

Eating Through Meal Patterns

CHILD AND ADULT CARE FOOD PROGRAM New Child Meal Patterns



VEGETABLES/FRUITS

- ✔ Claiming juice is limited to once per day
- ✔ The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component

GRAINS/BREADS

- ✔ At least one serving of grains per day must be whole grain-rich
- ✔ Grain-based desserts can no longer be claimed as a grains/breads component

Grain-based desserts include:

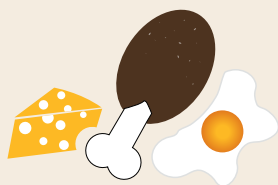
Breakfast/cereal bars	Cookies	Sweet crackers	Sweet pie crusts
Brownies	Doughnuts	(e.g. graham and animal crackers)	Sweet rolls
Cakes	Granola bars		Toaster pastries

- ✔ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce when claimed



MEAT/MEAT ALTERNATE

- ✔ Meat/meat alternates may be claimed in place of the entire grains component at breakfast a maximum of three times per week
- ✔ Tofu is allowable as a meat alternate
- ✔ Yogurts must contain no more than 23 grams of sugar per 6 ounces when claimed



MILK REQUIREMENTS

- ✔ Milk claimed for 1 year olds must be unflavored whole milk
- ✔ Milk claimed for children 2 through 5 years old must be unflavored low-fat (1%) or fat-free
- ✔ Milk claimed for children 6 years and older must be unflavored low-fat (1%), unflavored fat-free, or flavored fat-free
- ✔ Non-dairy milk substitutes that are nutritionally equivalent to milk may be claimed in place of cow's milk to children with medical or special dietary needs with a Milk Substitution Form



OTHER CHANGES

- ✔ Providers can 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 is not allowed as a way of preparing claimed foods



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

For more information, visit us on the web at www.acdkids.org or like us on Facebook!

ONE BITE AT A TIME

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider. (11/2016)