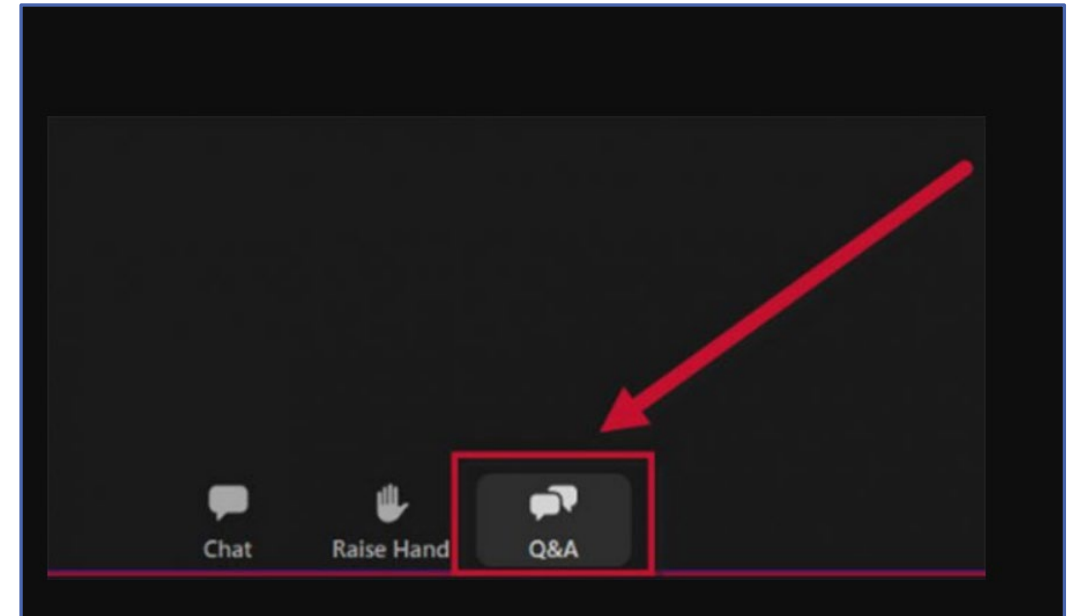




# CACFP Thinking Thursdays

# 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...

- 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

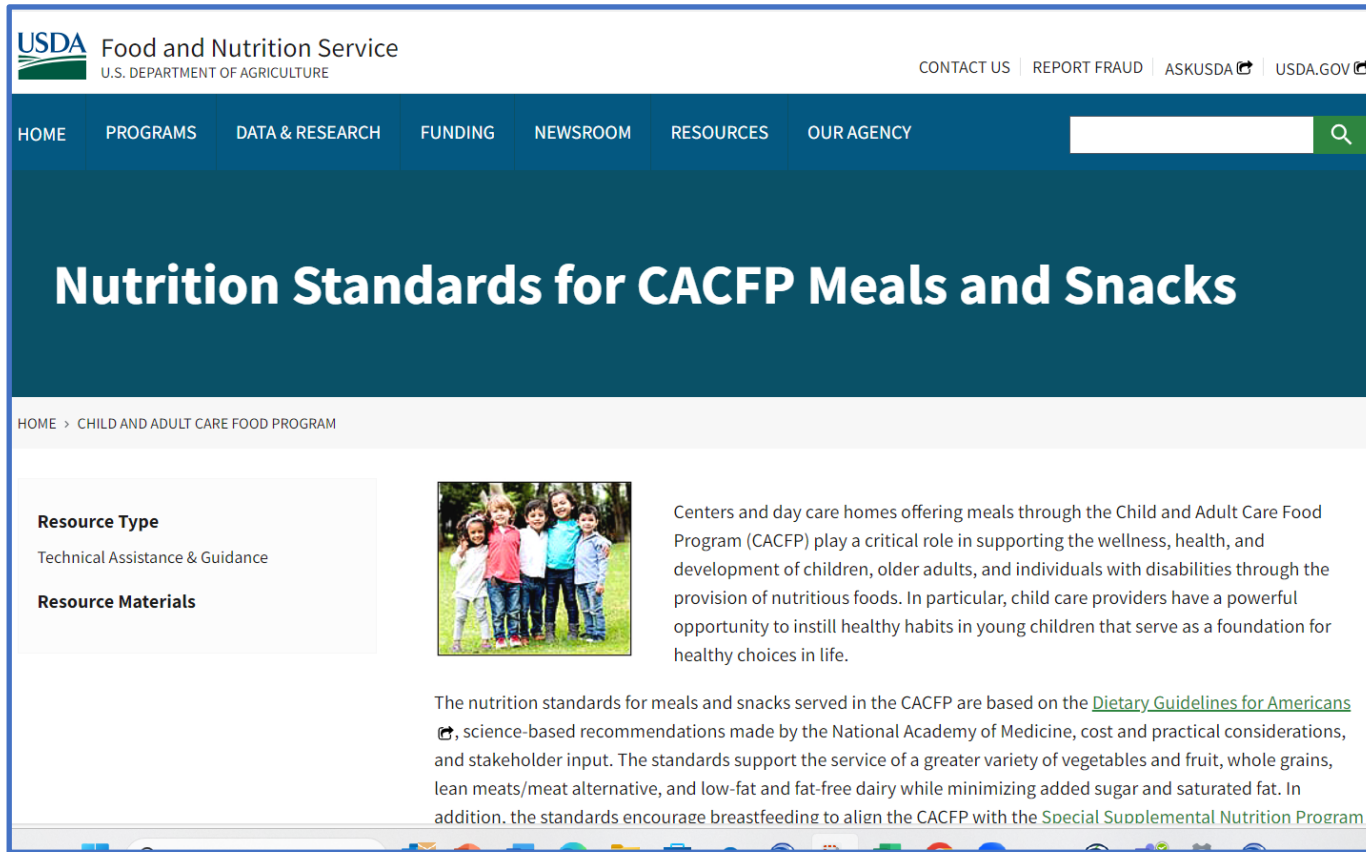
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- Address the current health status of children & adults
- Align the CACFP meal patterns with the *Dietary Guidelines for Americans*
- Help children develop healthy eating habits
- Safeguard the wellness of adult participants





