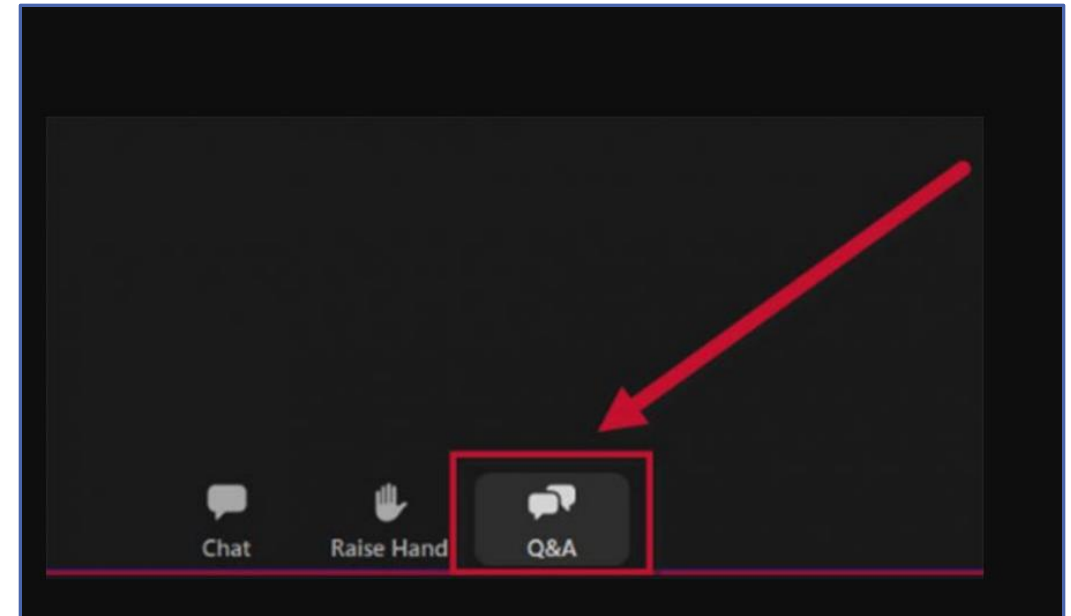




# CACFP Thinking Thursdays – Meal Pattern Basics

# WELCOME TO THINKING THURSDAYS!

- Participants are muted
- Enter your questions into the Q&A, not the Chat
- CACFP staff will answer questions in the Q&A
- Certificate will be emailed if you attend the entire webinar
- Thank you for your attendance!





# Let Us Know Who You Are!

## I work for a...

- Independent childcare center
- Sponsored childcare center
- Family childcare home
- Family Childcare Sponsor
- At-risk afterschool care center
- Adult day care center
- Sponsoring organization
- Emergency shelter
- School food authority



# Purpose of the CACFP Meal Pattern

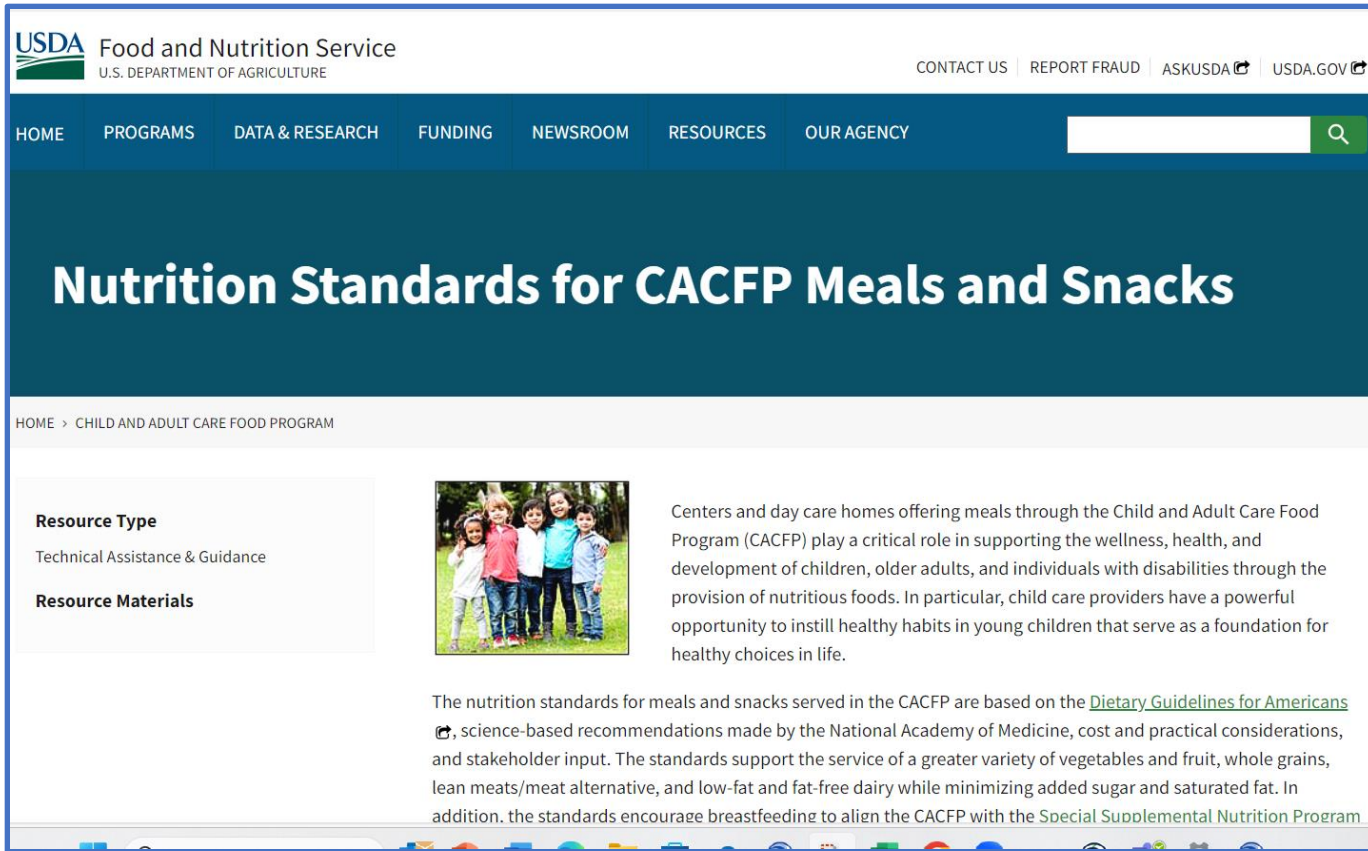
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- Address the current health status of children & adults in the United States
- Align the CACFP meal patterns with the *Dietary Guidelines for Americans*
- Help children develop healthy eating habits
- Safeguard the wellness of adult participants





# Nutrition Standards for CACFP Meals/Snacks



The screenshot shows the USDA Food and Nutrition Service website. The header includes the USDA logo, 'Food and Nutrition Service', and 'U.S. DEPARTMENT OF AGRICULTURE'. Navigation links include 'CONTACT US', 'REPORT FRAUD', 'ASKUSDA', and 'USDA.GOV'. A dark blue navigation bar contains links for 'HOME', 'PROGRAMS', 'DATA & RESEARCH', 'FUNDING', 'NEWSROOM', 'RESOURCES', and 'OUR AGENCY'. A search bar is located on the right. The main heading is 'Nutrition Standards for CACFP Meals and Snacks'. Below this, a breadcrumb trail reads 'HOME > CHILD AND ADULT CARE FOOD PROGRAM'. On the left, a sidebar lists 'Resource Type' (Technical Assistance & Guidance) and 'Resource Materials'. The main content area features a photo of four children standing outdoors. To the right of the photo, text states: 'Centers and day care homes offering meals through the Child and Adult Care Food Program (CACFP) play a critical role in supporting the wellness, health, and development of children, older adults, and individuals with disabilities through the provision of nutritious foods. In particular, child care providers have a powerful opportunity to instill healthy habits in young children that serve as a foundation for healthy choices in life.' Below this, a paragraph explains that the standards are based on the [Dietary Guidelines for Americans](#), science-based recommendations from the National Academy of Medicine, cost and practical considerations, and stakeholder input. It lists the standards' goals: supporting a greater variety of vegetables and fruit, whole grains, lean meats/meat alternative, and low-fat and fat-free dairy while minimizing added sugar and saturated fat. It also mentions that the standards encourage breastfeeding to align with the [Special Supplemental Nutrition Program](#).

