

Nutrition Policies and Guidance for the Child and Adult Care Food Program (CACFP)



Meal Pattern Requirements FOR CACFP CHILD CARE PROGRAMS

Child Care Centers • Family Day Care Homes
Emergency Shelters • At-risk Afterschool Care Centers

Applicable Through September 30, 2017



July 2016

Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services and Adult Education
25 Industrial Park Road
Middletown, CT 06457

MEAL PATTERN REQUIREMENTS FOR CACFP CHILD CARE PROGRAMS

Connecticut State Department of Education • July 2016
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/npgmp.pdf

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ABOUT THIS GUIDE

Meal Pattern Requirements for CACFP Child Care Programs contains information on planning menus to meet the CACFP meal pattern for children, based on U.S. Department of Agriculture (USDA) regulations and policies. This guide applies to CACFP child care centers, family day care homes, emergency shelters, and at-risk afterschool care centers.

Each section of the guide contains links to other sections when appropriate, and to Web sites with relevant information and resources. These can be accessed by clicking on the blue highlighted text throughout the guide.

The mention of trade names, commercial products or organizations does not imply approval or endorsement by the Connecticut State Department of Education (CSDE) or the USDA.

Meal Pattern Requirements for CACFP Child Care Programs is part of a series of six guides that comprise the CSDE's *Nutrition Policies and Guidance for CACFP*. These guides assist child care centers, family day care homes, emergency shelters, and at-risk afterschool care centers with meeting CACFP requirements. The complete set of guides is available on the CSDE's Nutrition Policies and Guidance for the CACFP Web page at www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326.

- Meal Pattern Requirements
- Crediting Foods
- Feeding Infants
- Accommodating Special Diets
- Sanitation and Food Safety
- Planning Healthy Meals

The contents of this guide are subject to change. The CSDE will update this guide as the USDA issues additional policies and guidance for the CACFP. Please check the CSDE's [Nutrition Policies and Guidance for the CACFP](#) Web page for the most current version.

For more information on *Nutrition Policies and Guidance for the CACFP*, contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, at susan.fiore@ct.gov or 860-807-2075.

Original Publication Date: July 2000
Previous Revision Date: September 2011
Current Revision Date: July 2016

CSDE CONTACT INFORMATION

For questions regarding the CACFP meal pattern for children, please contact the CACFP staff in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education.

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ABBREVIATIONS AND ACRONYMS

APP	alternate protein products
CACFP	Child and Adult Care Food Program
CCCNS	Connecticut Child Care Nutrition Standards
CFR	Code of Federal Regulations
CN	Child Nutrition
CNP	Child Nutrition Programs
CSDE	Connecticut State Department of Education
FDA	Food and Drug Administration
FNS	Food and Nutrition Service, U.S. Department of Agriculture
ICN	Institute of Child Nutrition (formerly National Food Service Management Institute)
NSLP	National School Lunch Program
OVS	offer versus serve
PFS	product formulation statement
POS	point of service
SBP	School Breakfast Program
SFA	school food authority
USDA	United States Department of Agriculture
VPP	vegetable protein products
WGR	whole grain-rich
WIC	Special Supplemental Nutrition Program for Women, Infants and Children



1 — CACFP Meal Pattern for Children

The goal of the U.S. Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP) is to improve and maintain children’s health and nutrition while promoting the development of good eating habits. The CACFP meal pattern for children is designed to meet children’s needs for calories and key nutrients. To receive reimbursement for meals (breakfast, lunch, and supper) and snacks served to children, CACFP facilities (child care centers, family day care homes, emergency shelters, and at-risk afterschool care centers) must provide all required meal pattern components in the appropriate serving size for each age group.

On April 25, 2016, the USDA issued the final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*. This rule updates the CACFP meal pattern requirements to better align with the *Dietary Guidelines for Americans*, as required by the Healthy, Hunger-Free Kids Act of 2010. The final rule takes effect on October 1, 2017.

The new CACFP meal pattern requires CACFP facilities to serve more whole grains and a greater variety of vegetables and fruits, and reduce the amount of added sugars and solid fats in meals. It also encourages breastfeeding in child care facilities, and better align the CACFP with the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), and other Child Nutrition Programs. For more information, see the USDA’s [Nutrition Standards for CACFP Meals and Snacks](#) Web page.



This guide assists CACFP staff with planning menus to meet the **current CACFP meal pattern requirements** that remain in effect through September 30, 2017. It also highlights the key changes in the new CACFP meal pattern for children.

The Connecticut State Department of Education (CSDE) will be developing additional guidance for the new CACFP meal pattern requirements that take effect on October 1, 2017. In the meantime, the current CACFP meal pattern for children still applies. All CACFP facilities must comply with the USDA meal pattern requirements in CACFP regulations (7 CFR 226). The CACFP meal pattern for children applies to:

- children ages 1-12;
- children ages 15 and younger of migrant workers;
- children of any age with disabilities; and
- children through age 18 in at-risk afterschool care centers and emergency shelters.

Meals for infants (birth through 11 months) must follow the CACFP infant meal pattern. For more information on the infant meal pattern, see the CSDE’s *Feeding Infants in CACFP Child Care Programs*.

FOOD COMPONENTS

The CACFP meal pattern for children consists of minimum serving sizes of food components for each meal. A food component is one of the four food groups that comprise the reimbursable meal, including milk, meat/meat alternates, vegetables/fruits, and grains/breads. Table 1 indicates the required servings of each component for breakfast, lunch, supper, and snack.

Effective October 1, 2017, there are five meal components. The final rule separates the combined vegetables/fruits component into two separate components (vegetables component and fruits component).

Menu items contribute to the food components. A menu item is any planned main dish, vegetable, fruit, bread, grain, or milk. For example, a menu item of a hamburger on a whole-grain bun contributes to the meat/meat alternates and grains/breads components.

Table 1. Required Servings for CACFP Meals for Children

Breakfast	Lunch and Supper	Snack (Supplement)
Three Food Servings	Five Food Servings	Two Food Servings *
<ul style="list-style-type: none"> One serving of fluid milk One serving of juice/fruit/vegetable One serving of grains/breads 	<ul style="list-style-type: none"> One serving of fluid milk Two servings of vegetables/fruits ** One serving of grains/breads One serving of meat/meat alternates 	<ul style="list-style-type: none"> Fluid milk Vegetables/fruits Grains/breads Meat/meat alternates 
<p>* Snack must consist of two food items, each from a different food component.</p> <p>** Serve two or more different kinds of vegetables/fruits, e.g., two vegetables, two fruits, or one vegetable and one fruit.</p>		

The following pages include the CACFP meal patterns for breakfast ([table 2](#)), lunch and supper ([table 3](#)), and snack ([table 4](#)). A CACFP meal pattern handout is available in the Meal Pattern Requirements section of the CSDE's [Nutrition Policies and Guidance for the CACFP](#) Web page.

Table 2. CACFP Breakfast Meal Pattern for Children ¹

EFFECTIVE THROUGH SEPTEMBER 30, 2017			
Food Component	Ages 1 – 2	Ages 3 – 5	Ages 6 – 12 ²
MILK, FLUID ³	½ cup	¾ cup	1 cup
VEGETABLES AND FRUITS Vegetables and/or fruits or Full-strength fruit or vegetable juice or An equivalent quantity of any combination of the above vegetables and fruits	¼ cup	½ cup	½ cup
GRAINS AND BREADS ⁴ Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal ⁵ or Hot cooked cereal or Cooked pasta or noodle products or Cooked cereal grains or An equivalent quantity of any combination of the above grains and breads	½ slice ½ serving ¼ cup or ⅓ ounce ¼ cup ¼ cup ¼ cup	½ slice ½ serving ⅓ cup or ½ ounce ¼ cup ¼ cup ¼ cup	1 slice 1 serving ¾ cup or 1 ounce ½ cup ½ cup ½ cup
◀ See below for important menu planning notes ▶			
<p>Menu Planning Notes for Breakfast</p> <p>¹ The meal pattern shows the minimum amounts of each component that the CACFP facility must make available to each child to claim reimbursement for the meal. Children may be served larger portions but not less than the minimum quantities specified.</p> <p>² Emergency shelters can serve children ages 18 and younger, and children of any age with disabilities. At-risk afterschool care centers can serve children ages 18 and younger.</p> <p>³ Serve whole milk to age 1 (12 through 23 months) and low-fat (1%) or fat-free milk to ages 2 (24 months) and older.</p> <p>⁴ Breads and grains must be whole grain or enriched. Breakfast cereals must be whole grain, enriched, or fortified. All products must meet the minimum serving sizes in <i>Serving Sizes for Grains/Breads in the CACFP</i>.</p> <p>⁵ One serving of cold dry cereal must meet the requirements for either measure (cups) or weight (ounces), whichever is less. Breakfast cereals may be served in meals other than breakfast.</p>			



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Table 3. CACFP Lunch and Supper Meal Pattern for Children ¹

EFFECTIVE THROUGH SEPTEMBER 30, 2017			
Food Component	Ages 1 – 2	Ages 3 – 5	Ages 6 – 12 ²
MILK, FLUID ³	½ cup	¾ cup	1 cup
VEGETABLES AND FRUITS ⁴ Vegetables and/or fruits (two or more different servings)	¼ cup total	½ cup total	¾ cup total
GRAINS AND BREADS ⁵ Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal ⁶ or Hot cooked cereal or Cooked pasta or noodle products or Cooked cereal grains or An equivalent quantity of any combination of the above grains and breads	½ slice ½ serving ¼ cup or ⅓ ounce ¼ cup ¼ cup ¼ cup	½ slice ½ serving ⅓ cup or ½ ounce ¼ cup ¼ cup ¼ cup	1 slice 1 serving ¾ cup or 1 ounce ½ cup ½ cup ½ cup
MEAT AND MEAT ALTERNATES Lean meat or poultry or fish ⁷ or Alternate protein products ⁸ or Cheese or Cottage cheese or Eggs, large or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds ⁹ or Yogurt ¹⁰ , plain or flavored, unsweetened or sweetened or An equivalent quantity of any combination of the above meat and meat alternates	1 ounce 1 ounce 1 ounce ¼ cup ½ ¼ cup 2 tablespoons ½ ounce = 50 percent 4 ounces or ½ cup	1 ½ ounces 1 ½ ounces 1 ½ ounces ¾ cup ¾ ¾ cup 3 tablespoons ¾ ounce = 50 percent 6 ounces or ¾ cup	2 ounces 2 ounces 2 ounces ½ cup 1 ½ cup 4 tablespoons 1 ounce = 50 percent 8 ounces or 1 cup
◀ See next page for important menu planning notes ▶			



Table 3. CACFP Lunch and Supper Meal Pattern for Children ¹, continued

Menu Planning Notes for Lunch and Supper

- ¹ The meal pattern shows the minimum amounts of each component that the CACFP facility must make available to each child to claim reimbursement for the meal. Children may be served larger portions but not less than the minimum quantities specified
- ² Emergency shelters can serve residents ages 18 and younger, and children of any age with disabilities. At-risk afterschool care centers can serve children ages 18 and younger.
- ³ Serve whole milk to age 1 (12 through 23 months) and low-fat (1%) or fat-free milk to ages 2 (24 months) and older.
- ⁴ Serve two or more different kinds of vegetables and fruits, e.g., two vegetables, two fruits, or one vegetable and one fruit. Full-strength 100 percent vegetable or fruit juice cannot meet more than half of this requirement, i.e., counts as one of the two required servings.
- ⁵ Breads and grains must be whole grain or enriched. Breakfast cereals must be whole grain, enriched, or fortified. All products must meet the minimum serving sizes in *Serving Sizes for Grains/Breads in the CACFP*.
- ⁶ One serving of cold dry cereal must meet the requirements for either measure (cups) or weight (ounces), whichever is less. Breakfast cereals may be served at meals other than breakfast.
- ⁷ The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone.
- ⁸ Alternate protein products must meet the USDA requirements. For more information, see the CSDE's *Crediting Foods in CACFP Child Care Programs*.
- ⁹ Nuts and seeds can provide only half of the total meat/meat alternates serving at lunch or supper, and must be combined with another meat/meat alternate to meet the total requirement. One ounce of nuts or seeds equals one ounce of cooked lean meat, poultry, or fish. Tree nuts and seeds that credit as meat alternates include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soynuts. Children younger than 4 are at the highest risk of choking. The USDA recommends that any nuts or seeds served to young children are in a prepared food, and are ground or finely chopped.
- ¹⁰ To increase nutrient variety, yogurt should not be served when milk is the only other snack component.

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Table 4. CACFP Snack Meal Pattern for Children ¹

EFFECTIVE THROUGH SEPTEMBER 30, 2017

Food Component Serve any two of the four components ²	Ages 1 – 2	Ages 3 – 5	Ages 6 – 12 ³
MILK, FLUID ⁴	½ cup	½ cup	1 cup
VEGETABLES AND FRUITS Vegetables and/or fruits or Full-strength fruit or vegetable juice or An equivalent quantity of any combination of the above vegetables and fruits	½ cup	½ cup	¾ cup
GRAINS AND BREADS ⁵ Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal ⁶ or Hot cooked cereal or Cooked pasta or noodle products or Cooked cereal grains or An equivalent quantity of any combination of the above grains and breads	½ slice ½ serving ¼ cup or 1/3 ounce ¼ cup ¼ cup ¼ cup	½ slice ½ serving 1/3 cup or ½ ounce ¼ cup ¼ cup ¼ cup	1 slice 1 serving ¾ cup or 1 ounce ½ cup ½ cup ½ cup
MEAT AND MEAT ALTERNATES Lean meat or poultry or fish ⁷ or Alternate protein products ⁸ or Cheese or Cottage cheese or Eggs, large or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds ⁹ or Yogurt ¹⁰ , plain or flavored, unsweetened or sweetened or An equivalent quantity of any combination of the above meat and meat alternates	½ ounce ½ ounce ½ ounce ⅛ cup ½ ⅛ cup 1 tablespoon ½ ounce 2 ounces or ¼ cup	½ ounce ½ ounce ½ ounce ⅛ cup ½ ⅛ cup 1 tablespoon ½ ounce 2 ounces or ¼ cup	1 ounce 1 ounce 1 ounce ¼ cup ½ ¼ cup 2 tablespoons 1 ounce 4 ounces or ½ cup

◀ See next page for important menu planning notes ▶



Table 4. CACFP Snack Meal Pattern for Children ¹, continued**Menu Planning Notes for Snack**

- ¹ The meal pattern shows the minimum amounts of each component that the CACFP facility must make available to each child to claim reimbursement for the meal. Children may be served larger portions but not less than the minimum quantities specified
- ² Snack must consist of two food items, each from a different food component. For example, fruit juice and carrot sticks are not a reimbursable snack because both items are from the vegetables/fruits component. Juice cannot be served when milk is the only other snack component.
- ³ Emergency shelters can serve residents ages 18 and younger, and children of any age with disabilities. At-risk afterschool care centers can serve children ages 18 and younger.
- ⁴ Serve whole milk to age 1 (12 through 23 months) and low-fat (1%) or fat-free milk to ages 2 (24 months) and older.
- ⁵ Breads and grains must be whole grain or enriched. Breakfast cereals must be whole grain, enriched, or fortified. All products must meet the minimum serving sizes in *Serving Sizes for Grains/Breads in the CACFP*.
- ⁶ One serving of cold dry cereal must meet the requirements for either measure (cups) or weight (ounces), whichever is less. Breakfast cereals may be served at meals other than breakfast.
- ⁷ The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone.
- ⁸ Alternate protein products must meet the USDA requirements. For more information, see the CSDE's *Crediting Foods in CACFP Child Care Programs*.
- ⁹ One ounce of nuts or seeds equals one ounce of cooked lean meat, poultry, or fish. Tree nuts and seeds that credit as meat alternates include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soynuts. Children younger than 4 are at the highest risk of choking. The USDA recommends that any nuts or seeds served to young children are in a prepared food, and are ground or finely chopped.
- ¹⁰ To increase nutrient variety, yogurt should not be served when milk is the only other snack component.

