New Meal Patterns
Child Summary

Fruits and Vegetables
- Claiming juice is limited to once per day
- At least one fruit and one vegetable or two vegetables will need to be served at claimed lunch/dinner meals

Grains and Breads
- At least one serving of grains per day will need to be whole grain-rich
- Grain-based desserts will no longer be claimable as a grains/breads component
- Claimed breakfast cereals must contain no more than 21.2 grams of sugar per 100 grams of dry cereal

Meats and Meat Alternates
- Meat/meat alternates may be claimed in place of the grains component at breakfast up to three times per week
- Tofu will be allowed as a meat alternate
- Claimed yogurts must contain no more than 23 grams of sugar per 6 ounces

Fluid Milk
- Flavored milk will no longer be creditable for children 5 years and under
- Flavored milk served to children 6 years and older will need to be fat-free

Other Provisions
- Providers will be able to be reimbursed when parents or guardians provide up to one component per meal as long as it meets meal pattern requirements
- On-site deep frying will no longer be allowed to prepare claimed foods

Eating Through Meal Patterns

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New CACFP Meal Patterns
Shopping Guide

Brought to you by the Association for Child Development

The new CACFP Meal Patterns go into effect on October 1, 2017.

acdc
ONE BITE AT A TIME
Whole Grain-Rich Foods
At least one serving of grains per day will need to be whole grain-rich. Whole grain-rich foods contain at least 50% whole grains.

Breads, Grains, Cereals
Look for a whole grain as the first ingredient or as the second ingredient after water.

Mixed Dishes (contain more than one food group such as lasagna)
Look for a whole grain as the first grain ingredient.

Yogurt
Claimed yogurts must contain no more than 23 grams of sugar per 6 ounces.

<table>
<thead>
<tr>
<th>Grams of sugar per serving</th>
<th>Ounces of yogurt per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 oz (1/4 cup)</td>
<td>7 g or less</td>
</tr>
<tr>
<td>2.5 oz (1/3 cup)</td>
<td>9 g or less</td>
</tr>
<tr>
<td>3 oz (3/8 cup)</td>
<td>11 g or less</td>
</tr>
<tr>
<td>4 oz (1/2 cup)</td>
<td>15 g or less</td>
</tr>
<tr>
<td>5.3 oz (2/3 cup)</td>
<td>20 g or less</td>
</tr>
<tr>
<td>6 oz (3/4 cup)</td>
<td>23 g or less</td>
</tr>
<tr>
<td>8 oz (1 cup)</td>
<td>30 g or less</td>
</tr>
</tbody>
</table>

Breakfast Cereals
Claimed breakfast cereals must contain no more than 21.2 grams of sugar per 100 grams of dry cereal.

Check out ACD’s cereal guide.
Write down CACFP-approved cereals on your shopping list.

Look for WIC-approved cereals.
Many grocery stores label them, and they are also CACFP-approved!

Look at the Nutrition Facts Label.
Do a quick calculation using the formula below, or skip the math and use the handy chart below.

<table>
<thead>
<tr>
<th>Grams of sugar per serving</th>
<th>Grams of cereal per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is it 0.212 or less?</td>
<td>Yes, it is creditable!</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ounces of cereal per serving</th>
<th>20-23g</th>
<th>24-28g</th>
<th>29-33g</th>
<th>34-37g</th>
<th>38-42g</th>
<th>43-47g</th>
<th>48-51g</th>
<th>52-55g</th>
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<tbody>
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Grain-Based Desserts
Grain-based desserts will no longer be claimable as a grains/breads component.

Grain-based desserts include...
Breakfast & cereal bars (e.g. graham crackers & animal crackers)
Brownies
Cookies (including vanilla wafers)
Doughnuts
Granola bars
Sweet bread pudding
Toaster pastries

Breakfast Ideas
Bagels
Biscuits
Breads
Bread pudding (savoury)
Cereal
Corn grits
English muffins
French toast
Grain porridges
Muffins
Muesli
Oats and oatmeal
Pancakes
Quick breads
Rice pudding (savoury)
Rolls
Waffles

Snack Ideas
Bagels
Biscuits
Breads
Bread pudding (savoury)
Bread sticks
Buns
Cereals
Cornbread
Corn muffins
Crackers (savoury)
English muffins
Grain salads
Melba toast
Muffins
Pasta
Pita bread
 Pretzels (soft or hard)
Quick breads
Ravioli
Rice cakes
Rice pudding (savoury)
Rolls
Scones (savoury)
Taco shells
Tostada shells
Tortilla chips
Tortillas