

Co-Mingled vs. Non-Co-Mingled Pre-K and Pre-K Meal Pattern

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USDA Policy Memos

- [Policy Memo SP 37-2017](#) Flexibility for Co-Mingled Preschool Meals: Questions and Answers issued June 30, 2017
 - Establishes flexibility that co-mingled Pre-K programs may follow the NLSP/SBP/NSLP Afterschool Snack Service meal pattern requirements, while non-co-mingled Pre-K programs must follow the CACFP meal pattern, this memo also defines “co-mingled”
- [Policy Memo SP 01-2018](#) Updated Infant and Preschool Meal Patterns in the National School Lunch Program and School Breakfast Program; Questions and Answers issued October 19, 2017

Comingled vs. Non-Comingled

- Where is the Point of Service (POS) for the students?

Comingled Pre-K

- If the POS is in the same place for all students, typically the cafeteria, then the meals are comingled and the NSLP, SBP, NSLP Afterschool Snack Service meal patterns are followed.

Non-Comingled Pre-K

- If the POS is separate, such as the Pre-K students' meals are brought to their classroom, or they eat at a separate time than the other students, the meals are non-comingled and must follow the CACFP meal patterns.

Point of Service Meal Counts (POS)

- Regardless of the POS location and the meal pattern followed, POS meal counts must be taken.
- POS must be taken after students have received a reimbursable meal.

Unacceptable Meal Counting Procedures

- Counts cannot be taken before students received reimbursable meals.
- Counts cannot be based on pre-order numbers.
- Counts cannot be based on attendance numbers.
- Counts cannot be based on counting trays or plates.

Staff Training

- If staff other than Food Service Professionals are responsible for meal counts, they must have training. Training must include:
 - Civil Rights
 - Meal Counting
 - Identifying a reimbursable meal
 - If they are handling food, Food Safety and Sanitation

“And Justice for All” Non-Discrimination Poster

- If students always eat their meals in the classroom and they do not go into the cafeteria to get their meals, there must be an “And Justice for All” non-discrimination poster prominently displayed.

Pre-K & CACFP Meal Patterns

Agenda

- Meal Patterns
- Implementation
- FAQs
- Resources

CACFP Meal Patterns

CACFP Breakfast Meal Pattern

Breakfast		
(Select all three components for a reimbursement)		
Food Components and Food Items ¹	Ages 1-2	Ages 3-5
Fluid Milk³	4 fluid ounces	6 fluid ounces
Vegetables, fruits, or portions of both⁴	¼ cup	½ cup
Grains (oz eq)^{5,6,7}		
Whole grain-rich or enriched bread	½ slice	½ slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	¼ cup	¼ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}		
Flakes or rounds	½ cup	½ cup
Puffed cereal	¾ cup	¾ cup
Granola	⅛ cup	⅛ cup

CACFP Lunch Meal Pattern

Lunch and Supper		
(Select all five components for a reimbursable meal)		
Food Components and Food Items ¹	Ages 1-2	Ages 3-5
Fluid Milk³	4 fluid ounces	6 fluid ounces
Meat/meat alternates		
Lean meat, poultry, or fish	1 ounce	1 ½ ounce
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce
Cheese	1 ounce	1 ½ ounce
Large egg	½	¾
Cooked dry beans or peas	¼ cup	⅓ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	¼ ounce = 50%	¼ ounce = 50%
Vegetables⁶	¼ cup	¼ cup
Fruits^{6,7}	¼ cup	¼ cup
Grains (oz eq)^{8,9}		
Whole grain-rich or enriched bread	½ slice	½ slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup

CACFP Snack Meal Pattern

Snack		
(Select two of the five components for a reimbursement)		
Food Components and Food Items ¹	Ages 1-2	Ages 3-5
Fluid Milk³	4 fluid ounces	4 fluid ounces
Meat/meat alternates		
Lean meat, poultry, or fish	½ ounce	½ ounce
Tofu, soy product, or alternate protein products ⁴	½ ounce	½ ounce
Cheese	½ ounce	½ ounce
Large egg	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	2 ounces or ¼ cup	2 ounces or ¼ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce
Vegetables⁶	½ cup	½ cup
Fruits⁶	½ cup	½ cup
Grains (oz eq)^{7,8}		
Whole grain-rich or enriched bread	½ slice	½ slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	¼ cup	¼ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}		
Flakes or rounds	½ cup	½ cup
Puffed cereal	¾ cup	¾ cup
Granola	⅛ cup	⅛ cup

Fluid Milk

- **2 year olds and older:** low-fat or fat-free unflavored milk
- Flavored milk is not allowed to be served to children under the age of 6
- Non-dairy beverages – same as K-12
 - Medical statement from an approved medical authority for milk substitutes that are not nutritionally equivalent to cow's milk must be on file

The flavored milk flexibility in the Interim Final Rule *Child Nutrition Program Flexibilities for Milk, Whole Grains, and Sodium Requirements* (11/30/17) does not apply to preschoolers

Flavored Milk Flexibility for K-12

- For children **6 years and older**, 1% flavored and fat-free flavored milk can be served



Vegetables & Fruits

- One component at breakfast (Vegetable, Fruit and/or both)
- Separate vegetable and fruit components at lunch and snack
- Allows two vegetables at lunch
- No vegetable subgroup requirement
- Dark leafy greens credit as half of the serving size
 - i.e. 1 cup of romaine = $\frac{1}{2}$ cup vegetable

Vegetable & Fruit Juice

- Must be 100% juice, no sugar added
- Juice is limited to **one serving** per day
 - i.e. If juice is offered at breakfast, it cannot be offered as a component at lunch or snack time



