the result important?*	**Time-Bound -** *what is the time frame for accomplishing this goal?*
Example: granola bars are served at snack	*Items removed from menu*	*Yes, instead of granola bars, serve whole grain crackers or cereal to replace the granola bars as the grain*	*To comply with CACFP meal pattern requirements*	*Replace item by Tuesday, April 2, 2019*

Notes:

Share your SMART Goals

Creating positive meal time experiences

Reward & Punishment

Using food as a reward for good behavior or punishment for less pleasing behaviors may:

- Negative effect on development & socialization
- Rewards may lead to unhealthy relationship with food
- Punishment may cause overeating

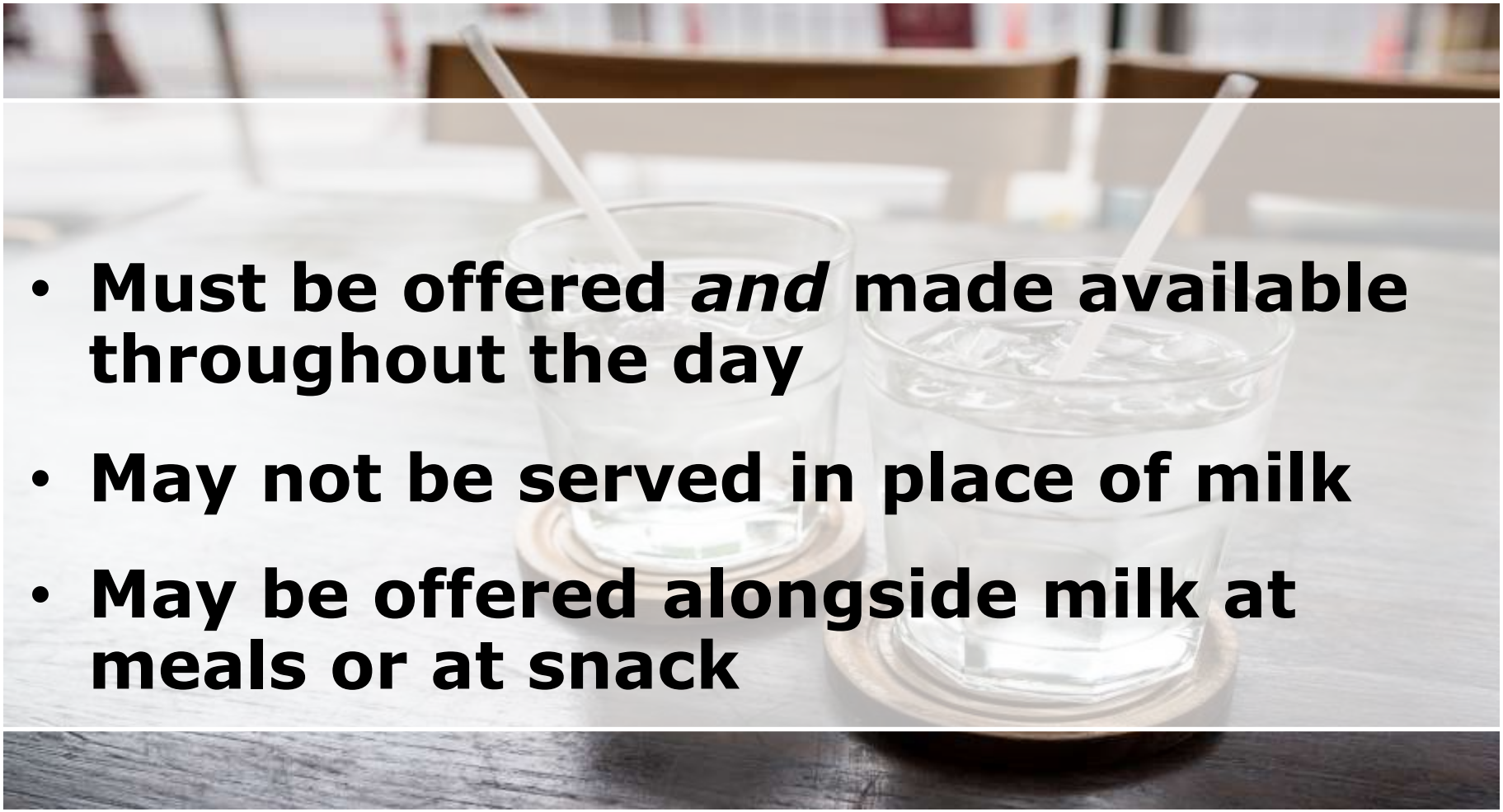
Not allowed in CACFP facilities

Forcing Children to Eat

- Causes children to eat more than they need
- Fail to listen to hunger cues
- Increases risk of being overweight

Not allowed in CACFP facilities

Serving Water in CACFP



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

Flavoring Water

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

CACFP Best Practices

INFA NTS

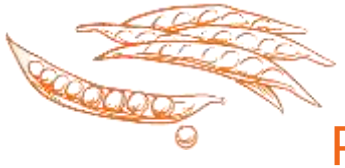
- Support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care
- Offer a quiet, private area that is comfortable and sanitary for mothers who come to the center or day care home to breastfeed

CACFP Best Practices

FRUIT

Make at least 1 of the 2 required components of a snack a fruit (or a vegetable)

- Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice



VEGETABLE

Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week

NATIONAL CACFP SPONSORS ASSOCIATION

Visit cacfp.org for more information.
CACFP is an indicator of quality Child Care.
This institution is an equal opportunity provider.

CACFP Best Practices

- Serve only unflavored milk to all participants
  If flavored milk is served to children 6 years old and older, or adults, use the **Nutrition Facts Label** to **select and serve flavored milk that contain no more than 22 grams of sugar per 8 fluid ounces, or the flavored milk with the lowest amount of sugar** if flavored milk within this sugar limit is not available

- Serve water as a beverage when serving yogurt in place of milk for adult

CACFP Best Practices

MEAT/MEAT ALTERNATIVES