EARLY IMPLEMENTATION OF NEW CACFP MEAL PATTERN FOR CHILDREN

Some provisions of the updated meal pattern requirements are consistent with the current CACFP meal pattern requirements, and can be implemented whenever feasible for the CACFP facility. These include:

- not serving flavored milk to children ages 1-5;
- serving fat-free flavored milk for children ages 6 and older;
- serving whole grain-rich (WGR) foods;
- eliminating grain-based desserts;
- serving breakfast cereals with no more than 6 grams of sugar per dry ounce;
- serving yogurt with no more than 23 grams of sugar per 6 ounces;
- limiting juice to no more than one meal per day, including snack; and
- not deep-fat frying foods pistachios, and soynuts, i.e., cooking by submerging food in hot oil or other fat.

CACFP facilities may begin to implement these provisions as part of reimbursable CACFP meals and snacks at any time, as long as they are in place by October 1, 2017.

Other provisions of the updated meal patterns are not allowed under the current CACFP meal patterns. The CSDE will be issuing future guidance regarding the early implementation of these provisions. In the meantime, provisions that are inconsistent with the current CACFP meal pattern requirements cannot be implemented as part of reimbursable meals.



The USDA's [CACFP Nutrition Standards for CACFP Meals and Snacks](#) Web page includes more information on the new CACFP meal pattern requirements.

- *New Child and Adult Care Food Program Meal Patterns: Child and Adult Meals* (USDA): www.fns.usda.gov/sites/default/files/cacfp/CACFP_childadultmealstandards.pdf
- *Child Meal Pattern* (USDA): www.fns.usda.gov/sites/default/files/cacfp/CACFP_childmealpattern.pdf
- *Child and Adult Care Food Program Meal Pattern Revision: Best Practices* (USDA): www.fns.usda.gov/sites/default/files/cacfp/CACFP_bestpractices.pdf
- *Final Rule: Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* (USDA): <https://www.gpo.gov/fdsys/pkg/FR-2016-04-25/pdf/2016-09412.pdf>

2 — Menu Planning

A written menu is critical for documenting compliance with the CACFP meal pattern requirements. Each CACFP facility must have a “menu of record” on file to document the specific meal pattern components served to all enrolled children each day. The CACFP facility must maintain all menus on file with other required CACFP records in accordance with Section 226.10(d) of the CACFP regulations.

WRITING MENUS FOR COMPLIANCE

Child care centers, family day care homes, emergency shelters, and at-risk afterschool care centers claiming meals for CACFP reimbursement must ensure that all menus comply with the USDA meal pattern requirements. The CSDE will disallow reimbursement for any meals that do not meet the CACFP meal pattern requirements for food components (meat/meat alternates, grains/breads, vegetables/fruits, and milk) and serving sizes.

Family day care home sponsors must provide training, early monitoring and technical assistance to ensure that new providers are able to serve reimbursable meals that meet the CACFP meal pattern requirements. CACFP regulations do not allow grace periods for new day care homes that are not meeting the meal pattern requirements in the early months of participation. While serving meals with missing components or insufficient portion sizes may not rise to the level of serious deficiency for new homes, family day care sponsors must always disallow ineligible meals.

All CACFP facilities must develop menus that represent the actual food components served for each meal type (breakfast, lunch, supper, and snack) claimed for reimbursement. The menu must identify the date of the meal service and all food items served. Cycle menus or menus developed in advance of the meal service must specify the month and day, and indicate any menu substitutions that occur. For more information on cycle menus, see “[Using Cycle Menus](#)” in this section.



MENU FORMS

The menu form is an important tool to help CACFP facilities comply with the CACFP meal pattern requirements. Using an appropriate menu form makes it easier to ensure that all meals and snacks include the required food components in the proper portion sizes. When reviewing CACFP facility menus for meal pattern compliance, CSDE staff cannot assume meal components are offered if they are not specifically indicated on the menu.

The menu form should be easy to read, and assist menu planners with including all required food components and portion sizes. The CSDE strongly discourages CACFP facilities from using a blank calendar as a menu form because meal pattern components are often omitted or serving sizes may be insufficient. This may result in menus that do not comply with CACFP requirements. Meals with missing food components or insufficient portion sizes are not reimbursable in the CACFP.

The CSDE's sample CACFP weekly menu forms help menu planners include all required CACFP meal pattern components in the appropriate portion sizes. The sample menu forms include the thirteen forms below.

- Menu Form 1 – Breakfast, Lunch and Snack (Ages 3-5)
- Menu Form 2 – AM Snack, Lunch and PM Snack (Ages 3-5)
- Menu Form 3 – Breakfast, AM Snack and PM Snack (Ages 3-5)
- Menu Form 4 – AM and PM Snack (Ages 3-5)
- Menu Form 5 – Breakfast and PM Snack (Ages 3-5)
- Menu Form 6 – Two-week Snack (Ages 3-5)
- Menu Form 7 – Breakfast, Lunch and Snack (Ages 1-2)
- Menu Form 8 – Breakfast and PM Snack for School Age
- Menu Form 9 – At-risk Snack for School Age
- Menu Form 10 – Breakfast, Lunch and Supper for Emergency Shelters (Ages 6-12)
- Menu Form 11 – AM, PM and Evening Snack for Emergency Shelters (Ages 6-12)
- Menu Form 12 – Two-week At-risk Supper (Ages 6-12)
- Menu Form 13 – At-risk Snack and Supper (Ages 6-12)

These menu forms are available in the Meal Pattern Requirements section of the CSDE's [Nutrition Policies and Guidance for the CACFP](#) Web page. CACFP facilities may adapt these forms to fit individual program needs. If a CACFP facility chooses to use a different menu format, it should contain guidance regarding the required food components and portion sizes for each meal (breakfast, lunch, supper, and snack) served to each age group.

USING CYCLE MENUS

The CSDE strongly encourages CACFP facilities to use cycle menus for meals and snacks. A cycle menu is a series of menus planned for a specific period of time, with a different menu for each day. Cycle menus can help CACFP facilities to increase variety, control food cost and save time.

The CSDE recommends a period of at least four weeks for cycle menus. This time period increases the variety of meals offered and ensures that children are not served the same combination of foods too often. The resources below contain additional information on cycle menus.

- *Child Care Fact Sheet: Cycle Menus* (ICN):
www.theicn.org/documentlibraryfiles/PDF/20090210015535.pdf
- *Making it Balance and Kickin' It Up — A Cycle Menu for Montana Child Care* (Montana Office of Public Instruction):
www.opi.mt.gov/pdf/schoolfood/cyclemenu/5WeekCycleMenu.pdf
- *Menus for Child Care* (ICN):
www.nfsmi.org/ResourceOverview.aspx?ID=196
- *Using Cycle Menus* (ICN):
www.nfsmi.org/documentlibraryfiles/PDF/20080609043900.pdf
- *Using Cycle Menus to Control Food Costs* (ICN):
www.childnutritioninstitute.org/documentlibraryfiles/PDF/20131105115523.pdf
- *What's Cookin' II* (Nebraska Department of Education):
<https://www.education.ne.gov/NS/CACFP/cookin.html>

For more resources, see the CSDE's *Menu Planning and Food Production* resources list.



SAMPLE CACFP MENUS

The CSDE has developed five sample CACFP menus that are available in the Meal Pattern Requirements section of the CSDE's [Nutrition Policies and Guidance for the CACFP](#) Web page. Each menu contains the minimum required CACFP components and serving sizes. Some menus include additional components or exceed the minimum serving requirements. The sample menus include the five menus below.

- Sample Menu 1 – Cold Breakfast Menus for the CACFP
- Sample Menu 2 – Hot Breakfast Menus for the CACFP
- Sample Menu 3 – Cold Lunch/Supper Menus for the CACFP
- Sample Menu 4 – Hot Lunch/Supper Menus for the CACFP
- Sample Menu 5 – Snack Menus for the CACFP

The sample menus may or may not meet the CSDE's Connecticut Child Care Nutrition Standards (CCCNS), depending on the foods purchased by the CACFP facility, and the recipes and preparation techniques used. The CSDE encourages CACFP facilities to evaluate their menus for compliance with the CCCNS. For more information on the CCCNS, see section 4 and the CSDE's [Action Guide for Child Care Nutrition and Physical Activity Policies](#).

The CACFP meal pattern for children specifies the minimum serving sizes that must be offered by CACFP facilities. Menu planners may choose to provide additional foods or larger serving sizes. The minimum serving sizes in the CACFP meal pattern may not be sufficient for older children, and additional menu items or larger serving sizes may be appropriate. For example, a breakfast menu of $\frac{1}{4}$ cup of oatmeal, $\frac{1}{2}$ cup of orange slices and $\frac{3}{4}$ cup of milk may be adequate for a 3-year-old, but a 5-year-old may need a larger serving size (such as $\frac{1}{2}$ cup of oatmeal) or additional food items (such as another fruit serving).

For more resources on menu planning, see the CSDE's [Menu Planning and Food Production](#) resources list.

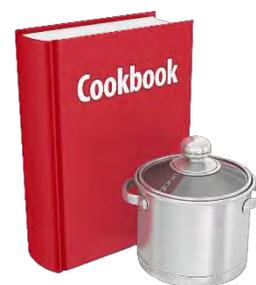


DOCUMENTING SERVING SIZES

Meals with inadequate portion sizes are not reimbursable. CACFP facilities must be able to document that all meals and snacks comply with the required serving sizes of the CACFP meal pattern for children. CACFP facilities should use the USDA's *Food Buying Guide for Child Nutrition Programs* to determine the correct amount of food to meet the serving sizes of the CACFP meal pattern. For more information, see "Using the Food Buying Guide" in the CSDE's *Crediting Foods in CACFP Child Care Programs*.

In addition to using an appropriate menu planning form, the CSDE recommends developing a system to document the actual serving sizes provided for each meal. Examples include maintaining a list of serving sizes for common items, indicating serving sizes for each menu item on a production record, and using standardized recipes.

When CACFP facilities prepare food on site from scratch, recipes must document that a serving provides the appropriate portion size of each meal component being credited. For example, if the CACFP facility counts macaroni and cheese as one serving of meat/meat alternate and one serving of grains/breads for ages 3-5 at lunch, the recipe must indicate that each serving contains 1 ½ ounces of cheese and ¼ cup of pasta. For more information, see "Determining Servings of Meal Pattern Components" in the CSDE's *Crediting Foods in CACFP Child Care Programs*.



Production Records

The USDA regulations require that CACFP facilities must document compliance with the CACFP meal pattern for children, and maintain records of food purchases. Production records are not required in the CACFP, except for CACFP facilities that follow the National School Lunch Program (NSLP) meal pattern. However, using a production record enables CACFP facilities to provide the appropriate documentation that daily meals and snacks comply with the meal pattern requirements.

A production record is a working tool that outlines the type and quantity of foods that need to be purchased and available for the meal service. A production record form should include the:

- name of site;
- meal date;
- meal type (breakfast, lunch, snack or supper);
- food components and other items, including substitutions and condiments;
- recipe or food product used;
- planned number of portions and serving sizes;
- total amount of food prepared;
- actual number of reimbursable meals or snacks served;
- actual number of nonreimbursable meals or snacks served; and
- amount of leftover food.

The CSDE’s sample CACFP production records help menu planners document compliance with the CACFP meal pattern for children. The sample production records include the nine forms below.

- Production Record 1 – Any Meal
- Production Record 2 – Breakfast, Lunch and Snack
- Production Record 3 – AM Snack, Lunch and PM Snack
- Production Record 4 – Breakfast, AM Snack and PM Snack
- Production Record 5 – AM and PM Snack
- Production Record 6 – Breakfast and PM Snack
- Production Record 7 – Breakfast, Lunch and Supper for Emergency Shelters
- Production Record 8 – AM, PM and Evening Snack for Emergency Shelters
- Production Record 9 – At-Risk Snack and Supper

These forms are available in the Meal Pattern Requirements section of the CSDE’s [Nutrition Policies and Guidance for the CACFP](#) Web page. CACFP facilities may adapt these forms to fit individual program needs.

The resources below provide more information on production records.

- Production Records: A Tool to Use (ICN):
www.nfsmi.org/DocumentDownload.aspx?id=1839
- Sample Menu Production Record (USDA):
www.fns.usda.gov/sites/default/files/appendk.pdf

Standardized Recipes

The CSDE strongly encourages the use of standardized recipes to ensure that menus provide the correct CACFP meal pattern components and portion sizes. Standardized recipes are tested and adapted for use by the food service operation. They produce the same good results and yield every time when the exact procedures are used with the same type of equipment, and the same quantity and quality of ingredients.

CACFP facilities can use existing standardized recipes such as the USDA child care recipes, or standardize their own local recipes. For more information on standardized recipes, see the Institute of Child Nutrition’s (ICN) [Measuring Success with Standardized Recipes](#).



MENU PLANNING RESOURCES

The resources below can assist CACFP facilities with planning meals and snacks to meet the CACFP requirements.

