



# MEAL PATTERN REQUIREMENTS FOR CHILDREN



Child and Adult Care Food Program (CACFP)

Illinois State Board of Education (ISBE)



## **Purpose of this training**

To receive reimbursement for meals and snacks, sponsors must provide the required food components and servings for each age group



## Training Topics



- **Meal Pattern Basics**
- **Meal Pattern Requirements**
- **Food Components**
- **Special Dietary Accommodations**
- **Menus**
- **Meal Service Types**



## Meal Pattern

**B A S I C S**

- Age Groups
  - Children
    - 1-2 years
    - 3-5 years
    - 6-12 years
    - 13-18 years
- Components
  - Milk
  - Meat/Meat Alternate
  - Grains
  - Fruits
  - Vegetables
- Portion Sizes → vary by age group



## Meal Pattern Requirements - Children



## Breakfast:

Select all 3 components for a reimbursable meal

Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> (at-risk afterschool programs and emergency shelters)
<b>Fluid Milk<sup>3</sup></b>	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
<b>Vegetables, fruits, or portions of both<sup>4</sup></b>	¼ cup	½ cup	½ cup	½ cup
<b>Grains (oz eq)<sup>5,6,7</sup></b>				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>8</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>8,9</sup>				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup



# Illinois State Board of Education

Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> (at-risk afterschool programs)
<b>Fluid Milk<sup>3</sup></b>	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
<b>Meat/meat alternates</b>				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened <sup>5</sup>	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 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%	1 ounce = 50%	1 ounce = 50%
<b>Vegetables<sup>6</sup></b>	½ cup	¼ cup	½ cup	½ cup
<b>Fruits<sup>6,7</sup></b>	½ cup	¼ cup	¼ cup	¼ cup
<b>Grains (oz eq)<sup>8,9</sup></b>				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

## Lunch/Supper:

Select all 5 components for a reimbursable meal



Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> (at-risk afterschool programs and emergency shelters)
<b>Fluid Milk<sup>3</sup></b>	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces
<b>Meat/meat alternates</b>				
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Tofu, soy product, or alternate protein products <sup>4</sup>	½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Large egg	½	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Yogurt, plain or flavored unsweetened or sweetened <sup>5</sup>	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce	1 ounce
<b>Vegetables<sup>6</sup></b>	½ cup	½ cup	¾ cup	¾ cup
<b>Fruits<sup>6</sup></b>	½ cup	½ cup	¾ cup	¾ cup
<b>Grains (oz eq)<sup>7,8</sup></b>				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>9</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>9,10</sup>				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	¼ cup	⅛ cup	¼ cup	¼ cup

## Snack:

Select 2 of the 5 components for a reimbursable meal

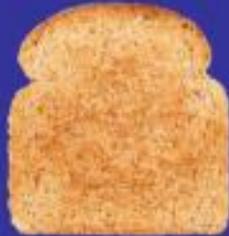


# Food Components

Fruit



Grain



Vegetable



Milk



Meat / Meat  
Alternate





# Milk Component



# Milk Types - All Meals



CACFP Milk Requirements	
Age 1	Whole, unflavored
Ages 2 and up	Low-fat (1%) or Fat-free (skim), unflavored

**Other allowable types include:**

- lactose-reduced and lactose-free milk
- acidified milk
- cultured milk
- cultured buttermilk



## A Common Question on Milk Types



*If one year old and two-year-old children sit together for the same meal, must they be served different types of milk?*

answer

Yes. Children 2 years old and older must be served unflavored low-fat or fat-free milk; and children one year of age must be served unflavored whole milk.

Programs must ensure that children of various ages seated together receive the appropriate type of milk.



## Milk – Portion Sizes

MEAL	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Breakfast	½ cup	¾ cup	1 cup	1 cup
Lunch/Supper	½ cup	¾ cup	1 cup	1 cup
Snack	½ cup	½ cup	1 cup	1 cup





## Transition Period

### One-month transition period is allowable

- 12 months to 13 months
  - Switch from infant formula/breastmilk to whole milk
- 24 months to 25 months
  - Switch from whole milk to low-fat(1%) or fat free (skim) milk
  - May serve whole milk or reduced-fat (2%) milk





