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

Becca Cochran, RDN, CACFP Coordinator
Jamie Curley, Child Nutrition Coordinator

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 reimburs		
Food Components and Food Items[1]	**Ages 1-2**	**Ages 3-5**
Fluid Milk[3]	4 fluid ounces	6 fluid ounces
Vegetables, fruits, or portions of both[4]	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

VERMONT
AGENCY OF EDUCATION

CACFP Lunch Meal Pattern

Food Components and Food Items[1]	Lunch and Supper (Select all five components for a reimbursab Ages 1-2	Ages 3-5
Fluid Milk[3]	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	⅜ 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)	½ ounce = 50%	¾ ounce = 50%
Vegetables[6]	⅛ cup	¼ cup
Fruits[6,7]	⅛ 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

VERMONT
AGENCY OF EDUCATION

CACFP Snack Meal Pattern

Snack (Select two of the five components for a reimbu		
Food Components and Food Items[1]	**Ages 1-2**	**Ages 3-5**
Fluid Milk[3]	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
Vegetables[6]	½ cup	½ cup
Fruits[6]	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

VERMONT
AGENCY OF EDUCATION

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 = ½ 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 = ¼ cup fruit
  - ¼ cup 100% coconut water = ¼ 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 2nd 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 –
  - ¾ cup popped = ¼ oz. grain eq.
  - 1 ½ cup popped = ½ 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
• Cookies[3] (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies[3], cobbler[3], fruit turnovers[4], 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**
• Doughnuts[4] (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars[4] (plain) • Muffins (all, except corn) • Sweet roll[4] (unfrosted) • Toaster pastry[4] (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**
• Cereal bars, breakfast bars, granola bars[4] (with nuts, dried fruit, and/or chocolate pieces) • Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts[4] (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls[4] (frosted) • Toaster pastry[4] (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**
• Cake[3] (plain, unfrosted) • Coffee cake[4]	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

Amount Per Serving	Cereal	Cereal with 1/2 Cup Vitamins A&D 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

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 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 ¾ cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
	% Daily Value*
Total Fat 0.5g	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

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

*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.

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

Food and Nutrition Service
FNS-662
February 2018

VERMONT
AGENCY OF EDUCATION

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	Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:	If the serving size is:	Sugars cannot be more than:
0-2 grams	0 grams	50-54 grams	11 grams
3-7 grams	1 gram	55-58 grams	12 grams
8-11 grams	2 grams	59-63 grams	13 grams
12-16 grams	3 grams	64-68 grams	14 grams
17-21 grams	4 grams	69-73 grams	15 grams
22-25 grams	5 grams	74-77 grams	16 grams
26-30 grams	6 grams	78-82 grams	17 grams
31-35 grams	7 grams	83-87 grams	18 grams
36-40 grams	8 grams	88-91 grams	19 grams
41-44 grams	9 grams	92-96 grams	20 grams
45-49 grams	10 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

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.

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/tn/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 ÷ 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 130	Calories from Fat 20
	% 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÷8oz = 1.125, which is less than 3.83. If thinking by 227 grams of yogurt, 9 ÷ 227g = .0396, which is less than .135.

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

Food and Nutrition Service
FNS-661
February 2018

VERMONT
AGENCY OF EDUCATION

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) (Use when the serving size is not listed in ounces)	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) (Use when the serving size is not listed in ounces)	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) in NOT an option within the CACFP meal pattern for pre-k
- Unitized meals
- Family style meals are encourage 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 ¼ 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

VERMONT
AGENCY OF EDUCATION

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

[Team Nutrition Resources]

VERMONT
AGENCY OF EDUCATION

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.

Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local)
where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

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.

This institution is an equal opportunity provider.