- CACFP Nutrition and Nutrition Education (USDA):
www.fns.usda.gov/cacfp/nutrition-and-nutrition-education
- *Food Buying Guide for Child Nutrition Programs* (USDA):
www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs
- Food Buying Guide Online Calculator (USDA)
<http://fbg.nfsmi.org/>
- Healthy Meals Resource System (USDA):
<http://healthymeals.nal.usda.gov/>
- Institute of Child Nutrition (ICN):
www.nfsmi.org/
- *Measuring Success with Standardized Recipes* (ICN).
www.nfsmi.org/ResourceOverview.aspx?ID=88
- Menu Planning Tools for Child Care Providers (USDA):
<http://healthymeals.nal.usda.gov/menu-planning/menu-planning-tools/menu-planning-tools-child-care-providers>
- Nutrition and Wellness Tips for Young Children (USDA):
www.fns.usda.gov/tn/nutrition-wellness-tips-young-children
- Recipes for Child Care Providers (USDA):
<http://healthymeals.nal.usda.gov/recipes/recipes-child-care-providers>
- *Recipes for Healthy Kids Cookbook for Child Care Centers* (USDA):
<http://healthymeals.nal.usda.gov/recipes-healthy-kids-cookbooks/recipes-healthy-kids-cookbooks-cookbook-child-care-centers>
- Nutrition Resource Library (USDA):
www.fns.usda.gov/tn/resource-library
- USDA Recipes for Child Care (USDA):
www.fns.usda.gov/usda-recipes-child-care
- USDA Standardized Recipes (USDA):
www.fns.usda.gov/usda-standardized-recipe
- What's Cooking? USDA Mixing Bowl (USDA):
www.whatscooking.fns.usda.gov/

RECOMMENDATIONS FOR MENU PLANNING

The CSDE strongly encourages CACFP facilities to consider the *Dietary Guidelines for Americans* when planning CACFP menus. The *Dietary Guidelines* contains recommendations that help Americans ages 2 and older make healthy food and beverage choices. It focuses on choosing a variety of nutrient-dense foods (vegetables, fruits, whole grains, low-fat and nonfat milk products, lean meats, fish, poultry, and dry beans), while limiting added sugars, saturated fats, and sodium. For more information, see the CSDE's *Planning Healthy Meals in CACFP Child Care Programs*.

CACFP facilities can ensure that meals and snacks meet the *Dietary Guidelines* by following the CCCNS. The CCCNS reflects current nutrition science and national health recommendations. It provides the healthiest choices for infants and children in child care by promoting whole or minimally processed nutrient-rich foods that are low in fat, added sugars, and sodium. For more information, see section 4 and the CSDE's *Action Guide for Child Care Nutrition and Physical Activity Policies*.

Effective October 1, 2017, the final rule better aligns the CACFP meal pattern with the Dietary Guidelines. It requires CACFP child care centers, family day care homes, emergency shelters, and at-risk afterschool care centers to serve more whole grains and a greater variety of vegetables and fruits, and reduce the amount of added sugars and solid fats in meals.



MENU PLANNING CONSIDERATIONS

The guidance below assists CACFP facilities with planning menus to meet the meal pattern requirements. For additional guidance on crediting foods, see the CSDE's [Crediting Foods in CACFP Child Care Programs](#).

Milk

- Milk must be pasteurized, meet all state and local requirements and contain vitamins A and D at levels specified by the Food and Drug Administration (FDA).
- The CACFP meal pattern for children requires whole milk for age 1 (12-23 months) and low-fat (1%) or fat-free milk for ages 2 (24 months) and older. Lactose-free or lactose-reduced milk credit the same as regular milk.



Effective October 1, 2017, the final rule requires unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free (skim) milk for ages 2-5. For ages 6 and older, milk must be unflavored low-fat (1%) or unflavored or flavored fat-free (skim) milk. The CSDE encourages CACFP facilities to serve only unflavored milk.

- Milk that does not comply with the specific fat content of the meal pattern requirements cannot be served to children without a disability. For example, low-fat (1%), fat-free and reduced-fat (2%) milk cannot be served to 1-year-olds. Whole milk and reduced-fat (2%) milk cannot be served to children ages 2 and older. If a child has a disability that requires a different milk fat content than the CACFP meal pattern requirements, the CACFP facility can make the substitution prescribed in the medical statement signed by a recognized medical authority. For more information, see the CSDE's [Accommodating Special Diets in CACFP Child Care Programs](#).
- Any nondairy milk substitutes served in the CACFP, such as soy milk, must meet the USDA nutrition standards for fluid milk substitutes. For more information, see the CSDE's handout, [Allowable Milk Substitutions for Children without Disabilities in the CACFP](#), and the CSDE's [Accommodating Special Diets in CACFP Child Care Programs](#).
- Milk cannot be served when juice is the only other snack component.



Grains/Breads

- All grain products must be whole grain or enriched. Breakfast cereals must be whole grain, enriched, or fortified. Bran and germ credit the same as enriched or whole-grain meal or flour.
- For best nutrition, serve whole grains most often (see [table 5](#)), and substitute whole grain-rich (WGR) products for enriched products.
 - Whole grains consist of the entire grain kernel, including the starchy endosperm, fiber-rich bran and nutrient-rich germ.
 - WGR products contain at least 50 percent whole grains, any other grain ingredients are enriched, and any noncreditable grains are less than two percent of the product formula. Examples of noncreditable grains include fiber, bran, germ and modified food starch (including potato, legume, and other vegetable flours).

Effective October 1, 2017, the final rule requires that grains must be WGR, or contain enriched meal or flour. Bran and germ no longer credit toward the grains component. In addition, at least one serving per day, across all eating occasions, must be WGR.



- Menu planners should consult the USDA's [Food Buying Guide for Child Nutrition Programs](#) to determine the crediting information for specific grains/breads.
- All purchased grains/breads must meet the minimum serving sizes in [Serving Sizes for Grains/Breads in the CACFP](#). CACFP facilities can determine the appropriate serving size for purchased grains/breads using the CSDE's [Worksheet 1: Crediting Purchased Grains/Breads in the CACFP](#).
- Breakfast cereals must meet the serving size requirements for either measure (cups) or weight (ounces), whichever is less. CACFP facilities can determine the appropriate serving size for cereals using the CSDE's [Worksheet 2: Crediting Breakfast Cereals in the CACFP](#). Breakfast cereals may be served in meals other than breakfast.
- Recipes for grains/breads made on site from scratch in the child care center or family day care home must be evaluated for CACFP crediting information. For family-size recipes, use the CSDE's [Worksheet 3: Crediting Family-size Recipes for Grains/Breads in the CACFP](#). For quantity recipes, use the CSDE's [Worksheet 4: Crediting Quantity Recipes for Grains/Breads in the CACFP](#).

For more information, see the Grains/Bread section of the CSDE's [Crediting Foods in CACFP Child Care Programs](#).

Table 5. Whole-grain Products and Ingredients

Barley	Rye	Wheat (white) ⁴
Dehulled barley	Whole rye	Whole white wheat
Dehulled-barley flour	Rye berries	Whole white wheat flour
Hulled or hull-less barley	Whole-rye flour	
Whole barley	Whole-rye flakes	Wild rice
Whole-barley flakes		Wild rice
Whole-barley flour	Wheat (red) ²	Wild rice flour
Whole-grain barley	Bulgur (cracked wheat)	
Whole-grain barley flour	Bromated whole-wheat flour	Less common grains
	Cracked wheat	Amaranth
Brown rice	Crushed wheat	Buckwheat,
Brown rice	Entire-wheat flour	buckwheat groats
Brown rice flour	Graham flour	Einkorn
	Sprouted wheat	Emmer (farro)
Corn	Sprouted wheat berries	Kamut®
Masa (whole corn treated with lime) ¹	Stone ground whole-wheat flour ³	Millet
Whole corn	Toasted crushed whole wheat	Quinoa
Whole-corn flour	Wheat berries	Sorghum (milo)
Whole cornmeal	Whole bulgur	Spelt
Whole-grain corn flour	Whole durum flour	Teff
Whole-grain grits	Whole durum wheat flour	Triticale
Whole-ground corn	Whole-grain bulgur	
	Whole-grain wheat	
Oats	Whole wheat	
Oat groats	Whole-wheat flour	
Oatmeal, including old-fashioned,	Whole-wheat pastry flour	
quick-cooking and instant	Whole-wheat flakes	
Rolled oats		
Whole oats		
Whole-oat flour		



¹ Masa (often used in tortilla products) is a whole grain only if the manufacturer provides documentation that the manufacturing process used to prepare the corn with lime retains the pericarp (bran layer).

² Red wheat is the most common kind of wheat in the United States.

³ “Stone ground” describes the process used for making the flour or meal and does not necessarily mean that the product is whole grain. Look for “whole” in combination with “stone ground” in the ingredients statement.

⁴ White whole-wheat products are lighter in color and lack the slightly bitter taste associated with the bran in red wheat. Read labels carefully to be sure products are “white whole wheat” and not “white wheat,” which is not a whole grain.

Meat and Meat Alternates

- Meat/meat alternates include cooked lean meat, poultry, or fish, cheese, cottage cheese, beans and peas (legumes), eggs, nut and seed butters, nuts, seeds, yogurt, and alternate protein products (APPs). Legumes can credit as either a meat/meat alternate or vegetable, but not both in the same meal.

Effective October 1, 2017, the final rule allows tofu and other soy products to credit as meat/meat alternates. It also requires that yogurt contains no more than 23 grams of sugar per 6 ounces.

- Menu planners should consult the USDA's [Food Buying Guide for Child Nutrition Programs](#) to determine the crediting information for specific meat/meat alternates. A 1-ounce serving of meat/meat alternate equals:

- 1 ounce of lean meat, poultry, or fish;
- 1 ounce of cheese (reduced-fat or low-fat recommended for ages 2 and older);
- ¼ cup of cottage cheese (reduced-fat or low-fat recommended for ages 2 and older);
- 2 ounces of cheese food/spread or cheese substitute (reduced-fat or low-fat recommended for ages 2 and older);
- ¼ cup of cooked beans and peas (legumes), e.g., kidney beans, chick peas (garbanzo beans), lentils, and split peas;
- ½ large egg;
- 2 tablespoons of nut or seed butters, e.g., peanut butter, almond butter, cashew butter and sunflower seed butter;
- 1 ounce of nuts or seeds, e.g., almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, soynuts, and walnuts;
- ½ cup of yogurt (plain or flavored); and
- 1 ounce of APP that meets the USDA requirements for APP. For information on determining if an APP is creditable, see the CSDE's [Crediting Foods in CACFP Child Care Programs](#).

- Amounts in the meat/meat alternate component refer to the edible portion, i.e., cooked, lean meat without bone, breading or other ingredients. All serving sizes of meat/meat alternate must contain the appropriate size edible portion before any other ingredients are added. For example, tuna salad for ages 3-5 at lunch must contain 1 ½ ounces of tuna before added ingredients such as mayonnaise, celery, and seasonings.



- When CACFP menus include commercially prepared foods such as pizza and chicken nuggets, menu planners must ensure that these products provide the actual amount of the meal component being credited. For example, to credit a commercially prepared burrito as 1 ounce of meat/meat alternate, the product must have a Child Nutrition (CN) label or manufacturer’s product formulation statement (PFS) that indicates the amount of meat, beans, and cheese in one serving. For more information, see the CSDE’s handouts, *Using Child Nutrition (CN) Labels in the CACFP* and *Using Product Formulation Statements in the CACFP*.
- The serving size of cooked legumes does not include any liquid added to the product, such as the sauce in baked beans. For example, if the menu planner credits ¼ cup of baked beans as 1 ounce of meat/meat alternate, the serving must contain ¼ cup of beans, not including any sauce.
- Bacon and cream cheese do not credit as a meat/meat alternate. They are low in protein and high in fat. For more information, see “[Noncreditable Foods](#)” in this section.
- Meat products without binders and extenders credit based on the actual serving weight, e.g., 1 ounce of meat provides 1 ounce of meat/meat alternate. Table 6 shows some examples of binders and extenders.
- Meat products with binders and extenders (see table 6) cannot credit based on the amount of meat served. For example, 1 ounce of deli turkey that contains modified food starch cannot credit as 1 ounce of meat/meat alternate. This product credits based on the actual percentage of turkey in the product formula, which must be documented by the PFS.



Table 6. Examples of Binders and Extenders *

Agar-agar	Dried milk	Reduced minerals
Algin (a mixture of sodium alginate, calcium carbonate and calcium gluconate/lactic acid)	Dry or dried whey	Sodium caseinate
Bread	Enzyme (rennet) treated calcium-reduced dried skim milk and calcium lactate	Soy flour (APP) **
Calcium-reduced dried skim milk	Gums, vegetable	Soy protein concentrate (APP) **
Carrageenan	Isolated soy protein (APP) **	Starchy vegetable flour
Carboxymethyl cellulose (cellulose gum)	Locust bean gum	Tapioca dextrin
Cereal	Methyl cellulose	Vegetable starch
	Modified food starch	Wheat gluten
	Reduced lactose whey	Whey
		Whey protein concentrate (APP) **
		Xanthan gum

* Binders and extenders are defined by the USDA Food Safety and Inspection Service (FSIS) Regulations, [9 CFR 318.7](#).

** Products can contain these ingredients if they meet the USDA requirements for APPs. For more information on APPs, see the CSDE’s *Crediting Foods in CACFP Child Care Programs*.

For more information on crediting meat and meat alternate products, see the Meat/Meat Alternates section of the CSDE's *Crediting Foods in CACFP Child Care Programs*, and the CSDE's handout, *Accepting Processed Product Documentation in the CACFP*.

Vegetables and Fruits

- Menu planners should consult the USDA's *Food Buying Guide for Child Nutrition Programs* to determine the crediting information for specific fruits and vegetables. The CACFP meal pattern serving size of all fruits and vegetables is based on volume (cups).
- Vegetables include fresh, frozen, and canned. A serving of cooked vegetables must be drained. For example, a serving of canned corn cannot include the water in which it is packed.
- Legumes (cooked dry beans and peas) credit as either a vegetable or a meat/meat alternate, but not both in the same meal.
- Fruits include fresh, frozen, dried, and canned. Choose canned fruits in water, fruit juice, or light syrup. A serving of canned fruit may include the 100 percent juice in which the fruit is packed, but cannot include water or syrup.
- Juice must be pasteurized 100 percent full-strength fruit juice, vegetable juice, or a combination of fruit and vegetable juice. It can be fresh, frozen, or made from concentrate. Juice may be served liquid or frozen, e.g., full-strength frozen juice pops.
 - For ages 6-18 at snack, the minimum serving size is $\frac{3}{4}$ cup of juice. If the snack menu includes 4-fluid ounce juice cartons ($\frac{1}{2}$ cup), the menu planner must include an additional $\frac{1}{4}$ cup of fruit or vegetable to provide the minimum serving size for the vegetables/fruits component. To be reimbursable, this snack must also include the minimum serving size of either grains/breads or meat/meat alternates.
 - Juice cannot be served when milk is the only other snack component.
- The CSDE encourages CACFP facilities to offer a vegetable or fruit as one of the daily snack components.