- Regulations
- Meal Pattern Tables
- Policy Memos
- Guidance and Technical Assistance
- BOOKMARK and Reference this site
- [Nutrition Standards for CACFP Meals and Snacks | Food and Nutrition Service \(usda.gov\)](#)



## CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

### BREAKFAST Meal Pattern for Children and Adults

	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> (at-risk after-school programs and emergency shelters)	Adult
Food Components and Food Items <sup>1</sup>	Minimum Quantities				
Fluid milk <sup>3</sup>	4 fl oz	6 fl oz	8 fl oz	8 fl oz	8 fl oz
Vegetables, fruits, or portions of both <sup>4</sup>	¼ cup	½ cup	½ cup	½ cup	½ cup
Grains (oz eq) <sup>5,6,7,8</sup>	½ oz eq	½ oz eq	1 oz eq	1 oz eq	2 oz eq

<sup>1</sup> Must serve all 3 components for a reimbursable meal. Offer versus serve is an option for at-risk after-school and adult participants.

<sup>2</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

<sup>3</sup> Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2 through 5 years old. Must be unflavored low-fat (1%), flavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children 6 years old and older and adults. For adult participants, 6 ounces (oz) (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 oz of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

<sup>4</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at 1 meal, including snack, per day.

<sup>5</sup> At least 1 serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

<sup>6</sup> Meat and meat alternates may be used to meet the entire grains requirement a maximum of 3 times a week. One ounce of meat and meat alternates is equal to 1 ounce equivalent (oz eq) of grains.

<sup>7</sup> Refer to FNS guidance for additional information on crediting different types of grains.

<sup>8</sup> 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).

## CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

### LUNCH AND SUPPER Meal Pattern for Children and Adults

	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> (at-risk after-school programs and emergency shelters)	Adult
Food Components and Food Items <sup>1</sup>	Minimum Quantities				
Fluid milk <sup>3</sup>	4 fl oz	6 fl oz	8 fl oz	8 fl oz	8 fl oz <sup>4</sup>
Meats/meat alternates Edible portion as served:					
Lean meat, poultry, or fish	1 oz eq	1½ oz eq	2 oz eq	2 oz eq	2 oz eq
Tofu, soy products, or alternate protein products <sup>5</sup>	1 oz eq	1½ oz eq	2 oz eq	2 oz eq	2 oz eq
Cheese	1 oz eq	1½ oz eq	2 oz eq	2 oz eq	2 oz eq
Large egg	½	¾	1	1	1
Cooked dry beans or peas	¼ cup	⅓ cup	½ 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	4 Tbsp
Yogurt, plain or flavored, unsweetened or sweetened <sup>6</sup>	4 oz or ½ cup	6 oz or ¾ cup	8 oz or 1 cup	8 oz or 1 cup	8 oz or 1 cup
The following may be used to meet no more than 50 percent 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 oz of nuts/seeds = 1 oz of cooked lean meat, poultry, or fish)	½ oz eq = 50%	¾ oz eq = 50%	1 oz eq = 50%	1 oz eq = 50%	1 oz eq = 50%
Vegetables <sup>7,8</sup>	⅓ cup	¼ cup	½ cup	½ cup	½ cup
Fruits <sup>7,8</sup>	⅓ cup	¼ cup	½ cup	½ cup	½ cup
Grains (oz eq) <sup>9,10,11</sup>	½ oz eq	½ oz eq	1 oz eq	1 oz eq	2 oz eq

## CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

### SNACK Meal Pattern for Children and Adults

(Select 2 of the 5 components for a reimbursable snack)

	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> (at-risk after-school programs and emergency shelters)	Adult
Food Components and Food Items <sup>1</sup>	Minimum Quantities				
Fluid Milk <sup>3</sup>	4 fl oz	4 fl oz	8 fl oz	8 fl oz	8 fl oz
Meats/meat alternates					
Lean meat, poultry, or fish	½ oz eq	½ oz eq	1 oz eq	1 oz eq	1 oz eq
Tofu, soy product, or alternate protein products <sup>4</sup>	½ oz eq	½ oz eq	1 oz eq	1 oz eq	1 oz eq
Cheese	½ oz eq	½ oz eq	1 oz eq	1 oz eq	1 oz eq
Large egg	½	½	½	½	½
Cooked dry beans or peas	⅓ cup	⅓ cup	¼ 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	2 Tbsp
Yogurt, plain or flavored unsweetened or sweetened <sup>5</sup>	2 oz or ¼ cup	2 oz or ¼ cup	4 oz or ½ cup	4 oz or ½ cup	4 oz or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ oz eq	½ oz eq	1 oz eq	1 oz eq	1 oz eq
Vegetables <sup>6</sup>	⅓ cup	⅓ cup	¾ cup	¾ cup	½ cup
Fruits <sup>6</sup>	⅓ cup	⅓ cup	¾ cup	¾ cup	½ cup
Grains (oz eq) <sup>7,8,9</sup>	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	1 oz eq

<sup>1</sup> Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

<sup>2</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

<sup>3</sup> Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2 through 5 years old. Must be unflavored low-fat (1%), flavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children 6 years old and older.

<sup>4</sup> Alternate protein products must meet the requirements in Appendix A of 7 CFR Part 226.

<sup>5</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

# CACFP Meal Pattern Charts

- Nutrition Standards for CACFP Meals and Snacks
- Crediting Handbook of the CACFP
- Federal Regulations 7 CFR 226
- Childcare Center Licensing 400.8335 Rule 335(1)

# CACFP Age Groups

**1–2 years**

**3–5 years**

**6–12 years**

**13–18 years**

**Adults (60+ or functionally  
impaired 18+)\***





# Meal/Snack Required Meal Components



Breakfast	Lunch/Supper	Snack – Pick Two
Fluid Milk	Fluid Milk	Fluid Milk
Fruit/Vegetable or Combo	Meat/Meat Alternate	Meat/Meat Alternate
Grain*	Vegetable	Vegetable
	Fruit*	Fruit
	Grain	Grain
*Menu Planning Flexibility		



# CACFP Required Meal Pattern Food Components



## Milk

Skim  
Low Fat  
Whole  
Unflavored



## Fruit

Fresh  
Frozen  
Canned  
Dried  
100 % Juice



## Vegetable

Fresh  
Frozen  
Canned  
Dried  
100 % Juice



## Grains

Whole Grain  
Whole Grain Rich  
Enriched



## Meat/Meat Alternate

Eggs  
Poultry  
Beef  
Beans/Legumes  
Tofu

# Milk Component Requirements

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## **Whole, unflavored white milk:**

Toddlers ages 1 only (12 through 23 months)

---

## **Skim or low-fat unflavored white milk:**

Children ages 2 through age 5

---

**Lactose free white milk appropriate for age – no doctor note needed but accommodation request must be in writing**

---

**Skim or low-fat milk –flavored or unflavored:**

**Children 6+/Adult Day ONLY**

---

**Breast milk is allowed at any age!**



# Fluid Milk

Milk must be pasteurized and meet local and state regulations. It includes varieties such as:

- Kefir
- Buttermilk
- Ultra High Temperature (UHT)
- Lactose free and lactose reduced
- **Reduced fat milk (2%) is NOT creditable in the CACFP**

Team Nutrition (TN) Resource:

Serving Milk in the CACFP

**USDA**  
United States Department of Agriculture  
Food and Nutrition Service

## Serving Milk in the CACFP

Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) to those in your care.