# Nutrition Standards for CACFP Meals/Snacks



- **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	¾ 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>	½ cup	¾ cup	½ cup	½ cup	½ cup
Fruits <sup>7,8</sup>	½ cup	¾ 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	¼ cup	¼ 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>	½ cup	½ cup	¾ cup	¾ cup	½ cup
Fruits <sup>6</sup>	½ cup	½ 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.

# Meal Pattern Charts

- Nutrition Standards for CACFP Meals and Snacks
- Crediting Handbook of the CACFP
- Federal Regulations 7 CFR 226

# CACFP Age Groups

**1–2 years**

**3–5 years**

**6–12 years**

**13–18 years**

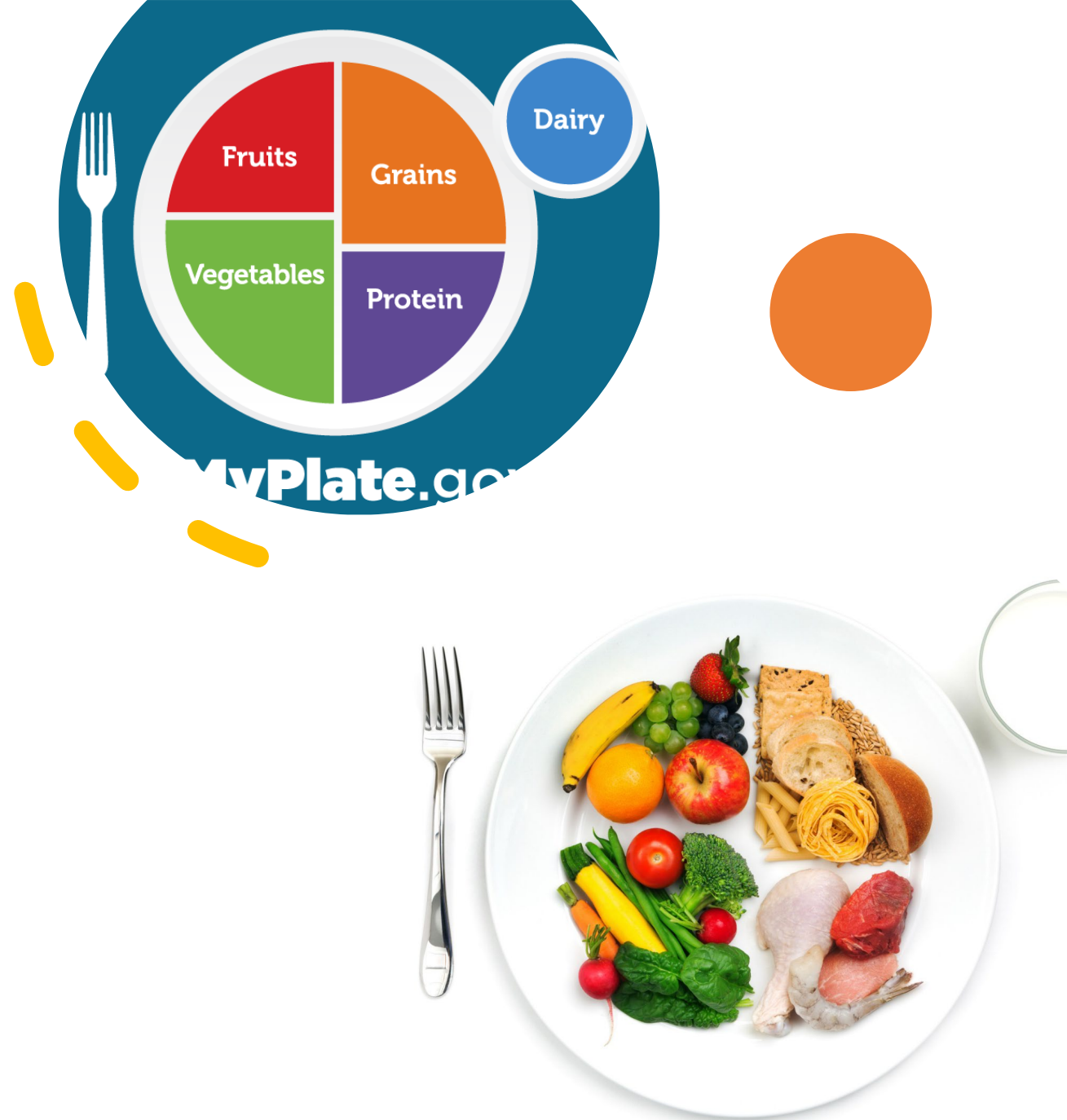
**Adults\***





# CACFP Food Components

- Five food components
  - Meat/Meat Alternate (Protein)
  - Grains
  - Fruits
  - Vegetables
  - Milk (Dairy)
- Offer the minimum serving sizes for a reimbursable meal or snack





Good Nutrition Pays!

# Meal Pattern Components





# Milk Component

- Required component at:
  - Breakfast
  - Lunch/Supper
- Option for Snack






# 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




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**

- ✓ Breastmilk
- ✓ Iron-fortified formula

Breastmilk is allowed at any age in the CACFP.

**12 months through 23 months**  
(1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

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.

**2 years through 5 years**  
(up to 6th birthday)


- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

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.

**6 through 12 years, 13 through 18 years, and adults**

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk
- ✓ Flavored low-fat (1%) milk

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>.



# Which Milk Variety can be Served?

- Only unflavored milk is to be served to children under age 6

Flavored or unflavored is allowable for children 6+ and adults

Same guidance applies for flavored creditable nondairy beverages