Effective October 1, 2017, the final rule requires that the serving size of all fruits and vegetables is based on their volume as served, except that $\frac{1}{4}$ cup of dried fruit credits as $\frac{1}{2}$ cup of fruit and 1 cup of leafy greens (e.g., lettuce and spinach) credits as $\frac{1}{2}$ cup of vegetables.



Effective October 1, 2017, the final rule allows pasteurized full-strength juice to meet the vegetables or fruits component at only one meal per day, including snack. Only one snack component can be a beverage.



Noncreditable Foods

- Noncreditable foods cannot credit toward the CACFP meal pattern. Examples include popcorn, potato chips, pudding, ice cream, gelatin, cream cheese, bacon, and condiments (e.g., syrup, jam, ketchup, mustard, mayonnaise, and butter). Noncreditable foods are generally high in fat, sugars and sodium, and contain few nutrients.
- A snack menu that includes a noncreditable food must also include the minimum required serving size of at least two meal pattern components. For example, a snack of strawberry gelatin (noncreditable food), graham crackers (grains/breads component), and low-fat milk (milk component) is only reimbursable if the milk and graham crackers provide the minimum serving.
- Examples of noncreditable grains/breads include products that are not whole grain or enriched.
- Examples of noncreditable vegetables include pickle relish, tomato catsup, chili sauce, dehydrated vegetables used for seasoning, and snack-type foods made from vegetables such as potato chips and popcorn.
- Examples of noncreditable fruits include fruit snacks (e.g., roll-ups, wrinkles, twists and yogurt-covered fruit snacks), banana chips, 100 percent fruit strips (e.g., fruit leathers), jam, jelly, and juice drinks that are not 100 percent juice such as grape juice drink, orange juice drink, pineapple-grapefruit drink, cranberry juice cocktail, and lemonade.
- Examples of noncreditable meat/meat alternates include bacon, cream cheese, and dried meat or poultry snacks such as smoked meat snack sticks, pepperoni sticks, and beef or turkey jerky.

For more information, see the CSDE's handout, [Noncreditable Foods in the CACFP](#), and the CSDE's [Crediting Foods in CACFP Child Care Programs](#).



USDA BEST PRACTICES

In addition to modifying the CACFP meal pattern, the USDA final rule includes optional best practices to provide the healthiest environment for children, and ensure they are getting the optimal benefit from CACFP meals. The CSDE strongly encourages CACFP facilities to follow these recommendations.

Milk

- Serve only unflavored milk to all children.
- If serving flavored milk to children ages 6 years and older, use the Nutrition Facts Label to select flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces. If flavored milk within this sugar limit is not available, choose the flavored milk with the lowest amount of sugar.



Effective October 1, 2017, the final rule requires unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free (skim) milk for ages 2-5. For ages 6 and older, milk must be unflavored low-fat (1%) or unflavored or flavored fat-free (skim) milk. The CSDE encourages CACFP facilities to serve only unflavored milk.

Grains

- Provide at least two servings of WGR grains per day. WGR grains contain at least 50 percent whole grains, any other grain ingredients are enriched, and any noncreditable grains such as bran, germ, and modified food starch are less than two percent of the product formula. For information on whole grains, see [table 5](#) in this section.

Effective October 1, 2017, the final rule requires at least one serving of WGR grains per day. Beginning October 1, 2019, serving sizes must comply with ounce equivalents for creditable grains.

Meat and Meat Alternates

- Serve only lean meats, nuts and legumes.
- Limit processed meats to no more than one serving per week.
- Serve only natural cheeses and choose low-fat or reduced-fat cheeses. Natural cheese is cheese that is produced directly from milk, such as cheddar, Colby, Monterey Jack, mozzarella, muenster, provolone, Swiss, feta, and brie.



Vegetables and Fruits

- Make at least one of the two required snack components a vegetable or a fruit.
- Serve a variety of fruits and choose whole fruits (fresh, canned, frozen, or dried) more often than juice.
- Provide at least one serving each of dark green vegetables, red/orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables each week. These are the five vegetable subgroups recommended by the *Dietary Guidelines for Americans* and the vegetables group of Choose MyPlate. Table 7 identifies some commonly eaten vegetables in each of the five subgroups.

Effective October 1, 2017, the final rule allows pasteurized full-strength juice to meet the vegetables or fruits component at only one meal per day, including snack.



Additional Best Practices

- Incorporate seasonal and locally produced foods into meals. For more information, see the USDA's [Farm to Preschool](#) Web page and the CSDE's [Farm to School](#) Web page.

- Limit purchased pre-fried foods to no more than one serving per week. Pre-fried foods are commercially prepared foods such as meats, poultry, fish, and vegetables that are fried by the manufacturer during preparation. They are usually cooked by the food service operation in the oven or microwave. Pre-fried foods include refrigerated or frozen items that are breaded or battered, most frozen potato products, and most frozen products described as "crispy" or "crunchy." Examples include chicken nuggets, chicken patties, fish sticks, french fries, tater tots, hash browns, and onion rings.

Effective October 1, 2017, the final rule prohibits deep-fat frying foods, i.e., cooking by submerging food in hot oil or other fat.



- Avoid serving noncreditable foods that are sources of added sugars. Examples include sweet toppings (e.g., honey, jam and syrup), mix-in ingredients sold with yogurt (e.g., honey, candy or cookie pieces), and sugar-sweetened beverages (e.g., fruit drinks or sodas). For more information, see the CSDE's handout, [Noncreditable Foods in the CACFP](#), and the CSDE's [Crediting Foods in CACFP Child Care Programs](#).

For more information on best practices and planning healthy menus to meet the *Dietary Guidelines*, see the CSDE's [Healthy Meals in CACFP Child Care Programs](#).

Table 7. Vegetable Subgroups				
DARK GREEN fresh, frozen and canned		RED/ORANGE fresh, frozen and canned	BEANS AND PEAS (LEGUMES)* Canned, frozen or cooked from dry	
<ul style="list-style-type: none"> ■ arugula ■ beet greens ■ bok choy ■ broccoli ■ broccoli rabe (rapini) ■ broccolini ■ butterhead lettuce ■ chicory ■ cilantro ■ collard greens ■ endive ■ escarole ■ fiddle heads ■ grape leaves ■ kale ■ mesclun ■ mustard greens ■ parsley ■ spinach ■ Swiss chard ■ red leaf lettuce ■ romaine lettuce ■ turnip greens ■ watercress 	<ul style="list-style-type: none"> ■ acorn squash ■ butternut squash ■ carrots ■ cherry peppers ■ Hubbard squash ■ orange peppers ■ pimientos ■ pumpkin ■ red chili peppers ■ red peppers ■ salsa (all vegetables) ■ sweet potatoes/yams ■ tomatoes ■ tomato juice ■ winter squash 	<ul style="list-style-type: none"> ■ black beans ■ black-eyed peas (mature, dry) ■ cowpeas ■ edamame ■ fava beans ■ garbanzo beans (chickpeas) ■ Great Northern beans ■ kidney beans ■ lentils ■ lima beans, (mature, dry) ■ mung beans ■ navy beans ■ pink beans ■ pinto beans ■ red beans ■ refried beans ■ soy beans (mature, dry) ■ split peas ■ white beans 	<p>* Does not include green peas, green lima beans and green (string) beans</p>	
STARCHY fresh, frozen and canned	OTHER fresh, frozen and canned			
<ul style="list-style-type: none"> ■ black-eyed peas, fresh (not dry) ■ corn ■ cassava ■ cowpeas, fresh (not dry) ■ field peas, fresh (not dry) ■ green bananas ■ green peas ■ jicama ■ lima beans, green (not dry) ■ parsnips ■ pigeon peas, fresh (not dry) ■ plantains ■ potatoes ■ poi ■ taro ■ water chestnuts ■ yautia (tannier) 	<ul style="list-style-type: none"> ■ artichokes ■ asparagus ■ avocado ■ bamboo shoots ■ bean sprouts, cooked only (for food safety), e.g., alfalfa, mung ■ beans, green and yellow ■ beets ■ breadfruit ■ Brussels sprouts ■ cabbage (green, red, celery, Napa) ■ cactus (nopales) ■ cauliflower ■ celeriac ■ celery ■ chayote (mirliton) ■ chives ■ cucumbers ■ daikon (oriental radish) 	<ul style="list-style-type: none"> ■ eggplant ■ fennel ■ garlic ■ green chili peppers ■ green onions (scallions) ■ green peppers ■ horseradish ■ iceberg lettuce ■ kohlrabi ■ leeks ■ mushrooms ■ okra ■ olives ■ onions (white, yellow, red) ■ peas in pod, e.g., snap peas, snow peas ■ pepperoncini ■ pickles (cucumber) 	<ul style="list-style-type: none"> ■ purple peppers ■ radishes ■ rhubarb ■ rutabagas ■ shallots ■ sauerkraut ■ seaweed ■ snap peas ■ snow peas ■ spaghetti squash ■ tomatillo ■ turnips ■ wax beans ■ yellow peppers ■ yellow summer squash ■ zucchini squash 	

AVOIDING COMMON MENU PROBLEMS

Each CACFP facility must have a written menu documenting that all meals and snacks contain the required components and appropriate portion sizes for each age group specified in the CACFP meal pattern for children. The milk component must be provided as one full serving of fluid milk. The minimum creditable amounts for the meal pattern components are $\frac{1}{8}$ cup for vegetables/fruits, $\frac{1}{4}$ ounce for grains/breads, and $\frac{1}{4}$ ounce for meat/meat alternates. If a food item provides less than one full serving of a component, the menu must include additional foods to meet the minimum required serving of each component for each age group at each meal.

Menu planners can avoid common menu compliance issues by using the CSDE menu forms, and checking the CACFP meal pattern requirements. The guidance below helps CACFP facilities meet the CACFP meal pattern requirements for breakfast, lunch, supper, and snack.

Breakfast

Breakfast must include one serving of grains/breads, one serving of vegetables/fruits, and one serving of milk.

- If the menu indicates “juice” or “fruit,” the specific varieties of juice and fruit offered must be listed on the menu or daily production record. All juice must be pasteurized full-strength juice. For more information on crediting juice, see the CSDE’s [Crediting Foods in CACFP Child Care Programs](#).
- Fruit juice and fruit are both from the vegetables/fruits component, and count as only one of the three required breakfast components. For example, a breakfast menu of one serving of whole-grain cereal, one serving of orange juice, and one serving of strawberries does not comply with the CACFP breakfast meal pattern because it contains only two components (vegetables/fruits and grains/breads). For a reimbursable meal, this breakfast menu must also include one serving of milk.
- The meat/meat alternates component is optional at breakfast, e.g., eggs, cheese, sausage, peanut butter, and yogurt. Meat/meat alternates may be offered in addition to, but not in place of, the three required breakfast components.

Effective October 1, 2017, the final rule separates the combined vegetables/fruits component into two separate components (vegetables component and fruits component). It allows pasteurized full-strength juice to meet the vegetables or fruits component at only one meal per day, including snack.



Effective October 1, 2017, the final rule allows meat and meat alternates to meet the entire grains component at breakfast up to three times per week. It also requires that yogurt contains no more than 23 grams of sugar per 6 ounces.

- Grains must be enriched or whole grain, or made from enriched or whole-grain meal or flour, including bran and germ. For best nutrition, choose whole grains most often.
- If the menu indicates “cereal,” the CACFP facility must list the specific varieties (type and brand) of hot and cold cereals on the menu or daily production record. For example, “General Mills Cheerios” or “Quaker Oatmeal.”
 - Ready-to-eat breakfast cereals must be enriched or whole grain, or made from enriched or whole-grain meal or flour, including bran and germ.
 - Cereal grains (e.g., oats, barley, cornmeal and bulgur) must be whole grain, enriched, or fortified.
 - All breakfast cereals must meet the minimum serving sizes in *Serving Sizes for Grains/Breads in the CACFP*. Menu planners can determine the correct serving size for cereals using the CSDE’s [Worksheet 2: Crediting Breakfast Cereals in the CACFP](#). For more information, see the CSDE’s [Crediting Foods in CACFP Child Care Programs](#).
- “Cereal with milk” does not indicate that the CACFP facility is serving each age group an appropriate amount of breakfast cereal or an appropriate amount or type of milk. The menu must list the specific type of cereal as one component, and the specific type of fluid milk (e.g., whole, low-fat, or fat-free) as another.
- The CSDE does not recommend dessert-type items for breakfast in the CACFP. Examples include doughnuts, pastries, sweet rolls, cakes, and toaster pastries. These foods are generally high in fat, sugars and sodium, and contain few nutrients.
- Water cannot be offered as a choice instead of milk. Only fluid milk counts as the CACFP meal pattern component for milk. For more information, see “[Water Availability](#)” in section 3.

Effective October 1, 2017, the final rule requires that grains must be whole grain-rich, or contain enriched meal or flour. Bran and germ no longer credit toward the grains component. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce. Menus must include at least one serving of WGR grains per day. Effective October 1, 2019, serving sizes of ready-to-eat breakfast cereals must comply with ounce equivalents for creditable grains. One ounce equivalent of cereal equals 1 cup of flakes and rounds, 1 ¼ cups of puffed cereal and ¼ cup of granola.



Effective October 1, 2017, the final rule requires that CACFP menus must document the type of milk served, including fat content (e.g., whole, low-fat (1%), and fat-free), and if the milk is flavored.

Effective October 1, 2017, the final rule eliminates grain-based desserts from the grains component.

Lunch and Supper

Lunch and supper must include one serving of grains/breads, one serving of meat/meat alternates, two servings of vegetables/fruits, and one serving of milk.

- Double check menus for the second serving of the vegetables/fruits component so that each lunch and supper contains either two different fruits, two different vegetables, or one fruit and one vegetable.



Effective October 1, 2017, the final rule requires five components for lunch and supper, including milk, meat/meat alternates, vegetables, fruits, and grains.

- If the menu includes “salad,” the CACFP facility must provide a specific description of the type of salad on the menu or production record. Examples include carrot-raisin salad, garden salad with lettuce, cucumbers, carrots and tomatoes, and fresh fruit salad with apples, oranges, bananas, and strawberries.



