

Welcome to the...



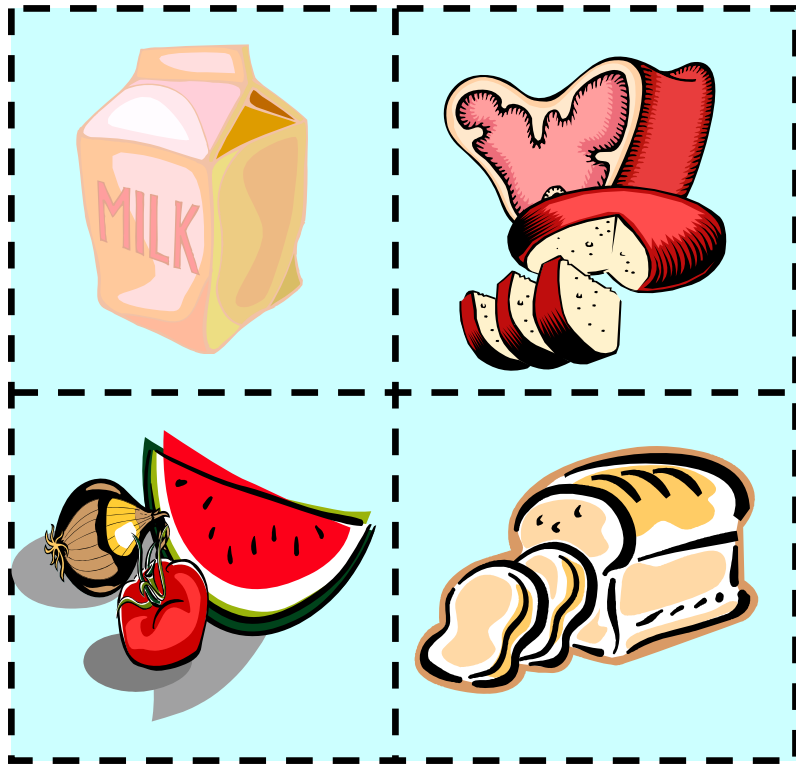
Building Menus

Today's Workshop will cover...



- Meal Patterns
- Meal Components
- Menu Planning

What is a Meal Pattern?

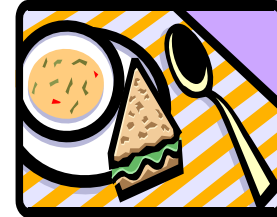


4 Food Components

A **Meal Pattern** is the set of food components, food items, and minimum quantities for a breakfast, snack, lunch, or supper for a specific age group of children.

Why Use a Meal Pattern?

Helps you plan meals and snacks



- Well balanced
- Nutritious
- Appealing
- Consistent with Dietary Guidelines

Breakfast Meal Pattern	
Food Components Age 3-5	Min. Quantity
Milk	3/4 cup
Fruit/Vegetable	1/2 cup
Grain/Bread	1/2 slice

Meal Patterns for Different Age Groups

- Infants

Birth through 3 months

4-7 months

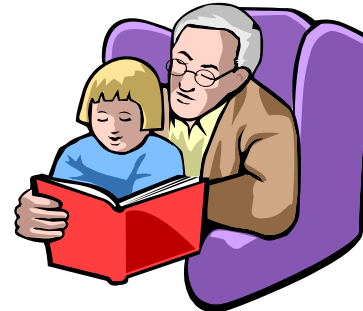
8 months -1st birthday

- Children

Ages 1-2 (toddler)

Ages 3-5 (preschooler)

Ages 6-12 (school-age)



Breakfast

- Milk
- Vegetable or Fruit or Juice
- Grain/Bread



Snack

Two different components of the following:

- Milk
- Meat or Meat Alternate
- Vegetable or Fruit or Juice
- Grain/Bread



Lunch or Supper

- Milk
- Meat or Meat Alternate
- 2 Different Vegetables or Fruits
- Grain/Bread



Meal Pattern Requirements

Michigan Department of Education
Child and Adult Care Food Program
Meal Pattern Requirements