<b>Newborn through 11 months old</b> <ul style="list-style-type: none"><li>✓ Breastmilk</li><li>✓ Iron-fortified formula</li></ul> <i>Breastmilk is allowed at any age in the CACFP.</i>	<b>12 months through 23 months</b> <i>(1 year through 1 year and 11 months)</i> <ul style="list-style-type: none"><li>✓ Unflavored whole milk</li></ul> <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>
<b>2 years through 5 years</b> <i>(up to 6th birthday)</i> <ul style="list-style-type: none"><li>✓ Unflavored fat-free (skim) milk</li><li>✓ Unflavored low-fat (1%) milk</li></ul> <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>	<b>6 through 12 years, 13 through 18 years, and adults</b> <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.*

# 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.**

## 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.

#### 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	

#### 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.

This institution is an equal opportunity provider.  
Rev. 2-2021



# Yogurt & Adult Participants Only

- Once per day, 6 oz ( $\frac{3}{4}$  cup) of yogurt may be served in place of fluid milk
- Sugar Limit: No more than 23 grams of total sugars per 6 oz
- Credits for only one food component in a single meal
- TN Resource: Serving Adult Participants in the CACFP














## Serving Adult Participants in the USDA Child and Adult Care Food Program

Child and Adult Care Food Program (CACFP) sites serve adult participants who are 18 years or older living with a disability, as well as those who are 60 or older. Not all adults have the same nutrition needs. Health and social changes and lower amounts of physical activity may affect the dietary needs of older adults. The CACFP meal pattern for adults provides flexibilities to allow you to plan meals that best meet the needs of adults in your care. This approach relies on good communication between you, the program operator, and the adult participant (and/or their caregiver).

The information below shows the requirements for meals and snacks in the CACFP.