Newborn through 11 months old	12 months through 23 months (1 year through 1 year and 11 months)
<ul style="list-style-type: none"><li>✓ Breastmilk</li><li>✓ Iron-fortified formula</li></ul> <p><i>Breastmilk is allowed at any age in the CACFP.</i></p>	<ul style="list-style-type: none"><li>✓ Unflavored whole milk</li></ul> <p><i>Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.</i></p>
2 years through 5 years (up to 6th birthday)	6 through 12 years, 13 through 18 years, and adults
<ul style="list-style-type: none"><li>✓ Unflavored fat-free (skim) milk</li><li>✓ Unflavored low-fat (1%) milk</li></ul> <p><i>Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.</i></p>	<ul style="list-style-type: none"><li>✓ Unflavored fat-free (skim) milk</li><li>✓ Flavored fat-free (skim) milk</li><li>✓ Unflavored low-fat (1%) milk</li><li>✓ Flavored low-fat (1%) milk</li></ul>

*Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.*

### For Adult Participants:

Yogurt may be served in place of milk once per day.

A serving of milk is optional at supper.


### The Facts on Flavored Milk:

Flavored milk cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Homemade flavored milk made by adding flavored straws, syrups, and powders to unflavored milk also cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Flavored milk served to children 6 years old and older and to adults must be fat-free (skim) or low-fat (1%).

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





# Milk Substitutes

Must be nutritionally equivalent to fluid cow's milk

Provide specific levels of:

- Protein, calcium, vitamins A, D, B-12
- Magnesium, phosphorous, potassium, riboflavin

Any substitutions to the meal pattern that does not meet these requirements requires a doctor's note.

Resource: Creditable Non-Dairy Beverages

## Creditable Non-Dairy Beverages (Milk Substitution)

### What is a creditable non-dairy beverage?

The beverage meets USDA's nutrient standards for fluid milk substitutes (see table below). A list of creditable non-dairy beverages (certain soymilks) are provided on this page.

Nutrients (1 cup cow's milk)	Requirement per cup (8 fluid oz.)	% DV
Calcium	276 mg	28%
Protein	8 g	16%
Vitamin A	150 mcg	10%
Vitamin D	2.5 mcg	25%
Magnesium	24 mg	6%
Phosphorus	222 mg	23%
Potassium	349 mg	10%
Riboflavin	.44 mg	26%
Vitamin B-12	1.1 mcg (µg)	19%

Non-dairy beverages are not required to be low-fat or fat-free. When served to children 1-5 years old, they must be unflavored.

To determine if a product not listed on this page is creditable:

- Compare product's nutrient amounts to amounts listed in table
- If amounts are the same or more, the beverage is creditable

**Non-Creditable Non-Dairy Beverages:** Almond, cashew, coconut, hemp, oat, and rice milks do not contain enough protein to be a creditable non-dairy beverage. Water and juice are also not creditable non-dairy beverages. Non-creditable non-dairy beverages cannot be served as a milk substitution.

### When can a creditable non-dairy beverage be served?

When there is a written and signed fluid milk substitution request for the participant which includes the special dietary reason for the substitution. A valid medical statement is not required if the beverage meets nutrient standards, but the request must be in writing.

### Creditable Non-dairy Beverages:

#### Unflavored

8th Continent Original Soymilk		Kikkoman Pearl Organic Soymilk Smart Original		Kirkland Organic Original Soymilk		Ripple Original Non-Soy Dairy Substitute	
Silk Original Soymilk		Sunrich Naturals Organic Original Soymilk		Walmart Great Value Original Soymilk		Westsoy Original Plus Plain Soymilk	

Flavored Non-Dairy Beverages may only be served to children 6 years and older and adults

#### Flavored

8th Continent Vanilla Soymilk		Kikkoman Pearl Organic Soymilk Smart Creamy Vanilla		Kikkoman Pearl Organic Soymilk Smart Creamy Chocolate	
Ripple Vanilla or Chocolate Non-Soy Dairy Substitute		Sunrich Naturals Organic Vanilla Soymilk		Westsoy Original Plus Vanilla Soymilk	

This institution is an equal opportunity provider.

Rev. 2-2021

# Pop Quiz #1

- Can you serve chocolate milk to toddlers and preschool aged children? Y or N
- Milk can be poured over cereal and/or into a glass. Y or N
- Nondairy beverages **may not** have the same level of nutrients as fluid milk. T/F






# Meats/Meat Alternates (M/MA) Overview

**Protein foods:** lean meat, chicken, turkey, fish, eggs, cheese, dry beans & peas, nuts, seeds, nut & seed butters, yogurt, tofu, soy yogurt, alternative protein product or any combination of these foods


## TN Resource:

[Serving Meats and Meat Alternates at Lunch and Supper in the USDA CACFP](#)

 Food and Nutrition Service  
U.S. DEPARTMENT OF AGRICULTURE


### Serving Meats and Meat Alternates at Lunch and Supper in the USDA Child and Adult Care Food Program


Meats and meat alternates provide protein, B vitamins, and minerals such as iron, zinc, and magnesium. Protein supports growing muscles in children and helps muscles stay strong in adults. The iron in many meats and meat alternates helps the body carry oxygen within the blood. Some meats and meat alternates, such as nuts, fish, and seafood, also have healthy fats that help support heart and brain health.





#### Meats and Meat Alternates at Lunch and Supper

In the Child and Adult Care Food Program (CACFP), meats and/or meat alternates are a required meal component at lunch and supper for child and adult participants. The following examples show how meats and/or meat alternates may be part of lunch and supper menus\*.

**Example 1**  
**Baked Tilapia Fish Fillets**, whole grain-rich roll, whipped sweet potatoes, sliced plums, and fat-free (skim) milk

**Example 2**  
**Taco-Seasoned Stuffed Peppers (with meat and beans)**, salsa, corn muffin, sliced strawberries, and low-fat (1%) milk

**Example 3**  
**Baked Tofu Bites**, brown rice, gingered carrots, melon, and low-fat (1%) milk

 Find USDA standardized recipes featuring meats and meat alternates at [theicn.org/cnrh](https://theicn.org/cnrh).

#### Make Every Bite Count!


Serve meats and meat alternates that are lower in saturated fat and sodium (salt) such as:

- Lean meats, poultry, fish, seafood, and eggs;
- Beans, peas, and lentils; and
- Nuts, seeds, and soy products (such as tofu or tempeh);
- Low-fat or fat-free yogurt or cheese.

Offering a variety of meats and meat alternates over the course of the week helps child and adult participants meet their nutritional needs, while limiting saturated fat and sodium. As a CACFP best practice, offer processed meats (such as hot dogs and sausage) no more than once per week.

\*During the COVID-19 public health emergency, some State agencies may have opted into School Year 2021-2022 meal pattern waivers. Additional information on these waivers is available at: [fns.usda.gov/disaster/pandemic/cn-2021-22-waivers-and-flexibilities](https://fns.usda.gov/disaster/pandemic/cn-2021-22-waivers-and-flexibilities).

More training, menu planning, and nutrition education materials for the CACFP can be found at [TeamNutrition.USDA.gov](https://TeamNutrition.USDA.gov).





# M/MA at Breakfast? Yes!

**Breakfast: A Protein may be served in place of the full Grain component up to 3 times per week!**

**[1-ounce equivalent M/MA = 1-ounce equivalent Grains]**

- Increases variety in the menu
- Increases participant satiety and satisfaction

**Breakfast Menu Example:**

- Cheese Omelet (Credits as the M/MA)
- Salsa
- Milk
- TN Resource: [Serving Meats and Meat Alternates at Breakfast | Food and Nutrition Service \(usda.gov\)](#)

Food and Nutrition Service

## Serving Meats and Meat Alternates at Breakfast

Breakfasts in the Child and Adult Care Food Program (CACFP) include milk, vegetables and/or fruits, and grains. You can also serve meats and/or meat alternates instead of grains at breakfast up to 3 times per week. This option gives you more choices for menu planning.

Here's how to include meats or meat alternates as part of a reimbursable breakfast:

- Substitute 1 **ounce equivalent** of meats/meat alternates 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 meats/meat alternates at breakfast more than 3 days a week, you must offer them as additional foods, which do not count toward a reimbursable breakfast.



