

# Eating Through Meal Patterns

## CHILD AND ADULT CARE FOOD PROGRAM New Child Meal Patterns



### VEGETABLES/FRUITS

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

### GRAINS/BREADS

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

#### Grain-based desserts include:

Breakfast bars  
Brownies  
Cakes  
Cereal bars

Cookies (including  
vanilla wafers)  
Doughnuts  
Granola bars

Sweet bread pudding  
Sweet pie crusts  
Sweet rice cakes  
Sweet rice pudding

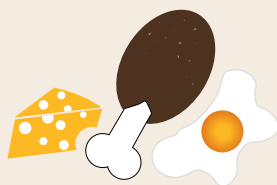
Sweet rolls  
Sweet scones  
Toaster pastries



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

### MEAT/MEAT ALTERNATE

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



### MILK REQUIREMENTS

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



### OTHER CHANGES

- ✔ Providers can be reimbursed when parents or guardians provide up to one component per meal as long as it meets meal pattern requirements
- ✔ On-site deep frying is not allowed as a way of preparing claimed foods



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

For more information, visit us on the web at [www.acdkids.org](http://www.acdkids.org) or like us on Facebook!

# ONE BITE AT A TIME

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