### CACFP Meal Pattern Requirements for Adult Participants

Breakfast	Lunch/Supper	Snack
 Milk  Vegetables, Fruits, or Both  Grains	 Milk  Vegetables  Fruits  Grains  Meats/Meat Alternates	 Milk  Vegetables  Fruits  Grains  Meats/Meat Alternates
Milk (8 fl oz, 1 cup) Vegetables, Fruits, or Both ( $\frac{1}{2}$ cup) Grains (2 oz eq)	Milk (8 fl oz, 1 cup) Vegetables ( $\frac{1}{2}$ cup) Fruits ( $\frac{1}{2}$ cup) Grains (2 oz eq) Meats/Meat Alternates (2 oz eq)	Pick any 2: Milk (8 fl oz, 1 cup) Vegetables ( $\frac{1}{2}$ cup) Fruits ( $\frac{1}{2}$ cup) Grains (1 oz eq) Meats/Meat Alternates (1 oz eq)

fl oz = fluid ounce    oz eq = ounce equivalents

Ounce equivalents are a way to measure amounts of food.

# Offering Water

- Must be offered ***and*** made available throughout the day
- May not be served in place of milk at meals
- May be offered alongside milk at meals or at snack
- **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.USDA.gov](https://TeamNutrition.USDA.gov).

FNS-900 • August 2021



# Pop Quiz

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- 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. T/F
- Non dairy beverages may not have the same level of nutrition 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 and soy yogurt, or any combination of these foods


- Serving of M/MA required at lunch or supper

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

 **USDA** 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/cnrb](https://theicn.org/cnrb).



#### 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)


# Serving Yogurt

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- Use commercial yogurt products only
- Soy yogurt is a dairy-free option
- 4 oz credits as 1 oz of meat alternate
- Adult Day Services Only:
  - Yogurt may be used as a milk substitute or meat alternate








## 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) <small>(Use when the serving size is not listed in ounces)</small>	Total Sugars Grams (g)	Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Total Sugars Grams (g)
If the serving size is:	If the serving size is:	Total sugars must not be more than:	If the serving size is:	If the serving size is:	Total 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

# Yogurt Sugar Limit

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- Choose yogurt with lower total sugar
- Promote healthy food preferences
- Must contain no more than 23 grams of total sugars per 6 oz
- Includes soy yogurt
- All age ranges
- Resource: [Choose Yogurts That Are Lower in Sugar](#)



# Non-Creditable Yogurt Products

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





# Tofu

- Credit as a M/MA for child & adult meals
- Must be commercially prepared tofu & soy yogurt
- 5 grams protein/2.2 ounces
- Non-commercial or non-standardized are not creditable
- Do not credit toward reimbursable meals for infants

# Consider Other Protein Sources

- Nuts & seeds
- Nut & seed butters
- Dry (mature) beans & peas
- Eggs
- Real Cheese
- Alternate Protein Products (APP)
- Consider Meatless Mondays





# 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

- Page 31 Crediting Handbook



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





# What about Processed Meats? Combination Foods?

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## **Processed Meats – it depends!**

- Salami, sausage, pepperoni, polish sausage, Vienna sausage, bologna, turkey bacon, beef jerky, etc.
- Contain byproducts, cereals, binders and/or extenders
- High in sodium and saturated fats

## **Commercial combination foods – Need more info**

- Pizza, lasagna, pot pies, meat sauce, chicken nuggets, corn dogs, stews, macaroni and cheese, chili, ravioli, etc.
- **May not contain enough protein to credit**
- **Require Child Nutrition Label or a valid Product Formulation Statement to credit**
- **Homemade combination foods require a standardized recipe**

# Vegetable Component & Fruit Component Overview

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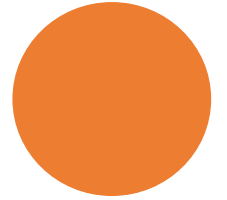
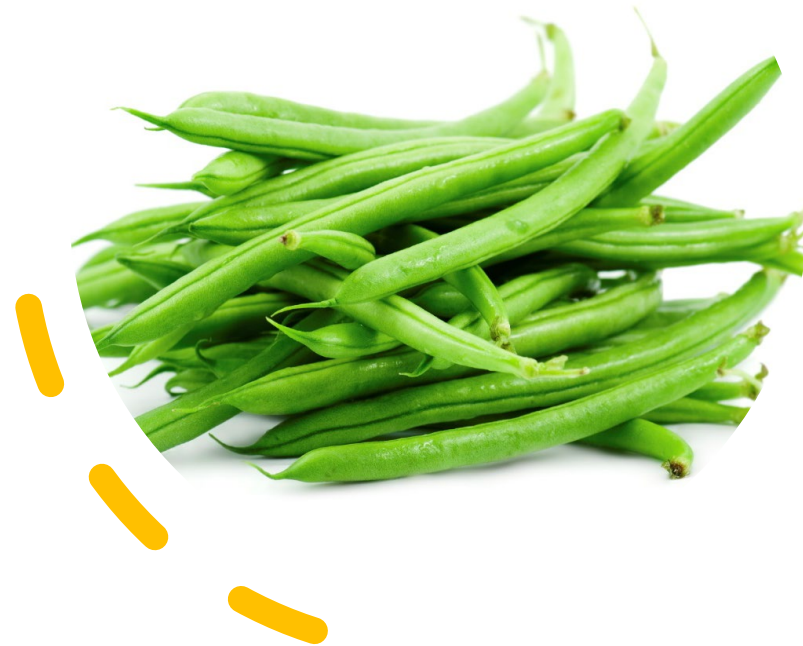
- **Most Americans do not eat enough vegetables & fruits**
- **Breakfast: Vegetable and Fruit can be either or combined**
- **Lunch/Supper: A vegetable & fruit are required**
- **Snack: Vegetables and Fruits can be served as part of a healthy snack**