## Breastmilk Past 12 Months

- May be served to children of any age
- Reimbursable:
  - If a parent/guardian provides expressed breastmilk
  - A mother breastfeeds her child onsite
- May be served in combination with other milk types
  - Example: Mother brings  $\frac{1}{4}$  cup for 1 year old, provider would supply  $\frac{1}{4}$  cup whole unflavored milk for a total of  $\frac{1}{2}$  cup serving
- Breastmilk and whole milk do not need to be mixed





## Milk Substitutes for Children without Disabilities

- May offer allowable milk substitutes for children whose special dietary needs do not constitute a disability
- Cannot offer any other beverages (including water and juice) as a choice instead of milk for reimbursable meals





# Allowable Milk Substitutes for Children without a Disability

Lactose-reduced or lactose-free milk with the appropriate fat content for each age group

- A written request is not required
- May offer lactose-free and lactose-reduced milk as a substitute for regular milk at any time



Non-Dairy milk substitute that meets the USDA’s nutrition standards for fluid milk substitutes

Minimum nutrients per cup (8 fluid ounces)	
Calcium	276 milligrams (mg) or 30% Daily Value (DV) <sup>1</sup>
Protein	8 grams (g)
Vitamin A	500 international units (IU) or 10% DV
Vitamin D	100 IU or 25% DV
Magnesium	24 mg or 6% DV
Phosphorus	222 mg or 20% DV <sup>1</sup>
Potassium	349 mg or 10% DV <sup>1</sup>
Riboflavin	0.44 mg or 25% DV <sup>1</sup>
Vitamin B12	1.1 micrograms (mcg) or 20% DV <sup>1</sup>

- Parents or guardians must submit a written request



## A Common Question on Milk Substitutes



*If a parent provides a non-dairy beverage because of a lifestyle choice and not a medical reason, and brings in one that is not nutritionally equivalent to milk, can the facility serve it and still receive reimbursement?*

answer

No. If a non-dairy beverage is served that is not nutritionally equivalent to milk, and there is no medical statement on file, then the meal is **not** reimbursable.

Programs should inform parents or guardians about the types of creditable non-dairy beverages.



## Crediting Milk in Smoothies



- Unflavored low-fat (1%) milk or skim/fat-free milk served in smoothies credits as the milk component
- The minimum creditable amount of milk is  $\frac{1}{4}$  cup
  - If a smoothie contains less than the full serving of milk, the menu must include the additional amount of milk to provide the full milk component
- Commercial smoothies must have a CN label or PFS from the manufacturer



## Foods that don't count towards the milk component

- Cheese (including cheese sticks)
- Yogurt
- Cream Cheese
- Evaporated milk
- Half and Half
- Ice cream
- Pudding
- Sour cream
- Soy/Almond milk (*unless medical statement on file or meets the USDA nutrition standards for fluid milk substitutes*)
- Milk cooked in meals





## Meat/Meat Alternate Component





# Meat/Meat Alternate (M/MA)

<b>CACFP Meat/Meat Alternate Types</b>	
<b>Meat</b>	<b>Poultry</b> <b>Seafood</b> <b>Lean meat (ground beef, pork loin, roasts)</b>
<b>Meat Alternate</b>	<b>Cheese</b> <b>Eggs</b> <b>Cooked, dry beans or peas</b> <b>Nuts and seeds*</b> <b>Peanut butter or other Nut/seed butters</b> <b>Yogurt</b> <b>Tofu or soy product</b> <b>Alternate protein products</b>

**\*No more than one-half of the meat/meat alternate requirement for lunch and supper**



# Meat/Meat Alternate – Portion Sizes

MEAL	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Breakfast	None*	None*	None*	None*
Lunch/Supper	1 ounce	1 ½ ounce	2 ounces	2 ounces
Snack	½ ounce	½ ounce	1 ounce	1 ounce

*\*The meat/meat alternates component is not required at breakfast, but may substitute for the entire grains component up to three times per week.*





## 1 ounce of M/MA equals...

Portion Size	M/MA Food Item
2 Tbsp	Peanut Butter/Nut Butter
1 ounce (or 2 slices)	Cheese ( <i>american, mozzarella, colby, swiss, etc</i> )
4 ounces (or ½ cup)	Yogurt/Soy Yogurt
½	Large Egg
¼ cup	Cottage Cheese
¼ cup	Legumes/Beans/Peas ( <i>may only count as a M/MA or vegetable</i> )
1 ounce	Nuts/Seeds
2.2 ounces or ¼ cup	Tofu





## Question

**How do you know  
you are serving the  
correct meat/meat  
alternate portion?**



- ✓ Child Nutrition (CN) Labels  
or  
Product Formulation Statement (PFS)
- ✓ Standardized Recipes
- ✓ Food Buying Guide



## If you are serving processed foods such as....

Deli meat, canned ravioli, canned chili, canned soup, frozen pizza, chicken nuggets, fish sticks, hamburger patties, meatballs, etc.