- The CSDE strongly recommends serving two sources of whole vegetables/fruits instead of juice. The *Dietary Guidelines* recommends that most fruits and vegetables come from whole foods instead of juice. Whole fruits and vegetables provide more nutrients and fiber.

Effective October 1, 2017, the final rule allows pasteurized full-strength juice to meet the vegetables or fruits component at only one meal per day, including snack.

- Fruit must be from an alternate source when 100 percent juice is served. For example, a lunch menu can include apple juice and an orange, but not apple juice and an apple. Mixed juices should also meet this requirement. For example, 100 percent cranapple juice cannot be served with an apple, and 100 percent orange-pineapple juice cannot be served with an orange or with pineapple chunks.



- The Nutrition Facts label and ingredients statement on commercially prepared entrees do not provide sufficient information to document compliance with the CACFP meal pattern requirements. For commercial entree products such as pizza, breaded chicken nuggets, stew, and cheese or meat stuffed pasta (e.g., ravioli, tortellini and shells), CACFP facilities must obtain manufacturer documentation to indicate that the product contains the required amount of the meal components being counted. For example, a serving of commercial pizza must provide 1 ½ ounces of cheese to credit as a meat/meat alternate at lunch or supper for ages 3-5. This documentation must be a CN label or manufacturer’s PFS. For more information, see the CSDE’s handouts, [Using Child Nutrition \(CN\) Labels in the CACFP](#) and [Using Product Formulation Statements in the CACFP](#), and the Meat/Meat Alternates section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#).

- For combination entrees made on site from scratch (e.g., lasagna, macaroni and cheese, stir-fry dishes, soups, stews, and casseroles), CACFP facilities must maintain documentation indicating that the serving size provides a sufficient quantity of each meal component being counted. For example, a stir-fry beef recipe must provide 1 ½ ounces of cooked beef per serving to credit as a meat/meat alternate for ages 3-5 at lunch or supper. CACFP facilities can use standardized recipes and production records to document that menu items include an appropriate portion size of each meal pattern component. For more information, see “[Documenting Serving Sizes](#)” in this section.

- Bacon and cream cheese do not credit as a meat/meat alternate in the CACFP meal pattern for children. For more information, see the CSDE’s handout, *Noncreditable Foods in the CACFP*, and the CSDE’s *Crediting Foods in CACFP Child Care Programs*.



- Only certain types of commercial vegetable soups credit toward the vegetables component. Allowable commercial soups include tomato, vegetable, clam chowder with potatoes, corn chowder, minestrone, and lentil, pea or bean (legumes).

- A 1-cup serving of lentil, pea, or bean soup credits as ½ cup of vegetables. At lunch or supper for ages 6 and older, the menu must include additional fruits or vegetables to meet the minimum required ¾-cup serving of vegetables/fruits.



- A 1-cup serving of all other allowable commercial vegetable soups credits as ¼ cup of vegetables. At lunch or supper for ages 3 and older, the menu must include additional fruits or vegetables to meet the minimum required ½-cup serving of vegetables/fruits.
- Commercial beef barley, chicken/turkey noodle, and chicken/turkey rice soup are noncreditable foods, and do not credit toward any CACFP meal pattern component.
- Soups made on site from scratch credit based on the amount of vegetables they contain per serving, as documented by the standardized recipe. For more information on crediting soups, see the CSDE’s *Crediting Foods in CACFP Child Care Programs*.

- Fruited gelatin (gelatin with added fruit) and fruit crisps or cobblers can count as one of the two required servings of vegetables/fruits at lunch or supper, if a serving contains at least ¼ cup fruit, as documented by the standardized recipe. The menu must include other fruits or vegetables to meet the minimum required serving of vegetables/fruits.



- Water cannot be offered as a choice instead of milk. Only fluid milk counts as the CACFP meal pattern component for milk. For more information, see “[Water Availability](#)” in section 3.

Snack

Snack must include any two of the four components (grains/breads, meat/meat alternates, vegetables/fruits, and milk).

- Snack menus must include two **different** components. A snack cannot include only two servings of vegetables, two servings of fruits, or one serving of vegetables and one serving of fruits. For example, a snack of $\frac{1}{2}$ cup of orange juice and $\frac{1}{2}$ cup of carrot sticks for ages 3-5 contains two food items but only one food component (vegetables/fruits). This snack would only be reimbursable if the menu also includes the minimum required serving of either grains/breads or meat/meat alternates, since milk cannot be served with juice at snack.
- Juice cannot be served when milk is the only other snack component.

- To increase nutrient variety, the CSDE recommends not serving yogurt when milk is the only other snack component.



- Consult the *Food Buying Guide* to determine the proper crediting information for an individual piece of whole fresh fruit. For ages 6-18, an individual piece of whole fresh fruit must provide at least a $\frac{3}{4}$ -cup serving. Most whole fresh fruits do not provide $\frac{3}{4}$ cup of fruit. For example, the *Food Buying Guide* indicates that one 150-count banana, one 150-count pear, one 80-count peach, one 138-count orange, and one 2-inch diameter plum each credit as only $\frac{1}{2}$ cup of fruit. A snack for ages 6-18 that consists of one of these fruits and one other component is not reimbursable because it does not provide the minimum required serving size of the vegetables/fruits component. If an individual piece of fruit does not provide $\frac{3}{4}$ cup, snack menus for ages 6-18 must:
 - include additional vegetables/fruits to meet the minimum $\frac{3}{4}$ -cup serving; or
 - provide two additional creditable snack components, and count the fruit as an extra snack item.

Only a few whole fruits listed in the *Food Buying Guide* provide the minimum $\frac{3}{4}$ -cup serving for ages 6-18 in one piece of fruit. These include size 56-64 nectarines, size 56 peaches, and 120-count pears. One 125 to 138-count apple provides 1 cup of fruit.



Effective October 1, 2017, the final rule requires that snack must consist of any two of the five components (milk, meat/meat alternates, vegetables, fruits and grains), but only one component may be a beverage. Pasteurized full-strength juice can meet the vegetable or fruit requirement at only one meal per day, including snack.

Effective October 1, 2017, the final rule requires that yogurt contains no more than 23 grams of sugar per 6 ounces.

- If a snack menu includes three or more different food items, at least two food items must meet the CACFP meal pattern components and serving sizes. The menu must clearly indicate which items contribute to the CACFP meal pattern, and if an appropriate serving size is provided. If snack menus regularly include more than the two required snack components, portion sizes can be overwhelming to young children. Cost-effectiveness must also be considered.

- A snack menu that includes only two vegetable/fruit items (e.g., apple juice and carrot sticks) meets only one snack component (vegetable/fruit). Snack must contain two different components. To be reimbursable, this snack menu must include a third food item that provides the minimum required serving of either grains/breads or meat/meat alternates, since milk cannot be served with juice at snack.



- A snack menu that includes a noncreditable food (such as ice cream or gelatin) must also include two food items that meet the required CACFP snack components and serving sizes. For example, a snack containing strawberry gelatin (noncreditable food), graham crackers (grains/breads component), and milk (milk component) contains three items but only two components. To be reimbursable, this snack menu must provide the appropriate serving size of both milk and graham crackers. For more information, see the CSDE's handout, *Noncreditable Foods in the CACFP*, and the CSDE's *Crediting Foods in CACFP Child Care Programs*.



- Cookies and crackers served as grains/breads must contain whole-grain or enriched flour, and meet the minimum serving sizes indicated in *Serving Sizes for Grains/Breads in the CACFP*. CACFP facilities must use the CSDE's *Worksheet 1: Crediting Purchased Grains/Breads in the CACFP* to determine if the product is creditable and the appropriate CACFP serving size. This worksheet also determines whether foods meet the recommended CCCNS. For more information on determining the CACFP meal pattern contribution for purchased products, see the Grains/Breads section of the CSDE's *Crediting Foods in CACFP Child Care Programs*.



- Dessert-type items (such as cookies, cakes, unfrosted brownies, gingerbread, and rice cereal bars) credit toward the grains/breads component only at snack, and only if they meet the USDA requirements for grains/breads.

Effective October 1, 2017, the final rule eliminates grain-based desserts from the grains component of the CACFP meal pattern.

- Purchased products must meet the serving sizes specified in *Serving Sizes for Grains/Breads in the CACFP*. CACFP facilities must use the CSDE's *Worksheet 1: Crediting Purchased Grains/Breads in the CACFP* to determine whether the product is creditable and the appropriate CACFP serving size. For more information on determining the CACFP meal pattern contribution for purchased products, see the Grains/Breads section of the CSDE's *Crediting Foods in CACFP Child Care Programs*.



- Recipes for products made on site from scratch must be evaluated for proper crediting information. For family-size recipes, use the CSDE's *Worksheet 3: Crediting Family-size Recipes for Grains/Breads in the CACFP*. For quantity recipes, use the CSDE's *Worksheet 4: Crediting Quantity Recipes for Grains/Breads in the CACFP*. For information on how to evaluate recipes for the CACFP meal pattern contribution, see the Grains/Breads section of the CSDE's *Crediting Foods in CACFP Child Care Programs*.
- Dessert items that meet the grains/breads component cannot be served more than twice per week between all snacks (morning, afternoon and evening) provided in the CACFP. For example, if cookies are served on Monday and cake is served on Thursday, no other dessert-type items can be served at any other snack that week.
- Most grain-based desserts are high in fat, added sugars and sodium. They should be served infrequently, if at all.

- Pudding, ice cream, popcorn and potato chips do not credit toward the CACFP meal components. For more information on noncreditable foods, see the CSDE's handout, *Noncreditable Foods in the CACFP*, and the CSDE's *Crediting Foods in CACFP Child Care Programs*.



- CACFP facilities should serve water with snacks when no other beverage is being served. Water does not credit as a snack component. For more information, see “[Water Availability](#)” in section 3.



3 — Meal Service

This section addresses the meal service requirements for the CACFP, including family-style meal service, children's intent to participate in the meal service, water availability, meals consumed off site, and offer versus serve.

FAMILY-STYLE MEAL SERVICE

The goal of the CACFP is to provide nutritious meals to young children and help them establish good eating habits at a young age. Family-style meal service enhances this goal by establishing a pleasant eating environment that supports and promotes mealtime as a learning experience. The USDA and the CSDE strongly encourage family-style meal service in all CACFP child care facilities.

Family style is a type of meal service that allows children to serve themselves from common platters or bowls of food with assistance from supervising adults. It encourages supervising adults to set a personal example and provide educational activities that are centered on foods. This approach allows children to identify and be introduced to new foods, new tastes and new menus, while developing a positive attitude toward nutritious foods, sharing in group eating situations, and developing good eating habits.

Unlike cafeteria lines, unitized meals and preset service, the family-style method allows some latitude in initial serving sizes because replenishment is immediately available at each table. Even when a complete family-style service is not possible or practical, it may be useful to offer some meal components in a family-style manner, particularly when smaller children are being served or when a new food item is being introduced.



To ensure CACFP compliance when implementing family-style meal service, CACFP facilities must follow the practices below.

- A sufficient amount of prepared food and milk must be placed on each table to provide the full-required portions of each food component for all children at the table, and to accommodate the supervising adults, if they eat with the children.
- Family-style meal service allows children to make choices in selecting foods and the size of initial servings. Center staff and day care providers should initially offer children the full-required portion of each meal component.
- During the course of the meal, supervising adults are responsible for actively encouraging each child to accept service of the full-required portion for each food component of the CACFP meal pattern for children. For example, if a child initially refuses a food component or does not accept the full-required portion, the supervising adults should offer the food component to the child again.

Meals served family style following these guidelines, even if teachers do not eat with the children. However, the CSDE strongly encourages CACFP facilities to assist in the

development of healthy eating practices by ensuring that teachers eat with the children and model healthy eating behaviors.

The resources below provide more information on family-style meal service in the CACFP.

- *Family Style Dining in Child Care* (ICN): www.nfsmi.org/documentLibraryFiles/PDF/20080609045003.pdf
- FNS Instruction 783-9 Revision 2: *Family Style Meal Service in the Child and Adult Care Food Program* (USDA): www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/fnsinstructions/783-9.pdf
- *Happy Mealtimes Grab and Go Lesson: Family Style Meal Service* (ICN): www.nfsmi.org/documentlibraryfiles/PDF/20100917033202.pdf
- USDA Memo SP35 CACFP 23-2011: *Clarification on the Use of Offer vs. Serve and Family Style Meal Service* (USDA): www.fns.usda.gov/sites/default/files/SP35_CACFP23-2011os.pdf

INTENT TO PARTICIPATE IN THE MEAL SERVICE

To claim a meal or snack for CACFP reimbursement, children must participate in the meal service or have the intent to participate in the meal service. A child who makes no attempt (i.e., has no intent) to join other children at the meal or snack cannot be included in the reimbursable meal count, even if he or she was asked by the teacher to participate.

CACFP regulations allow for reimbursement of meals that are served and eaten by enrolled participants. They do not allow for reimbursement of ordered or plated meals. If a CACFP facility uses pre-plated meals or teachers serve the children, it may be difficult to judge the child's intent to participate in the meal service. If a child refuses a meal that is pre-plated or served by a teacher, the CACFP facility cannot claim the meal for reimbursement. The child must show intent, e.g., coming willingly to the table, helping himself or herself to food or asking to be served, and attempting to eat the meal. The meal does not have to be **eaten** to be claimed, but the child must demonstrate the **intent** to eat.



When a child who clearly has no intent to participate is forced to come to the table or forced to put food on his or her plate, the CACFP facility cannot claim the meal for reimbursement. A child may not have the intent to participate in a meal for many reasons, such as behavior issues or being sick, tired, angry or upset. The scenarios in table 8 help to illustrate the principle of a child's intent to eat and when CACFP meals can be claimed.

