

# All Aboard! CACFP Meal Patterns

## MODULE ONE

### CHILD/ADULT MEAL PATTERNS

#### BREAKFAST MEAL PATTERNS Serve Milk, Grains\*, Vegetables or Fruit

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup
Vegetables, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

\* Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. oz eq = ounce equivalents

#### LUNCH & SUPPER MEAL PATTERNS Serve all 5 components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup*
Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternates	1 oz	1 1/2 oz	2 oz	2 oz
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

\* A serving of milk is not required at supper meals for adults. oz eq = ounce equivalents

#### SNACK MEAL PATTERNS Serve 2 of the 5 components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	1/2 cup	1 cup	1 cup
Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz	1 oz
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq

Beginning October 1, 2021, ounce equivalents are used to determine the quantity of creditable grains. Refer to USDA FNS Exhibit A for further guidance on grain serving sizes. oz eq = ounce equivalents

### INFANT MEAL PATTERNS

#### AGES BIRTH THROUGH 5 MONTHS

BREAKFAST, SNACK, LUNCH & SUPPER MEAL PATTERNS		
Milk	4-6 oz	breastmilk <sup>1</sup> or formula <sup>2</sup>

#### AGES 6 MONTHS THROUGH 11

BREAKFAST, LUNCH & SUPPER MEAL PATTERNS		
Milk	6-8 oz	breastmilk <sup>1</sup> or formula <sup>2</sup>
Grains/ Meat/ Meat Alternates	0-1/2 oz eq	infant cereal <sup>2</sup> or
	0-4 tbs	meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas or
	0-2 oz	cheese or
	0-4 oz	cottage cheese or yogurt <sup>3</sup> or
	0-4 oz	a combination of the above <sup>4</sup>
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both <sup>4,5</sup>

SNACK MEAL PATTERNS		
Milk	2-4 oz	breastmilk <sup>1</sup> or formula <sup>2</sup>
Grains	0-1/2 oz eq	slice bread <sup>6</sup> or
	0-1/4 oz eq	crackers <sup>6</sup> or
	0-1/2 oz eq	infant cereal <sup>2,6</sup> or
	0-1/4 oz eq	ready-to-eat breakfast cereal <sup>4,6,7</sup>
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both <sup>4,6</sup>

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

<sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>3</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>4</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>5</sup> Fruit and vegetable juices must not be served.

<sup>6</sup> A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

<sup>7</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).

# All Aboard! CACFP Meal Patterns

## MODULE ONE

The Child and Adult Care Food Program (CACFP) was established in 1968. Since its inception there have been no major changes to the original meal pattern requirements until the Healthy, Hunger Free Kids Act of 2010. The purpose of CACFP is to ensure that children and adults have access to healthy, balanced meals and snacks throughout the day. As an effort to continue with this purpose and to align with updated scientific research and suggestions by the American Academy of Pediatrics, and new best practices, the Meal Pattern requirements were updated and became effective October 1, 2017.

### SUMMARY OF 2016 UPDATES

#### INFANTS

- 1 | Two age groups instead of three: 0-5 months and 6-11 months.
- 2 | Only breastmilk or formula is served through 5 months, solid foods are gradually introduced as developmentally appropriate, starting at 6 months.
- 3 | A vegetable or fruit or both is required to be served at snack as developmentally appropriate starting around 6 months.
- 4 | Cheese and cottage cheese are allowable. Cheese food and spreads are not.
- 5 | Ready to eat cereals are allowable for snacks around 6 months of age as developmentally appropriate, but must meet sugar requirement (no more than 6 grams sugar per dry ounce).

#### CHILDREN/ADULTS

- 1 | Vegetables and fruits are now separate components at lunch/supper and snack; vegetables and fruits are combined at breakfast.
- 2 | Juice (100%, pasteurized) is limited to once per day.
- 3 | Eat at least one whole grain-rich serving per day across all eating occasions.
- 4 | Ounce equivalents are used to determine the amount of creditable grains (October 1, 2021).
- 5 | Grain based desserts are no longer allowed.
- 6 | Meat/meat alternates may be served in place of the grain requirement at breakfast no more than three times/week.
- 7 | Tofu (firm) counts as a meat alternate.
- 8 | Serve breakfast cereals and yogurts within required sugar limits (cereals are no more than 6 grams per dry ounce and yogurts no more than 23 grams per 6 ounce).

### THE CALENDAR PIECES WORK TOGETHER

Each month the 2022 NCA Nutrition Calendar highlights one of the Meal Pattern requirements. Along with the requirement, snack suggestions and recipes are provided for all twelve months.