**REQUIRED**

**Child Nutrition (CN) label**

**or**

**Product Formulation Statement (PFS)**



## More on CN and PFS Documentation

They provide meal pattern contribution information for commercially prepared, combination food items

When serving these items you cannot base a portion size on what you think is adequate for the child

If you do not have this documentation, then you **CANNOT SERVE IT!!**

Keep documentation on file





## Examples of Child Nutrition (CN) Labels

**KD KingsDelight**  
 Made With Chicken Raised With  
 - No Antibiotics Ever  
 - Fed An All Vegetarian Diet  
 - No Animal By-Products

**66204**

**Fully Cooked, Whole Grain Breaded Chicken Breast Nuggets**  
 Nugget Shaped Chicken Breast Patties with Rib Meat

**INGREDIENTS:** Chicken Breast with Rib Meat, Water, Textured Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2) and Cyanocobalamin (B12)], Dried Whole Egg, Seasoning [Rice Starch, Salt, Onion Powder, Garlic Powder, Yeast Extract, Natural Flavors, Maltodextrin, Spice, Expeller-Pressed Canola Oil (as processing aid), Citric Acid] and Salt.  
**BREADED WITH:** Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Corn Starch, Whole Grain Yellow Corn Flour, Salt, Spices, Dried Garlic, Dried Onion, Yeast Extract, Paprika Extract (Color), Soybean Oil, Yeast, Sugar, Wheat Gluten, Dextrose, Spice Extract. Breading set in Vegetable Oil.  
**CONTAINS: EGG, SOY AND WHEAT**  
 Heating Instructions: Conventional oven for 15 minutes at 375°F; Convection oven for 12 minutes at 375°F; Appliances vary, adjust heat times accordingly.

**090855**  
 Five 0.60 oz. Fully Cooked Breaded Nugget Shaped Chicken Breast Patties with Rib Meat provide 2.00 oz. equivalent meat/meat alternate and 0.75 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 07/14.)

**INSPECTED BY U.S. DEPARTMENT OF AGRICULTURE P-5099**

**PERDUE** Distributed By PERDUE FOODS, Salisbury, MD 21804

**KEEP FROZEN**  
**NET WT. 20 LBS**

Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

**CN 093894**  
 EACH 2.00 OZ. FULLY COOKED BEEF FRANK PROVIDES 2.00 OZ. EQUIVALENT MEAT FOR THE CHILD NUTRITION MEAL CN PATTERN REQUIREMENTS. (USE OF THIS LOGO AND CN STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 11/15).  
**CN**

**78742 12542 8**

**M/MA calculation** → 1-2 yr olds (1oz) = 3 nuggets;  
 3-5 yr olds (1.5oz)= 4 nuggets; 6-12 yr olds (2oz) = 5 nuggets



# Let's Practice!

CN

065545

CN

Three Fried Breaded Fish Sticks (0.54 oz each) provide 0.50 oz equivalent Meat and 0.50 serving of Bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 11-05).

CN

CN

**QUESTION:**  
**How many fish sticks would you need to serve that credits as 1 ½ oz M/MA?**

**Answer:**  
**9 Fish Sticks = 1.5oz M/MA**



### Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products

Product Name: Extra Lean Sliced Oven Roasted Turkey Breast, .7 oz. Code No.: 8483

Manufacturer: Jennie-O Turkey Store Case/Pack/Count/Portion/Size: 6/2 lbs.

#### I. Meat/Meat Alternate

Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate

Description of Creditable Ingredients per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	Food Buying Guide Yield	Creditable Amount *
Turkey Boneless Fresh or Frozen w/ Skin in Natural Proportions	2.8598	X	70%	2.0019
<b>A. Total Creditable Amount<sup>1</sup></b>				

\*Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the Food Buying Guide yield

#### II. Alternate Protein Product (APP)

If the product contains APP please must provide documentation as de

Description of APP, manufacture's name, and code number

#### B. Total Creditable Amount<sup>1</sup>

#### C. TOTAL CREDITABLE AMOUNT

<sup>1</sup>Percent of Protein As-Is is provided

<sup>\*\*</sup>18 is the percent of protein when fully hydrated.