### 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 meats/meat alternates required when served instead of grains at breakfast	½ ounce equivalent	1 ounce equivalent	2 ounce equivalents
Meats/Meat Alternates:	is equal to:	is equal to:	is equal to:
Beans or peas (cooked)	¼ cup	¼ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	¼ cup (1 ounce)	¼ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	¼ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

# Yogurt Sugar Limit

- **New: No more than 12 grams added sugar per 6 ounces!**
- **Current: Must contain no more than 23 grams of total sugars per 6 oz**
- **Includes soy yogurt**
- **Sugar limit applies to all age ranges**

TN Resource:

- [Choose Yogurt That is Lower in Added Sugars](#)

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

# Non-Creditable Yogurt Products

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- Frozen yogurt
- Drinkable yogurt
- Probiotic yogurt drinks
- Yogurt drinks
- Homemade yogurt
- Yogurt flavored products
- Yogurt covered fruits & nuts





# Imitation Cheese and Cheese Product

## Imitation cheese not creditable

- Nutrient content inferior

## Process cheese not creditable

- Example: Velveeta
- Not creditable!
- No Federal Standard of Identity

## USDA Resource:

- Crediting Handbook for the Child and Adult Care Food Program - Page 31



	X	Cheese labeled as "imitation" is not creditable because the nutrient content is inferior to the nutrient content of cheddar cheese and therefore is not creditable.
	X	Cheese labeled as a cheese "product" is not creditable because cheese products do not have a standard of identity.

# What about Processed Meats?

**Do Processed Meats Credit? – it depends!**


- **Contain byproducts, cereals, binders and/or extenders**
- **High in sodium and saturated fats – best practice to limit to one serving a week**
- **May not contain enough protein to credit for meat/meat alternate**
- **Require Child Nutrition Label or a valid Product Formulation Statement**



# What about Alternative Protein Products?

- Alternative protein products (APPs) include soy protein isolate and whey protein concentrate
- Typically, in processed meat alternate products in patties, nuggets, etc., that resemble a meat product
- CN Label or PFS required to ensure adequate amount of protein is in portion served to participant
- Crediting Handbook page 4

## Sample CN Label



The sample CN label is for a "Chicken Stir-Fry Bowl". It includes an ingredient statement: "Chicken, brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices." The label also features a "CN Logo" box containing a meal pattern contribution statement: "Each 4.5 oz Chicken Stir-Fry Bowl provides 1.5 oz eq meat, 1.0 oz eq grains, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, and ⅓ cup other vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX/XX)." The label also displays the net weight "18 pounds", the company name "Chicken Wok Company", and the address "1234 Kluck Street • Poultry, PA 1235". An inspection legend is located in the bottom right corner, featuring a circular seal with "INSPECTED BY U.S. DEPARTMENT OF AGRICULTURE P-XX".

**1** Chicken Stir-Fry Bowl

Ingredient Statement:

**2** Chicken, brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices.

**3** CN

Each 4.5 oz Chicken Stir-Fry Bowl provides 1.5 oz eq meat, 1.0 oz eq grains, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, and ⅓ cup other vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX/XX).

**4** INSPECTED BY U.S. DEPARTMENT OF AGRICULTURE P-XX

Net Wt.: 18 pounds

Chicken Wok Company  
1234 Kluck Street • Poultry, PA 1235

**1** Product Name

**2** Ingredient Statement

**3** CN Logo

**4** Inspection Legend

**CN Label Requirements**

It is important to know, the CN Logo (the box with CN on each side that surrounds the meal pattern contribution statement) is one of the four integral parts of a label, which includes the product name, ingredient statement, and inspection legend. All four parts must be on the product carton in order for the CN label to be valid.

For a detailed explanation of Child Nutrition (CN) Labeling Program, see the *Food Buying Guide* Appendix C.



# What about Combination Foods?

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**Commercial combination foods – Need more info to credit\***

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**Contain two or more meal components**

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**May not contain enough protein to credit for meat/meat alternate**

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**Require Child Nutrition Label or a valid Product Formulation Statement**

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**Homemade combination foods require a standardized recipe**





# Vegetable Component & Fruit Component Overview

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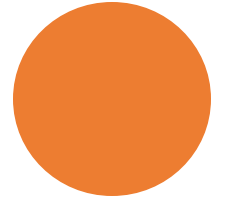
- **Most Americans do not eat enough vegetables & fruits!**
- **Serve a variety of vegetables and fruits**
- **Serve the rainbow for all the nutrition!**
- **All forms count, but whole over juice is best**





# Menu Flexibility

- Menu flexibility: A second, different **vegetable** may be used instead of a vegetable and fruit at lunch/supper
- **Cannot serve two different fruits!**
- Consider serving a vegetable at breakfast!
- Pair a fan favorite with a new veggie like on the slide







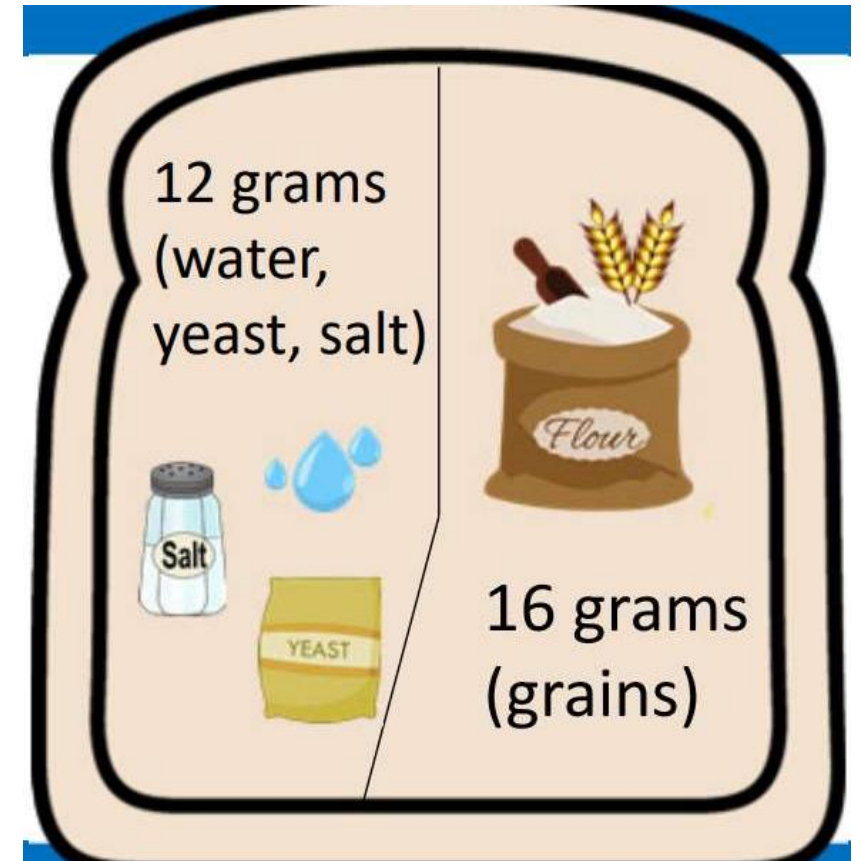
# 100% Juice

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- May be served at one meal or snack meal service per day
- Is not filling as it lacks dietary fiber
- Cannot offer with milk for snack
- Fruit/vegetable purees credit as juice!
- Juice is not creditable for infants ever
- Meal disallowed if extra juice served

# Grains Component Overview

- At least **1 serving** of grains per day must be **whole grain-rich**; all others enriched/fortified
- Breakfast cereals must meet sugar limits
- **Grain-based desserts** do not credit toward the grain component
- Use ounce equivalents (oz eq) to determine the amount of creditable grains
- **One 1-ounce equivalent = 16 ounces creditable grain**



# Documentation & Whole Grain- Rich Foods

## Document whole grain- rich foods on menu

- MDE reviews menus, food labels, & applicable product information
- When a whole grain-rich food is not served, the meal or snack containing a grain with the lowest reimbursement will be disallowed

