

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 reimbursement)		
Food Components and Food Items¹	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	100
Calories from Fat 5	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, $9 \div 227g = 0.0396$, which is less than 1.35.

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

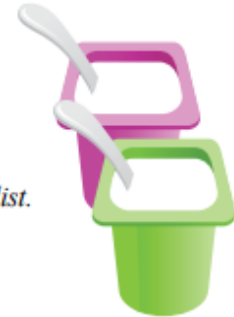


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Sugar Limits in Yogurt Chart



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.

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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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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