



Illinois  
State Board of  
Education

Recipe   
for Success

SNP BACK TO SCHOOL CONFERENCE

# How do **Preschoolers** Fit into School Meals?

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Equity • Quality • Collaboration • Community

# Objectives for Today

Understand

Understand how preschool meals can be claimed.

Recognize

Recognize differences between the Child and Adult Care Food Program (CACFP) and the NSLP/SBP meal patterns.

Define

Define “co-mingling”.

Determine

Determine if you need to implement the CACFP meal pattern.

Identify

Identify staff training needed to comply with CACFP meal pattern requirements.

Explain

Explain differences between preschool and K-12 meal patterns to parents and staff.



# 3 Claiming Options

1

Apply to participate and claim preschool meals in CACFP.

2

Claim preschool meals via School Nutrition Programs (SNP).

3

Claim preschool meals via a combination of CACFP and SNPs.



# Option #1 CACFP

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CACFP has its own application and claiming processes in WINS.

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May be approved for breakfast, lunch, a.m. snack and/or p.m. snack.

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Community eligibility provision (CEP) does not extend to CACFP.

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CACFP meal pattern applies; no exceptions.

# Option #2 SNP

Preschool children are claimed for same meal services as the K-12 students, i.e. SBP/NSLP.

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Site application must be marked for PreK “grade”.

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CEP is extended to preschool students.

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SBP/NSLP or CACFP meal pattern requirements are followed based on whether preschool students are co-mingled or not co-mingled with older students.

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# Option #3 CACFP & SNP

- The district may claim preschool meals in both CACFP and SNP.
- Most common scenario:
  - CACFP → a.m. snack &/or p.m. snack
  - SNP → SBP and NSLP



School Lunch Program

School Breakfast Program

After-School Care Snack

Days of Operation

Summary

## School Lunch Program

In the previous school year, how many food safety inspections did this site obtain?

2

*\*please note that it is a requirement that at least 2 food safety inspections must be requested each school year. For more information on this requirement click here: <https://www.isbe.net/Pages/Child-Nutrition-Program-Food-Safety-Information.aspx>*

### Meals and Menus

Meal Offer vs. Serve

Lunch Offer vs. Serve ▼

#### Grades Served

☐ P☐ K☐ 1☐ 2☐ 3☐ 4☐ 5☒ 6☒ 7☒ 8☐ 9☐ 10☐ 11☐ 12

#### 2. Grades with Offer vs. Serve

☐ P☐ K☐ 1☐ 2☐ 3☐ 4☐ 5☒ 6☒ 7☒ 8☐ 9☐ 10☐ 11☐ 12

# Accurate Meal Counting

- All meals must be counted at the point of service, including meals served in a classroom.
  - Must not base on attendance.
  - Must not base on morning count.

3rd week of May		DAYS				
		Monday	Tuesday	Wednesday	Thursday	Friday
N a m e s	Leila Malone	✓	✓	✓	✓	✓
	Ana Stark	x	✓	✓	✓	✓
	Jessica Primrose	✓	✓	x	✓	x
	John Roth	✓	x	✓	x	x
	Philip Dilan	x	✓	✓	✓	x
	Sarah Gibone	✓	x	✓	x	x
	Gordon Ray	✓	✓	x	x	✓
	Clara Williams	✓	x	✓	x	✓
	Stella Melrose	✓	x	x	✓	✓





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## National School Lunch Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food <sup>a</sup> per Week (minimum per day)		
Fruits (cups) <sup>b</sup>	2 1/2 ( 1/2 )	2 1/2 ( 1/2 )	5 (1)
Vegetables (cups) <sup>b</sup>	3 3/4 ( 3/4 )	3 3/4 ( 3/4 )	5 (1)
Dark green <sup>c</sup>	1/2	1/2	1/2
Red/orange <sup>c</sup>	3/4	3/4	1 1/4
Beans and peas (legumes) <sup>c</sup>	1/2	1/2	1/2
Starchy <sup>c</sup>	1/2	1/2	1/2
Other <sup>c, d</sup>	1/2	1/2	1/2
Additional vegetables to reach total <sup>e</sup>	1	1	1 1/2
Grains (oz eq) <sup>f</sup>	8-9 (1)	8-10 (1)	10-12 (2)
Meats/meat alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) <sup>g</sup>	5 (1)	5 (1)	5 (1)