### Michigan Department of Education Child and Adult Care Food Program Meal Pattern Child Menu Record

Site/Room: Ms. Wilson

Month: October Year: 20XX

Required Components:	Date: Oct 1	Date: Oct 2	Date: Oct 3	Date: Oct 4	Date: Oct 5
<b>Breakfast</b> 1. Fluid Milk 2. Fruit, Vegetable 3. Grain/Bread or Meat/Meat Alternate* Other:	Milk Blueberries Toasty Os - WG	Milk HB Eggs Hashbrown potatoes	Milk Cinnamon Oatmeal - WG Banana slices	Milk vanilla yogurt Sliced strawberries	Milk English Muffin - WG Banana
<b>AM Snack**</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit 5. Grain/Bread	Same as PM snack	Same as PM snack	Same as PM Snack	Same as PM Snack	Same as PM Snack
<b>Lunch</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other:	Milk Chicken Patty Carrot strips Cinnamon apples WG Bun	Milk Ground beef Spinach salad, marinara sauce Pineapple tidbits Spaghetti noodles	Milk Ground turkey Vegetarian refried beans Lettuce, tomato, peppers WG taco shells	Milk Chicken strips Baked sweet potato fries Green beans WG Soft bread stick	Milk Ham, Cheese Side salad Mixed berries Pizza crust
<b>PM Snack**</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit 5. Grain/Bread	Black bean dip/ salsa WG tortilla chips	WG Pita chips Yogurt Dip	Apple wedges String cheese	Banana Muffin Milk	Vanilla yogurt Cinnamon Grahams

\*Breakfast: A Meat/Meat Alternate may be served to meet the entire grain/bread component a maximum of up to three times per week. One ounce of meat/meat alternate is equal to one ounce equivalent of grains \*\*Snack: Serve two different meal components.

Water is always available at fountain and upon request throughout the day and at snack. Condiments are provided for meal satisfaction.

NOTE: Unflavored whole milk is served to children 12 through 23 months. Unflavored low fat (1 or ½ %) or skim (non-fat) is served to children age 2 through age 5. Milk served to children age 6 years and older is unflavored low fat (1 or ½ %) or skim (non-fat) or flavored low fat (1 or ½ %) or skim (non-fat)

Cereals include: Toasty Os, Life cereals, Oatmeal, Kix, Honey bunches of oats

Please refer to the USDA CACFP Child Meal Pattern for required component minimum serving sizes for age range





# NOTE: Administrative Reviews & Whole Grain-Rich Foods

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- MDE reviews your menus, food labels, & applicable product information
- When a whole grain-rich food is not served:
  - The meal or snack containing a grain with the **lowest reimbursement will be disallowed**
  - **Example:** If no whole grain-rich food was served for breakfast, lunch, or snack, the snack would be disallowed
- Resource: CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers



United States Department of Agriculture

Food and Nutrition Service

## Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

Grains are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, required amounts for the grains component are listed in the meal pattern as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grain in a portion of food.

### How Much Is 1 Ounce Equivalent?



### Using the Grains Measuring Chart

The Grains Measuring Chart on pages 2-4 tells you how much of a grain item you need to serve to meet CACFP meal pattern requirements. To use this chart:

- 1 Find the grain you want to serve under the "Grain Item and Size" column.
- 2 Check if the chart lists a size or weight by the name of the grain. If the chart:
- 3 Find the column for the age of your participants and the meal or snack you are serving. This column lists the amount of a grain you will need to serve to meet the meal pattern requirement for grains.

**Lists a weight** for the grain, such as *at least 56 grams*, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.

**Does not list a weight or size** for the grain, then you do not need to check the size or weight of the product before using the chart.

**Lists a size** for the grain, such as *about 1 1/4" by 1 1/2"*, then check if the item is the same size, or larger than, this amount. See page 6.

Grain Item and Size		1- through 5-year-olds at Breakfast, Lunch, Supper, Snack
	Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	Serve at Least 1/2 oz. eq., which equals about...
	Popcorn	1/4 pita or 14 grams
	Pretzel, Hard, Mini-Twist (about 1 1/4" by 1 1/2")**	1 1/2 cups or 14 grams
		7 twists or 11 grams

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



## Ounce Equivalents Requirement Resources Available

- USDA has 5 Training Worksheets for Grains Ounce Equivalents in the CACFP Training Worksheet
- USDA Training Slides
- USDA On-Demand Recorded Webinars
- Policy Documents

### TN Resources:

- [CACFP Grains Ounce Equivalents Resources](#)
- [CACFP Meal Pattern Training Worksheets](#)

# Coming Soon: Added Sugar Limits Final Rule


- Breakfast cereals: Must contain no more than 6 grams of added sugar per dry ounce
- Implementation date:
  - October 1, 2025
- Can early implement!
- Cereals with dried fruit may now credit!
- [Implementation Timeline for Updated Nutrition Requirements in CACFP & SFSP | Food and Nutrition Service \(usda.gov\)](#)

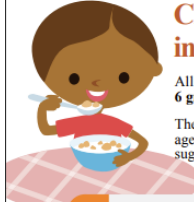
	% DV* / % VB*		% DV* / % VB*	
Total Fat/Grasa Total	1.5g	2%	1.5g	2%
Saturated Fat/Grasa Saturada	0.5g	3%	1g	5%
Trans Fat/Grasa Trans	0g		0g	
Polyunsaturated Fat/Grasa Polinsaturada	0g		0g	
Monounsaturated Fat/Grasa Monoinsaturada	0g		0g	
Cholesterol/Colesterol	0mg	0%	<5mg	1%
Sodium/Sodio	210mg	9%	280mg	12%
Total Carbohydrate/Carbohidrato Total	34g	12%	43g	16%
Dietary Fiber/Fibra Dietética	2g	8%	2g	8%
Total Sugars/Azúcares Totales	12g		22g	
Incl. Added Sugars Incl. azúcares añadidos	12g	24%	12g	24%
Protein/Proteínas	2g		8g	
Vitamin D/Vitamina D	2mcg	10%	4.2mcg	20%
Calcium/Calcio	0mg	0%	220mg	15%
Iron/Hierro	1.5mg	25%	1.5mg	25%



# Breakfast Cereals

- Common source of added sugar in American diet
- Types: Ready-to-eat, instant, & regular hot cereal
- Must contain no more than 6 grams of total sugar per dry oz
- NEW: 6 grams of Added Sugar per dry oz
- TN Resource:
- Choose Breakfast Cereals That Are Lower in Sugar


**USDA** Food and Nutrition Service  
 U.S. DEPARTMENT OF AGRICULTURE



### Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must contain no more than **6 grams of added sugars** per dry ounce.

There are many types of cereal that meet this added sugars limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the added sugars limit by using the Nutrition Facts label and following the steps below:

#### Yummy Brand Cereal

Nutrition Facts	
15 servings per container	
Serving size $\frac{3}{4}$ cup (30g)	
Amount per serving	<b>Calories 100</b>
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 3g	

- 1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
- 2 Find the **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.
- 3 Use the serving size identified in Step 1 to find the serving size of the cereal in the table below.

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not 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

- 4 In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column.  
If the cereal has that amount of added sugars, or less, the cereal meets the added sugars limit.

\*Serving sizes here refer to those commonly found for breakfast cereals.

#### Test Yourself:


Does the cereal above meet the added sugars limit?  
(Check your answer on the next page)

Serving Size: \_\_\_\_\_

Added Sugars: \_\_\_\_\_

☐ Yes ☐ No

More training, menu planning, and nutrition education materials for the CACFP can be found at [TeamNutrition.USDA.gov](https://TeamNutrition.USDA.gov).



