

## PARENT/GUARDIAN'S FORM FOR DECLINING PARTICIPATION IN THE CHILD AND ADULT CARE FOOD PROGRAM

All child care facilities (day care home providers or centers) participating in the Child and Adult Care Food Program (CACFP) are required to offer meals to children in their care according to State and Federal guidelines (see attached meal patterns).

As a parent or guardian, you have chosen to decline the provider's or center's offered food and will furnish all food for your child. Return the original to your center or provider.

<b>CHILD'S NAME:</b>	
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<b>PARENT OR GUARDIAN'S REASON FOR DECLINING THE CACFP:</b>	

**PARENT/GUARDIAN'S SIGNATURE** \_\_\_\_\_

**DATE** \_\_\_\_\_

**CENTER/PROVIDER'S SIGNATURE** \_\_\_\_\_

**DATE** \_\_\_\_\_

<b>ADDITIONAL COMMENTS:</b>	

*(Provider: please keep a copy in the child's file and forward the original to your CACFP sponsor.)*

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

## CACFP MEAL PATTERN FOR OLDER CHILDREN

<b>BREAKFAST</b>	<i><b>Ages one through two years</b></i>	<i><b>Ages three through five years</b></i>	<i><b>Ages six through twelve years</b></i>
• <b>Milk, fluid</b>	½ cup	¾ cup	1 cup
• <b>Vegetable, fruit, or full-strength (100%) juice</b>	¼ cup	½ cup	½ cup
• <b>Grains/breads</b> (whole grain or enriched): bread or rolls, muffins, etc. or cold dry cereal (volume or weight, whichever is less) or cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or 1/3 oz ¼ cup	½ slice ½ serving 1/3 cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
<b>LUNCH OR SUPPER</b>			
• <b>Milk, fluid</b>	½ cup	¾ cup	1 cup
• <b>Vegetable and/or fruit</b> (two or more kinds)	¼ cup total	½ cup total	¾ cup total
• <b>Grains/breads</b> (whole grain or enriched): bread or rolls, muffins, etc. or cooked pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup	½ slice ½ serving ¼ cup	1 slice 1 serving ½ cup
• <b>Meat/meat alternates</b> Lean meat, fish, or poultry (edible portion as served) or alternate protein product or cheese (natural or processed) or cottage cheese, cheese food/spread substitute or egg (large) or yogurt, plain or flavored, unsweetened or sweetened or cooked dried beans or dried peas* or peanut butter, reduced-fat peanut butter, soynut butter, or other nut or seed butters or peanuts, soynuts, tree nuts, roasted peas, or seeds ** or an equivalent quantity of any combination of the above meat/meat alternates	1 oz 1 oz 1 oz ¼ cup or 2 oz ½ egg ½ cup ¼ cup 2 Tbsp  ½ oz**	1-½ oz 1-½ oz 1-½ oz 3/8 cup or 3 oz ¾ egg ¾ cup 3/8 cup 3 Tbsp  ¾ oz**	2 oz 2 oz 2 oz ½ cup or 4 oz 1 egg 1 cup ½ cup 4 Tbsp  1 oz**
<b>AM OR PM SUPPLEMENT</b> (Select two of these four components)***			
• <b>Milk, fluid</b>	½ cup	½ cup	1 cup
• <b>Vegetable, fruit, or full-strength (100%) juice</b>	½ cup	½ cup	¾ cup
• <b>Grains/breads</b> (whole grain or enriched): bread or rolls, muffins, etc. or cold dry cereal (volume or weight, whichever is less) or cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or 1/3 oz ¼ cup	½ slice ½ serving 1/3 cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
• <b>Meat/meat alternates</b> Lean meat, fish, or poultry (edible portion as served) or alternate protein product or cheese (natural or processed) or cottage cheese, cheese food/spread substitute or egg (large) or yogurt, plain or flavored, unsweetened or sweetened**** or cooked dried beans or dried peas* or peanut butter, reduced-fat peanut butter, soynut butter, or other nut or seed butters or peanuts, soynuts, tree nuts, roasted peas, or seeds or an equivalent quantity of any combination of the above meat/meat alternates.	½ oz ½ oz ½ oz 1/8 cup or 1 oz ½ egg ¼ cup 1/8 cup 1 Tbsp  ½ oz	½ oz ½ oz ½ oz 1/8 cup or 1 oz ½ egg ¼ cup 1/8 cup 1 Tbsp  ½ oz	1 oz 1 oz 1 oz ¼ cup or 2 oz ½ egg ½ cup ¼ cup 2 Tbsp  1 oz

\* Dried beans or dried peas may be used as a meat alternate or vegetable component, but cannot be counted as both components in the same meal.

\*\* No more than 50 percent of the requirement shall be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. To determine combinations, 1 oz. of nuts or seeds is equal to 1 oz. of cooked lean meat, poultry, or fish. Roasted peas can count as a meat alternate or vegetable component, but cannot be counted as both in the same meal.