## School Breakfast Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food <sup>a</sup> per Week (minimum per day)		
Fruits (cups) <sup>b c</sup>	5 (1)	5 (1)	5 (1)
Vegetables (cups) <sup>b c</sup>	0	0	0
Dark green	0	0	0
Red/orange	0	0	0
Beans and peas (legumes)	0	0	0
Starchy	0	0	0
Other	0	0	0
Grains (oz eq) <sup>d</sup>	7-10 (1)	8-10 (1)	9-10 (1)
Meats/meat alternates (oz eq) <sup>e</sup>	0	0	0
Fluid milk <sup>f</sup> (cups)	5 (1)	5 (1)	5 (1)



# CACFP Preschool Meal Pattern

Component	Breakfast		Lunch	
	1-2 years	3-5 years	1-2 years	3-5 years
Milk	½ cup (4 fl oz)	¾ cup (6 fl oz)	½ cup (4 fl oz)	¾ cup (6 fl oz)
Fruit	¼ cup	½ cup	1/8 cup	¼ cup
Vegetable			1/8 cup	¼ cup
Grain	½ oz eq	½ oz eq	½ oz eq	½ oz eq
Meat/Meat Alternate	Optional – may be served in place of the entire grain component up to 3 times per week.		1 oz eq	1 ½ oz eq

# CACFP Preschool Snack Meal Pattern

Component	1-5 years
Fruit	½ cup
Vegetable	½ cup
Grain	½ oz eq
Meat/Meat Alternate	½ oz eq
Milk	½ cup (4 fl oz)

Select two of five components when planning snack menus.



# Milk Differences

## NSLP/SBP Meal Pattern

- Must offer 2 varieties
  - Fat free or 1%
  - Flavored or unflavored



## CACFP Meal Pattern - Preschool

- Not required to offer variety
- One year of age must be served whole milk
- Ages 2-5 must be served unflavored fat free or 1%  
*Flavored milk not allowed for ages 1-5.*

# Meat/Meat Alternate Differences

## NSLP/SBP Meal Pattern

- At breakfast, after offering 1 oz grain/bread, may serve 1 oz meat/meat alternate in place of 2<sup>nd</sup> oz of grain/bread
- No sugar limit for yogurt

## CACFP Meal Pattern - Preschool

- At breakfast, may serve meat/meat alternate for entire grain component, but only 3 times per week
- Limit of 23 grams of sugar per 6 oz yogurt



# Vegetable and Fruit Differences

## NSLP/SBP Meal Pattern

- Juice can be served at breakfast and lunch as long as no more than half of the weekly fruit or vegetable offerings are in the form of juice.
- Vegetable subgroups

## CACFP Meal Pattern - Preschool

- Juice is limited to once per day.
- No vegetable subgroups.
- A second different vegetable may be served in place of the fruit.



# Grain Differences

## SNP Meal Pattern

- 80% grains served during a school week must be whole grain-rich



## CACFP Meal Pattern - Preschool

- Whole grain-rich food item must be served once per day
- Breakfast cereals must contain no more than 6 grams of sugar per dry oz



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<https://www.fns.usda.gov/tn/calculating-sugar-limits-breakfast-cereals-cacfp>

# Grain-Based Desserts Differences

## SNP Meal Pattern

- Grain-based desserts allowed at breakfast.
- May serve up to 2 oz equivalent desserts weekly at lunch

## CACFP Meal Pattern - Preschool

Grain-based desserts are NOT allowed.

- Donuts
- Sweet rolls
- Cookies
- Toaster pastries
- Cake
- Brownies



Graham and animal crackers are allowed.

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# Do you need to implement the CACFP meal pattern?

- All schools serving meals and snacks to preschool students are required to follow the CACFP meal pattern.
- There is flexibility for “co-mingled” students.
  - Are your preschool students co-mingled?



# What is co-mingling?

- Serving meals to preschool students in the same food service area at the same time as K-12 students.
- When preschool students are co-mingled with older students, schools are allowed to use the SNP meal patterns for the preschoolers.



# Offer versus Serve (OVS)

- CACFP meal pattern is serve only.
- OVS is allowed for preschool students only when they are co-mingled with K-12 students and the SBP/NSLP meal patterns are used.