# Menu Flexibility

- Menu flexibility: A second, different **vegetable** may be used instead of fruit at lunch/supper
- Cannot serve two fruits though!
- Consider serving a vegetable at breakfast!
- Pair a fan favorite with a new veggie
- All forms count!
- CACFP does not have vegetable subgroups





# 100% Juice

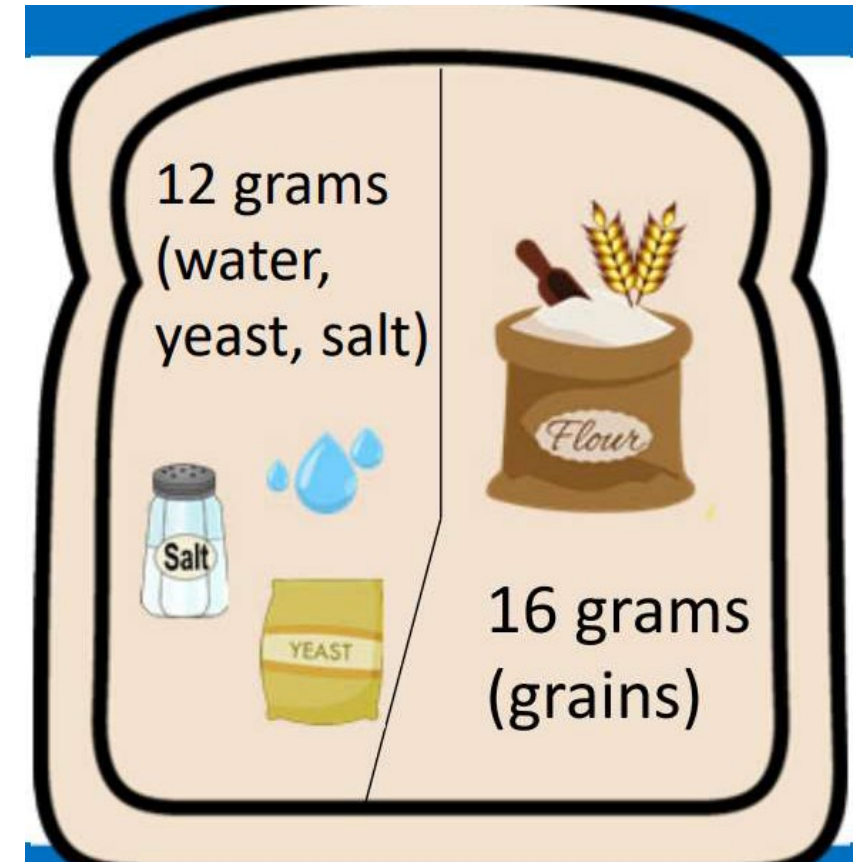
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- May be served at one meal or snack meal service per day
- Is not filling as it lacks dietary fiber
- Cannot offer with milk for snack
- Fruit/vegetable purees credit as juice!
- Juice is not creditable for infants



# Grains Component Overview

- At least **1 serving** of grains per day must be **whole grain-rich**; all others enriched/fortified
- Breakfast cereals must contain no more than **6 grams of sugar per dry oz**
- **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

WG Oatmeal

WGR Bread

WG Pita Chips

Brown Rice

### 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



# Determining Whole Grain-Rich Products Resources

USDA  
United States Department of Agriculture  
Food and Nutrition Service

## How To Spot Whole Grain-Rich Foods for the Child and Adult Care Food Program

Whole grain-rich foods are filled with vitamins and other nutrients that children and adults need for growth, development, and good health.



### Whole Grain-Rich Requirements

“Whole grain-rich” means that at least half the grains in a food are whole grain and the remaining grain ingredients are enriched, bran, or germ. Some examples of enriched grain ingredients include enriched white flour, bran, and wheat germ. In the Child and Adult Care Food Program (CACFP), at least one offering of grains per day must be whole grain-rich. **This requirement does not apply to infants (ages 0 through 11 months).**

### How To Find Whole Grain-Rich Foods

There are many ways to tell if a grain is whole grain-rich in the CACFP. The grain only needs to meet one of these methods to be whole grain-rich. It does not need to meet all the methods.