Coconut

- Fresh, frozen, and dried coconut credit as a **fruit**
- 100% coconut water credits as a fruit juice
- Coconut oil and coconut flour **do NOT** credit
- Consider the caloric and saturated fat content
- Crediting:
 - 1/8 cup fresh coconut = 1/8 cup fruit
 - 1/8 cup dried coconut = 1/4 cup fruit
 - 1/4 cup 100% coconut water = 1/4 cup fruit juice



Vegetable Flour Pastas

Pastas made of 100% Vegetable Flours:

- Pasta made from 100% vegetable flour (e.g. red lentil flour, chickpea flour, cauliflower flour) credits towards the **vegetable** component
- ***Crediting:**
 - ½ cup of 100% red lentil flour pasta = ½ cup vegetable



Pastas made of Vegetable Flours and Other Non-Vegetable Ingredients:

- May credit for vegetable (or meat/meat alternate) with a Product Formulation Statement
- This does NOT apply to grain-based pastas that contain small amounts of vegetable powder for color (ie. Spinach, sun-dried tomato)



Legume Flour Pastas

- Pastas made of 100% legume flour can now credit as **meat/meat alternates**
- Examples: chickpea pasta, red lentil pasta, black bean flour pasta
- MUST be offered with an additional m/ma such as tofu, cheese or meat
- ***Crediting:**
 - ½ cup cooked 100% legume flour pasta = 2 oz. m/ma



Vegetable & Fruit Comparison: CACFP vs. K-12

	Pre-K	K-12
Breakfast	Vegetables and Fruit are one component	Only Fruit is required*
Lunch & Supper	May serve a 2 nd Vegetable in lieu of a Fruit	Must offer Fruit and Vegetable items
Afterschool Snack	Vegetables and Fruits are two components	Vegetables and Fruits are one component
Juice	Up to once per day	Up to half weekly Vegetable and Fruit requirements
Veggie Subgroups	No subgroups required	Subgroups required

Grains

- Requires at least one grain per day must be whole grain-rich
- Grain-based desserts are no longer creditable
- Breakfast cereals cannot have more than 6 g of sugar per dry ounce

Corn Masa, Corn Flour & Cornmeal

- Corn masa, masa harina, and nixtamalized (limed) corn now credit as **whole grain-rich**
- Crediting determined by weight as listed in Exhibit A: Grain Requirement for CNP



Hominy

- Hominy may now credit towards the **vegetable** or **grain** component
 - Offered in it's whole form: credits toward the **vegetable component** (starchy veg.)
 - Offered in a dried, milled form: credits toward the **grain component** and is considered **whole grain-rich**
- ***Crediting:**
 - ¼ cup canned, drained hominy = ¼ cup vegetable
 - ½ cup cooked hominy grits = 1 oz. equivalent grain



Popcorn

- Popcorn credits as a **whole grain-rich food**
- Consider risk of choking among children
- Limit use of toppings such as salt, caramel, cheese and butter
 - Adds sodium, sugar and saturated fat
- May not be cost effective due to large serving sizes
- ***Crediting –**
 - $\frac{3}{4}$ cup popped = $\frac{1}{4}$ oz. grain eq.
 - 1 $\frac{1}{2}$ cup popped = $\frac{1}{2}$ oz. grain eq.
 - 3 cups popped = 1 oz. grain eq.



Grain-Based Desserts

- Foods denoted with a superscript of a 3 or 4 in Exhibit A of USDA's Food Buying Guide
- Exhibit A excludes sweet crackers from being designated a grain-based dessert in the CACFP and Pre-K meals
- These CANNOT be served whether they are purchased pre-made or made from scratch

Grain-based Desserts – Exhibit A

Example

Group C	Oz Eq for Group C	Minimum Serving Size for Group C
<ul style="list-style-type: none"> • Cookies³ (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) • Waffles 	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz
Group D	Oz Eq for Group D	Minimum Serving Size for Group D
<ul style="list-style-type: none"> • Doughnuts⁴ (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars⁴ (plain) • Muffins (all, except corn) • Sweet roll⁴ (unfrosted) • Toaster pastry⁴ (unfrosted) 	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz
Group E	Oz Eq for Group E	Minimum Serving Size for Group E
<ul style="list-style-type: none"> • Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts⁴ (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls⁴ (frosted) • Toaster pastry⁴ (frosted) 	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
Group F	Oz Eq for Group F	Minimum Serving Size for Group F
<ul style="list-style-type: none"> • Cake³ (plain, unfrosted) • Coffee cake⁴ 	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz

Grains: Pre-K Summary

Topic	Requirement
Whole Grain Rich Crediting	Use same WGR crediting guidelines as NSLP for K-12 (mirrors NSLP)
Whole Grain-Rich Servings	One serving per day must be WGR (mirrors CACFP)
Grain-Based Desserts	Not creditable as grains (mirrors CACFP)
Breakfast Cereals	May contain up to 6 grams of sugar per dry ounce (mirrors CACFP)
Ounce Equivalents	May be used, but are not required until 10/01/2021 (mirrors CACFP)

Breakfast Cereals

- Breakfast cereals served to Pre-K cannot contain more than 6 g of sugar per dry ounce
- Resource: USDA Breakfast Cereal Worksheet
 - [Breakfast Cereal Worksheet](#)

Nutrition Facts		
Serving Size 1 1/4 Cups (60g/2.1 oz.)		
Servings Per Container About 7		
Cereal with 1/2 Cup Vitamins A&D Fat Free Milk		
Amount Per Serving	Cereal	Fat Free Milk
Calories	230	270
Calories from Fat	20	20
% Daily Value**		
Total Fat 3g*	5%	5%
Saturated Fat 0.5g	3%	3%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 140mg	6%	8%
Potassium 400mg	11%	17%
Total Carbohydrate 46g	15%	17%
Dietary Fiber 5g	23%	23%
Soluble Fiber 2g		
Insoluble Fiber 3g		
Sugars 17g		
Other Carbohydrate 24g		
Protein 7g		

Calculating Sugar Limits for Breakfast Cereals in CACFP Handout



United States Department of Agriculture

Calculating Sugar Limits for Breakfast Cereals in the Child and Adult Care Food Program

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must not have more than 6 grams of sugar per dry ounce. This is equal to 21.2 grams of sugar per 100 grams of cereal.