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# Required Training

- Anyone who serves preschool meals must be trained.
  - Civil rights
  - Meal counting
  - Meal pattern





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# Parent Education

- ❖ Serving meals for the nutritional needs of preschoolers.
- ❖ Provide variety of fruits and vegetables.
- ❖ Serve whole grains and low-fat milk.
- ❖ Reduce added sugars by not serving grain-based desserts and flavored milk.



# Knowledge is the Main Ingredient

- Preschool students are served and eat breakfast in the classroom.
- Which meal pattern must be used to plan these preschool meals?
  - School Breakfast
  - OR
  - CACFP



# Knowledge is the Main Ingredient

Preschoolers file into the serving line alternated among older students. There are only 20 minutes to get students through the line.

Is this scenario co-mingling?

☒ Yes

or

☐ No

Co-mingled preschoolers may be served the K-5/K-8 meal pattern.



# Knowledge is the Main Ingredient

Identify the allowable milk options in the CACFP meal pattern for preschool students ages 3-5.

Chocolate skim

Unflavored 1%

Unflavored 1%  
with added  
strawberry syrup

Unflavored  
whole

Unflavored skim



# Knowledge is the Main Ingredient

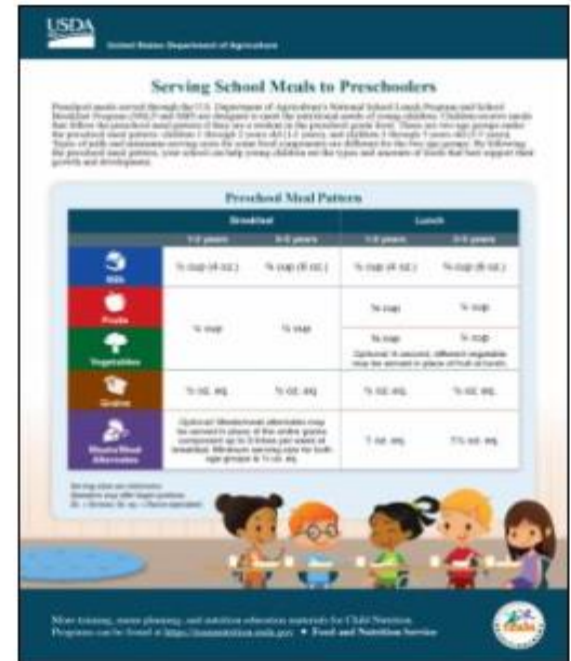
- The CACFP meal pattern has sugar limits on which of the following foods?
  - Juice
  - Yogurt
  - Canned Fruit
  - Dried Fruit
  - Breakfast Cereal



# CACFP Meal Pattern Resources

## Serving School Meals to Preschoolers

<https://fns-prod.azureedge.net/sites/default/files/resource-files/ServingSchoolMealstoPreschoolers.pdf>



# CACFP Meal Pattern Resources

Choose Yogurts  
that are Lower in  
Added Sugars

[https://www.odbcacfp.org  
/wp-  
content/uploads/2018/04/  
CACFPCalcYogurt.pdf](https://www.odbcacfp.org/wp-content/uploads/2018/04/CACFPCalcYogurt.pdf)



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 that 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**, in ounces (oz) or grams (g), of the yogurt.

**2** Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

A cartoon illustration of a young girl with brown hair in pigtails, wearing a blue shirt, sitting and eating from a green yogurt container with a spoon.

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%




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# CACFP Meal Pattern Resources

## Calculating Sugar Limits in Breakfast Cereals

[https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFP Worksheet Calculating Sugar Limits Cereal.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFP_Worksheet_Calculating_Sugar_Limits_Cereal.pdf)

 **USDA**  
United States Department of Agriculture  
Food and Nutrition Service

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

All breakfast cereals 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 Sugar" at <https://www.fns.usda.gov/cacfp-training-tools>.

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

Find the **Serving Size**, in grams (g), of the cereal.  
Write the number of grams (g) here: \_\_\_\_\_

**Yummy Brand Cereal**

Nutrition Facts	
15 servings per container	
Serving size $\frac{1}{4}$ cup (30g)	



# In Summary...

- Preschool students must be served according to the CACFP meal pattern.
  - EXCEPTION: If preschool students are co-mingled with older students, they may be served according to the SBP/NSLP meal patterns.

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