- The Rule of Three.** Foods that meet the Rule of Three are whole grain-rich. According to the Rule of Three, foods are whole grain-rich if the first ingredient (or second after water) in the food is whole grain, and the second and third grain ingredients are whole grain, enriched, bran, or germ. See “Identifying Whole Grain-Rich Foods for the CACFP Using the Ingredient List” at <https://teamnutrition.usda.gov> for more information.

*In the image to the right, the first grain ingredient is whole grain. There is not a second or third grain ingredient, so this cracker is whole grain-rich. ►*



**INGREDIENTS:** Whole Grain Wheat Flour, Vegetable Oil, Sugar, Salt, Cane Syrup.



## All Aboard the Whole Grain Express

**BRIGHTON**

### All Aboard The Whole Grain Express! (MICHIGAN-515)

All Aboard the Whole Grain Express! is a 1 hour online course with 14 activities. Participants will learn where whole grains come from, how to incorporate them into their menu's, and best practices for the preparation methods. The CACFP Meal Service Training Grant (MSTG), United States Department of Agriculture, provides the funding for this online training course.

- **Team Nutrition CACFP Meal Pattern Training Handouts (5)**
- **Brighton Brighttrack Training Module – free access code is 1234**



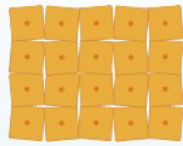
United States Department of Agriculture

Food and Nutrition Service

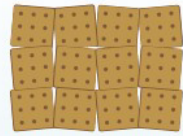
## Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

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?



20 cheese crackers  
(1" by 1") = 1 oz. eq.



12 thin wheat crackers  
(1 1/4" by 1 1/4") = 1 oz. eq.



5 woven whole-wheat crackers  
(1 1/2" by 1 1/2") = 1 oz. eq.

### 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


- MDE Online Training Modules
- USDA's Using Ounce Equivalents for Grains in the CACFP Training Worksheet
- [CACFP Meal Pattern Training Worksheets](#)





United States Department of Agriculture

Food and Nutrition Service



### Choose Breakfast Cereals That Are Lower in Sugar

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must not have more than **6 grams of sugar** per dry ounce.

There are many types of cereal that meet this sugar 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 sugar limit by using the Nutrition Facts label and following the steps below:

- Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
- Find the **Total Sugars** line. Look at the number of grams (g) next to Total Sugars.
- Use the serving size identified in Step 1 to find the serving size of the cereal in the table below.
- In the table, look at the number to the right of the serving size amount, under the "Total Sugars" column.  
If the cereal has that amount of sugar, or less, the cereal meets the sugar limit.

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

#### Yummy Brand Cereal

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

#### Test Yourself:


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

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

Total Sugars: \_\_\_\_\_

☐ Yes ☐ No

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



# 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
- Resource: Choose Breakfast Cereals That Are Lower in Sugar

# TN Handout Table Method: Breakfast Cereal

Nutrition Facts	
Serving Size 3/4 cup (30g)	
Servings Per Container 15	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 5
% 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>12%</b>
<b>Sugars</b> 5g	
<b>Protein</b> 140g	<b>280%</b>
*Percent Daily Values are based on a 2,000 calorie diet.	

Breakfast Cereal Sugar Limits	
Serving Size	Sugar Limit
If the serving size is:	Sugars cannot 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



## 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

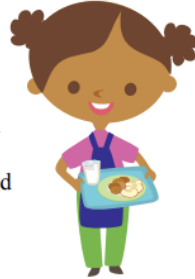
## Grain-Based Desserts in the Child and Adult Care Food Program

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.

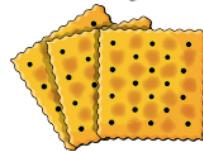
As of October 1, 2017, grain-based desserts no longer count toward the grain component of meals and snacks offered through the Child and Adult Care Food Program (CACFP). This small change helps reduce the amount of added sugars kids eat in child care.