	Ages 1-2	Ages 3-5	Ages 6-12
<p>Breakfast</p> <ul style="list-style-type: none"> • Milk, fluid * • Vegetable, Fruit or full strength juice * • Grains/Breads * (whole grain or enriched): Bread or cornbread, rolls, muffins or biscuits or cold dry cereal (volume or weight, whichever is less) or cooked cereal, pasta, noodle products, or grains 	<ul style="list-style-type: none"> ½ cup ¾ cup ½ slice ½ serving ¼ cup or ½oz ¾ cup 	<ul style="list-style-type: none"> ¾ cup ½ cup ½ slice ½ serving ½ cup or ½ oz ¾ cup 	<ul style="list-style-type: none"> 1 cup ½ cup 1 slice 1 serving ¾ cup or 1 oz ½ cup
<p>Lunch/Supper</p> <ul style="list-style-type: none"> • Milk, fluid * • Vegetable and/or Fruit (2 or more kinds) * • Grains/Breads * (whole grain or enriched): Bread or cornbread, rolls, muffins or biscuits or cooked cereal grains, pasta, or noodle products • Meat or Meat Alternates ** Lean meat, fish or poultry or alternate protein products * or cheese or cottage cheese, cheese food, cheese spread or yogurt or egg or cooked dry beans or dry peas or peanut butter, soy nut butter, or other nut or seed butters* or peanuts, or soy nuts, tree nuts, or seeds* 	<ul style="list-style-type: none"> ½ cup ¾ cup total ½ slice ½ serving ¾ cup 1 oz 1 oz 1 oz 2 oz (¼ cup) 4 oz (½ cup) ½ egg ¼ cup 2 Tbsp ½ oz 	<ul style="list-style-type: none"> ¾ cup ½ cup total ½ slice ½ serving ¾ cup 1 ½ oz 1 ½ oz 1 ½ oz 3 oz (¾ cup) 6 oz (¾ cup) ¾ egg ¾ cup 3 Tbsp ¾ oz 	<ul style="list-style-type: none"> 1 cup ¾ cup total 1 slice 1 serving ½ cup 2 oz 2 oz 2 oz 8 oz (1 cup) 1 egg ½ cup 4 Tbsp 1 oz
<p>Snack (Select 2 of the following 4 components)</p> <ul style="list-style-type: none"> • Milk, fluid * • Vegetable, Fruit or full strength juice ** • Grains/Breads * (whole grain or enriched): Bread or cornbread, rolls, muffins or biscuits or cold dry cereal (volume or weight, whichever is less) or cooked cereal grains, pasta, or noodle products • Meat or Meat Alternates ** Lean meat, fish or poultry or cheese or cottage cheese, cheese food, cheese spread or yogurt or egg or cooked dry beans or dry peas or peanut butter, soy nut butter, or other nut or seed butters* or peanuts, soy nuts, tree nuts, or seeds * 	<ul style="list-style-type: none"> ½ cup ¾ cup ½ slice ½ serving ¼ cup or ½oz ¾ cup ½ oz ½ oz 1 oz (¼ cup) 2 oz (¼ cup) ½ egg ½ cup 1 Tbsp ½ oz 	<ul style="list-style-type: none"> ½ cup ¾ cup ½ slice ½ serving ½ cup or ½ oz ¾ cup ½ oz ½ oz 1 oz (¼ cup) 2 oz (¼ cup) ½ egg ½ cup 1 Tbsp ½ oz 	<ul style="list-style-type: none"> 1 cup ¾ cup 1 slice 1 serving ¾ cup or 1 oz ½ cup 1 oz 1 oz 2 oz (¼ cup) 4 oz (¼ cup) ½ egg ½ cup 2 Tbsp 1 oz

* As purchased, fluid, fortified, whole, low fat, skim, cultured buttermilk, and flavored milk.
 ** Or an equivalent quantity of any combination.
 *** Full-strength vegetable or fruit juice may contribute to no more than one-half of this requirement.

* Cooked lean meat without bone or breading.
 ** No more than 50% of this meat/meat alternate requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to meet the requirement.
 *** The alternate protein product must contain at least 15% protein by weight when fully hydrated or formulated.
 **** Juice may not be served when milk is served as the only other component.

Meal Components

- Milk
- Meat and Meat Alternates
- Vegetables and Fruits
- Grains and Breads



Milk...