- Serve only lean meats, nuts, and legumes
- Limit serving processed meats to no more than one serving per week
- Serve only natural cheeses and choose low-fat or reduced fat-cheeses

CACFP Best Practices

GRAINS

Provide at least two servings of whole grain-rich grains per day

NATIONAL CACFP SPONSORS ASSOCIATION

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What has been successful at your facility?

Additional Resources

- **USDA Team Nutrition: https://www.fns.usda.gov/tn**
- **Nevada WIC: http://nevadawic.org/**
- **National CACFP Sponsor Association: https://www.cacfp.org/**
- **Nevada Department of Agriculture http://nutrition.nv.gov/**

Questions?

Post-assessment

Comprehensive Post-Assessment

Non-Name Identifier_____

Instructions: Place the same non-name identifier used on the Pre-Assessment in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. During the one-month transition period, children between the ages of 24-25 months may be served _____. Select the best answer.
    a. whole and low-fat (1%) milk only
    b. whole, breastmilk, and flavored reduced-fat (2%) milk
    c. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
    d. whole, low-fat (1%), fat-free milk, or breastmilk only

2. A medical statement is required when non-dairy beverages meet the nutritional standards found in cow's milk. True or False?
    a. True
    b. False

3. When serving meals offer versus serve, a combination food contains _____ _____.
    a. more than one food item from different food components that cannot be separated.
    b. less than two food items from different food components that cannot be separated.
    c. more than two food items from the same food components.
    d. less than three ingredient from different food components.

4. When serving two vegetables as part of a reimbursable meal, a CACFP operator must offer _____. Select the best answer.
    a. one type of vegetable, served in two different forms, such as baked potatoes and mashed potatoes.
    b. three different types of vegetables, such as roasted carrots, baked beans, and steamed broccoli.
    c. two different types of vegetables, such as roasted asparagus and baked sweet potato slices.
    d. two types of vegetables from different sub-groups.