### 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**

**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!**

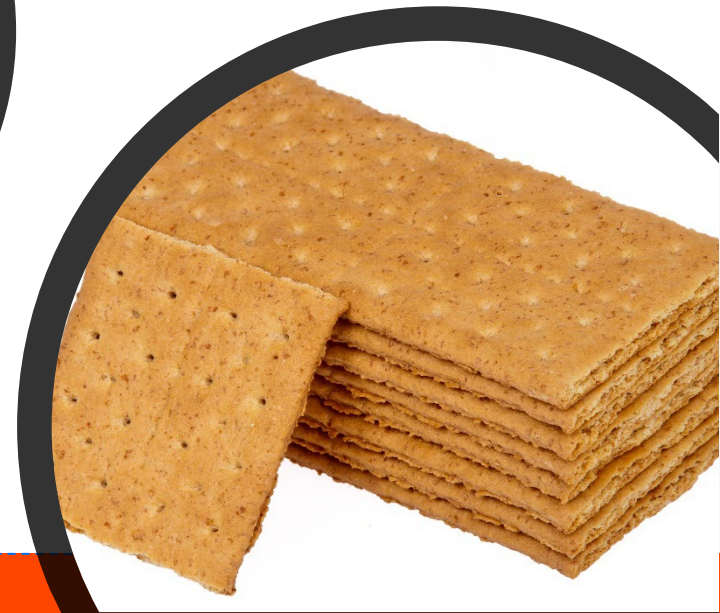
**Grain-Based Desserts in the Child and Adult Care Food Program ([azureedge.us](http://azureedge.us))**





# What can I serve?

- **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





# Pop Quiz

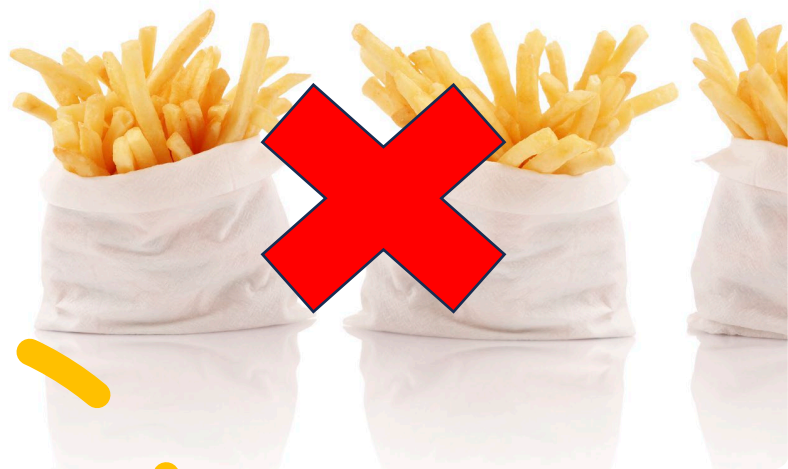
- CACFP requires one whole grain/whole grain rich item be served each day T/F
- You can serve plain graham and animal crackers T/F
- Cereals over the sugar limit are creditable - T/F





# What about fried food?

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



BAGEL WHI WGRAIN IW 72-2Z 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 TRIK 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

# Caution! Manufacturer CACFP Product Lists

**USDA DOES NOT approve or endorse any product**

**MDE does not approve or endorse any product**

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

- Cereal and yogurt must meet 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](#)

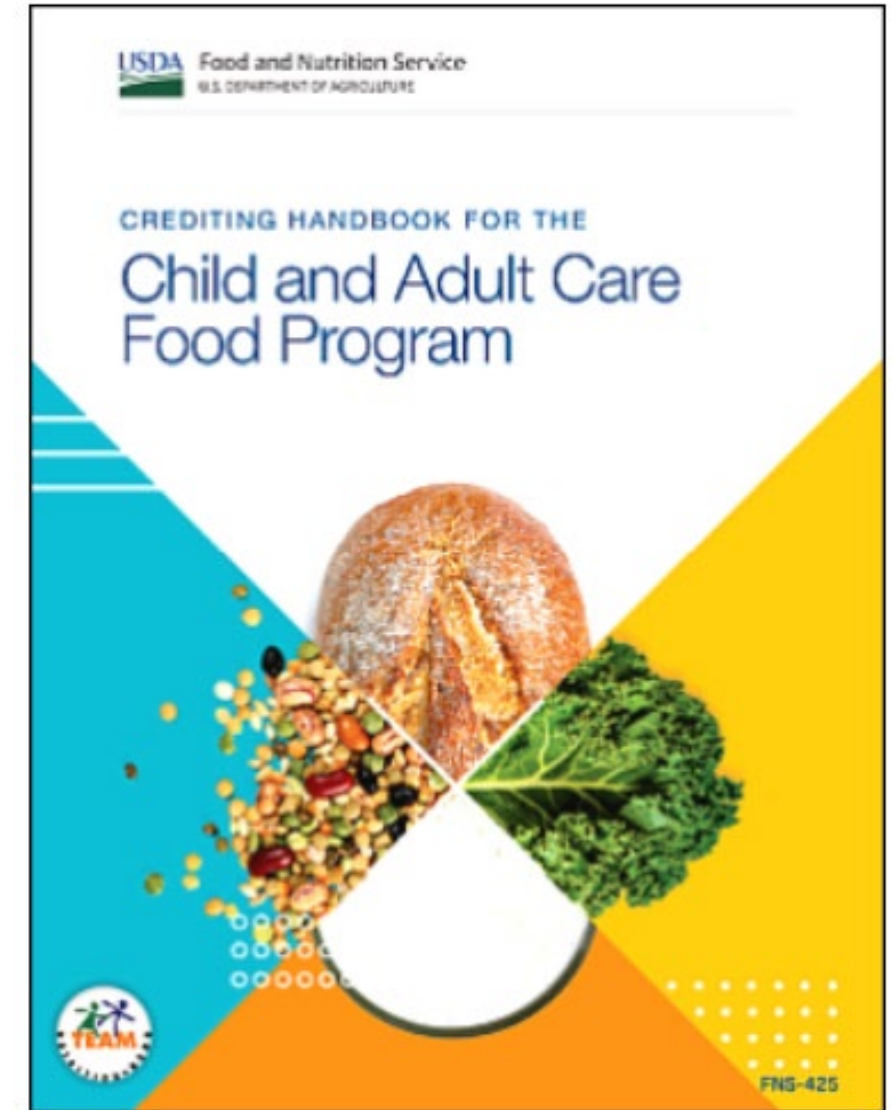
[Snack Outside the Box](#)