Take a look at the highlighted meal pattern for February. As a best practice, we know that we should be striving to provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week. The meal pattern also adds that two vegetables may be served at lunch or supper rather than a serving of fruit and a serving of vegetables. The nutrition note gives us information all about the importance of green vegetables, and the information is tied together with a yummy recipe for Enchanted Brussels.



# 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:

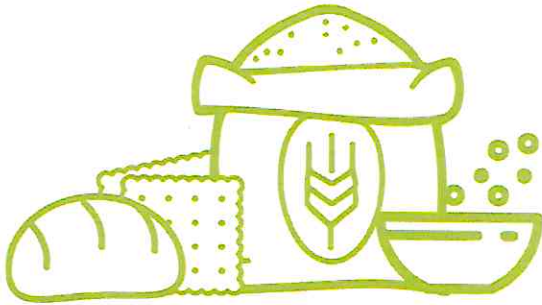
Flavored milk cannot be part of a reimbursable meal or snack for children 5 years old and younger.

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%).

*\*Flavored low-fat (1%) milk is allowed for children ages 6 and older and adults in the CACFP from July 1, 2018, until June 30, 2019, and is subject for updates pending Final Rule for Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements.*

### HEALTHY LIFESTYLE FABULOUS FOUR



**WHOLE GRAIN** eaten as part of a healthy diet has been shown to reduce constipation and different types of chronic diseases such as coronary heart disease. In addition, they provide important nutrients like fiber, B vitamins and minerals. The Meal Pattern requirements state that providers must serve a whole grain-rich item at least once throughout all eating occasions every day.

Knowing what to look for on the label is the first step in meeting the new requirement. Whole grain should be listed as the primary ingredient or the second ingredient, only after water. Examples of whole grain ingredients include: whole wheat, brown rice, wild rice, oatmeal, bulgur, whole grain corn, and quinoa. Products that are listed as 100% whole grain are definitely good choices, but remember labels can be deceiving. Even if a label says multigrain or made with whole grains, it still may not contain enough whole grain to be considered whole grain-rich.

Providers have the option to serve the whole grain-rich item at any meal or snack throughout the day. It does not always have to be at the same time. In one week, a provider could serve a whole grain-rich snack, the next day serve a whole grain-rich cereal at breakfast, and the following a whole grain-rich pasta at lunch. This allows for providers to serve whole grain-rich with variety for the children. In March, July, September, and December of the 2022 NCA Nutrition Calendar, you can find a recipe for whole grain-rich items.

#### WHOLE GRAIN TIPS

- 1) For homemade recipes, combine white flour with whole wheat flour until the children are fully accustomed to the new taste of whole grain. When cooking with corn meal, swap out for whole corn meal. You can also use white whole wheat flour with the same nutrients as whole wheat flour, but with the lighter color that children may prefer.
- 2) Experiment and have taste tests with the children. Try different brands and serving suggestions for whole grain-rich products and recipes. What does everyone like the best?
- 3) Include learning about whole grains in your lesson plans at meal times and during games and activities.

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WHOLE GRAIN

# All Aboard! CACFP Meal Patterns

## MODULE ONE

### HEALTHY COMMUNITY FABULOUS FOUR



**FRUITS AND VEGETABLES** are superfoods packed with essential vitamins and minerals. By eating a diet rich in fruits and vegetables, many diseases such as heart disease, type II diabetes, high blood pressure and certain types of cancer can be prevented.

The Meal Pattern components separate the categories of fruits and vegetables. While these can be combined at breakfast, they must remain separate components at both lunch and snack.

#### IS IT A FRUIT OR A VEGETABLE?

This is an age-old question, but with the new guidelines, quite important. The Meal Patterns will be based on the culinary definition which is defined by whether the food is typically used in a savory or sweet dish. Savory will be counted as a vegetable, while sweet will be considered a fruit. Tomatoes and avocados, based on this, would be a vegetable.

#### VEGGIE AND FRUIT TIPS

- 1) Serve a variety of fruits and veggies. When seasonal fresh fruits and vegetables are not an option, choose canned, frozen, or dried.
- 2) When purchasing canned fruits, look for canned in water or 100% juice.
- 3) Be aware of added sugars in canned, frozen, and dried fruits and vegetables.
- 4) Involve children. Whether it is growing fruits and vegetables in the garden or asking kids to help prepare food in the kitchen, when children are involved they are more willing to try new foods.
- 5) Make fruits and vegetables available and easy for children to eat.