<sup>\*\*\*</sup>Creditable amount of APP equals ounces of Dry APP multiplied by the percent of protein as-is divided by 18.

<sup>1</sup>Total Creditable Amount must be rounded **down** to the nearest 0.25oz (1.49 would round down to 1.25 oz meat equivalent). Do **not** round up. If you are crediting both M/MA and APP, you do not need to round down in box A until after you have added the creditable APP amount from box B.

Total weight (per portion) of product as purchased 3.35 oz.

Total creditable amount of product (per portion) 2.0 oz.

(Reminder: Total creditable amount cannot count for more than the total weight of product)

I certify that the above information is true and correct and that a 3.35 ounce serving of the above product (ready for serving) contains 2.0 ounces of equivalent meat/meat alternate when prepared according to directions.

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 228, Appendix A) as demonstrated by the attached supplier documentation..

*Chad Randick*

Signature

VP Foodservice

Title

Chad Randick

Printed Name

7-1-15

Date

800-328-1756

Phone Number

Jennie-O Turkey Store Sales, LLC

2505 Willmar Avenue SW Willmar, MN 56201 (320) 235-2622



Total weight (per portion) of product as purchased 3.35 oz.

Total creditable amount of product (per portion) 2.0 oz.





## Standardized Recipes

- Two or more ingredients combined
  - Examples: sandwiches, spaghetti w/ meat sauce, chili, etc
- Recommend using a standardized recipe (i.e. USDA)
- Keep documentation on file