Any fluid milk that is pasteurized:

Whole

Low fat

Fat free

Cultured buttermilk

Lactose-reduced

Acidophilus

Flavored



- May be served for snack (but not with juice)
- Required quantity...based on age group served
- Required for breakfast, lunch and supper

How Must Milk Be Offered?



At lunch or
supper:

Serve milk as a
beverage

How Must Milk Be Offered?

At breakfast or snack:

Serve milk as a beverage, on cereal, or both



Milk



- Serve milk with meal/snack
- Use cups/glasses that hold required portion size
 - If smaller portion is initially served... offer seconds and encourage child to drink milk
- Milk used in cooking is not creditable
- Do not serve milk to infants under 1 year (unless medical statement on file)

Milk Portion Sizes

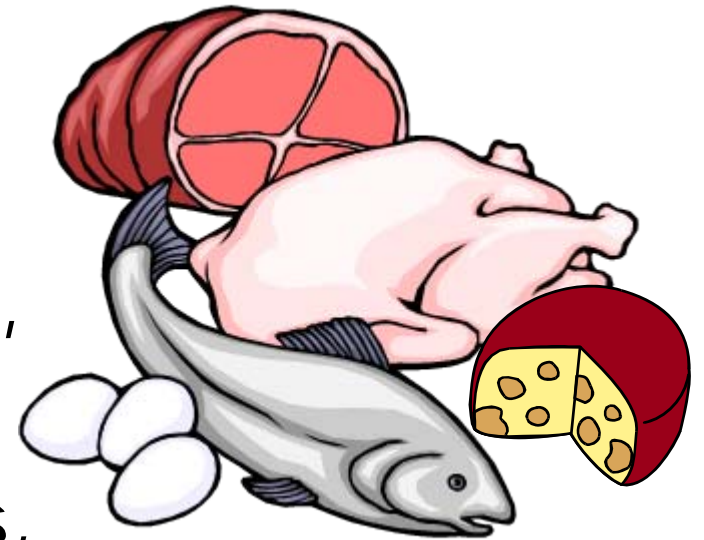


Meals	Age 1-2	Age 3-5	Age 6-12
Breakfast Lunch Supper	1/2 cup	3/4 cup	1 cup
Snack	1/2 cup	1/2 cup	1 cup

Meat and Meat Alternates

Choices include:

Meat, Poultry, Fish,
Alternate Protein Products,
Eggs, Cheese, Yogurt,
Cooked Dry Beans or Peas,
Peanut Butter/Other Nut Butters,
Nuts and Seeds



Meat and Meat Alternates

- Required at lunch/supper
- Must be in main dish
- May be served at snack as one of the two food components



Meat and Meat Alternates

Yogurt

- Serve to children age 1 year and older
- Plain or flavored
- Sweetened or unsweetened
- Drinkable and frozen yogurt is not creditable
- Fruit in yogurt not creditable unless you add it



$\frac{1}{2}$ cup = 1 ounce
 $\frac{3}{4}$ cup = 1.5 ounces

Meat and Meat Alternates

- **Nuts and Seeds**

- May be used to contribute to no more than 50% of the meat/meat alternate requirement for lunch and supper
- Can fulfill all of the meat/meat alternate requirement for snack

- **Nut and Seed Butters**

- May be used to contribute to 100% of the meat/meat alternate requirement for both meals and snacks



Caution: Serve only ground nuts/seeds to children under 4 (choking hazard)

Crediting Meat/Meat Alternate in Convenience Foods

- How do I determine the amount of meat/meat alternate in:

Pizza

Breaded chicken nuggets/patties

Corn dogs

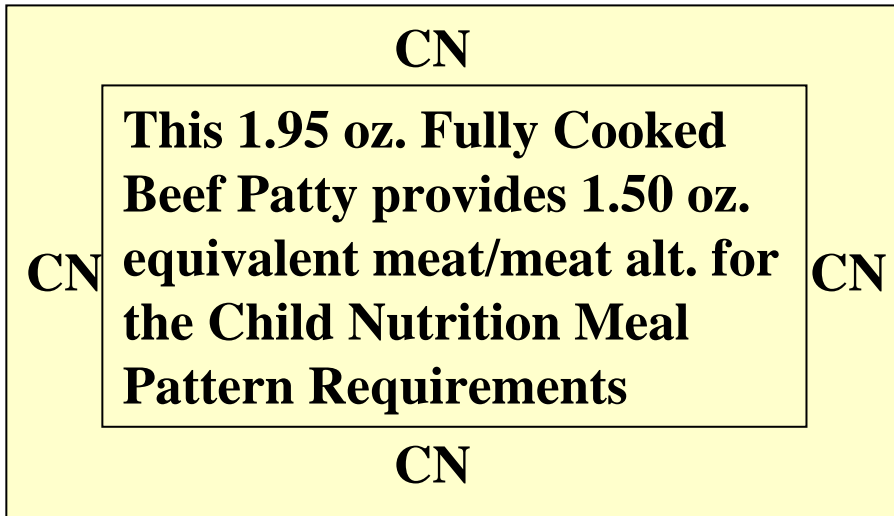
Ravioli (canned or frozen)

Fish sticks?



- Child Nutrition Label (CN) or written product analysis from the manufacturer

Child Nutrition Labels



- Voluntary USDA CN Labeling Program
- States contribute a food makes to the meal pattern
- CN Labeled products:
 - usually packaged in bulk
 - purchased from food vendor/distributor

Imitation Cheese or Cheese Product

Not creditable

Cheese products

Imitation cheese



Non-Creditable Meat & Meat Alternates

- Imitation bacon, frankfurters, crab...
- Commercial meat sauce
- Canned soups with meat/poultry, except: bean, lentil or split pea
- Bacon



Fruit/Vegetable (V/F) Requirements

- Two or more servings of different vegetables and/or fruits must be served to meet the V/F requirement at lunch and supper.
- A serving of V/F must be a minimum of 1/8 cup to be credited.



Cooked Dry Beans or Peas Requirements

May count as a
meat/meat alternate
or
fruit/vegetable

May not count as
both in the same meal



Crediting Fruits and Vegetables

Menu items such as:

- fruit cocktail
- mixed vegetables
- garden salad

count as one
fruit/vegetable
serving



Juice

- Juice must be 100% full strength
- For lunch or supper, juice can fulfill no more than one-half of the total requirement
- Full-strength juice meets the total requirement for breakfast or for snack
- Juice and milk may not be the only foods at snack



Crediting Fruits and Vegetables in Commercially Processed Foods

- Q:** How do I credit the quantity of vegetable in a serving of frozen pizza?
- A:** Use a CN labeled product or
Obtain a product analysis from the manufacturer

CN

CN

This 5.00 oz. Pizza with Cheese provides 2 oz. equivalent meat alternate, 2.25 servings of bread alternate and 1/8 cup vegetable for Child Nutrition Meal Pattern Requirements.

CN

CN



Crediting Fruits or Vegetables in a Combination Food

Spaghetti with
tomato and
meat sauce

- Tomato paste
- Canned diced tomatoes
- Onion



Consider Portion Sizes



When serving Fruit in Jell-O....

- Lunch/Supper....need 1/8 cup fruit per serving
- Snack...need 1/2 cup fruit per serving

When serving raisins at breakfast or snack...

- 1/2 cup for preschool children
- 3/4 cup for school-age children

Non-Creditable Fruits/Vegetables



- Home canned fruits and vegetables
- Ade drinks...lemonade, limeade, fruit drinks
- Cranberry juice cocktail, fruit punch and nectars
- Fruit snacks... fruit bars, candies or roll-ups
- Popsicles
- Pop Tart filling and fruit in breads or muffins
- Jellies or jam and catsup
- Fruit in commercially-prepared yogurt

Grains and Breads for Breakfast/Snacks



Sweet grain-based products:

- Toaster pastries
- Coffee cake
- Donuts
- Sweet rolls
- Cakes and cookies
- Creditable for breakfast and snack but not lunch and supper
- Cereals only creditable for breakfast and snacks

Grains and Breads

- **Grain and Bread items must be:**

- Enriched or
- Whole-grain or
- From enriched or whole-grain meal or flour



Cereals must be:

Enriched
Whole-grain
or Fortified

Enriched or Whole Grain

RITZ CRACKERS

INGREDIENTS: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Riboflavin, **Folic Acid**), Partially Hydrogenated Soybean Oil and/or Cottonseed Oil, Sugar, High Fructose Corn Syrup, Salt

QUAKER CHEWY GRANOLA BARS

INGREDIENTS: Granola (Whole grain rolled oats, rolled whole wheat, whole wheat flour, brown sugar, partially hydrogenated vegetable oil, dried coconut, honey),

Crediting Grains/Breads in Commercially Processed Combination Foods

Q: How do I credit the Bread/Grain in Mini Corn Dogs?

A: Use info from a CN Labeled Product or a Product Analysis from the Manufacturer



CN

CN

Six, .67 oz. mini corn dogs provides 2 oz. equivalent meat and 2 servings of bread alternate for Child Nutrition Meal Pattern Requirements.

CN

Non-Creditable Grains/Breads



- Carmel corn
- Corn
- Hominy
- Nut / seed meal or flour
- Potato chips
- Potatoes
- Potato pancakes
- Tapioca pudding

Menu Planning

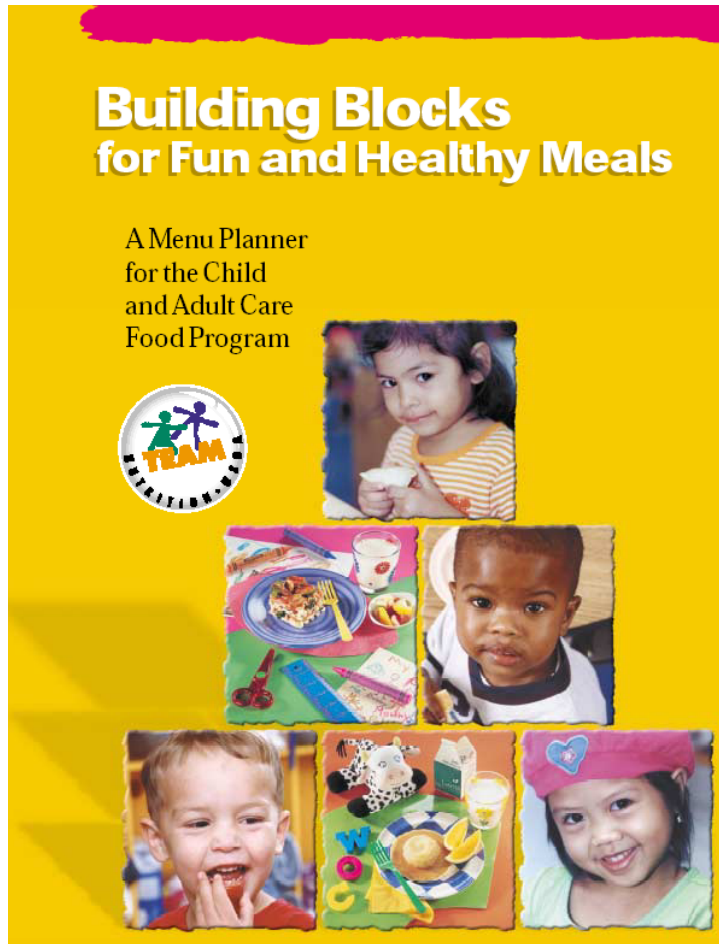
Keep in mind:

- Meal Pattern Requirements
- Balance
- Variety
- Contrast
- Color
- Eye Appeal



Plan the menus before buying food.