#### NOTES

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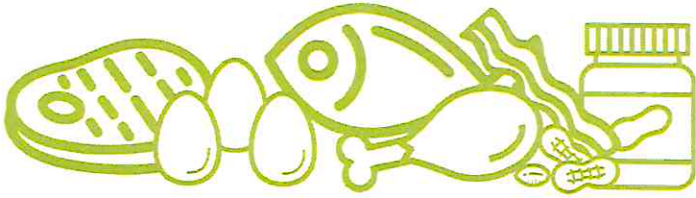
Check out February, March, April, August, September, and November in the 2022 Nutrition Calendar for recipes focused on fruits and vegetables.

FRUITS & VEGGIES

# All Aboard! CACFP Meal Patterns

## MODULE ONE

### HEALTHY COMMUNITY FABULOUS FOUR



# PROTEIN

Eating a variety of meats will provide children with protein, B vitamins, and minerals helping their bodies grow and protect the brain, heart, and nervous systems. There are so many varieties of meats to choose from and even more ways to prepare them. If a child does not like one thing, there are many other options to try!

Often if we ask children to be involved in the cooking process and try to make food fun, we will have more success of getting them to eat the food we are serving. Where developmentally appropriate, ask the children to help in the kitchen. Together, you can create silly, fun names for different dishes. Don't forget to ask them what their favorites are.

Visit the months of January, May, and November in the NCA Nutrition Calendar for tasty, protein packed recipes.

Serve one of these options either grilled, roasted, baked, poached, boiled or broiled:

Meat	Beef, ham, pork, lean luncheon meats
Poultry	Chicken, duck, goose, turkey
Seafood	Catfish, tilapia, salmon, flounder, tuna, halibut, shellfish
Meat Alternates	Eggs, yogurt, cheese, cottage cheese, dry beans and peas, certified soy products, nuts, seeds

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# All Aboard! CACFP Meal Patterns

## MODULE ONE

### HEALTHY COMMUNITY FABULOUS FOUR

# LESS SUGAR



While sugar is a natural substance found in healthy foods like fruit, milk, yogurt, and cheese, we should limit the amount of added sugar we serve and consume. Added sugars are often consumed in beverages, desserts, and the jams and syrups we use at breakfast.

When considering the food you are serving, always look at the ingredients first. If you see items such as corn syrup, nectars, brown sugar, high fructose corn syrup, and dextrose, try to find an alternative, healthier item to serve. Remember, yogurt cannot have more than 23 grams of sugar per 6 ounce serving and cereal cannot have more than 6 grams of sugar per dry ounce.

**HELPFUL RESOURCE**  
page 14

Birthdays and special occasions are often celebrated with foods that have added sugar and if consumed in minimal amounts, it is always a delicious added treat. However, you can make daily substitutions when it is not a special occasion.

INSTEAD OF...	TRY...
Sodas, Sweetened Beverages	Water or low-fat, fat-free milk, 100% fruit juice
Dessert	Yogurt smoothie
Sweetened Snacks, Packaged Foods	Plain yogurt, unsweetened applesauce, frozen fruit, 100% fruit bars
Sweetened Cereals	Cereals with little or no added sugar, whole grain-rich cereals, oatmeal with fruit
Jam or Jelly	Fruit
Fruit Snacks	Raisins or other low sugar dried fruit

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#### MEAL PREP

One of the keys to healthy eating and a way to avoid quick, but sugar-heavy snacks is to plan your menu and prep ahead of time. Buy healthy foods in bulk and make single serving snack containers that are easy to grab and go. This can become the “go to” instead of the easy, but unhealthy, sugary snacks.

## 5. Similac NeoSure

## Extensively Hydrolyzed Protein Formula---

## 1. Similac Alimentum

## Amino Acid-Based Formula---

## 1. EleCare with DHA and ARA

## Fortifiers---

1. Liquid Protein Fortifier
2. Similac Human Milk Fortifier
3. Similac Extensively Hydrolyzed Protein Concentrated Liquid
4. Similac Human Milk Fortifier Concentrated Liquid

## Miscellaneous---

1. Calcilo XD
2. Pro-Phree
3. ProVimMin
4. RCF No Added Carbohydrate Soy Infant Formula Base
5. Similac for Diarrhea
6. Similac PM 60/40

**Mead Johnson Nutritionals, Bristol-Myers Squibb Company**

## Metabolic Formulas---

1. Phenyl Free 1
2. BCAD 1
3. GA
4. HCY 1
5. LMD
6. OA 1
7. TYROS 1
8. WND 1

## Premature Formulas---

1. Enfamil Premature w/Iron 20 Calorie
2. Enfamil Premature w/Iron 24 Calorie

**Exempt Infant Formulas Marketed in the United States By Manufacturer and Category**

An exempt infant formula is an infant formula intended for commercial or charitable distribution that is represented and labeled for use by infants who have inborn errors of metabolism or low birth weight, or who otherwise have unusual medical or dietary problems (21CFR 107.3 (http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?e=ecfr&sid=6f92b777451ec064fd75d70bb8;rgn=div6;view=text;node=2128322.0.1.1.7.1.dno=211cc=ecfr)).