# TN Handout Table Method: Breakfast Cereal Added Sugars

## Yummy Brand Cereal

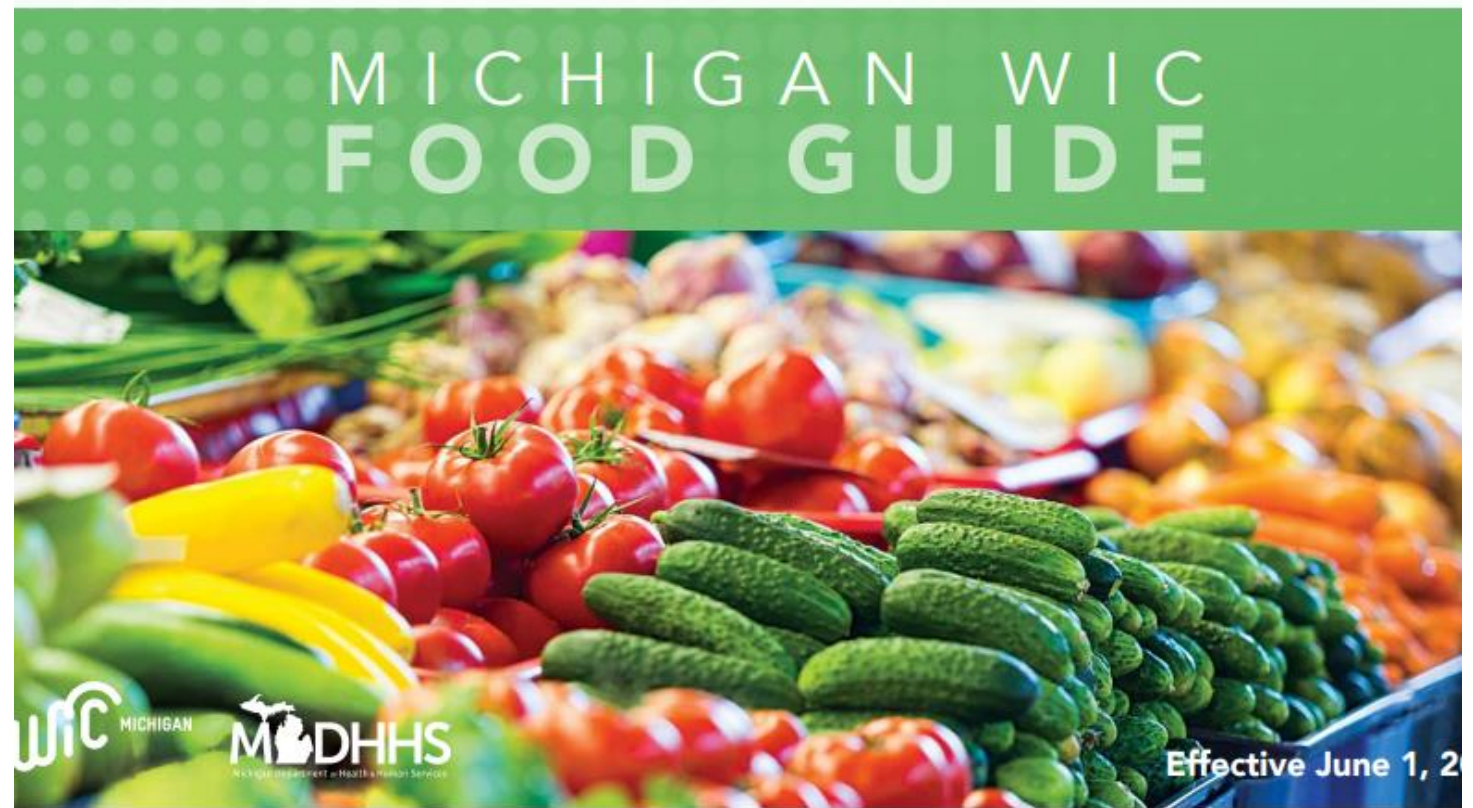
Nutrition Facts	
15 servings per container	
Serving size ¾ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

Serving Size	Added Sugars
If the serving size is:	Added sugars must not be more than:
0–2 grams	0 grams
3–7 grams	1 gram
8–11 grams	2 grams
12–16 grams	3 grams
17–21 grams	4 grams
22–25 grams	5 grams
26–30 grams	6 grams
31–35 grams	7 grams
36–40 grams	8 grams
41–44 grams	9 grams
45–49 grams	10 grams

## Visual resource: WIC-Approved Breakfast Cereal Lists

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- Meets the sugar limits for the CACFP
- All WIC approved breakfast cereals contain no more than 6 grams of sugar per dry oz
- WIC Approved Foods  
([michigan.gov](http://michigan.gov))







United States Department of Agriculture

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

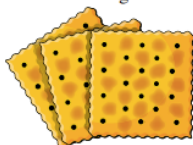
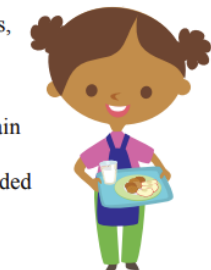
Kids need the vitamins, minerals, and other nutrients in foods such as fruits, vegetables, whole grains, low-fat dairy, and lean protein foods. Too often, kids are filling up on foods high in added sugars and low in nutrients.

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):
<ul style="list-style-type: none"><li>• Brownies</li><li>• Cakes, including coffee cake and cupcakes</li><li>• Cereal bars, breakfast bars, and granola bars</li><li>• Cookies, including vanilla wafers</li><li>• Doughnuts, any kind</li><li>• Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies</li><li>• Gingerbread</li><li>• Ice cream cones</li><li>• Marshmallow cereal treats</li><li>• Pie crusts of dessert pies, cobblers, and fruit turnovers</li><li>• Sweet bread puddings</li><li>• Sweet biscotti, such as those made with fruits, chocolate, icing, etc.</li><li>• Sweet croissants, such as chocolate-filled</li><li>• Sweet pita chips, such as cinnamon-sugar flavored</li><li>• Sweet rice puddings</li><li>• Sweet scones, such as those made with fruits, icing, etc.</li><li>• Sweet rolls, such as cinnamon rolls</li><li>• Toaster pastries</li></ul>	<ul style="list-style-type: none"><li>• Banana bread, zucchini bread, and other quick breads</li><li>• Cereals that meet the sugar limit and are whole grain-rich, enriched, and/or fortified</li><li>• Cornbread</li><li>• Crackers, all types</li><li>• French Toast</li><li>• Muffins</li><li>• Pancakes</li><li>• Pie crusts of savory pies, such as vegetable pot pie and quiche</li><li>• Plain croissants</li><li>• Plain or savory pita chips</li><li>• Savory biscotti, such as those made with cheese, vegetables, herbs, etc.</li><li>• Savory bread puddings, such as those made with cheese, vegetables, herbs, etc.</li><li>• Savory rice puddings, such as those made with cheese, vegetables, etc.</li><li>• Savory scones, such as those made with cheese, vegetables, herbs, etc.</li><li>• Teething biscuits, crackers, and toasts</li><li>• Tortillas and tortilla chips</li><li>• Waffles</li></ul>



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

# Grain-Based Desserts

**Not creditable toward the grain component for all age range categories in CACFP**

**Source of added sugars & saturated fats**

**Empty calories and nutrient poor**

**Includes homemade WGR GBD items**

**Ask yourself if a grain item would be considered a sweet treat to a child. If yes, select another food item for menu!**

**Grain-Based Desserts in the Child and Adult Care Food Program ([azureedge.us](http://azureedge.us))**

**CACFP Preschool Grain-Based Dessert Handout ([michigan.gov](http://michigan.gov))**

# What can I serve?

**Perception counts! When in doubt, swap it out!**

- **Breakfast:** Savory or plain versions of grain products; lower in sugar cereals; meat or meat alternative up to 3x/week; fruit muffins or quick breads, baked oatmeal
- **Snack:** Swap in under consumed/underserved fruit, vegetables; WG crackers with bean dip; WG corn chips with cheese or salsa; hummus and WG pita, yogurt and berries, WG waffles or pancakes with nut butters, Greek yogurt or fruit

Plain graham crackers and animal crackers are allowed



## Pop Quiz #2



1. **CACFP requires three (3) whole grain/whole-grain rich items to be served each day - T/F?**
2. **You can serve plain graham and animal crackers - T/F?**
3. **Cereals over the sugar limit are creditable - T/F?**



# Offering Water

- Must be offered ***and*** made available throughout the day in care
- **May not be served in place of milk at meals**
- May be offered alongside milk at meals or at snack (have two cups)

## TN Resource:

- **Offering Water in the USDA CACFP**

## Offering Water in the USDA Child and Adult Care Food Program

In the Child and Adult Care Food Program (CACFP), centers and homes are required to offer water to children throughout the day. As a best practice, sites are encouraged to make water available to adult participants as well. Water is not a meal component in the CACFP. There is no minimum serving amount for water. However, water may be served:

- Together with meals and snacks
- In between meals and snack
- As requested by the adult or child.