Menu Resources



Building Blocks for Fun and Healthy Meals

USDA Recipes for Child Care

The screenshot shows the USDA Resource Library website. At the top left is the USDA logo and the text "United States Department of Agriculture Food and Nutrition Service". To the right is a banner with the text "TEAM NUTRITION" and illustrations of children playing. Below the banner is a navigation menu with links: Home, About Team Nutrition, FNS Newsroom, Help, and Contact Us. The main content area has a breadcrumb trail: "You are here: Home > Resource Library > USDA Recipes for Child Care". Below this is a green header for "Resource Library". The main heading is "USDA Recipes for Child Care". The text below explains that the recipes from the 1999 publication "Child Care Recipes: Food for Health and Fun" have been updated to reflect changes in the 2001 "Food Buying Guide for Child Nutrition Programs". Revised recipes have been standardized, edited for consistency, analyzed for nutrient content, and updated with CCP information based on the 2005 "Food Code Supplement". The availability is noted as "Available: Online to all child care programs and state agencies." There are two links: "Index by Recipe Name" and "Index by Recipe Number". On the left side, there is a search box labeled "Search FNS" with a "Go" button and options to "Search all USDA" and "Search Tips". Below the search box are sections for "Browse by Audience" (with a dropdown menu set to "Information For ...") and "Browse by Subject" (with a list of categories: Join the Team, Healthy Schools, School Success Stories, Training Grants, Resource Library, and MyPyramid for Kids). At the bottom of the page, there is a footer with links: "FNS Home | FNCS Home | USDA.gov | FOIA | Accessibility Statement | Privacy Policy | Non-Discrimination Statement | Information Quality | FirstGov | White House".

USDA United States Department of Agriculture
Food and Nutrition Service

TEAM NUTRITION

Home About Team Nutrition FNS Newsroom Help Contact Us

You are here: [Home](#) > [Resource Library](#) > [USDA Recipes for Child Care](#)

Resource Library

USDA Recipes for Child Care

The recipes from the 1999 publication *Child Care Recipes: Food for Health and Fun* from USDA's Child and Adult Care Food Program have been updated to reflect the changes made in the 2001 *Food Buying Guide for Child Nutrition Programs*. Revised recipes have been standardized, edited for consistency, analyzed for nutrient content, and updated with CCP information based on the 2005 *Food Code Supplement*.

Available: Online to all child care programs and state agencies.

[Index by Recipe Name](#)

[Index by Recipe Number](#)

Search FNS

- Search all USDA
- Search Tips

Browse by Audience

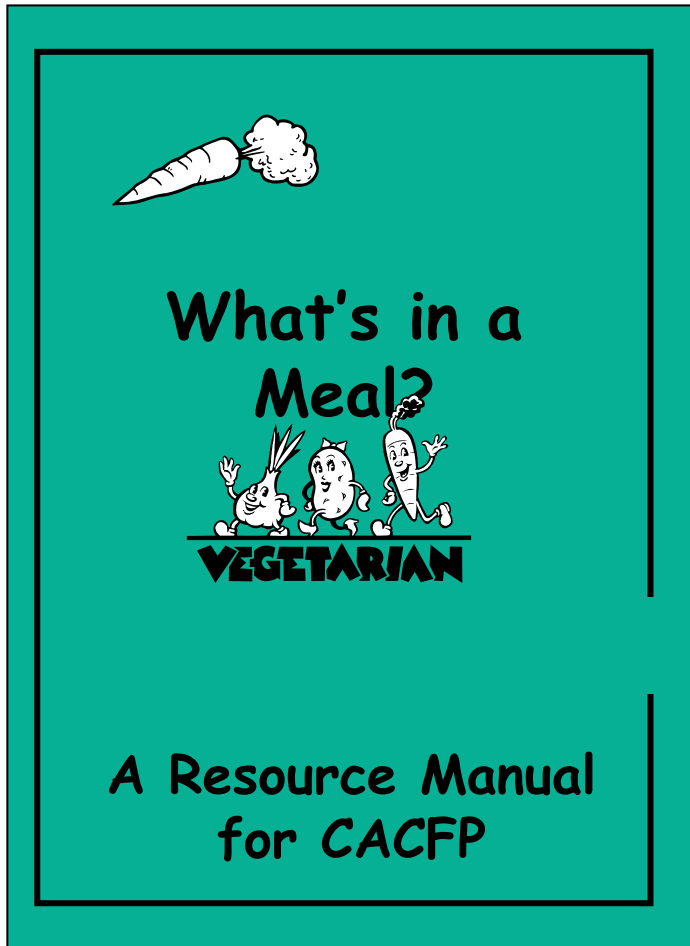
Information For ... ▾

Browse by Subject

- ▶ Join the Team
- ▶ Healthy Schools
- ▶ School Success Stories
- ▶ Training Grants
- ▶ **Resource Library**
- ▶ MyPyramid for Kids

FNS Home | FNCS Home | USDA.gov
FOIA | Accessibility Statement | Privacy Policy | Non-Discrimination Statement | Information Quality | FirstGov | White House

What's In A Meal?