\*\*\* Juice cannot be served when milk is served as the only other component.

\*\*\*\* If yogurt is used as the meat alternate component in snacks, milk cannot be used to satisfy the second component requirement. Commercially added fruit or nuts in flavored yogurt cannot be used to satisfy the second component requirement in snacks.

(NSD 08/2006)

## USDA INFANT MEAL PATTERN FOR CHILD NUTRITION PROGRAMS\*

	<i>Birth through three months</i>	<i>Ages four through seven months</i>	<i>Ages eight through eleven months</i>
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• 4 to 6 fl oz breast milk<sup>1,2,3</sup> <b>or</b> formula<sup>1,4</sup></li> </ul>	<ul style="list-style-type: none"> <li>• 4 to 8 fl oz breast milk<sup>1,2,3</sup> <b>or</b> formula<sup>1,4</sup></li> <li>• 0 to 3 Tbsp infant cereal<sup>4,5</sup></li> </ul>	<ul style="list-style-type: none"> <li>• 6 to 8 fl oz breast milk<sup>1,2,3</sup> <b>or</b> formula<sup>1,4</sup></li> <li>• 2 to 4 Tbsp infant cereal<sup>4</sup></li> <li>• 1 to 4 Tbsp fruit and/or vegetable</li> </ul>
<b>LUNCH OR SUPPER</b>	<ul style="list-style-type: none"> <li>• 4 to 6 fl oz breast milk<sup>1,2,3</sup> <b>or</b> formula<sup>1,4</sup></li> </ul>	<ul style="list-style-type: none"> <li>• 4 to 8 fl oz breast milk<sup>1,2,3</sup> <b>or</b> formula<sup>1,4</sup></li> <li>• 0 to 3 Tbsp infant cereal<sup>4,5</sup></li> <li>• 0 to 3 Tbsp fruit and/or vegetable<sup>5</sup></li> </ul>	<ul style="list-style-type: none"> <li>• 6 to 8 fl oz breast milk<sup>1,2,3</sup> <b>or</b> formula<sup>1,4</sup></li> <li>• 2 to 4 Tbsp infant cereal<sup>4</sup> <b>and/or</b></li> <li>1 to 4 Tbsp lean meat, fish, poultry, egg yolk, cooked dry beans or peas</li> <li><b>or</b> ½ to 2 oz cheese</li> <li><b>or</b> 1 to 4 oz (volume) cottage cheese <b>or</b> 1 to 4 oz (weight) cheese food or cheese spread</li> <li>• 1 to 4 Tbsp fruit and/or vegetable</li> </ul>
<b>AM OR PM SNACK</b>	<ul style="list-style-type: none"> <li>• 4 to 6 fl oz breast milk<sup>1,2,3</sup> <b>or</b> formula<sup>1,4</sup></li> </ul>	<ul style="list-style-type: none"> <li>• 4 to 6 fl oz breast milk<sup>1,2,3</sup> <b>or</b> formula<sup>1,4</sup></li> </ul>	<ul style="list-style-type: none"> <li>• 2 to 4 fl oz breast milk<sup>1,2,3</sup>, formula<sup>1,4</sup>, <b>or</b> fruit juice<sup>6</sup></li> <li>• 0 to ½ slice of bread<sup>5,7</sup> <b>or</b> 0 to 2 crackers<sup>5,7</sup></li> </ul>

<sup>1</sup> Breast milk or formula, or portions of both, may be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months.

<sup>2</sup> For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.

<sup>3</sup> Only the infant's mother can provide breast milk.

<sup>4</sup> Infant formula and dry infant cereal must be iron fortified.

<sup>5</sup> A serving of this component is required only when the infant is developmentally ready to accept it.

<sup>6</sup> Fruit juice must be full strength (100% juice) and offered from a cup, not a bottle, to prevent tooth decay.

<sup>7</sup> Must be made from whole grain or enriched meal or flour.

### \*Child and Adult Care Food Program

- **Child Care Center and Day Care Home Sponsors** may claim reimbursement for up to two meals and one snack **or** two snacks and one meal per infant per day.
- **Homeless Shelter Sponsors** may claim reimbursement for up to three meals **or** two meals and one snack per infant per day.

\***National School Lunch Program Sponsors** may claim reimbursement for one lunch meal per infant per day. One snack may be claimed per infant per day if the sponsor is enrolled in and the infant participates in an after school care program.

\***School Breakfast Program Sponsors** may claim reimbursement for one breakfast meal per infant per day.

\***Summer Food Service Program Sponsors** may claim reimbursement for up to two meals per infant per day at open or enrolled sites. The meals may consist of either one lunch and one breakfast **or** one lunch and one snack. Migrant sites may serve up to three meals per infant per day **or** two meals and one snack per infant per day.

(NSD 07/03)