Here are three ways to tell if a cereal meets the sugar limit.

Option 1: Cereals on any State agency's Women, Infants, and Children (WIC)-approved cereal list meet the CACFP sugar limit.

Option 2*: Use USDA's chart that shows common serving sizes of cereals and the maximum amount of sugars they can contain. Find the chart in "Choose Breakfast Cereals That Are Lower in Added Sugars" at <https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools>.

Option 3: Use the information on the cereal's Nutrition Facts Label, and follow the steps below:



- 1 Find the Serving Size, in grams (g), of the cereal.
Write the number of grams (g) here: 30 g
If the serving size is "one container," check the front of the package to find out how many grams are in the container.
- 2 Find the Sugars on the Nutrition Facts Label. Write the number of grams (g) of sugar here: 5 g
- 3 Divide the grams of Sugars by the Serving Size (in grams).
5 grams Sugars ÷ 30 grams Serving Size = .166
- 4 If the answer in Step 3 is .212 or less, then this cereal meets the sugar limit for breakfast cereals in the CACFP.

Yummy Brand Cereal

Nutrition Facts	
Serving Size ¼ cup (30g)	
Servings per Container about 15	
Amount Per Serving	Cereal
Calories	100
Calories from Fat	5
% Daily Value*	
Total Fat	0.6g 1%
Saturated Fat	0g 0%
Trans Fat	0g
Polyunsaturated Fat	0g
Monounsaturated Fat	0g
Cholesterol	0mg 0%
Sodium	140mg 6%
Potassium	90mg 3%
Total Carbohydrate	22g 7%
Dietary Fiber	3g 11%
Sugars	5g
Other Carbohydrate	14g
Protein	3g

Test Yourself:

Does the cereal above meet the sugar limit?

(Check your answer below)

Serving Size: 30 g

Sugars: 5 g

Yes No

*Due to rounding, you may get a slightly different result when using the chart in Option 2 and doing the full calculation in Option 3. If either of these methods indicates that the cereal is within the sugar limit, then the cereal may credit towards a reimbursable meal.

Answer Key: Yes, this cereal meets the sugar limit. There are 5 grams of sugar in 30 grams of cereal. $5 \div 30 = .17$, which is less than .212.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.



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Sugar Limits in Cereal Chart

Try It Out!

Use the "Sugar Limits in Cereal" table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the "Cereals To Serve in the CACFP" list. You can use this as a shopping list when buying cereals to serve in your program.



Sugar Limits in Cereal

Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:
0-2 grams	0 grams
3-7 grams	1 gram
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams

Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	14 grams
69-73 grams	15 grams
74-77 grams	16 grams
78-82 grams	17 grams
83-87 grams	18 grams
88-91 grams	19 grams
92-96 grams	20 grams
97-100 grams	21 grams

Meat and Meat Alternates

- May substitute the entire grains component at breakfast up to 3x/week
- Allows tofu to credit toward the meat/meat alternate component
- Yogurt has a sugar limit requirement

M/MA Comparison: CACFP vs. K-12

	Pre-K	K-12
M/MA at Breakfast	May be served in place of the entire grain component up to 3 times/week	May substitute 1 oz. eq. meat/meat alternate for 1 oz. eq. grains after the minimum daily grains requirements is met*
Yogurt	Up to 23 grams of sugar per 6 ounces	No specific sugar limit

Yogurts

- Yogurt only credits toward the **m/ma component**
- Yogurt served to Pre-K cannot contain more than 23 g of sugar per 6 ounces
- Resource: USDA Yogurt Worksheet
 - [Yogurt Worksheet](#)

Nutrition Facts	
Serving Size 1 tube (56g)	
Servings Per Carton 8	
Amount Per Serving	
Calories	50
Calories from Fat	5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 30mg	1%
Potassium 85mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 2g	
Vitamin A 8%	• Vitamin C 0%
Calcium 10%	• Iron 0%
Vitamin D 10%	• Riboflavin 4%
Phosphorus 6%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Calculating Sugar Limits for Yogurt in CACFP Handout



United States Department of Agriculture

Calculating Sugar Limits for Yogurt in the Child and Adult Care Food Program

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces. Here are two ways to tell if a yogurt meets the sugar requirement.



Option 1*: Check out USDA's chart that shows common serving sizes of yogurt and the maximum amount of sugars they can contain. Find the chart in "Choose Yogurts That Are Lower in Added Sugars" at <https://www.fns.usda.gov/tm/cacfp-meal-pattern-training-tools>.

Option 2: Use the information on the yogurt's Nutrition Facts Label, and follow the steps below:

- 1 Find the Serving Size, in ounces (oz) or grams (g).
Write the number of ounces (oz) here: 8 OZ.
If weight in ounces is not available, write number of grams (g) here: 227 g.
If the serving size is "one container," check the front of the package to find out how many ounces or grams are in the container.
- 2 Find the Sugars on the Nutrition Facts Label. Write the number of grams (g) of sugars here: 9 g.
- 3 Divide the grams of Sugars by the Serving Size.
9 grams Sugars \div 227 Serving Size = .039
- 4 Compare the answer in Step 3 with the numbers below. The yogurt meets the sugar limit for yogurt in the CACFP if:
 - a. For ounces of yogurt, the answer is 3.83 or less.
 - b. For grams of yogurt, the answer is .135 or less.