## GRILLED CHEESE SANDWICH

### MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 2 oz. eq. enriched grains

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 sandwich

### INGREDIENT

### MEASURE (FOR 100 SERVINGS)

Pan Release Spray, Butter Flavored #2516

10 grams

Bread, WGR, #1225

200 slices

Cheese, American Process, Sliced, #1308

12 pounds + 10 ounces

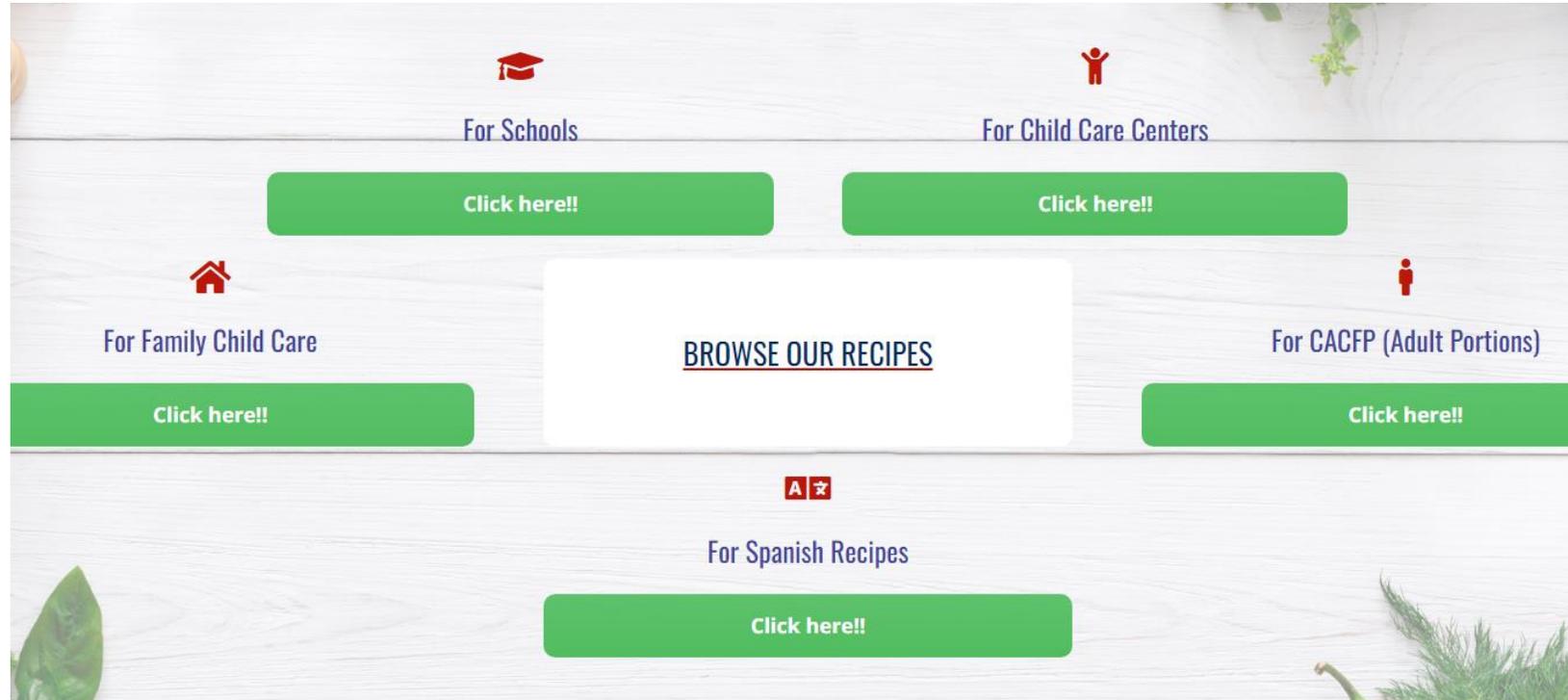
### DIRECTIONS

#### 1. SANDWICH ASSEMBLY

- Spray sheet pans (18" x 26" x 1") with butter flavored pan release spray or line sheet pans with pan liners. For 100 servings, use 5 sheet pans.
- Place 24 slices of bread on each sheet pan, 4 down and 6 across.
- Top each slice of bread with 2 ounces (four 1/2 ounce slices) of cheese.
- Cover with remaining bread slices.
- Spray tops of sandwiches with buttered flavored pan release spray.



# Standardized Recipe Resource



[theicn.org/icn-resources-a-z/usda-standardized-recipes](https://theicn.org/icn-resources-a-z/usda-standardized-recipes)



## Standardized recipes must include the following:

- Recipe name
- Ingredients (name, form and measurable amount by weight or volume).
  - TIP – indicate the weight of noodles (1lb of macaroni noodles) – instead of 1 box.
  - TIP – indicate the size of cans or jars (4-15oz can) – instead of 4 cans
- Preparation instructions – including cooking temperature and time.
- Serving size of one portion (weight or volume).
- Yield or number of servings the recipe makes.

### Optional

- Pan size, if applicable
- Number of servings per pan
- How a serving contributes toward meeting meal pattern requirements





## Standardized Recipe Form

Recipe Name \_\_\_\_\_



Ingredients	Weight	Measure	Preparation Directions



Yield \_\_\_\_\_

Serving Size \_\_\_\_\_



## Food Buying Guide

- Assists in determining the amount of food to purchase/cook/prepare
- Provides yield information and helps to keep costs and waste down
- Available electronically



### WELCOME TO THE FOOD BUYING GUIDE

The Interactive Food Buying Guide allows for easy display, search, and navigation of food yield information. In addition, users can compare yield information, create a favorite foods list, and access tools, such as the Recipe Analysis Workbook (RAW) and the Product Formulation Statement Workbook.

Food Items Search	Food Item Favorites	Download Food Buying Guide
Exhibit A Grains Tool	FBG Calculator	Recipe Analysis Workbook (RAW)



MEATS/MEAT ALTERNATES



FRUITS



MILK



VEGETABLES



GRAINS



OTHER FOODS



## Examples of How to Use the FBG

- Turkey Ham for sandwiches
  - 1.4 ounces = 1 ounce creditable M/MA
    - Due to fillers and additives
- Fresh Strawberries
  - 1 pint container = 7.90 servings (1/4 cup portion)
  - 1 lb = 10.5 servings (1/4 cup portion)

Food Buying Guide Goes Digital!



**How many pounds of strawberries would you need to buy for 50 – ¼ cup servings?**

$$50 \text{ serv} / 10.5 \text{ serv} = 4.76 \text{ lbs}$$



## Yogurt

- Some have higher sugar content than others
- Must contain **no more than 23 grams of total sugars per 6 oz**
  - Applies to all age groups
- Applies to any meal service





# Nutrition Facts

## Evaluating if your yogurt meets:

### Look at:

- Serving Size
  - Unit: ounces, grams, cups, etc.
- Sugars or Total Sugars

About 13 servings per container	
<b>Serving size</b>	<b>3/4 cup (170g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>1%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Total Sugars</b> 22g	
Includes 16g Added Sugars	<b>32%</b>
<b>Protein</b> 5g	<b>10%</b>
Vitamin D 6mcg	30%
Calcium 430mg	35%
Iron 0mg	0%
Potassium 220mg	4%
Vitamin A 0mcg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