### Water and Health

Drinking enough water is important for good health. Drinking water can prevent dehydration, a condition that can cause the body to overheat. It can also help prevent constipation. If fluoridated, drinking water can help prevent dental caries (cavities).

There is no recommendation from the *Dietary Guidelines for Americans* on the amount of plain water children and adults need each day. Children and adults can meet their needs for water through foods and drinks. People may need to drink more water during hot or cold weather and when exercising.



### A Note About Infants

Infants usually do not need to drink plain water until they are at least 6 months old. Once an infant has started eating solid foods, small amounts of plain, fluoridated water may be offered to the infant in a cup. Consult with the parents or guardians of older infants regarding whether small amounts of water should be offered.

More training, menu planning, and nutrition education materials for the CACFP can be found at [TeamNutrition.USDAGov](https://TeamNutrition.USDAGov).

FNS-900 • August 2021





# What about fried food?


- No deep fat frying onsite as a food preparation/cooking method
- Stir frys are ok
- May purchase previously fried food from commercial manufacturer and reheat
- Best practice: Serve pre-fried less often or not at all; serve baked items instead of fried foods



# Why Use USDA Standardized Recipes?

## Three key benefits:

- **Crediting information:**
  - Specific to program requirements
  - Removes guess work out of how much to serve
- **Portions and Budget:**
  - Portions and meal components already calculated
  - Reduces food waste
- **Accountability**
  - Ensures participants receiving required amount
- **Child Nutrition Recipe Box – USDA Standardized Recipes**



## Ground Turkey Wraps or Pinwheels


These fun sandwiches are great for adding more color and variety to your menu.

**AGES:** 3–5 years  
**PREP TIME:** 1 hour  
**COOK TIME:** 40 minutes

**CACFP CREDITING INFORMATION**  
¼ cup vegetable  
1 ½ oz eq meat/meat alternate  
1 ½ oz eq grains

**SOURCE**  
Team Nutrition CACFP Easy Recipe Project  
[TeamNutrition.USDA.gov](https://TeamNutrition.USDA.gov)

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
					2 Preheat oven to 350 °F.
Turkey, 93% lean, ground, fresh or frozen, thawed	3 lb		6 lb		3 In a medium skillet, brown turkey on medium heat, about 18–20 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds. Set aside. Allow to cool for 5 minutes. Wash hands after touching uncooked ground meat.
					4 To heat tortillas: Wrap tortillas in aluminum foil. Heat 10 tortillas per stack. Place in the oven for 15–20 minutes to warm. Remove from the oven.



Food and Nutrition Service





# Key Consideration: Choking Prevention

Make foods easier to chew for age of participant!

- Infants: ¼ inch or smaller
- Toddlers: ½ inch or smaller
- Seniors: May need to adapt to individual
- Change the shape: Round foods: Cut in half or into short strips; ensure smaller than size of a nickel
- Change the Size: Cut smaller, dice, shred
- Change the Texture: puree, grind, blend, liquify

## Caution! Manufacturer CACFP Product Lists

BAGEL WHI WGRAIN IW 72-22 LENDER	Lender's	1 EACH	2
<b>Bars</b>			
BAR APPLE 3-16 NUTRIGRAIN	Nutri-Grain	1 EACH	0.75
BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN	Nutri-Grain	1 EACH	1
BAR BERRY TRIPLE CRNCH IW 120-2.25Z	The Father's Table	1 EACH	2
BAR BKFST APPL CINN BENEFIT 48-2.5Z	BeneFIT Bars	1 EACH	2
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	BeneFIT Bars	1 EACH	2
BAR BKFST CINN TST & CHS IW 72-2.36Z	Pillsbury	1 EACH	2
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	BeneFIT Bars	1 EACH	2
BAR BLUEB 3-16 NUTRIGRAIN	Nutri-Grain	1 EACH	0.75
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	Nutri-Grain	1 EACH	1
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	Betty Crocker	1 EACH	1
BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z	Cheerios	1 EACH	1
BAR CEREAL CHEERIOS PCH 48-2.5Z	Cheerios	1 EACH	2
BAR CEREAL CINN TST 48-2.5Z GENM	Cinnamon Toast Crunch	1 EACH	2
BAR CEREAL CINN TST WGRAIN 96-1.42Z	Cinnamon Toast Crunch	1 EACH	1
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	Cocoa Puffs	1 EACH	1
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	Golden Grahams	1 EACH	1
BAR CEREAL LUCKY CHARMS 48-2.5Z	Lucky Charms	1 EACH	2
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	Trix	1 EACH	1
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	Betty Crocker	1 EACH	1
BAR CHRY APPL CRNCH IW 120-2.25Z	The Father's Table	1 EACH	2
BAR CINN ICED WGRAIN 160-1.5Z DARL	Darlington	1 EACH	1
BAR DBL CHOC OATML 144-1.24Z BTTYCR	Betty Crocker	1 EACH	1
BAR GRANOLA APPL WGRAIN 160-1.5Z DARL	Darlington	1 EACH	1
BAR GRANOLA CHOC CHIP 12-8CT QUAK	Quaker	1 EACH	0.5
BAR GRANOLA CHOC CHNK L/F 12-8CT QUAK	Quaker	1 EACH	0.5

Saved to this PC

**USDA DOES NOT review, approve or endorse any product or manufacturer**

**MDE does not review, approve or endorse any product or manufacturer**

**DESPITE A VENDOR's PRODUCT LIST:**

- Cereal and yogurt must meet Total/Added sugar limit
- GBD are NOT allowed
- It is the Sponsor's responsibility to purchase creditable food items

# MDE Menu and Meal Planning Resources

[www.Michigan.gov/cacfp](http://www.Michigan.gov/cacfp)

## Resources, Menu and Meal Planning

- Crediting tip sheets
- GBD Guidance
- Vegetarian Diets
- Snacks outside the box
- ICN Meal Pattern Resources
- Crediting Handbook

## Meal and Menu Planning

> Services > Food & Nutrition Programs > Child and Adult Care Food Program (CACFP) > Meal and Menu Planning

[Crediting Tip Sheets in Child Nutrition Programs | Food and Nutrition Service \(usda.gov\)](#)

[CACFP Meal Services in Head Start Programs | ECLKC \(hhs.gov\)](#)

[CACFP/Preschool Meal Patterns: Grain-Based Desserts Guidance](#)

[Vegetarian Diets](#)

[Snack Outside the Box](#)

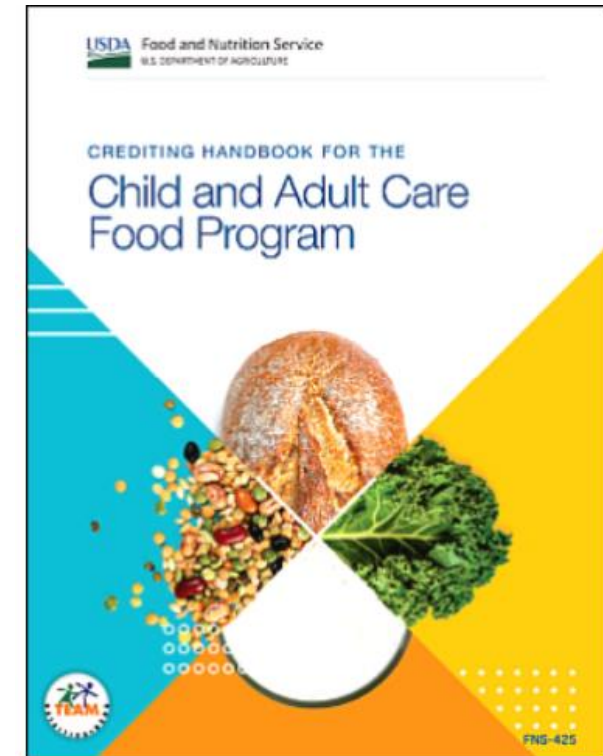
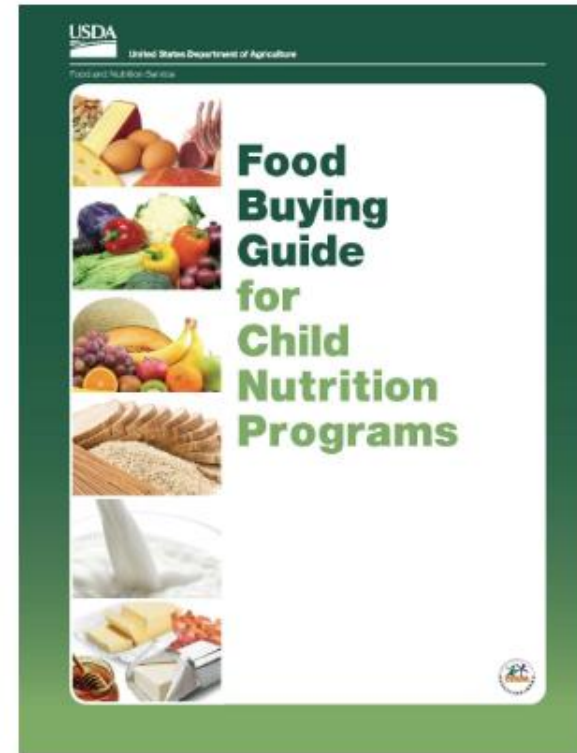
[CACFP Meal Pattern Resources \(ICN\)](#)