Table 8. Examples of Child's Intent to Eat

SCENARIO	CAN THE MEAL BE CLAIMED?
<p>A child typically chooses not to participate in the meal service. A teacher forces the child to come and sit at the table, and serves the child some food. The child does not eat.</p>	<p>No. The meal cannot be claimed for reimbursement because the child has not chosen (i.e., has no intent) to participate in the meal. Since the teacher knows this child typically does not eat, it would be clear that the child did not intend to participate in the meal.</p> <p>If the child willingly comes to the table, chooses to take a serving of food, but then does not eat, the meal would be reimbursable. In this case, the child has the intent to eat, even if he or she did not follow through.</p>
<p>A child who normally participates in the meal service comes to the table then chooses not to take any food.</p>	<p>No. The meal cannot be claimed for reimbursement because the child has chosen not to participate.</p>
<p>At snack time, a child is crying and upset over an altercation with another child. The teacher asks her to come to the table but she refuses.</p>	<p>No. The meal cannot be claimed for reimbursement because the child has chosen not to participate.</p>
<p>A child willingly comes to the table at mealtime. He helps himself to several meal components, takes one bite, then stops eating because he does not feel well.</p>	<p>Yes. The meal may be claimed for reimbursement because the child chose to participate and had the intent to eat, even though he changed his mind when he did not feel well.</p>
<p>A child gets sick just before lunch. She is lying on a cot, waiting for her parent to pick her up.</p>	<p>No. The meal cannot be claimed for reimbursement because the child does not have the intent to participate in the meal.</p>



WATER AVAILABILITY

USDA memo [CACFP 18-2016](#) summarizes the requirements for water availability in the CACFP. Child care centers, family day care homes, emergency shelters, and at-risk afterschool care centers participating in the CACFP must make drinking water available to children, as nutritionally appropriate. Throughout the day (including mealtimes), water must be made available to children to drink upon their request. Facilities can also choose to make water available for children to self-serve, for example:

- providing disposable cups near sinks that are available to children, with a step stool if children are unable to reach the sink; and
- providing covered water pitchers and disposable cups if water fountains are not available.



While drinking water must be made available to children during mealtimes, it is not part of the reimbursable meal or snack and cannot be served instead of fluid milk.

Additionally, if juice is served as one of the two required snack components, water cannot be served as a choice instead of juice.

Caregivers should not serve young children too much water before and during mealtimes. Excess water may reduce the amount of food and milk that children consume. CACFP facilities should serve water with snacks when no other beverage is being served. Water should also be made available instead of high-calorie, sweetened beverages that are served outside mealtimes, such as juice drinks, soda and sports drinks.

If safe water is not readily available in a facility, purchasing water for children is a reasonable and allowable cost for CACFP facilities. However, purchasing water for adult or employee consumption is not an allowable cost.

MEALS CONSUMED OFF SITE

The USDA regulations define meals as foods meeting the nutrition requirements that are served to enrolled participants **at the facility**, i.e., the child care center, family day care home, emergency shelter or at-risk afterschool care center. CACFP facilities receive reimbursement for meals and snacks served to children on the premises. A meal consumed off site is not reimbursable because a child who has left the premises is no longer participating in the activities of the institution.

If a child leaves the meal service early, uneaten meal or snack components cannot be packed “to go.” By leaving the facility and consuming the food off site, the child is not participating in the meal or snack service with the rest of the group. These meals and snacks cannot be claimed for CACFP reimbursement.

The CACFP is a congregate feeding program intended to provide meals that are consumed pistachios, and soynuts unless children are on an approved field trip. Meals served on field

trips are reimbursable if they meet the CACFP meal pattern requirements, and are served and consumed as part of a related function of the CACFP facility.

OFFER VERSUS SERVE

CACFP facilities that serve meals prepared by a school food authority (SFA) participating in the National School Lunch (NSLP) and School Breakfast Programs (SBP) can choose to implement offer versus serve (OVS). The CACFP regulations permit the substitution of the NSLP and SBP meal patterns, including the use of OVS, when meals are prepared by SFAs and served by schools or other institutions participating in the CACFP. For information on the school meal patterns, see the CSDE's [Meal Patterns](#) Web page.

CACFP institutions that may benefit from the use of OVS include those caring for school-age children in outside-school-hours care centers or at-risk afterschool care centers. These schools or community-based centers could be operated by the school or SFA, or by another CACFP institution that contracts with the SFA for meals.

Effective October 1, 2017, the final rule extends OVS to at-risk afterschool programs.



In the NSLP, OVS allows students to decline a certain number of food items in the meal, which reduces food waste and food costs. All required meal components must be offered to each child. In the NSLP, students must select at least ½ cup of fruits or vegetables, and the full portion (minimum serving size) of at least two other components. In the SBP, students must select at least three food items including at least ½ cup of fruit (or vegetable substitutions, if offered).

OVS must be implemented in senior high schools for lunch but is optional for breakfast. For junior high, middle schools and elementary schools, OVS is optional for both breakfast and lunch. For all grades other than high school, the local SFA makes the decision of whether to implement OVS.

In CACFP facilities receiving meals from schools, OVS is an option for breakfast, lunch and supper, but not for snack. **CACFP facilities electing this option must implement OVS in accordance with the method used by the school providing the meals.** OVS cannot be used with snack services under either the NSLP or CACFP.

Generally, OVS is not considered appropriate for preschool children because it may interfere with CACFP nutrition goals and the CACFP facility's efforts to introduce new foods to children. The USDA encourages CACFP institutions to consider using family-style meal service as a way to provide younger children some choice in the types and amounts of food selected (see "[Family-style Meal Service](#)" in this section). For more information on implementing OVS in the CACFP, contact the CSDE (see "[Contact Information](#)" at the beginning of this guide).



4 — Nutrition Policies

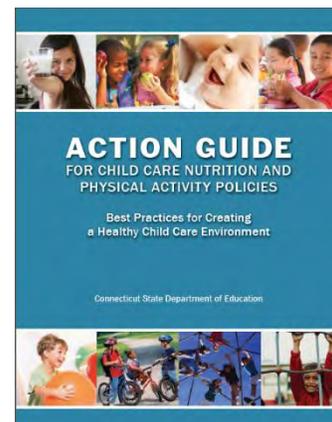
The CSDE strongly encourages all CACFP facilities to develop and implement nutrition policies that promote healthy practices for children, staff members, and families. Written policies benefit the child care program by helping to:

- identify the child care program’s plan for quality nutrition programs;
- document applicable federal and state requirements and accreditation standards;
- provide clear guidelines for staff members and families;
- standardize consistent practices between classrooms and among all staff members;
- communicate the child care program’s benefits to potential families;
- provide a basis to evaluate program activities and staff members;
- demonstrate the child care program’s commitment to children’s health and well-being;
- educate families regarding the child care program’s nutrition practices; and
- ensure compliance with best practices based on current science, public health research and national health recommendations.

The CSDE’s *Action Guide for Child Care Nutrition and Physical Activity Policies* addresses comprehensive nutrition and physical activity policies to create the healthiest possible environment for infants and children in child care settings. It is intended to help local and community child care, early education and afterschool programs establish and implement policies and practices that encourage healthy lifestyles in children.

The action guide includes best practices for promoting healthy eating and physical activity based on current science, public health research, and national recommendations and standards. It addresses six policy components for creating a healthy child care environment, including:

- Nutrition Standards (CCCNS);
- Eating Environment;
- Nutrition Education;
- Physical Activity;
- Communication and Promotion; and
- Evaluation.



The CSDE strongly encourages all CACFP facilities to use the *Action Guide for Child Care Nutrition and Physical Activity Policies* to develop and implement nutrition policies for all foods and beverages available in child care. Following the policy recommendations in the action guide will help all Connecticut child care programs implement best practices for creating a healthy child care environment.

CHILD CARE MEALS AND SNACKS

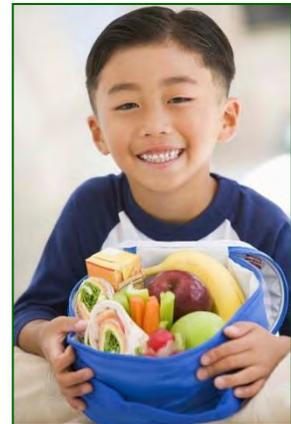
When meals and snacks are provided by the CACFP facility, policies should address the program’s approach to feeding children, such as menu planning, nutrition standards, eating environment, meal schedules, family-style meal service, modeling healthy behaviors, and procedures for handling special dietary needs. The CACFP facility should adopt nutrition standards that address foods and beverages served throughout the child care environment, including CACFP meals and snacks, celebrations, learning experiences, and other activities where foods and beverages are provided by the child care program or families. For more information, see the CSDE’s *Action Guide for Child Care Nutrition and Physical Activity Policies*.

FAMILY-PROVIDED MEALS AND SNACKS

Situations may arise when families want to bring food for their child as a substitution for a CACFP meal component or an entire meal. This may be due to cultural, religious or personal food preferences, or a special dietary need. If a CACFP facility allows parents to provide foods and beverages from home, it must clearly define the policies and requirements for making any substitutions or modifications to the planned CACFP menus.

CACFP facilities must carefully consider food safety issues and the liability that might arise if a child gets a foodborne illness as a result of allowing families to bring food from home. Connecticut’s Public Health Code 19-13-B42 applies to all foods served in child care centers and emergency shelters, regardless of whether they are prepared on site or brought from home.

Public Health Code 19-13-B42 does not apply to family day care homes. However, family day care homes must follow proper procedures to ensure the safety of meals served to children in the CACFP. For more information on food safety, see the CSDE’s *Food Safety in CACFP Child Care Programs*.



Meals containing family-provided components are not reimbursable, and cannot be claimed by the CACFP facility. The only exception is when a child without a disability has a special dietary need documented by a medical statement signed by a recognized medical authority, and the CACFP facility has received prior permission from the CSDE for the family-provided component. This information is summarized in the CSDE’s *Operational Memorandum No. 03C-07 and 03H-07, Reimbursement for Meals Provided by Parents for Medical Reasons in CACFP*. For more information, see “Family-provided Foods” in the CSDE’s *Accommodating Special Diets in CACFP Child Care Programs*.

Program policies should address nutrition and food safety issues for foods brought from home. Nutrition standards for allowable foods and beverages should be based on the CACFP meal pattern for children and the CCCNS. Policies should specify food restrictions for nutrition reasons, e.g., prohibiting foods of poor nutritional value (such as soda, iced tea, fruit drinks, cakes, cookies and candy), either for an individual child’s consumption or to be shared with all children for parties and other events. The CSDE strongly recommends that CACFP facilities follow the CCCNS for all foods and beverages available in child care, including those allowed from home.

Policies should also address food safety standards for any foods allowed from home, including:

- clearly labeling all foods with the child’s name, date and type of food;
- storing foods at an appropriate temperature until they are eaten;
- prohibiting children from sharing lunches and snacks brought from home with other children; and
- restricting foods for food safety reasons, e.g., foods provided by families to be shared with other children for parties and other events cannot be homemade and must be either whole fruits or commercially prepared packaged foods that are unopened and, when possible, individually wrapped.

The CSDE’s *Action Guide for Child Care Nutrition and Physical Activity Policies* provides policy recommendations and implementation strategies for family-provided meals and snacks. For more information, see “Policies for Special Dietary Accommodations” in the CSDE’s *Accommodating Special Diets in CACFP Child Care Programs*.

TRAINING STAFF MEMBERS

Program staff members are critical to the successful implementation of the CACFP facility’s nutrition policy. For a nutrition policy to be effective, all staff members need training on the policy. Be sure to include all staff members involved with the child care program, such as program directors, teachers, teacher’s aides, food service personnel (e.g., directors, coordinators, cooks and general workers), and consultants (e.g., registered dietitians, nurses and education consultants). Family day care home sponsors should address nutrition policy as part of their training for providers.

Written policies assist teachers and other staff members in responding appropriately and consistently to any food and nutrition issues that arise with children or parents. Training helps staff members understand why the nutrition policy is important, and its effect on children’s overall health. Training also helps provide clear and consistent messages regarding the nutrition services component of the CACFP facility. Staff members can better understand the program’s expectations for themselves, the children, and their families. This enables all child care personnel to better implement local nutrition policies. It also prepares them to deal with any problems that might arise. For more information, see the CSDE’s *Action Guide for Child Care Nutrition and Physical Activity Policies*.





5 — Resources

This section includes links to federal and state regulations, policy memoranda, Web sites and the CSDE’s guides, resource lists, forms, and handouts.

CSDE FORMS AND HANDOUTS

Accepting Processed Product Documentation in the CACFP

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/credit/acceptdocCACFP.pdf

Allowable Milk Substitutions for Children without Disabilities in the Child and Adult Care Food Program

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/sdn/cacfpmilksub.pdf

Child and Adult Care Food Program (CACFP) Meal Pattern for Children

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmp.pdf

Noncreditable Foods in the CACFP

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/credit/noncredcacfp.pdf

Serving Sizes for Grains/Breads in the CACFP

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/credit/gbcacfp.pdf

Using Child Nutrition (CN) Labels in the CACFP

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/credit/cnlabelcacfp.pdf

Using Product Formulation Statements in the CACFP

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/credit/pfscacfp.pdf

Crediting Worksheets

1 – *Crediting Purchased Grains/Breads in the CACFP*

Excel: www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cacfpcredit1.xls

2 – *Crediting Breakfast Cereals in the CACFP*

Excel: www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cacfpcredit2.xls

3 – *Crediting Family-Size Recipes for Grains/Breads in the CACFP*

Excel: www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cacfpcredit3.xls

4 – *Crediting Quantity Recipes for Grains/Breads in the CACFP*

Excel: www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cacfpcredit4.xls

Menu Forms

- 1 – *Breakfast, Lunch and Snack (Ages 3-5)*
 PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmf1.pdf
 Word: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfpmf1.doc
- 2 – *AM Snack, Lunch and PM Snack (Ages 3-5)*
 PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmf2.pdf
 Word: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfpmf2.doc
- 3 – *Breakfast, AM Snack and PM Snack (Ages 3-5)*
 PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmf3.pdf
 Word: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfpmf3.doc
- 4 – *AM and PM Snack (Ages 3-5)*
 PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmf4.pdf
 Word: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfpmf4.doc
- 5 – *Breakfast and PM Snack (Ages 3-5)*
 PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmf5.pdf
 Word: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfpmf5.doc
- 6 – *Two-week Snack (Two Weeks) (Ages 3-5)*
 PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmf6.pdf
 Word: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfpmf6.doc
- 7 – *Breakfast, Lunch and Snack (Ages 1-2)*
 PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmf7.pdf
 Word: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfpmf7.doc
- 8 – *Breakfast and PM Snack for School Age*
 PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmf8.pdf
 Word: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfpmf8.doc
- 9 – *At-risk Snack for School Age*
 PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmf9.pdf
 Word: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfpmf9.doc
- 10 – *Breakfast, Lunch and Supper for Emergency Shelters (Ages 6-12)*
 PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmf10.pdf
 Word: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfpmf10.doc
- 11 – *AM, PM and Evening Snack for Emergency Shelters (Ages 6-12)*
 PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmf11.pdf
 Word: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfpmf11.doc
- 12 – *At-risk Supper (Two Weeks) (Ages 6-12)*
 PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmf12.pdf
 Word: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfpmf12.doc
- 13 – *At-risk Snack and Supper (Ages 6-12)*
 PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmf13.pdf
 Word: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfpmf13.doc

Production Records

1 – *Any Meal*PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfp1.pdfWord: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfp1.doc2 – *Breakfast, Lunch and Snack*PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfp2.pdfWord: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfp2.doc3 – *AM Snack, Lunch and PM Snack*PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfp3.pdfWord: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfp3.doc4 – *Breakfast, AM Snack and PM Snack*PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfp4.pdfWord: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfp4.doc5 – *AM and PM Snack*PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfp5.pdfWord: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfp5.doc6 – *Breakfast and PM Snack*PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfp6.pdfWord: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfp6.doc7 – *Breakfast, Lunch and Supper for Emergency Shelters*PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfp7.pdfWord: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfp7.doc8 – *AM, PM and Evening Snack for Emergency Shelters*PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfp8.pdfWord: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfp8.doc9 – *At-risk Snack and Supper*PDF: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfp9.pdfWord: www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfp9.doc

Sample Menus

1 – *Cold Breakfast Menus for the CACFP*

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmenu1.pdf

2 – *Hot Breakfast Menus for the CACFP*

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmenu2.pdf

3 – *Cold Lunch/ Supper Menus for the CACFP*

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmenu3.pdf

4 – *Hot Lunch/ Supper Menus for the CACFP*

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmenu4.pdf

5 – *Snack Menus for the CACFP*

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmenu5.pdf

All forms and handouts are available in the Meal Pattern Requirements section of **the CSDE's** [Nutrition Policies and Guidance for the CACFP](#) Web site.