Nutrition Facts	
Serving Size 8 oz (227g)	
Servings about 4	
Amount Per Serving	Calories from Fat 20
Calories 130	
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Potassium 400mg	1%
Sodium 160mg	7%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	17%
Sugars 9g	
Protein 10g	
Vitamin A 6%	Vitamin C 4%
Calcium 35%	Iron 0%
Vitamin D 6%	

Test Yourself:

Does the yogurt above meet the sugar limit?
(Check your answer below)
Serving Size: 227 g
Sugars: 9 g
 Yes No

*Due to rounding, you may get a slightly different result when using the charts in Option 1 and doing the full calculation in Option 2. If either of these methods indicates that the yogurt is within the sugar limit, then the yogurt may credit towards a reimbursable meal.

Answer Key: Yes, this yogurt meets the sugar limit. This yogurt has 9 grams of sugar per 8 oz. $9 \div 8 = 1.125$, which is less than 1.35.
3.83. If dividing by 227 grams of yogurt, $9 \div 227 = 0.0396$, which is less than 0.135.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.



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Sugar Limits in Yogurt Chart



Try It Out!



Use the “Sugar Limits in Yogurt” table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the “Yogurts To Serve in the CACFP” list. You can use this as a shopping list when buying yogurts to serve in your program.

Sugar Limits in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Sugars
If the serving size is:		Sugars must not be more than:
1 oz	28 g	4 g
1.25 oz	35 g	5 g
1.5 oz	43 g	6 g
1.75 oz	50 g	7 g
2 oz	57 g	8 g
2.25 oz	64 g	9 g
2.5 oz	71 g	10 g
2.75 oz	78 g	11 g
3 oz	85 g	11 g
3.25 oz	92 g	12 g
3.5 oz	99 g	13 g
3.75 oz	106 g	14 g
4 oz	113 g	15 g
4.25 oz	120 g	16 g
4.5 oz	128 g	17 g

Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Sugars
If the serving size is:		Sugars must not be more than:
4.75 oz	135 g	18 g
5 oz	142 g	19 g
5.25 oz	149 g	20 g
5.3 oz	150 g	20 g
5.5 oz	156 g	21 g
5.75 oz	163 g	22 g
6 oz	170 g	23 g
6.25 oz	177 g	24 g
6.5 oz	184 g	25 g
6.75 oz	191 g	26 g
7 oz	198 g	27 g
7.25 oz	206 g	28 g
7.5 oz	213 g	29 g
7.75 oz	220 g	30 g
8 oz	227 g	31 g

Surimi Seafood

- Pasteurized, ready-to-eat, restructured seafood usually made of pollock (fish)
- Typically referred to as “imitation crab”
- Now creditable as a **meat/meat alternate**
- ***Crediting:**
 - 4.4 oz. of surimi = 1.5 oz. m/ma
 - 3.0 oz. of surimi = 1 oz. m/ma
 - 1.0 oz. of surimi = .25 oz. m/ma



Tempeh

- Highly nutritious fermented soybean cake traditionally made of whole soybeans.
- Now credits as a **meat/meat alternate**
- Tempeh that contains other creditable ingredients such as brown rice, sesame seeds, etc. must have a CN label or production formulation statement on file
- ***Crediting:** 1 oz. tempeh = 1 oz. m/ma
(Only applied to tempeh with ingredients limited to soybeans, water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs.



Dried Meats

- Shelf-stable, dried, and semi-dried meat, poultry and seafood are now creditable as meat/meat alternate
 - Examples: beef jerky, summer sausage
- Must have a Product Formulation Statement (PFS) or CN label on file in order to serve these items



Food Preparation

- Foods that are deep-fat fried on site are not creditable in the CACFP and Pre-K meal patterns
- Deep-fat frying = cooking by submerging in hot oil or other fat
- Pan-frying, stir-frying and other similar cooking methods are allowed



Meal Service Options

- Offer versus serve (OVS) is NOT an option within the CACFP meal pattern for pre-k
- Unitized meals
- Family style meals are encouraged if possible
 - Encourages autonomy and social skills

Unitized Meals

- Must provided all of the components in the minimum quantities specified by the meal pattern



Family Style Meals

- Components are measured out into large serving bowls or plates
 - Must have the minimum portion size for each child sitting at the table
- Children are allowed to serve themselves
 - Teachers may help the children serve
- All components do not have to be family style
 - May select one or more components to serve family style
 - All served components must be provided and served in the minimum serving sizes
- Under Family Style meal service in the School Meal Programs, Pre-K students must take at least $\frac{1}{4}$ cup of vegetable or fruit

Family Style Meals Example 1



Family Style –
Egg salad
Whole wheat
bread
Corn
Strawberries
1% unflavored
milk

Family Style Meals Example 2

Family Style –
Meatballs
Whole-grain
Rotini Pasta
Raspberries
Cucumbers

Served –
1% unflavored
milk



Family Style Meals Example 3



Family Style –
Peaches and 1%
unflavored milk

Served –
Turkey and
Cheese
Sandwich on
whole-wheat
bread
Three bean salad

Frequently Asked Questions

Pre-K FAQ 1

- If a school serves Pre-K students and K-5 students in the same service area at the same time, may the school opt to serve one meal pattern to all students?
- If yes, stand up!
- If no, stay seated!

Pre-K FAQs

- Yes! In a co-mingled situation such as the one discussed, schools may opt to serve the K-5 meal pattern to all students.



Pre-K FAQ 2

- If a 5 year old student is in preschool, which meal pattern does the school follow for that student?
- If Pre-K, stand up!
- If K-5, stay seated!

Pre-K FAQ 3

- It depends!
- In situations when a 5 year old is in a preschool, the school must follow the preschool meal pattern requirements.
- Similarly, if a 4 year old is in kindergarten, the school must follow the K-5 meal pattern.