[Mealtime Memo \(ICN\)](#)



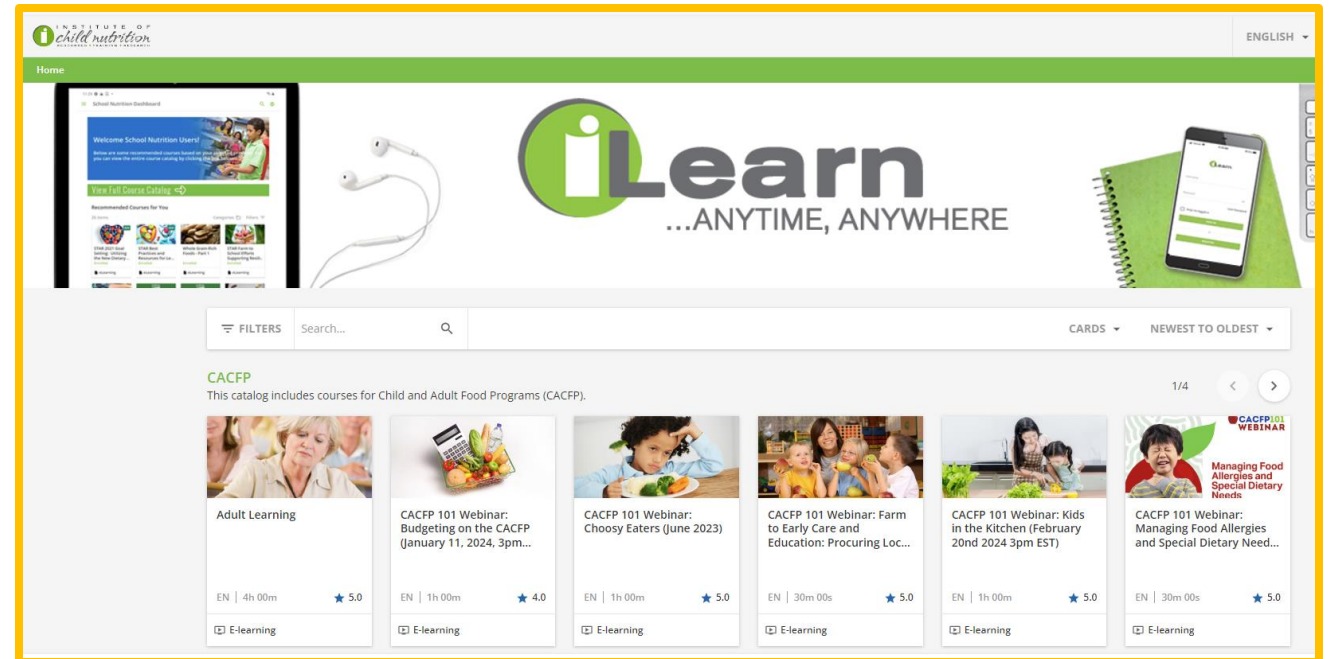
# Key Resources:

- Food Buying Guide
- Crediting Handbook for the CACFP
- Yes, No, Maybe crediting information for meal pattern component food items
- Whole-grain/Whole-grain rich info
- Best practice: Print a copy and/or bookmark on your computer



# Key Resource:

- Institute of Child Nutrition (ICN) iLearn Learning Management System
- Webinars and courses for CACFP Professionals - FREE
- Self paced quick lessons and courses to build your knowledge on CACFP meal patterns, menu planning, choosy eaters, food allergies and Special Dietary Needs
- Enroll here: [ICN iLearn \(docebosaas.com\)](https://docebosaas.com)



# Key Resource

## National CACFP Association

- Sample menus
- Recipes
- Professional Development Opportunities
- Website: [National CACFP Sponsors Association](https://www.nationalcacfpsponsors.org/)



## Sample Cycle Menu

Here is a sample cycle menu to help you plan your calendar with creditable recipes that meet the CACFP Meal Pattern guidelines. Visit us @ [cacfp.org/recipes-menus](https://www.cacfp.org/recipes-menus) for full recipes, serving sizes and other CACFP creditable information.

		MONDAY DAY 1	TUESDAY Day 2	WEDNESDAY Day 3	THURSDAY Day 4	FRIDAY Day 5
BREAKFAST	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit/Vegetable	Mandarin Oranges	Bananas	Strawberries	Hashbrowns	Peaches
	Grain/Meat <sup>+</sup>	Whole Grain Oatmeal	Waffles	Whole Grain Cereal	Ham Steak	Pancakes
LUNCH	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit / Vegetable*	Honeydew	Sliced Grapes	Sliced Apples	Cantaloupe	Bell Pepper Slices
	Vegetable	Carrots	Steamed Broccoli	Spinach	Jicama	Baked Sweet Potato Wedges
	Grain	English Muffin	Whole Grain Roll	Spaghetti	Whole Grain Brown Rice	Whole Grain Bun
	Meat/Meat Alternate	Eggs	Baked Turkey Breast	Meatballs	Baked Fish	Hamburger
SNACK	Milk	--	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	--	--
	Fruit	Strawberry	--	--	--	Mixed Berries
	Vegetable	--	Beets	--	Refried Beans	--
	Grain	Graham Cracker	--	--	Tortilla	--
	Meat/Meat Alternate	--	--	Peanut Butter with crackers	--	Yogurt
		DAY 6	DAY 7	DAY 8	DAY 9	Day 10
BREAKFAST	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit/Vegetable	Raisins	Applesauce	Orange Slices	Tomato	Bananas
	Grain/Meat <sup>+</sup>	Cereal	Blueberry Muffin	Cream of Wheat	Eggs	Whole Grain Cereal
LUNCH	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit / Vegetable*	Mixed Fruit	Watermelon	Cantaloupe	Tangerines	Green Beans
	Vegetable	Cucumber	Celery Sticks	Roasted Cauliflower	Yellow Squash	Zucchini
	Grain	Bread Stick	Whole Grain Rice Cakes	Whole Grain Crackers	Noodles	Roll
	Meat/Meat Alternate	Yogurt	Peanut Butter	Cheese Stick	Roast Beef Slices	Grilled Chicken
SNACK	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	--	--	--	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit	--	Pineapple	--	--	Pears
	Vegetable	--	Carrots	Snap Peas	--	
	Grain	Whole Grain Bagels	--	--	Whole Grain Tortilla	
	Meat/Meat Alternate	--	--	Tuna Wrap	Cheese	

<sup>+</sup> Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.  
<sup>\*</sup> The fruit component at lunch may be substituted by an additional vegetable.







# Thank You!

**Next Thinking Thursday: February 20, 2025**

**Topic:**

**Any questions? Contact us!**

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Child and Adult Care Food Program Staff**

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