**Compare the Nutrition Fact Label to the following table**

## Yogurt Sugar Limits

Serving Size (Ounces)	Serving Size (Grams)	Sugar Limit
2.25 ounces	64 grams	0-9 grams
3.5 ounces	99 grams	0-13 grams
4 ounces	113 grams	0-15 grams
5.3 ounces	150 grams	0-20 grams
6 ounces	170 grams	0-23 grams
8 ounces	227 grams	0-31 grams



# Table Method Steps

- **Step 1:** Find the Serving Size, in ounces (oz) or grams (g):

**170 grams**

- **Step 2:** Find the amount for Sugars:

**22 grams**

<b>Nutrition Facts</b>	
About 13 servings per container	
<b>Serving size</b>	<b>3/4 cup (170g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> <5mg	<b>1%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Total Sugars</b> 22g	
Includes 16g Added Sugars	<b>32%</b>
<b>Protein</b> 5g	<b>10%</b>
Vitamin D 6mcg	30%
Calcium 430mg	35%
Iron 0mg	0%
Potassium 220mg	4%
Vitamin A 0mcg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



- **Step 3:** Look at the chart to determine if it is allowable
  - Serving size: **170 grams**
  - Total sugars: **22 grams**

## Does this one meet?



Yogurt Sugar Limits		
Serving Size (Ounces)	Serving Size (Grams)	Sugar Limit
2.25 ounces	64 grams	0-9 grams
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8 ounces	227 grams	0-31 grams



## Does this one meet?



Yogurt Sugar Limits		
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5.3 ounces	150 grams	0-20 grams
6 ounces	170 grams	0-23 grams
8 ounces	227 grams	0-31 grams



## More about serving Yogurt

- Use commercial yogurt products only
- Soy yogurt is a dairy-free option
- 4 oz (or ½ cup) credits as 1 oz of meat alternate
- Keep Nutrition Fact Label on file to show it meets





## Non-Creditable Yogurt Products

- Frozen yogurt
- Drinkable yogurt
- Homemade yogurt
- Yogurt flavored products
- Yogurt bars
- Yogurt covered fruits & nuts
- Yogurt in commercially prepared smoothies





## Foods that don't count towards the meat/meat alternate component

- Regular bacon
- Cream cheese
- Dried cheese products (boxed macaroni & cheese)
- Imitation Cheese (velveeta cheese)
- Drinkable yogurt, frozen yogurt bars
- Egg whites only
- Cheese sauce (*unless you have a CN/PFS*)





## Grain Component



## Grain types include:

- Breads, biscuits, bagels, rolls, tortillas, and muffins
- Snack products, such as crackers (including sweet crackers, such as animal crackers and graham crackers), hard/soft pretzels, corn/tortilla chips and popcorn
- RTE cereals
- Cooked breakfast cereals (instant and regular)
- Bread products used as an ingredient in another menu item, such as combination foods, e.g., breading on fish or poultry and pizza crust in pizza
- Pasta products, such as macaroni, spaghetti, noodles, orzo, and couscous





## Grains Overview

- Required at Breakfast, Lunch and Supper
  - Optional at snack
- All grain products served must be made with:
  - whole grains
  - enriched meal and/or enriched flour
  - bran or germ





## Grains— Portion Sizes

MEAL	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
<b>Breakfast</b>	½ serving	½ serving	1 serving	1 serving
<b>Lunch/Supper</b>	½ serving	½ serving	1 serving	1 serving
<b>Snack</b>	½ serving	½ serving	1 serving	1 serving





## What is considered a serving of grain?





# Illinois State Board of Education

## EXHIBIT A: GRAIN REQUIREMENT FOR CHILD NUTRITION PROGRAMS<sup>1,2</sup>

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Some of the following foods, or their accompaniments, may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