Pre-K FAQ 4

- If a school serves preschoolers lunch (under the NSLP) and a snack through CACFP, can the school serve juice at both lunch and snack?

If yes, stand up!

If no, stay seated!

Pre-K FAQ 5

- Yes. While the intention of the requirement to only serve juice once per day under CACFP, FNS understands the logical challenges when SFA's operate both Programs.
- FNS encourages SFA's to serve juice only one per day as a best practice.

Team Nutrition Resources

USDA United States Department of Agriculture

Calculating Sugar Limits for Yogurt in the Child and Adult Care Food Program

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are two ways to tell if a yogurt meets the sugar requirement:

Option 1: Check out USDA's chart that shows maximum serving sizes of yogurt and the maximum amount of sugar that is allowed. Find the chart in "Choose Yogurts That Are Lower in Added Sugar" at <https://www.fns.usda.gov/healthy-meals/nutrition-education>.

Option 2: Consult any State agency's Women, Infants, and Children (WIC) Department.

USDA United States Department of Agriculture

Grain-Based Desserts in the Child and Adult Care Food Program

Kids need the vitamins, minerals, and other nutrients in foods such as fruits, vegetables, whole grains, low-fat dairy, and lean protein foods. Too often, kids are filling up on foods high in added sugars and less in nutrients.

As of October 1, 2017, grain-based desserts no longer count toward the grain requirement of meals and snacks offered through the Child and Adult Care Food Program (CACFP). This small change helps reduce the amount of added sugars kids eat in child care.

USDA United States Department of Agriculture

Serving Meat and Meat Alternates at Breakfast

Meat and meat alternates in the Child and Adult Care Food Program (CACFP) include milk, vegetable and/or fruit, and grains. You can also serve meat and/or meat alternate instead of grains at breakfast up to 1 ounce per week. This option gives you more choices for many proteins.

Here's how to include meat or meat alternate as part of a reimbursable breakfast meal:

- Substitute 1 ounce equivalent of meat/meat alternate for 1 serving of grains, or
- Substitute 1 ounce equivalent of meat/meat alternate for 1 ounce of meat alternate.

Choose equivalents as a way to measure amounts of food. In the CACFP, 1 ounce equivalent of a meat or meat alternate is equal to 1 tablespoon of peanut butter, 1/4 of a hot dog, or 1 ounce of lean meat, poultry, or fish. If you need to serve a meat/meat alternate more than 1 day a week, you must offer other reimbursable foods, which do not count toward the meat/meat alternate.

A Closer Look at Menu Planning

If you plan to offer a meat or meat alternate at breakfast in place of grains, it must replace the entire required amount of grains. The table below shows the minimum amount of meat or meat alternate you would need to serve in place of grains at breakfast.

Minimum amount of meat or meat alternate required when not paired with grains at breakfast	Ages 1-2 years and 3-5 years		Ages 3-5 years and 16-19 years		Adults	
	1 ounce equivalent	2 ounce equivalent	1 ounce equivalent	2 ounce equivalent	1 ounce equivalent	2 ounce equivalent
Meat or meat alternate	1 cup	1/2 cup	1 cup	1/2 cup	1 cup	1/2 cup
Meat or meat alternate	1 cup (1 ounce)	1/2 cup (1 ounce)	1 cup (2 ounces)	1/2 cup (1 ounce)	1 cup (2 ounces)	1/2 cup (1 ounce)
Eggs	1 large egg	1/2 large egg	1 large egg	1/2 large egg	1 large egg	1/2 large egg
Lean meat, poultry or fish	1 ounce	1/2 ounce	1 ounce	1/2 ounce	1 ounce	1/2 ounce
Meat/meat alternate, not fat	1 ounce	1/2 ounce	1 ounce	1/2 ounce	1 ounce	1/2 ounce
Meat/meat alternate, fat	1 cup (1.5 ounces) milk with at least 3 grams of protein	1/2 cup (0.75 ounces) milk with at least 1.5 grams of protein	1 cup (2.5 ounces) milk with at least 3 grams of protein	1/2 cup (1.25 ounces) milk with at least 1.5 grams of protein	1 cup (2.5 ounces) milk with at least 3 grams of protein	1/2 cup (1.25 ounces) milk with at least 1.5 grams of protein
Yogurt (including low-fat)	1 cup of yogurt (4 ounces)	1/2 cup of yogurt (2 ounces)	1 cup of yogurt (4 ounces)	1/2 cup of yogurt (2 ounces)	1 cup of yogurt (4 ounces)	1/2 cup of yogurt (2 ounces)

Note: If you serve beans and peas as a vegetable, they cannot also count as a meat alternate in the same meal.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://wwwnutrition.usda.gov>

USDA United States Department of Agriculture

Serving Milk in the CACFP

Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) in those in your care:

- Infants through 12 months old: 2 ounce amount (1 ounce of formula)
- 12 months through 23 months: 2 ounce amount (1 ounce of formula)
- 24 months through 48 months: 2 ounce amount (1 ounce of formula)
- 49 months through 58 months: 2 ounce amount (1 ounce of formula)
- 59 months through 60 months: 2 ounce amount (1 ounce of formula)
- 61 months through 65 months: 2 ounce amount (1 ounce of formula)
- 66 months through 72 months: 2 ounce amount (1 ounce of formula)
- 73 months through 75 months: 2 ounce amount (1 ounce of formula)
- 76 months through 84 months: 2 ounce amount (1 ounce of formula)
- 85 months through 90 months: 2 ounce amount (1 ounce of formula)
- 91 months through 96 months: 2 ounce amount (1 ounce of formula)
- 97 months through 108 months: 2 ounce amount (1 ounce of formula)
- 109 months through 120 months: 2 ounce amount (1 ounce of formula)
- 121 months through 126 months: 2 ounce amount (1 ounce of formula)
- 127 months through 132 months: 2 ounce amount (1 ounce of formula)
- 133 months through 144 months: 2 ounce amount (1 ounce of formula)
- 145 months through 150 months: 2 ounce amount (1 ounce of formula)
- 151 months through 156 months: 2 ounce amount (1 ounce of formula)
- 157 months through 162 months: 2 ounce amount (1 ounce of formula)
- 163 months through 168 months: 2 ounce amount (1 ounce of formula)
- 169 months through 174 months: 2 ounce amount (1 ounce of formula)
- 175 months through 180 months: 2 ounce amount (1 ounce of formula)
- 181 months through 186 months: 2 ounce amount (1 ounce of formula)
- 187 months through 192 months: 2 ounce amount (1 ounce of formula)
- 193 months through 198 months: 2 ounce amount (1 ounce of formula)
- 199 months through 204 months: 2 ounce amount (1 ounce of formula)
- 205 months through 210 months: 2 ounce amount (1 ounce of formula)
- 211 months through 216 months: 2 ounce amount (1 ounce of formula)
- 217 months through 222 months: 2 ounce amount (1 ounce of formula)
- 223 months through 228 months: 2 ounce amount (1 ounce of formula)
- 229 months through 234 months: 2 ounce amount (1 ounce of formula)
- 235 months through 240 months: 2 ounce amount (1 ounce of formula)
- 241 months through 246 months: 2 ounce amount (1 ounce of formula)
- 247 months through 252 months: 2 ounce amount (1 ounce of formula)
- 253 months through 258 months: 2 ounce amount (1 ounce of formula)
- 259 months through 264 months: 2 ounce amount (1 ounce of formula)
- 265 months through 270 months: 2 ounce amount (1 ounce of formula)
- 271 months through 276 months: 2 ounce amount (1 ounce of formula)
- 277 months through 282 months: 2 ounce amount (1 ounce of formula)
- 283 months through 288 months: 2 ounce amount (1 ounce of formula)
- 289 months through 294 months: 2 ounce amount (1 ounce of formula)
- 295 months through 300 months: 2 ounce amount (1 ounce of formula)
- 301 months through 306 months: 2 ounce amount (1 ounce of formula)
- 307 months through 312 months: 2 ounce amount (1 ounce of formula)
- 313 months through 318 months: 2 ounce amount (1 ounce of formula)
- 319 months through 324 months: 2 ounce amount (1 ounce of formula)
- 325 months through 330 months: 2 ounce amount (1 ounce of formula)
- 331 months through 336 months: 2 ounce amount (1 ounce of formula)
- 337 months through 342 months: 2 ounce amount (1 ounce of formula)
- 343 months through 348 months: 2 ounce amount (1 ounce of formula)
- 349 months through 354 months: 2 ounce amount (1 ounce of formula)
- 355 months through 360 months: 2 ounce amount (1 ounce of formula)
- 361 months through 366 months: 2 ounce amount (1 ounce of formula)
- 367 months through 372 months: 2 ounce amount (1 ounce of formula)
- 373 months through 378 months: 2 ounce amount (1 ounce of formula)
- 379 months through 384 months: 2 ounce amount (1 ounce of formula)
- 385 months through 390 months: 2 ounce amount (1 ounce of formula)
- 391 months through 396 months: 2 ounce amount (1 ounce of formula)
- 397 months through 402 months: 2 ounce amount (1 ounce of formula)
- 403 months through 408 months: 2 ounce amount (1 ounce of formula)
- 409 months through 414 months: 2 ounce amount (1 ounce of formula)
- 415 months through 420 months: 2 ounce amount (1 ounce of formula)
- 421 months through 426 months: 2 ounce amount (1 ounce of formula)
- 427 months through 432 months: 2 ounce amount (1 ounce of formula)
- 433 months through 438 months: 2 ounce amount (1 ounce of formula)
- 439 months through 444 months: 2 ounce amount (1 ounce of formula)
- 445 months through 450 months: 2 ounce amount (1 ounce of formula)
- 451 months through 456 months: 2 ounce amount (1 ounce of formula)
- 457 months through 462 months: 2 ounce amount (1 ounce of formula)
- 463 months through 468 months: 2 ounce amount (1 ounce of formula)
- 469 months through 474 months: 2 ounce amount (1 ounce of formula)
- 475 months through 480 months: 2 ounce amount (1 ounce of formula)
- 481 months through 486 months: 2 ounce amount (1 ounce of formula)
- 487 months through 492 months: 2 ounce amount (1 ounce of formula)
- 493 months through 498 months: 2 ounce amount (1 ounce of formula)
- 499 months through 504 months: 2 ounce amount (1 ounce of formula)
- 505 months through 510 months: 2 ounce amount (1 ounce of formula)
- 511 months through 516 months: 2 ounce amount (1 ounce of formula)
- 517 months through 522 months: 2 ounce amount (1 ounce of formula)
- 523 months through 528 months: 2 ounce amount (1 ounce of formula)
- 529 months through 534 months: 2 ounce amount (1 ounce of formula)
- 535 months through 540 months: 2 ounce amount (1 ounce of formula)
- 541 months through 546 months: 2 ounce amount (1 ounce of formula)
- 547 months through 552 months: 2 ounce amount (1 ounce of formula)
- 553 months through 558 months: 2 ounce amount (1 ounce of formula)
- 559 months through 564 months: 2 ounce amount (1 ounce of formula)
- 565 months through 570 months: 2 ounce amount (1 ounce of formula)
- 571 months through 576 months: 2 ounce amount (1 ounce of formula)
- 577 months through 582 months: 2 ounce amount (1 ounce of formula)
- 583 months through 588 months: 2 ounce amount (1 ounce of formula)
- 589 months through 594 months: 2 ounce amount (1 ounce of formula)
- 595 months through 600 months: 2 ounce amount (1 ounce of formula)
- 601 months through 606 months: 2 ounce amount (1 ounce of formula)
- 607 months through 612 months: 2 ounce amount (1 ounce of formula)
- 613 months through 618 months: 2 ounce amount (1 ounce of formula)
