

New Meal Patterns Child Summary



Fruits and Vegetables

- ✓ Claiming juice is limited to once per day
- ✓ At least one fruit and one vegetable or two vegetables will need to be served at claimed lunch/dinner meals

Grains and Breads



- ✓ At least one serving of grains per day will need to be whole grain-rich
- ✓ Grain-based desserts will no longer be claimable as a grains/breads component
- ✓ Claimed breakfast cereals must contain no more than 21.2 grams of sugar per 100 grams of dry cereal

Meats and Meat Alternates



- ✓ Meat/meat alternates may be claimed in place of the grains component at breakfast up to three times per week
- ✓ Tofu will be allowed as a meat alternate
- ✓ Claimed yogurts must contain no more than 23 grams of sugar per 6 ounces

Fluid Milk



- ✓ Flavored milk will no longer be creditable for children 5 years and under
- ✓ Flavored milk served to children 6 years and older will need to be fat-free

Other Provisions

- ✓ Providers will be able to be reimbursed when parents or guardians provide up to one component per meal as long as it meets meal pattern requirements
- ✓ On-site deep frying will no longer be allowed to prepare claimed foods



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Eating Through Meal Patterns



New CACFP Meal Patterns Shopping Guide

Brought to you by the
Association for Child
Development

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



**ONE
BITE
AT A TIME**

Whole Grain-Rich Foods

At least one serving of grains per day will need to be whole grain-rich. Whole grain-rich foods contain at least 50% whole grains.

✔ Breads, Grains, Cereals

Look for a whole grain as the **first ingredient** or as the second ingredient after water.

✔ Mixed Dishes (contain more than one food group such as lasagna)

Look for a whole grain as the **first grain ingredient**.

Yogurt

Claimed yogurts must contain no more than 23 grams of sugar per 6 ounces.

Grams of sugar per serving

Ounces of yogurt per serving

=

Is it 3.83 or less?

✔ Yes, it is creditable!

Ounces of yogurt per serving	Grams of sugar per serving
2 oz (1/4 cup)	✔ 7 g or less
2.5 oz (1/3 cup)	✔ 9 g or less
3 oz (3/8 cup)	✔ 11 g or less
4 oz (1/2 cup)	✔ 15 g or less
5.3 oz (2/3 cup)	✔ 20 g or less
6 oz (3/4 cup)	✔ 23 g or less
8 oz (1 cup)	✔ 30 g or less

Breakfast Cereals

Claimed breakfast cereals must contain no more than 21.2 grams of sugar per 100 grams of dry cereal.

✔ Check out ACD's cereal guide.

Write down CACFP- approved cereals on your shopping list.

✔ Look for WIC-approved cereals.

Many grocery stores label them, and they are also CACFP-approved!

✔ Look at the Nutrition Facts Label.

Do a quick calculation using the formula below, or skip the math and use the handy chart below.

Grams of sugar per serving

Grams of cereal per serving

=

Is it 0.212 or less?

✔ Yes, it is creditable!

Grams of sugar per serving	Grams of cereal per serving								
		20-23g	24-28g	29-33g	34-37g	38-42g	43-47g	48-51g	52-55g
	4g	✔	✔	✔	✔	✔	✔	✔	✔
	5g	✗	✔	✔	✔	✔	✔	✔	✔
	6g	✗	✗	✔	✔	✔	✔	✔	✔
	7g	✗	✗	✗	✔	✔	✔	✔	✔
	8g	✗	✗	✗	✗	✔	✔	✔	✔
	9g	✗	✗	✗	✗	✗	✔	✔	✔
	10	✗	✗	✗	✗	✗	✗	✔	✔
	11	✗	✗	✗	✗	✗	✗	✗	✔
	12	✗	✗	✗	✗	✗	✗	✗	✗

Grain-Based Desserts

Grain-based desserts will no longer be claimable as a grains/breads component.

✗ Grain-based desserts include...

Breakfast & cereal bars	Sweet crackers
Brownies	(e.g. graham crackers & animal crackers)
Cakes	Sweet scones
Cookies (including vanilla wafers)	Sweet pie crusts
Doughnuts	Sweet rolls
Granola bars	Sweet rice pudding
Sweet bread pudding	Toaster pastries

✔ Breakfast Ideas

Bagels	Muffins
Biscuits	Muesli
Breads	Oats and oatmeal
Bread pudding (savory)	Pancakes
Cereal	Quick breads
Corn grits	Rice pudding (savory)
English muffins	Rolls
French toast	Waffles
Grain porridges	

✔ Snack Ideas

Bagels	Pasta
Biscuits	Pita bread
Breads	Pretzels (soft or hard)
Bread pudding (savory)	Quick breads
Bread sticks	Ravioli
Buns	Rice cakes
Cereals	Rice pudding (savory)
Cornbread	Rolls
Corn muffins	Scones (savory)
Crackers (savory)	Taco shells
English muffins	Tostada shells
Grain salads	Tortilla chips
Melba toast	Tortillas
Muffins	