CSDE GUIDES

Action Guide for Child Care Nutrition and Physical Activity Policies

www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322594

Nutrition Policies and Guidance for the CACFP

- *Accommodating Special Diets in CACFP Child Care Programs:*
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326#special
- *Crediting Foods in CACFP Child Care Programs:*
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326#crediting
- *Feeding Infants in CACFP Child Care Programs:*
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326#infants
- *Food Safety in CACFP Child Care Programs:*
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326#safety
- *Healthy Meals in CACFP Child Care Programs*
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326#healthymeals
- *Meal Pattern Requirements for CACFP Child Care Programs*
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326#mealpattern

CSDE RESOURCE LISTS

The CSDE resource lists are available on the CSDE's Resources for CACFP Child Care Web page at www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333812.

- *Nutrition Resources:* This list contains online resources related to nutrition guidelines and information, menu planning and food production, special diets, food safety and the USDA Child Nutrition Programs.
- *Healthy School Environment Resources:* This list contains online resources to assist USDA programs with promoting healthy eating and physical activity.

WEB SITES

Action Guide for Child Care Nutrition and Physical Activity Policies (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322594

CACFP Afterschool Programs (USDA):
www.fns.usda.gov/cacfp/afterschool-programs

CACFP At-risk Afterschool Care Centers (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321574

CACFP Child Care Centers (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321580

CACFP Emergency Shelters (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321582

CACFP Family Day Care Homes (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321584

CACFP Handbooks (USDA):
www.fns.usda.gov/cacfp/cacfp-handbooks

Child Nutrition (CN) Labeling (USDA):
www.fns.usda.gov/cnd/cnlabeling/default.htm

Child Nutrition Programs (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&Q=320670

FNS Instructions for Child Nutrition Programs (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334688

Manuals and Guides (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334690

Operational Memoranda for the CACFP (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333794

Menu Planning (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333780

Nutrition Education Resources (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=333798

Program Guidance for the CACFP (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333814

Resources for CACFP Child Care (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333812

Sample Child Care Policies for Nutrition and Physical Activity (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322598

USDA REGULATIONS AND POLICY

CACFP Policy Memos (USDA):

www.fns.usda.gov/cacfp/policy

CACFP Regulations (USDA):

www.fns.usda.gov/cacfp/regulations

CSDE Operational Memorandum No. 4A-16, 5C-16 and 5H-16: *New Meal Pattern Requirements for the Child and Adult Care Food Program (CACFP)*. www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/memos/memos16/om04a16_05c16_05h16.pdf

CSDE Operational Memorandum No. 3A-16, 4C-16 and 4H-16: *Statements Supporting Accommodations for Participants with Disabilities in the Child Nutrition Programs*. www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/memos/memos16/om03a16_04c16_04h16.pdf

CSDE Operational Memorandum No. 11C-11 and 04H-11: *Fluid Milk and Milk Substitutions in the CACFP*: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/memos/memos11/om11c11_14h11.pdf

CSDE Operational Memorandum No. 10C-11 and 13H-11: *Water Availability in the Child and Adult Care Food Program*: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/memos/memos11/om10c11_13h11.pdf

CSDE Operational Memorandum No. 03C-07 and 03H-07: *Reimbursement for Meals Provided by Parents for Medical Reasons in CACFP*: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/memos/memosold/om03c07_03h07.pdf

Final Rule: Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 (81 FR 24348): www.gpo.gov/fdsys/pkg/FR-2016-04-25/pdf/2016-09412.pdf

Final Rule: Child and Adult Care Food Program: At-Risk Afterschool Meals in Eligible States (75 FR 16325). April 1, 2010. www.fns.usda.gov/sites/default/files/At-Risk_Meals_FR.pdf

FNS Instruction 783-13, Revision 3: *Variations in Meal Requirements for Religious Reasons: Jewish Schools, Institutions and Sponsors*. www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/fnsinstructions/783-13.pdf

FNS Instruction 783-9 Rev. 2: *Family Style Meal Service in the Child and Adult Care Food Program*: www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/fnsinstructions/783-9.pdf

Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296): www.fns.usda.gov/cnd/governance/legislation/CNR_2010.htm

Nutrition Standards for CACFP Meals and Snacks (USDA): www.fns.usda.gov/cacfp/meals-and-snacks

Operational Memos for the CACFP (CSDE):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333794

USDA Memo SP 49-2016 and CACFP 18-2016: *Resources for Making Potable Water Available in Schools and Child Care Facilities*. www.fns.usda.gov/resources-making-potable-water-available-schools-and-child-care-facilities-0

USDA Memo CACFP 17-2016: *Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program, Q&As*. www.fns.usda.gov/cacfp/nutrition-requirements-fluid-milk-and-fluid-milk-substitutions-child-and-adult-care-food-program-qas

USDA Memo CACFP 15-2016: *Optional Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program Meal Pattern*. www.fns.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-child-and-adult-care-food-program-meal-pattern

USDA Memo SP 42 CACFP 14-2016: *Early Implementation of the Updated Child and Adult Care Food Program Meal Pattern Requirements and the National School Lunch and School Breakfast Programs' Infant and Preschool Meal Patterns*: www.fns.usda.gov/early-implementation-updated-cacfp-meal-pattern-requirements-and-nslp-and-sbp-infant-and-preschool

USDA Memo SP 01 CACFP 01 SFSP 01-2016: *Procuring Local Meat, Poultry, Game, and Eggs for Child Nutrition Programs*: www.fns.usda.gov/procuring-local-meat-poultry-game-and-eggs-child-nutrition-programs

USDA Memo SP 11v2 CACFP 10 SFSP 13-2015: *CN Labels Copied with a Watermark Acceptable Documentation*: www.fns.usda.gov/cn-labels-copied-watermark-acceptable-documentation

USDA Memo SP 27 CACFP 09 SFSP 12-2015: *Administrative Review Process Regarding the Child Nutrition (CN) Label, Watermarked CN Label and Manufacturer's Product Formulation Statement*: www.fns.usda.gov/administrative-review-process-regarding-child-nutrition-cn-label-watermarked-cn-label-and

USDA Memo SP 10 CACFP 05 SFSP 10-2014 (v3): *Smoothies Offered in Child Nutrition Programs*: www.fns.usda.gov/smoothies-offered-child-nutrition-programs

USDA Memo CACFP 08-2012: *The At-Risk Afterschool Meals Component of the Child and Adult Care Food Program, Questions and Answers*: www.fns.usda.gov/risk-afterschool-meals-component-child-and-adult-care-food-program-questions-and-answers-0

USDA Memo SP 35 CACFP 23-2011: *Clarification on the Use of Offer vs. Serve and Family Style Meal Service*: www.fns.usda.gov/sites/default/files/SP35_CACFP23-2011os.pdf

USDA Memo CACFP 20-2011: *Child Nutrition Reauthorization 2010: Water Availability in the Child and Adult Care Food Program*: www.fns.usda.gov/cacfp-20-2011-child-nutrition-reauthorization-2010-water-availability-child-and-adult-care-food

USDA Memo CACFP 05-2009: *Meal Disallowance Policies for Family Day Care Homes in Child and Adult Care Food Program (CACFP)*: www.fns.usda.gov/meal-disallowance-policies-family-day-care-homes-child-and-adult-care-food-program-cacfp

Glossary

administrative review: A periodic review of an institution’s operations by the Connecticut State Department of Education to monitor performance and assess compliance with all USDA regulations.

alternate protein products (APP): APPs are generally single ingredient powders that are added to foods. Some examples include soy flours, soy concentrates, soy isolates, whey protein concentrate, whey protein isolates and casein. APPs include vegetable protein products. The USDA has specific requirements for the crediting of APP in Child Nutrition Programs. For more information, see the Meat/Meat Alternates section of the CSDE’s *Crediting Foods in CACFP Child Care Programs*.

at-risk afterschool care centers: The at-risk afterschool meals component of the CACFP provides reimbursement for snacks and suppers served to children through age 18 who are participating in afterschool programs in eligible (at-risk) areas. The program provides funds to public and private nonprofit (federal tax-exempt) and for-profit organizations, and schools, for nutritious snacks and suppers served as part of organized programs of care, which are known to help reduce or prevent children’s involvement in high-risk behaviors. All snacks must meet the requirements of the CACFP meal pattern for children. For more information, see the USDA’s *CACFP Afterschool Programs* Web page.

bran: The protective coating around the whole-grain kernel that is rich in nutrients, fiber and other health promoting substances called phytochemicals. Bran is not a whole grain.

Effective October 1, 2017, the final rule requires that grains must be whole grain-rich, or contain enriched meal or flour. Bran and germ no longer credit toward the grains component.

Child and Adult Care Food Program (CACFP): The USDA’s federally assisted meal program providing nutritious meals and snacks to children in child care centers, family day care homes and emergency shelters, and snacks and suppers to children participating in eligible at-risk afterschool care programs. The program also provides meals and snacks to adults who receive care in nonresidential adult day care centers. For more information, see the USDA’s *CACFP* Web page.

CACFP facilities: Child care centers, family day care homes, emergency shelters, and at-risk afterschool care centers that participate in the USDA Child and Adult Care Food Program.

CACFP meal pattern for children: The required food components and minimum serving sizes that facilities participating in the CACFP must provide to children ages 1-12 to receive federal reimbursement for meals (breakfast, lunch, and supper) and snacks served to children. (Note: Emergency shelters can serve CACFP meals to residents ages 18 and younger and to children of any age who have disabilities. At-risk afterschool care centers can serve CACFP snacks to students ages 18 or younger.) For more information, see [section 1](#).

CACFP meal pattern for infants: The required food components and minimum serving sizes that facilities participating in the CACFP must provide to infants from birth through 11 months to receive federal reimbursement for meals and snacks served to infants. For more information, see the [CACFP Infant Meal Pattern](#), and the CSDE’s [Feeding Infants in CACFP Child Care Programs](#).

CACFP sponsor: A public or private nonprofit organization that is entirely responsible for the administration of the CACFP in one or more day care homes, child care centers, emergency shelters or at-risk afterschool care centers. In some situations, for-profit institutions may also be eligible to participate in the CACFP. For more information, see Section 226.2 in the CACFP regulations ([7 CFR 226](#)).

Child Nutrition (CN) label: A statement that clearly identifies the contribution of a food product toward the meal pattern requirements, based on the USDA’s evaluation of the product’s formulation. Products eligible for CN labeling include main dish entrees that contribute to the meat/meat alternates component of the meal pattern requirements, e.g., beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, and breaded fish portions. The CN label will also indicate the contribution of other meal components that are part of these products. For more information, see the CSDE’s handout, [Using Child Nutrition \(CN\) Labels in the CACFP](#), and the USDA’s [Child Nutrition \(CN\) Labeling](#) Web page.

Child Nutrition Programs: The USDA’s federally funded programs that provide nutritious meals and snacks to children, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP), Special Milk Program (SMP), Summer Food Service Program (SFSP), Seamless Summer Option (SSO) of the NSLP, Fresh Fruit and Vegetable Program (FFVP), and Child and Adult Care Food Program (CACFP). The CACFP also provides nutritious meals and snacks to the frail elderly in adult day care centers. For more information, see the CSDE’s [Child Nutrition Programs](#) Web page.

Connecticut Child Care Nutrition Standards (CCCNS): The CSDE’s guidelines for the nutritional content of all foods and beverages served throughout the child care environment, including CACFP meals and snacks, celebrations and any other activities where foods and beverages are provided by the child care program or families. The CCCNS reflects current nutrition science and national health recommendations, and promotes whole or minimally processed nutrient-rich foods that are low in fat, added sugars, and sodium. The CCCNS eliminates foods and beverages that do not contribute to the CACFP meal pattern, e.g., potato chips, ice cream, frozen novelties, pudding, gelatin, candy, bacon, cream cheese, soda, lemonade, and fruit-flavored drinks. Foods that are creditable in the CACFP meal pattern for children but contain little nutritional value are also eliminated, such as sweetened grain-based desserts (e.g., cakes, cookies, doughnuts and brownies), grain-based snack chips (e.g., tortilla chips, corn chips, and multi-grain chips), fried or baked pre-fried vegetables (e.g., french fries and potato puffs) and fried, baked pre-fried or high-fat meats and meat alternates (e.g., chicken nuggets, fish sticks, processed luncheon meats, full-fat cheeses, and process cheese foods. For more information, see the CSDE’s [Action Guide for Child Care Nutrition and Physical Activity Policies](#).

creditable food: A food or beverage that can be counted toward meeting the meal pattern requirements for a reimbursable meal or snack in the USDA Child Nutrition Programs. For more information, see the CSDE’s [Crediting Foods in CACFP Child Care Programs](#).

cycle menu: A series of menus planned for a specific period of time, with a different menu for each day. Cycle menus can help CACFP facilities to increase variety, control food cost, and save time. For more information, see “[Using Cycle Menus](#)” in section 2.

deep-fat frying: Cooking by submerging food in hot oil or other fat.

Effective October 1, 2017, the final rule prohibits deep-fat frying foods on site.

