



## **1. CACFP Meal Pattern Requirements and Recommendations**

Meals and snacks served on the CACFP must meet the requirements of the **CACFP Meal Pattern for Older Children and Infants** in order to be reimbursable. These meal patterns are based on sound nutrition principles and are designed to provide the nutrients that growing children need. The serving sizes listed on the meal pattern are according to age group and are the **minimum** amounts required. Recently, with the passing of the **Healthy, Hunger-Free Kids Act of 2010**, recommendations have been made to improve the nutritional value of foods served on the CACFP in order to be more consistent with the 2010 Dietary Guidelines. We will be updating the Minute Menu Food Chart to reflect these changes and will notify you as these changes occur.

**The CACFP Meal Pattern for Older Children (1-12 years)** contains the following four food components: Milk, Vegetables & Fruit, Grains & Breads, and Meat & Meat Alternates.

**MILK** refers to pasteurized fluid milk (whole, low fat, nonfat, buttermilk, lactose reduced or free and acidophilus milk) and is required at breakfast, lunch and dinner. Whole milk is required for children ages 1 to 2 years. Children 2 and older require low fat milk (1% or 2%) to be consistent with the 2010 Dietary Guidelines. *When serving whole and low fat milk at the same meal you may now choose Whole/Low fat Milk(01) under the milk options on the Food Chart.*

**VEGETABLES & FRUITS** include fresh, frozen, canned or dried fruits and vegetables and 100% fruit/vegetable juice. One serving of fruit or vegetable is required at breakfast and two servings at lunch and dinner. Juice should be limited and a variety of fruits and vegetables should be served particularly those that are dark green and bright yellow/orange. *Commercial or boxed potato products such as scalloped(226), au gratin(230), instant(234) and mashed (235) are no longer reimbursable and have been removed from the Food Chart (homemade ok).*

**GRAINS & BREADS** include whole grain or enriched products. One grain/bread serving is required at breakfast, lunch and dinner. The Dietary Guidelines recommend making half of the grains/breads served whole grains. *Sweet bread items (cookies, pastries, muffins, granola bars, cereal bars, etc.) are to be limited to no more than two servings per week.*

**MEAT & MEAT ALTERNATES** include lean meats and low fat meat alternates (beans, cheese, nuts & seeds). This component is required at lunch and dinner and is optional at breakfast. *Processed convenience foods such as chicken nuggets, fish sticks and corn dogs must have a CN label and are to be limited to no more than two times per week. Processed foods that do not have a CN label such as luncheon meat, hot dogs, sausage, and pepperoni must be served with another meat/meat alternate to be creditable.*

**REMEMBER:** Snacks are to include two out of the four food components in order to be reimbursable.



**The CACFP Meal Pattern for Infants (birth thru 11 months)** consists of breast milk or iron fortified formula, iron fortified infant cereal, and infant appropriate vegetables, fruit and meat/meat alternates.

**BREAST MILK or IRON FORTIFIED FORMULA** is required birth through 11 months at meals and snacks. Infants 8-11 months can substitute 100% fruit juice for breast milk/formula at snack only. Infants can remain on breast milk or iron fortified formula through their 12<sup>th</sup> month as they transition to whole milk without needing a Medical Statement.

**IRON FORTIFIED INFANT CEREAL** and or fruit/vegetable are required for infants 4-7 months [only] when they are developmentally ready to receive them. Iron fortified infant cereal and fruit or vegetable are required for breakfast for infants 8- 11 months but meat/meat alt. can be substituted for the cereal at lunch and dinner.

**INFANT FRUITS/VEGETABLES and MEAT/MEAT ALTERNATES** may not be combination foods (ie, beef & vegetable mix). One serving of fruit or vegetable and one serving of meat/meat alternate is required for infants 8-11 months at lunch and dinner.

Children 1 Year and Older				Infants (0–11 months)		
Age:	1 - 2 years	3 - 5 years	6 - 12 years	Birth–3 Mos	4-7 Mos	8 -11 Mos
<b>Breakfast</b>				<b>Breakfast</b>		
Fluid Milk	1/2 cup	3/4 cup	1 cup	4-6 fluid oz. breast milk or iron-fortified formula	4-8 fluid ounces breast milk or iron-fortified formula 0-3 tablespoons infant cereal ***, @	6-8 fluid ounces breast milk or iron-fortified formula 2-4 tablespoons infant cereal *** 1-4 tablespoons fruit <b>and/or</b> vegetable
Juice or Fruit or Veg.	1/4 cup	1/2 cup	1/2 cup			
Bread or Bread Alternate or cold dry cereal or cooked cereal	1/2 slice (or 1/2 oz.) 1/4 cup (or 1/3 oz.) 1/4 cup	1/2 slice (or 1/2 oz.) 1/3 cup (or 1/2 oz.) 1/4 cup	1 slice (or 1 oz.) 3/4 cup (or 1 oz.) 1/2 cup			
<b>Snack</b>				<b>Snack</b>		
Fluid Milk	1/2 cup	1/2 cup	1 cup	4-6 fluid oz. breast milk or iron-fortified formula	4-6 fluid ounces breast milk or Iron-fortified formula	2-4 fluid ounces breast milk or Iron-fortified formula, or fruit juice **** 0-1/2 slice bread Or 0-2 crackers *****, @
Juice or Fruit or Veg.	1/2 cup	1/2 cup	3/4 cup			
Meat or Meat Alternate or Yogurt	1/2 oz. 2 oz. (or 1/4 cup)	1/2 oz. 2 oz. (or 1/4 cup)	1 oz. 4 oz. (or 1/2 cup)			
Bread, Bread Alternate, or Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	<b>Lunch / Dinner</b>		
<b>Lunch / Dinner</b>				4-8 fluid oz. breast milk Or iron-fortified formula	4-8 fluid ounces breast milk or Iron-fortified formula 0-3 tablespoons infant cereal ***, @  0-3 tablespoons fruit <b>and/or</b> vegetable @	6-8 fluid ounces breast milk or Iron-fortified formula 2-4 tablespoons infant cereal *** <b>and/or</b> 1-4 tablespoons meat, fish, poultry, egg yolk, or cooked dry beans or peas, or 1/2-2 ounces cheese 1-4 tablespoons fruit <b>and/or</b> vegetable
Fluid Milk	1/2 cup	3/4 cup	1 cup			
Meat or poultry or fish or cheese or meat alternate	1 oz.	1 1/2 oz.	2 oz.			
Vegetables and/or/fruit (2 or more)	1/4 cup (Total)	1/2 cup (Total)	3/4 cup (total)			
Bread or Bread Alternate	1/2 slice	1/2 slice	1 slice			

**THE CACFP Medical Statement** is used for children participating in the CACFP that require special dietary accommodations due to a food allergy or medical condition that prevents them from following the meal pattern. The Medical Statement must specify the disability or medical condition, foods to be omitted and recommended substitutions/accommodations. It must be signed by a physician, physician’s assistant or registered nurse. The Medical Statement can be found in the ‘CACFP Forms’ section on the CFC website.