5. When using offer versus serve at breakfast, you must offer_____, in the minimum serving sizes .
    a. four different food items
    b. three different food component
    c. two different food items from three different components
    d. four different food components

6. What are the requirements for serving tofu and soy yogurt in CACFP settings?
    a. Commercially prepared, easily recognized as meat substitute, contains five grams of protein
    b. Contains five grams of protein, appealing to children, and contains four grams of protein
    c. Commercially prepared, 100% soy product, contains three grams of protein
    d. Commercially prepared, easily recognized as meat or grain substitute, contains three grams of protein

7. How many times per week can CACFP operators serve meat and meat alternatives in place of grains at breakfast?
    a. Two
    b. Three
    c. One
    d. Zero

8. During the breakfast meal, CACFP operators must serve a meat/meat alternate in place of the entire grain component five times per week. True or False?
    a. True
    b. False

9. Yogurt must contain no more than_____grams of sugar per_____ounces.
    a. 20 grams, 4 ounces
    b. 23 grams, 1 ounce
    c. 23 grams, 6 ounces
    d. 23 grams, 6 ounces

10. How many times can a CACFP operator serve juice to children and adults in a single day?
    a. 3 times per day
    b. 1 time per day
    c. 0 times per day
    d. 4 times per day

11. Which age groups can a CACFP operator serve fat-free flavored milk?
    a. 3-5 years
    b. 5-12 years
    c. 1-12 years
    d. 6-12 years

12. When serving adult participants, a CACFP operator may serve yogurt in place of milk a total of _____ time(s) per day. Select the best answer.
    a. one
    b. two
    c. zero
    d. three

13. Which frying method is no longer allowed as an approved method for preparing meals on-site in CACFP settings?
    a. Pan-frying
    b. Deep-fat frying
    c. Stir-frying
    d. All of the above

14. Each day, at least_____serving(s) of grains must be whole grain-rich.
    a. one
    b. three
    c. zero
    d. two

15. Breakfast cereals must contain no more than_____grams of sugar per dry ounce.
    a. three
    b. five
    c. six
    d. thirteen

Milk Component Updates
Post-Assessment

Non-Name Identifier_____

Instructions: Place the same non-name identifier used on the Pre-Assessment in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. During the one-month transition period, children between the ages of 24-25 months may be served _____. Select the best answer.
    a. whole and low-fat (1%) milk only
    b. whole, breastmilk, flavored reduced-fat (2%) milk
    c. whole, reduced-fat (2%), low-fat (1%), fat-free, and breastmilk
    d. whole, low-fat (1%), breastmilk, or fat-free milk only

2. A medical statement is required when non-dairy beverages meet the nutritional standards found in cow's milk. True or False?
    a. True
    b. False

3. Which age groups can a CACFP operator serve fat-free flavored milk?
    a. 3-5 years
    b. 5-12 years
    c. 1-12 years
    d. 6-12 years

4. When serving adult participants, a CACFP operator may serve yogurt in place of milk a total of _____ time(s). Select the best answer.
    a. one
    b. two
    c. zero
    d. three

5. When serving children flavored water, A CACFP operator must also make plain water available. True or False?
    a. True
    b. False

Meat and Meat Alternates Component Updates
Post-Assessment

Non-Name Identifier_____

Instructions: Place the same non-name identifier used on the Pre-Assessment in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. Yogurt must contain no more than_____grams of sugar per_____ounces.
    a. 20 grams, 4 ounces
    b. 23 grams, 1 ounce
    c. 23 grams, 6 ounces
    d. 26 grams, 6 ounces

2. What are the requirements for serving tofu and soy yogurt in CACFP settings?
    a. Commercially prepared, easily recognized as meat substitute, contains five grams of protein
    b. Contains five grams of protein, appealing to children, and contains four grams of protein
    c. Commercially prepared, 100% soy product, contains three grams of protein
    d. Commercially prepared, easily recognized as meat or grain substitute, contains three grams of protein

3. Which item is a non-creditable yogurt product?
    a. Drinkable yogurt
    b. Homemade yogurt
    c. Yogurt flavored products
    d. All of the above