Dietary Guidelines for Americans: A federal document that provides science-based advice for Americans ages 2 and older to promote health and reduce risk for chronic diseases through diet and physical activity. The U.S. Department of Health and Human Services and the U.S. Department of Agriculture jointly publish the *Dietary Guidelines* every five years. This document forms the basis of federal food, nutrition education and information programs. For more information, see the [Dietary Guidelines](#) Web page.

disability: A condition in which a person has a physical or mental impairment that substantially limits one or more major life activities, has a record of such an impairment, or is regarded as having such an impairment. For more information, see the CSDE’s [Accommodating Special Diets in CACFP Child Care Programs](#).

edible portion: The portion of a food that can actually be eaten after the nonedible parts are removed, for example, cooked lean meat without bone, and fruit without seeds or pits.

enriched grains: Refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have some vitamins and minerals added to replace the nutrients lost during processing. The five enrichment nutrients are added within limits specified by the FDA, and include thiamin (B₁), riboflavin (B₂), niacin (B₃), folic acid, and iron. For more information, see the Grains/Breads section of the CSDE’s [CSDE’s Crediting Foods in CACFP Child Care Programs](#).

enrichment: Adding back nutrients (usually vitamins or minerals) originally present in a food that were lost during processing. Enrichment nutrients are added back in approximately the same levels as were originally present in the food. For more information, see “enriched grains” in this section.

family-style meal service: A type of meal service that allows children to serve themselves from common platters or bowls of food with assistance from supervising adults. For more information, see “[Family-style Meal Service](#)” in section 3.

fluid milk substitutes: Nondairy beverages (such as soy milk) that can be used as a substitute for fluid milk in the USDA Child Nutrition Programs. For reimbursable meals and snacks, nondairy beverages served to children without disabilities must comply with the USDA nutrition standards for milk substitutes. For more information, see “nutrition standards for milk substitutes” in this section and “[Milk Substitutions for Children without Disabilities](#)” in section 3.

food components: The four food groups that comprise reimbursable meals in the CACFP, including milk, fruits/vegetables, grains/breads, and meat/meat alternates. For more information on the individual food components, see the CSDE’s [Crediting Foods in CACFP Child Care Programs](#).

Effective October 1, 2017, the final rule changes the CACFP meal pattern to include five components (milk, fruits, vegetables, grains and meat/meat alternates).

fortification: Adding nutrients (usually vitamins or minerals) that were not originally present in a food or beverage or adding nutrients at levels that are higher than originally present. Fortification is used for naturally nutrient-rich products based on scientifically documented health needs (e.g., fortifying milk with vitamin D to increase the body’s absorption of calcium), or to enhance the perceived nutritional value of products with little or no natural nutritional value, e.g., an “energy” bar made from processed flour that is fortified with multiple vitamins and minerals. Fortification nutrients are added to products in varying amounts, from small percentages up to amounts greater than recommended intakes. For more information, see the CSDE’s [Crediting Foods in CACFP Child Care Programs](#).

full serving: The quantity of food that meets the minimum required amount of a specific component in the CACFP meal pattern.

full-strength fruit or vegetable juice: An undiluted product obtained by extraction from sound fruit. Full-strength juice may be fresh, canned, frozen or reconstituted from concentrate and may be served in either liquid or frozen state or as an ingredient in a recipe. The name of the full-strength fruit juice on the label must include one of the following terms: “juice,” “full-strength juice,” “100 percent juice,” “reconstituted juice,” or “juice from concentrate.” For more information, see the CSDE’s [Crediting Foods in CACFP Child Care Programs](#).

germ: The sprouting section of the whole-grain kernel that contains B vitamins, vitamin E, trace minerals, healthy fats, antioxidants, and phytochemicals. Germ is not a whole grain.

Effective October 1, 2017, the final rule requires that grains must be whole grain-rich, or contain enriched meal or flour. Bran and germ no longer credit toward the grains component.

juice drink: A product resembling juice that contains full-strength juice along with added water and possibly other ingredients, such as sweeteners, spices, or flavorings. Juice drinks do not credit toward the meal pattern requirements.

meal: A grain made by coarsely grinding corn, oats, wheat, or other grains. Meal credits toward the USDA meal patterns only if it is whole grain, enriched, or fortified.

meals: See “reimbursable meals” in this section.

meat alternates: Foods that provide similar protein content to meat. Meat alternates include alternate protein products, cheese, eggs, cooked dry beans or peas, nuts and seeds and their butters (except for acorn, chestnut and coconut), and yogurt (plain or flavored). For more information, see the CSDE’s [Crediting Foods in CACFP Child Care Programs](#).

Effective October 1, 2017, the final rule allows tofu and other soy products to credit in the meat/meat alternates component. It also requires that yogurt contains no more than 23 grams of sugar per 6 ounces.

medical statement: A document that identifies the specific medical conditions and appropriate dietary accommodations for children with special dietary needs. For more information, see the CSDE’s *Accommodating Special Diets in CACFP Child Care Programs*.

menu item: Any planned main dish, vegetable, fruit, bread, grain or milk that is part of the reimbursable meal. Menu items consist of food items.

menu of record: The official menu that documents exactly what is served each day in the CACFP facility. This provides a record of the meal pattern components and portion sizes served to all enrolled children and infants, and provides documentation for the number of CACFP meals claimed for reimbursement.

National School Lunch Program (NSLP): The USDA’s federally assisted meal program operating in public and nonprofit private schools, and residential child care institutions. The NSLP provides nutritionally balanced, low-cost or free lunches to children each school day. It was established under the National School Lunch Act, signed by President Harry Truman in 1946. For more information, see the CSDE’s [National School Lunch Program](#) Web page.

natural cheese: Cheese that is produced directly from milk, such as cheddar, Colby, Monterey Jack, mozzarella, muenster, provolone, Swiss, feta and brie. Natural cheese also includes pasteurized blended cheese that is made by blending one or more different kinds of natural cheese. Natural cheeses do not include pasteurized process cheese (e.g., American), pasteurized process cheese food, pasteurized process cheese spread, or pasteurized process cheese products.

noncreditable foods: Foods and beverages that do not contribute toward any meal pattern components in the USDA Child Nutrition Programs. For more information, see the CSDE’s handout, *Noncreditable Foods in the CACFP*.

noncreditable grains: Grain ingredients that do not contribute toward the grains component. Examples include fiber, bran, germ and modified food starch (including potato, legume, and other vegetable flours).

nutrient-dense foods: Foods and beverages that provide vitamins, minerals, and other substances that contribute to adequate nutrient intakes or may have positive health effects, and contain little or no solid fats, added sugars, refined starches, or sodium. Ideally, these foods and beverages are also in forms that retain naturally occurring components, such as dietary fiber. Examples include all vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry (when prepared with little or no added solid fats, sugars, refined starches, and sodium). The term “nutrient dense” indicates the nutrients and other beneficial substances in a food have not been “diluted” by the addition of calories from added solid fats, sugars, or refined starches, or by the solid fats naturally present in the food.

nutrient-rich foods: See “nutrient-dense foods” in this section.

nutrition standards for fluid milk substitutes: The nutrition requirements for nondairy beverages (such as soy milk) used as fluid milk substitutes in the USDA Child Nutrition Programs. The USDA requires that any fluid milk substitutes are nutritionally equivalent to cow's milk and meet the following nutrients based on a 1-cup serving (8 fluid ounces): 276 milligrams (mg) of calcium; 8 grams (g) of protein; 500 international units (IU) of vitamin A; 100 IU of vitamin D; 24 mg of magnesium; 222 mg of phosphorus; 349 mg of potassium; 0.44 mg of riboflavin; and 1.1 micrograms (mcg) of vitamin B-12.

offer versus serve (OVS): A provision that applies to menu planning and the determination of reimbursable school meals in the NSLP and SBP. OVS allows children to decline a certain number of food components or items in the meal. All required meal components must be offered to each child. In the NSLP, students must select at least $\frac{1}{2}$ cup of fruits or vegetables and the full portion (minimum serving size) of at least two other components. In the SBP, students must select at least three food items including at least $\frac{1}{2}$ cup of fruit (or vegetable substitutions, if offered). OVS must be implemented in senior high schools for lunch but is optional for breakfast. For junior high, middle schools and elementary schools, OVS is optional for both breakfast and lunch. The CACFP regulations permit the substitution of the NSLP meal pattern, including the use of OVS, when meals are prepared by schools and served by schools or other institutions participating in the CACFP. For more information, see “[Offer versus Serve](#)” in section 3.

other foods: See “noncreditable foods” in this section.

ounce equivalent: The amount of food product that is considered equal to one ounce from the grain or protein food groups. An ounce equivalent for some foods may be less than a measured ounce if the food is concentrated or low in water content (e.g., nuts, peanut butter, dried meats, and flour) or more than an ounce if the food contains a large amount of water (e.g., tofu, cooked beans, cooked rice, or cooked pasta).

Effective October 1, 2017, the final rule requires ounce equivalents for the meat/meat alternates and grains components.

point-of-service (POS) meal count: A meal count taken as the children are seated and eating.

potable water: Water that is safe for human consumption.

pre-fried foods: Commercially prepared foods such as meats, poultry, fish, and vegetables that are fried by the manufacturer during preparation. These foods are usually cooked by the food service operation in the oven or microwave. Pre-fried foods include refrigerated or frozen items that are breaded or battered, most frozen potato products, and most frozen products described as “crispy” or “crunchy.” Examples include chicken nuggets, chicken patties, fish sticks, french fries, tater tots, hash browns, and onion rings.

product fact sheet: See “product specification sheet” in this section.

product formulation statement (PFS): An information statement obtained from the manufacturer that provides specific information about how the product credits toward the USDA meal pattern requirements, and documents how this information is obtained citing Child Nutrition Program resources or regulations. All creditable ingredients in a PFS must match a description in the USDA’s *Food Buying Guide for Child Nutrition Programs*. Unlike a CN label, a PFS does not provide any warranty against audit claims. If foods with a PFS will be used in a reimbursable meal, the CACFP sponsor must check the manufacturer’s crediting information for accuracy. For more information, see the CSDE’s handouts, *Using Product Formulation Statements in the CACFP* and *Accepting Processed Product Documentation in the CACFP*.

product specification sheet: Manufacturer sales literature that provides various information about the company’s products. These materials do not provide the specific crediting information that is required on a product formulation statement, and cannot be used to determine a product’s contribution toward the USDA meal pattern components.

production record: A working tool that outlines the type and quantity of foods used to prepare CACFP meals. Production records demonstrate how meals contribute to the required food components, food items or menu items for each day of operation. Production records are only required for CACFP sponsors that follow the NLSP meal pattern. For more information, see the CSDE’s sample production records in the Meal Pattern Requirements Section of the CSDE’s *Nutrition Policies and Guidance for the CACFP* Web page.

recognized medical authority: A state-licensed health care professional who is authorized to write medical prescriptions under state law, and is recognized by the State Department of Public Health. In Connecticut, recognized medical authorities include physicians, physician assistants, doctors of osteopathy and advanced practice registered nurses (APRNs), i.e., nurse practitioners, clinical nurse specialists and certified nurse anesthetists who are licensed as APRNs. For more information, see the CSDE’s *Accommodating Special Diets in CACFP Child Care Programs*.

refined grains: Grains that have been processed to remove the bran and germ, making the product less nutritious than whole grains. Refined grains may or may not be enriched. For more information, see “enriched grains” in this section.

reimbursable meals: Meals and snacks that meet the meal pattern requirements of the CACFP regulations, and are eligible for USDA funds.

School Breakfast Program (SBP): The USDA’s federally assisted meal program operating in public and nonprofit private schools, and residential child care institutions. The SBP provides nutritionally balanced, low-cost or free breakfasts to children each school day. The program was established under the Child Nutrition Act of 1966 to ensure that all children have access to a healthy breakfast at school to promote learning readiness and healthy eating behaviors. For more information, see the CSDE’s *School Breakfast Program* Web page.

school food authority (SFA): The governing body that is responsible for the administration of one or more schools and that has the legal authority to operate the school meals programs in those schools.

serving size or portion: The weight, measure, or number of pieces or slices of a food or beverage. CACFP facilities must provide the minimum serving sizes in the USDA meal patterns for meals and snacks to be reimbursable.

standardized recipe: A recipe that a given food service operation has tested and adapted for use. This recipe produces the same good results and yield every time when the exact procedures are used with the same type of equipment, and the same quantity and quality of ingredients. Standardized recipes include specific information such as ingredients, weights and measures, preparation directions, serving directions, yield and portion size.

supplements: Reimbursable snacks served in the CACFP.

USDA Foods: Foods available to the USDA Child Nutrition Programs through the CSDE Food Distribution Program. For more information, see the USDA’s [Food Distribution Programs](#) Web page, and the CSDE’s [Food Distribution Program](#) Web page.

wheat bread: Bread that often has wheat flour or enriched wheat flour (not whole-wheat flour) as an ingredient. Wheat bread is not whole grain unless it is labeled “whole-wheat bread.” Wheat bread is low in fiber unless the manufacturer has added fiber.

whole foods: Foods that are unprocessed or minimally processed, and do not contain added ingredients such as fat, sugars, or sodium.

whole fruits and vegetables: Fresh, frozen, canned, and dried fruits and vegetables that are unprocessed or minimally processed, and do not contain added ingredients such as fat, sugars, or sodium.

whole-grain flour: Flour made by grinding the entire whole-grain kernel, including the fiber-rich bran, nutrient-rich germ, and starchy endosperm. Flour or meal that does not contain all parts of the grain is not whole grain, e.g., degermed corn, milled rice, and wheat flour.

whole grain-rich: Grain products that contain at least 50 percent whole grains, any other grain ingredients are enriched, and any noncreditable grains such as bran, germ, and modified food starch are less than two percent of the product formula. For more information, see “noncreditable grains” in this section.

Effective October 1, 2017, the final rule requires that at least one serving per day, across all eating occasions, must be whole grain-rich.

whole grains: Grains that consist of the entire kernel, including the starchy endosperm, the fiber-rich bran, and the nutrient-rich germ. All grains start out as whole grains, but many are processed to remove the bran and germ, which also removes many of the nutrients. Whole grains are nutrient rich, containing vitamins, minerals, fiber, antioxidants, and health-enhancing phytonutrients such as lignans and flavonoids. Examples of whole grains include whole wheat, whole oats, oatmeal, whole-grain cornmeal, brown rice, whole rye, whole barley, wild rice, buckwheat, and bulgur (cracked wheat). For more information, see the CSDE’s [Crediting Foods in CACFP Child Care Programs](#).

whole-wheat bread: Bread that contains the whole grain, including the fiber-rich bran, nutrient-rich germ, and starchy endosperm. Whole-wheat flour will be listed as the first grain ingredient.



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