Prior to any company or person manufacturing and marketing a new exempt infant formula or any infant formula, certain practices, procedures and processes must be followed (Section 412 of the Federal Food, Drug, and Cosmetic Act ((fda-act-chapter-iv-food)). For exempt infant formulas, there are specific terms and conditions that must also be met (21CFR 107.50 (http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?e=ecfr&sid=582a35d61ba3464af5f539369fd570&rgn=div6&view=text&node=212.0.1.1.7.3&dno=21)).

The following list provides all of the products classified as exempt infant formulas that FDA believes are currently available (to date) on the U.S. retail market. The products are grouped by the company that manufactures and/or distributes them as well as grouped by type of product (if applicable).

*This list is provided as a service to anyone using FDA's website and does not represent FDA endorsement of these companies or their products. The directions for use of these products provided on the product label/labeling or by the health care provider should be followed. FDA cannot ensure that the information on this list is the most current. As the agency becomes aware of newer information, the list will be periodically updated.*

**Abbott Nutrition**

## Metabolic Formulas---

1. Cyclinex-1
2. Glutarex-1
3. Hominex-1
4. I-Valex-1
5. Ketonex-1
6. Phenex-1
7. Propimex-1
8. Tyrex-1

## Premature Formulas---

1. Similac Special Care 20 Cal w/Iron
2. Similac Special Care 24 Cal w/Iron
3. Similac Special Care 24 Cal High Protein
4. Similac Special Care 30 Cal w/Iron



## 3. Enfamil NeuroPro EnfaCare

4. Enfamil Premature High Protein 24 Calorie
5. Enfamil Premature 30 Calorie

## Protein Hydrolysate Formulas---

1. Enfamil Nutramigen
2. Pregestimil 20 Calorie
3. Pregestimil 24 Calorie
4. Nutramigen with Enflora LGG
5. Nutramigen Toddler with Enflora LGG

## Amino Acid-Based Formula---

1. PurAmino

## Miscellaneous---

1. 3232A
2. Enfamil Human Milk Fortifier Acidified Liquid
3. Enfamil Human Milk Fortifier Powder
4. Enfaport

**Nestlé Infant Nutrition**

## Extensively Hydrolyzed Protein Formula---

1. Gerber Extensive HA

## Amino Acid-Based Formula---

1. Alfamino

**PBM Nutritionals**

## Premature Formula---

1. 22 cal/oz milk-based infant formula with DHA and ARA for Conditions such as Prematurity & Low Birth Weight (sold under private labels)

## Extensively Hydrolyzed Protein Formula---

1. Extensively Hydrolyzed Casein-Based infant formula with ARA, DHA, and Probiotic (sold under private labels)

**Prolacta Biosciences, Inc.**

## Premature Formulas---

1. Prolacta RTF 24 Human Milk-Based Premature Infant Formula
2. Prolacta RTF 26 Human Milk-Based Premature Infant Formula
3. Prolacta RTF 28 Human Milk-Based Premature Infant Formula

## Fortifiers---

1. Prolacta Plus Human Milk Fortifiers (+4, +6, +8, and +10)
2. Prolacta CR Human Milk Caloric Fortifier

**SHS International Limited\***

## Metabolic Formulas---

1. MSUD Anamix Early Years
2. IVA Anamix Early Years
3. GAI Anamix Early Years
4. HCU Anamix Early Years
5. MMA/PA Anamix Early Years
6. PKU Periflex Early Years
7. Tyr Anamix Early Years
8. SOD Anamix Early Years

## Amino Acid-Based Formulas---

1. Neocate Infant w/DHA and ARA
2. Neocate Syneo Infant w/DHA and ARA

\*Nutricia North America is listed on the product labels. Nutricia North America is the distribution company and "brand" name for the products manufactured by SHS International in the United Kingdom.

11/19

# 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.

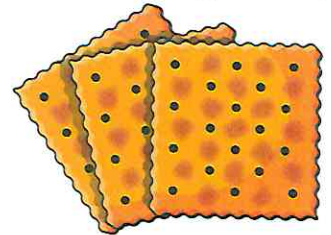


As of October 1, 2017, grain-based desserts no longer count toward the grain component of meals and snacks offered through the Child and Adult Care Food Program (CACFP). This small change helps reduce the amount of added sugars kids eat in child care.

## 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.**

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