- 619 months through 624 months: 2 ounce amount (1 ounce of formula)
- 625 months through 630 months: 2 ounce amount (1 ounce of formula)
- 631 months through 636 months: 2 ounce amount (1 ounce of formula)
- 637 months through 642 months: 2 ounce amount (1 ounce of formula)
- 643 months through 648 months: 2 ounce amount (1 ounce of formula)
- 649 months through 654 months: 2 ounce amount (1 ounce of formula)
- 655 months through 660 months: 2 ounce amount (1 ounce of formula)
- 661 months through 666 months: 2 ounce amount (1 ounce of formula)
- 667 months through 672 months: 2 ounce amount (1 ounce of formula)
- 673 months through 678 months: 2 ounce amount (1 ounce of formula)
- 679 months through 684 months: 2 ounce amount (1 ounce of formula)
- 685 months through 690 months: 2 ounce amount (1 ounce of formula)
- 691 months through 696 months: 2 ounce amount (1 ounce of formula)
- 697 months through 702 months: 2 ounce amount (1 ounce of formula)
- 703 months through 708 months: 2 ounce amount (1 ounce of formula)
- 709 months through 714 months: 2 ounce amount (1 ounce of formula)
- 715 months through 720 months: 2 ounce amount (1 ounce of formula)
- 721 months through 726 months: 2 ounce amount (1 ounce of formula)
- 727 months through 732 months: 2 ounce amount (1 ounce of formula)
- 733 months through 738 months: 2 ounce amount (1 ounce of formula)
- 739 months through 744 months: 2 ounce amount (1 ounce of formula)
- 745 months through 750 months: 2 ounce amount (1 ounce of formula)
- 751 months through 756 months: 2 ounce amount (1 ounce of formula)
- 757 months through 762 months: 2 ounce amount (1 ounce of formula)
- 763 months through 768 months: 2 ounce amount (1 ounce of formula)
- 769 months through 774 months: 2 ounce amount (1 ounce of formula)
- 775 months through 780 months: 2 ounce amount (1 ounce of formula)
- 781 months through 786 months: 2 ounce amount (1 ounce of formula)
- 787 months through 792 months: 2 ounce amount (1 ounce of formula)
- 793 months through 798 months: 2 ounce amount (1 ounce of formula)
- 799 months through 804 months: 2 ounce amount (1 ounce of formula)
- 805 months through 810 months: 2 ounce amount (1 ounce of formula)
- 811 months through 816 months: 2 ounce amount (1 ounce of formula)
- 817 months through 822 months: 2 ounce amount (1 ounce of formula)
- 823 months through 828 months: 2 ounce amount (1 ounce of formula)
- 829 months through 834 months: 2 ounce amount (1 ounce of formula)
- 835 months through 840 months: 2 ounce amount (1 ounce of formula)
- 841 months through 846 months: 2 ounce amount (1 ounce of formula)
- 847 months through 852 months: 2 ounce amount (1 ounce of formula)
- 853 months through 858 months: 2 ounce amount (1 ounce of formula)
- 859 months through 864 months: 2 ounce amount (1 ounce of formula)
- 865 months through 870 months: 2 ounce amount (1 ounce of formula)
- 871 months through 876 months: 2 ounce amount (1 ounce of formula)
- 877 months through 882 months: 2 ounce amount (1 ounce of formula)
- 883 months through 888 months: 2 ounce amount (1 ounce of formula)
- 889 months through 894 months: 2 ounce amount (1 ounce of formula)
- 895 months through 900 months: 2 ounce amount (1 ounce of formula)
- 901 months through 906 months: 2 ounce amount (1 ounce of formula)
- 907 months through 912 months: 2 ounce amount (1 ounce of formula)
- 913 months through 918 months: 2 ounce amount (1 ounce of formula)
- 919 months through 924 months: 2 ounce amount (1 ounce of formula)
- 925 months through 930 months: 2 ounce amount (1 ounce of formula)
- 931 months through 936 months: 2 ounce amount (1 ounce of formula)
- 937 months through 942 months: 2 ounce amount (1 ounce of formula)
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- 949 months through 954 months: 2 ounce amount (1 ounce of formula)
- 955 months through 960 months: 2 ounce amount (1 ounce of formula)
- 961 months through 966 months: 2 ounce amount (1 ounce of formula)
- 967 months through 972 months: 2 ounce amount (1 ounce of formula)
- 973 months through 978 months: 2 ounce amount (1 ounce of formula)
- 979 months through 984 months: 2 ounce amount (1 ounce of formula)
- 985 months through 990 months: 2 ounce amount (1 ounce of formula)
- 991 months through 996 months: 2 ounce amount (1 ounce of formula)
- 997 months through 1002 months: 2 ounce amount (1 ounce of formula)
- 1003 months through 1008 months: 2 ounce amount (1 ounce of formula)
- 1009 months through 1014 months: 2 ounce amount (1 ounce of formula)
- 1015 months through 1020 months: 2 ounce amount (1 ounce of formula)
- 1021 months through 1026 months: 2 ounce amount (1 ounce of formula)
- 1027 months through 1032 months: 2 ounce amount (1 ounce of formula)
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- 1051 months through 1056 months: 2 ounce amount (1 ounce of formula)
- 1057 months through 1062 months: 2 ounce amount (1 ounce of formula)
- 1063 months through 1068 months: 2 ounce amount (1 ounce of formula)
- 1069 months through 1074 months: 2 ounce amount (1 ounce of formula)
- 1075 months through 1080 months: 2 ounce amount (1 ounce of formula)
- 1081 months through 1086 months: 2 ounce amount (1 ounce of formula)
- 1087 months through 1092 months: 2 ounce amount (1 ounce of formula)
- 1093 months through 1098 months: 2 ounce amount (1 ounce of formula)
- 1099 months through 1104 months: 2 ounce amount (1 ounce of formula)
- 1105 months through 1110 months: 2 ounce amount (1 ounce of formula)
- 1111 months through 1116 months: 2 ounce amount (1 ounce of formula)
- 1117 months through 1122 months: 2 ounce amount (1 ounce of formula)
- 1123 months through 1128 months: 2 ounce amount (1 ounce of formula)
- 1129 months through 1134 months: 2 ounce amount (1 ounce of formula)
- 1135 months through 1140 months: 2 ounce amount (1 ounce of formula)
- 1141 months through 1146 months: 2 ounce amount (1 ounce of formula)
- 1147 months through 1152 months: 2 ounce amount (1 ounce of formula)
- 1153 months through 1158 months: 2 ounce amount (1 ounce of formula)
- 1159 months through 1164 months: 2 ounce amount (1 ounce of formula)
- 1165 months through 1170 months: 2 ounce amount (1 ounce of formula)
- 1171 months through 1176 months: 2 ounce amount (1 ounce of formula)
- 1177 months through 1182 months: 2 ounce amount (1 ounce of formula)
- 1183 months through 1188 months: 2 ounce amount (1 ounce of formula)
- 1189 months through 1194 months: 2 ounce amount (1 ounce of formula)
- 1195 months through 1200 months: 2 ounce amount (1 ounce of formula)