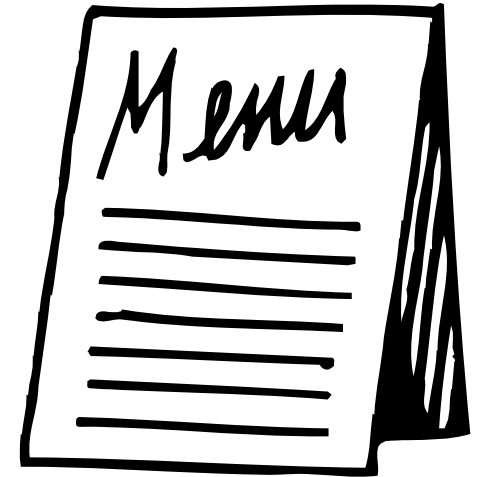
- Creditable and non-creditable foods

Download from website:
www.michigan.gov/cacfp

Written Menu

Written menus required for:

- Breakfast
- Lunch
- Supper
- All Snacks (am, pm, eve)
- Afterschool snack and supper



Menu Requirements



- Date
- Food Components
- Meal Type

Sample Menu Record

Michigan Department of Education
Child and Adult Care Food Program

Site/Room XYZ Child Care

Month October Year XXXX

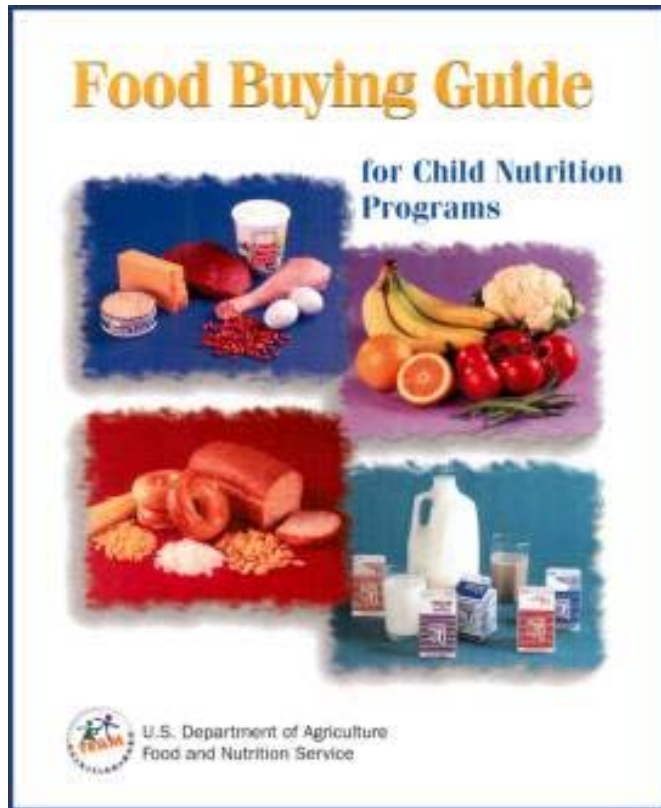
Sample Menu Record

	DATE: 10/1/xx	DATE: 10/2/xx	DATE: 10/3/xx	DATE: 10/4/xx	DATE: 10/5/xx
Breakfast 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	Milk Orange slices Cinnamon toast	Milk Fruit cocktail English muffin	Milk Applesauce Pancakes	Milk Hash Brown Potato Tortilla Scrambled egg	Milk Banana Cheerios
AM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	Lemon yogurt Blueberry muffin	Grilled Peanut Butter Sandwich Orange Pineapple Juice	Strawberries Biscuit	Milk Chex Mix	Chocolate milk Graham Crackers
Lunch 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Milk Cheese* Carrots & Celery Pineapple Chunks Pizza Crust* H. M. Pizza	Milk Pinto Beans* Cherries Corn Tortilla* H.M. Burrito	Milk Turkey Mashed potato Squash Bread stuffing	Milk Meatballs Green beans Peaches Rice	Milk Egg Salad Cucumbers Peas Bread
PM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	Tuna salad Crackers	Milk Oatmeal Cookies	Milk Spaghetti sauce & Breadstick	Broccoli & Cauliflower Cheese dip	Milk "Oven Fried" Potato wedges