4. How many times per week can CACFP operators serve meat and meat alternatives in place of grains at breakfast?
    a. Two
    b. Three
    c. One
    d. Zero

Vegetable and Fruit Component(s) Updates
Post-Assessment

Non-Name Identifier_____

Instructions: Place the same non-name identifier used on the Pre-Assessment in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. How many times can a CACFP operator serve juice to children and adults in a single day?
    a. 3 times per day
    b. 1 time per day
    c. 0 times per day
    d. 4 times per day

2. Which meal will be disallowed if a CACFP operator claims juice for more than one meal, including snack?
    a. The meal with the highest reimbursement rate that contains juice
    b. The meal with the lowest reimbursement rate that does not contain juice
    c. All meals and snacks in which the juice was served
    d. The meal or snack with the lowest reimbursement rate that contains juice

3. When serving two vegetables as part of a reimbursable meal, a CACFP operator must offer _____. Select the best answer.
    a. one type of vegetable, served in two different forms, such as baked potatoes and mashed potatoes.
    b. three different types of vegetables, such as roasted carrots, baked beans, and steamed broccoli.
    c. two different types of vegetables, such as roasted asparagus and baked sweet potato slices.
    d. two types of vegetables from different sub-groups.

4. Vegetables and fruits are still a single component at_____. Select the best answer.
    a. breakfast.
    b. lunch.
    c. snack.
    d. supper.

5. Juice blends now credit as a fruit only in the updated requirements. True or False?
    a. True
    b. False

6. If a CACFP operator has a morning group and an afternoon group, can he/she serve juice to both groups as part of a reimbursable meal or snack?
    a. Yes
    b. No

Grains Component Updates
Post-Assessment

Non-Name Identifier_____

Instructions: Place the same non-name identifier used on the Pre-Assessment in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. Which item is not a grain-based dessert?
   a. Cinnamon breakfast round
   b. Strawberry granola bar
   c. English muffin
   d. Sweet potato pie

2. Each day, at least_____serving(s) of grains must be whole grain-rich.
   a. One
   b. Three
   c. Zero
   d. Two

3. Breakfast cereals must contain no more than_____grams of sugar per dry ounce.
   a. three
   b. five
   c. six
   d. thirteen

4. During the breakfast meal, CACFP operators must serve a meat/meat alternate in place of the entire grain component five times per week. True or False?
   a. True
   b. False

5. Grain-based desserts are those food items found in the Food Buying Guide for Child Nutrition Professional's Exhibit A with a superscript_____.
   a. 1 and 2
   b. 2 and 3
   c. 3 and 4
   d. 4 and 5

6. When using the rule of three, disregard any ingredients after the words "contains 2% or less." True or False?
   a. True
   b. False

Child and Adult Meal Service Updates
Post-Assessment

Non-Name Identifier_____

Instructions: Place the same non-name identifier used on the Pre-Assessment in the space provided at the top of this page. Then, read each question carefully and select the best answer.

1. Family style meal service is now required in all child and adult care settings. True or False?
    a. True
    b. False

2. When using offer versus serve at breakfast, you must offer_____, in the minimum serving sizes .
    a. four different food items
    b. three different food component
    c. two different food items from three different components
    d. four different food components

3. Rewards and punishment are not allowed in CACFP-operated facilities. True or False?
    a. True
    b. False

4. Which frying method is no longer allowed as an approved method for preparing meals on-site in CACFP settings?
    a. Pan-frying
    b. Deep-fat frying
    c. Stir-frying
    d. All of the above

5. When serving meals family style,_____are the only exception(s), children are not required to serve themselves (with/without a supervising adult).
    a. milk
    b. water
    c. milk and juice
    d. milk, juice, and water

6. When serving meals offer versus serve, a combination food contains _____ _____.
    a. more than one food item from different food components that cannot be separated.
    b. less than two food items from different food components that cannot be separated.
    c. more than two food items from the same food components.
    d. less than three ingredient from different food components.