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://wwwnutrition.usda.gov>

USDA United States Department of Agriculture

Offer Versus Serve in the Child and Adult Care Food Program

If you offer more meals to at-risk children or adult participants in the Child and Adult Care Food Program (CACFP), you may use a type of meal service called "Offer Versus Serve" (OVS). OVS allows children and adults to decline some of the food offered in a reimbursable breakfast, lunch, or supper. OVS may be used at meals in other CACFP settings. OVS can help reduce food waste and give children and adults more choices.

Understanding OVS: Exam the Video

USDA United States Department of Agriculture

Methods for Healthy Cooking

How a food is cooked can make a difference in how healthy it is. Try some of the cooking methods below instead of deep-fat frying. Cooking with oils instead of butter or lard can be better for heart health.

Roast, Bake, or Broil: Cooking foods, usually at high heat, in the oven.

Sauté, Pan Fry, and Sizzle-Fry: Cooking foods with a small amount of hot oil over medium or high heat.

Grill: Cooking foods by placing them on a pre-heated metal grill, or grill pan, with high heat coming from below the food.

Deep-Fat Fry: Cooking foods by placing them in a hot oil or fat.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://wwwnutrition.usda.gov>

USDA United States Department of Agriculture

Calculating Sugar Limits for Breakfast Cereals in the Child and Adult Care Food Program

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must not have more than 6 grams of sugar per 60 grams of cereal.

There are three ways to tell if a cereal meets the sugar limit:

Option 1: Consult any State agency's Women, Infants, and Children (WIC) Department.

USDA United States Department of Agriculture

Choose Yogurts That Are Lower in Added Sugars

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt to meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below:

1. Use the Nutrition Facts Label to find the serving size, grams and ounces of the yogurt.
2. Use the Nutrition Facts Label to find the grams of sugar per 6 ounces of yogurt.

USDA United States Department of Agriculture

Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must not have more than 6 grams of sugar per 60 grams of cereal.

There are many types of cereal to meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below:

1. Use the Nutrition Facts Label to find the serving size, grams and ounces of the cereal.
2. Use the Nutrition Facts Label to find the grams of sugar per 60 grams of cereal.

USDA United States Department of Agriculture

Yummy Bran Cereal Nutrition Facts

Yummy Bran Cereal		Nutrition Facts	
Serving Size 1/2 cup (40g)		Serving Size 1/2 cup (40g)	
Amount Per Serving		Amount Per Serving	
% Daily Value*		% Daily Value*	
Total Fat	10g	Total Fat	10g
Sodium	100mg	Sodium	100mg
Total Carbohydrate	30g	Total Carbohydrate	30g
Dietary Fiber	5g	Dietary Fiber	5g
Total Sugar	6g	Total Sugar	6g
Added Sugar	6g	Added Sugar	6g
Protein	5g	Protein	5g
Total Fat	10g	Total Fat	10g
Sodium	100mg	Sodium	100mg
Total Carbohydrate	30g	Total Carbohydrate	30g
Dietary Fiber	5g	Dietary Fiber	5g
Total Sugar	6g	Total Sugar	6g
Added Sugar	6g	Added Sugar	6g
Protein	5g	Protein	5g

*Percent Daily Values are based on a diet of other people's secrets.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://wwwnutrition.usda.gov>

USDA United States Department of Agriculture

[Team Nutrition Resources](https://wwwnutrition.usda.gov)

CACFP Halftime Thirty on Thursdays Training Webinars

- Webinars are held on the third Thursday of each month related to the CACFP Meal Pattern.
- There are also recorded webinars that can be watched at any time.
 - English webinar: 2:00-2:30pm ET
 - Spanish webinar: 3:00-3:30pm ET

[CACFP Halftime Thirty on Thursday Webinars](#)

Questions?

- Please contact Jamie Curley at (802)-828-2010 Jamie.Curley@Vermont.gov for questions related to non-co-mingled Pre-K students.
- Please contact Becca Cochran at (802)-828-1610 Rebecca.Cochran@Vermont.gov for questions related to the CACFP meal pattern.

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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