In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Rev. 7/08

Food Buying Guide for Child Nutrition Programs



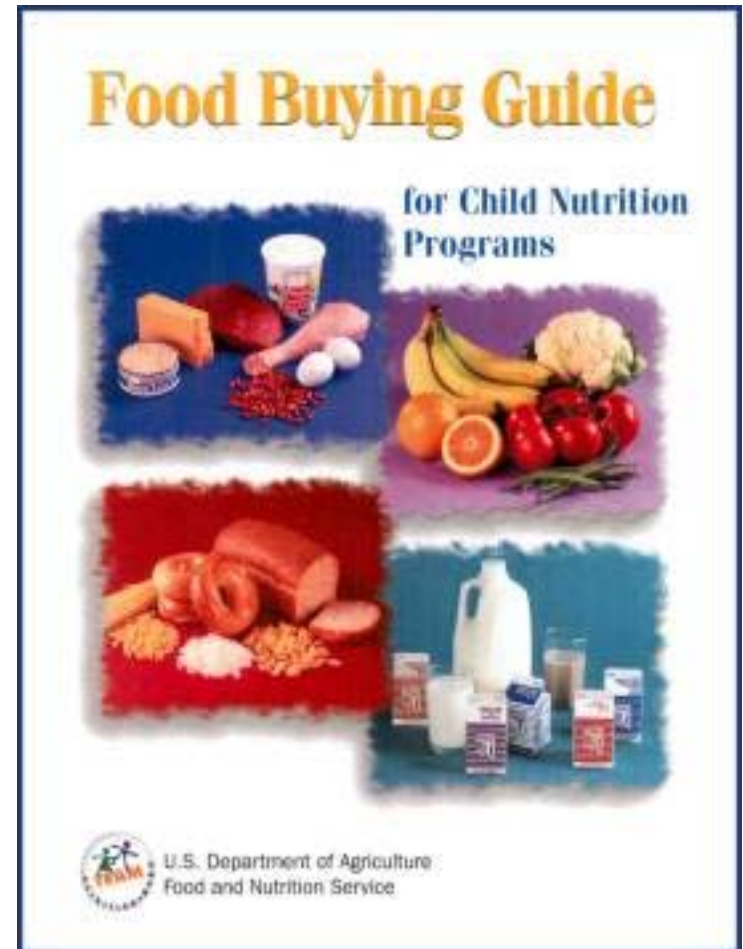
United States
Department of
Agriculture

Food and
Nutrition
Service

Food Buying Guide

Use the Food Buying Guide to:

- prepare enough food for participants
- determine how much food to purchase



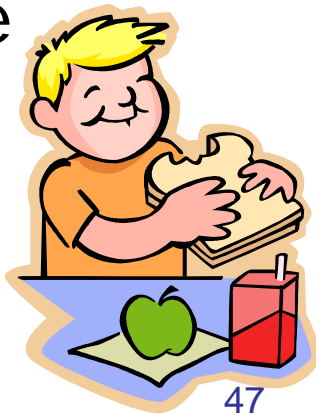
Pre-Plated System



- Food brought to classroom in containers
- Teacher pre-dishes the plate/tray
- Required portion size of each food component is placed on each plate/tray

Family Style

- The correct quantity of food must be brought to the table for each child and adult present
- Children serve themselves



Medical Exception Statement

- Required for a participant who cannot eat a reimbursable meal due to an allergy or medical condition
- An institution is required to provide substitution if:
 - child has a disability and
 - disability restricts the diet and
 - child has medical exception statement



Sanitation

Comply with:

- local health department
- licensing requirements



Questions?

Contact the Michigan Department of
Education, Child and Adult Care Food
Program

Phone: 517-373-7391

Email: mde-cnap-cacfp@michigan.gov

Web site: www.michigan.gov/cacfp