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

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

# Key Resource:

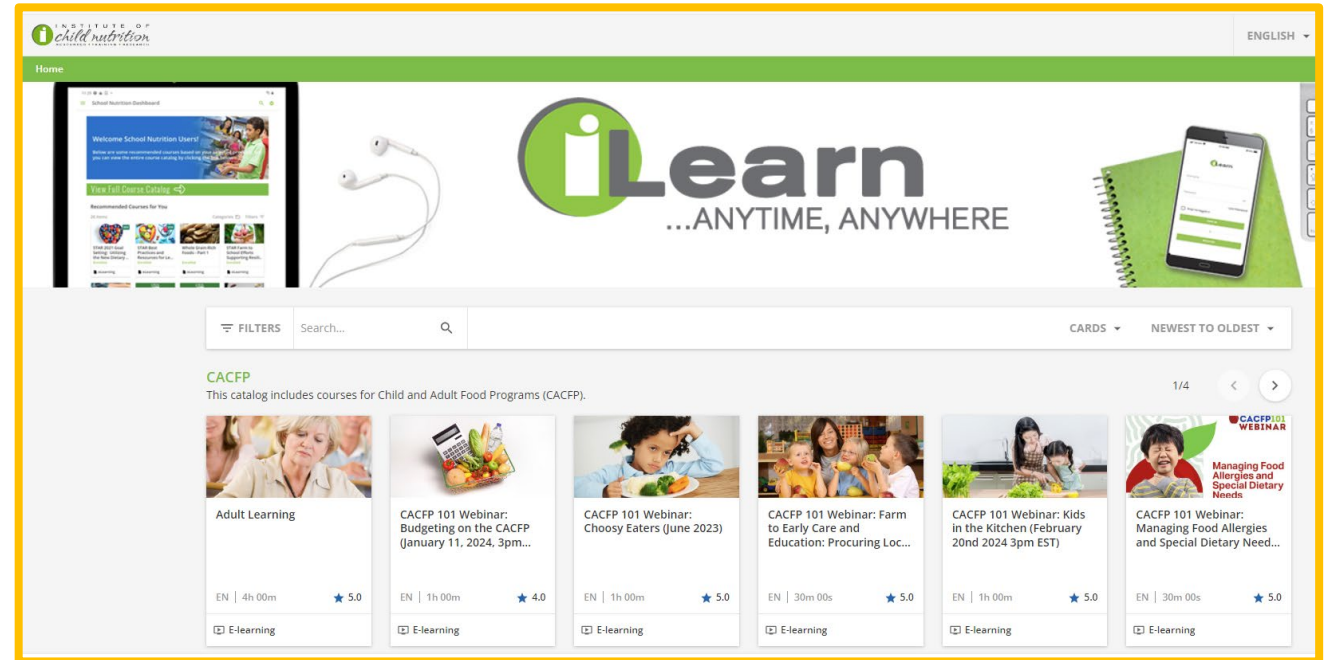
- **Crediting Handbook for the CACFP**
- **Yes, No, Maybe crediting information for meal pattern component food items**
- **Best practice: Print a copy and/or bookmark on your computer**





# 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)





# Thank You!

**Any questions? Contact us!**

**Michigan Department of Education  
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Child and Adult Care Food Program Website:  
[www.michigan.gov/cacfp](http://www.michigan.gov/cacfp)**