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

Association for Child Development
www.acdkids.org

Michigan Office
139 W Lake Lansing Rd, Suite 120, East Lansing, MI 48823
Telephone: (800) 234-3287
Fax: (517) 332-5543

Illinois Office
4415 W Harrison St, Suite 535, Hillside, IL 60162
Telephone: (800) 284-5273
Fax: (708) 236-0872
Center Fax: (708) 391-8242

This project is funded at least in part by USDA funds through the Michigan Department of Education and/or the Illinois State Board of Education.

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. (Rev: 11/2015)
**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.

**Grams of sugar per serving**
<table>
<thead>
<tr>
<th>Ounces of yogurt per serving</th>
<th>Grams of sugar per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 oz (56 g)</td>
<td>✔️ 7 g or less</td>
</tr>
<tr>
<td>2.5 oz (70 g)</td>
<td>✔️ 9 g or less</td>
</tr>
<tr>
<td>3 oz (85 g)</td>
<td>✔️ 11 g or less</td>
</tr>
<tr>
<td>3.5 oz (99 g)</td>
<td>✔️ 13 g or less</td>
</tr>
<tr>
<td>4 oz (113 g)</td>
<td>✔️ 15 g or less</td>
</tr>
<tr>
<td>5.3 oz (150 g)</td>
<td>✔️ 20 g or less</td>
</tr>
<tr>
<td>6 oz (170 g)</td>
<td>✔️ 23 g or less</td>
</tr>
<tr>
<td>8 oz (227 g)</td>
<td>✔️ 31 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.

  **Grams of sugar per serving**
  **Grams of cereal per serving**

  Is it 0.212 or less?
  ✔️ Yes, it is creditable!

<table>
<thead>
<tr>
<th>Grams 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>
</tr>
</thead>
<tbody>
<tr>
<td>4g</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>5g</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>6g</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>7g</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>8g</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>9g</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>10</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>11</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>12</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
<td>✔️ ✔️ ✔️</td>
</tr>
</tbody>
</table>

**Grain-Based Desserts**
Grain-based desserts will no longer be claimable as a grains/breads component.

- **Grain-based desserts include...**
  - Breakfast bars
  - Granola bars
  - Sweet bread pudding
  - Cakes
  - Granola bars
  - Vanilla wafers
  - Muffins
  - Scones
  - Sweet pie crusts
  - Cookie bars
  - Sweet rolls
  - Bread pudding (savory)
  - Cereal
  - Sweet rice pudding
  - Corn grits
  - Rice pudding (savory)
  - English muffins
  - Rolls
  - French toast
  - Waffles
  - Grain porridges

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