GROUP A	Ounce Equivalent (Oz Eq) for Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none"> <li>Breading-Type Coating</li> <li>Bread Sticks (<i>hard</i>)</li> <li>Chow Mein Noodles</li> <li>Savory Crackers (<i>saltines and snack crackers</i>)</li> <li>Croutons</li> <li>Pretzels, (<i>hard</i>)</li> <li>Stuffing, (<i>dry</i>) Note: weights apply to bread in stuffing.</li> </ul>	1 oz eq = 22 gm or 0.8 oz ¾ oz eq = 17 gm or 0.6 oz ½ oz eq = 11 gm or 0.4 oz ¼ oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz ¾ serving = 15 gm or 0.5 oz ½ serving = 10 gm or 0.4 oz ¼ serving = 5 gm or 0.2 oz
GROUP B	Oz Eq for Group B	Minimum Serving Size for Group B
<ul style="list-style-type: none"> <li>Bagels</li> <li>Batter type Coating</li> <li>Biscuits</li> <li>Breads – all (i.e. <i>white, wheat, whole wheat, French, Italian</i>)</li> <li>Buns (<i>hamburger and hot dog</i>)</li> <li>Sweet Crackers<sup>5</sup> (<i>graham crackers – all shapes, animal crackers</i>)</li> <li>Egg Roll Skins</li> <li>English Muffins</li> <li>Pita Bread</li> <li>Pizza Crust</li> <li>Pretzels (<i>soft</i>)</li> <li>Rolls</li> <li>Tortillas</li> <li>Tortilla Chips</li> <li>Taco Shells</li> </ul>	1 oz eq = 28 gm or 1.0 oz ¾ oz eq = 21 gm or 0.75 oz ½ oz eq = 14 gm or 0.5 oz ¼ oz eq = 7 gm or 0.25 oz	1 serving = 25 gm or 0.9 oz ¾ serving = 19 gm or 0.7 oz ½ serving = 13 gm or 0.5 oz ¼ serving = 6 gm or 0.2 oz
GROUP C	Oz Eq for Group C	Minimum Serving Size for Group C
<ul style="list-style-type: none"> <li>Cookies<sup>3</sup> (<i>plain – includes vanilla wafers</i>)</li> <li>Cornbread</li> <li>Corn Muffins</li> <li>Croissants</li> <li>Pancakes</li> <li>Pie Crust (<i>dessert pies<sup>3</sup>, cobbler<sup>3</sup>, fruit turnover<sup>4</sup>, and meat/meat alternate pies</i>)</li> <li>Waffles</li> </ul>	1 oz eq = 34 gm or 1.2 oz ¾ oz eq = 26 gm or 0.9 oz ½ oz eq = 17 gm or 0.6 oz ¼ oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz ¾ serving = 23 gm or 0.8 oz ½ serving = 16 gm or 0.6 oz ¼ 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"> <li>Doughnuts<sup>4</sup> (<i>cake and yeast, raised, unfrosted</i>)</li> <li>Cereal bars, breakfast bars, granola bars<sup>4</sup> (<i>plain</i>)</li> <li>Muffins (<i>all, except corn</i>)</li> <li>Quick Breads</li> <li>Sweet Roll, Sticky Buns, Cinnamon Rolls, Danish Pastries, Caramel Rolls<sup>4</sup> (<i>unfrosted</i>)</li> <li>Toaster Pastry<sup>4</sup> (<i>unfrosted</i>)</li> </ul>	1 oz eq = 55 gm or 2.0 oz ¾ oz eq = 42 gm or 1.5 oz ½ oz eq = 28 gm or 1.0 oz ¼ oz eq = 14 gm or 0.5 oz	1 serving = 50 gm or 1.8 oz ¾ serving = 38 gm or 1.3 oz ½ serving = 25 gm or 0.9 oz ¼ serving = 13 gm or 0.5 oz

## NOTE:

- This chart applies to all meal services*
- Present Time – use the “Minimum Serving Size column*
- Starting **October 2021** will use the Ounce Equivalent column*



# Illinois State Board of Education

GROUP E	Oz Eq for Group E	Minimum Serving Size for Group E
<ul style="list-style-type: none"> <li>Cereal bars, breakfast bars, granola bars<sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces)</li> <li>Cookies<sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>Doughnuts<sup>4</sup> (cake and yeast raised, frosted or glazed)</li> <li>French Toast</li> <li>Sweet Roll, Sticky Buns, Cinnamon Rolls, Danish Pastries, Caramel Rolls<sup>4</sup> (frosted)</li> <li>Toaster Pastry<sup>4</sup> (frosted)</li> </ul>	1 oz eq = 69 gm or 2.4 oz ¾ oz eq = 52 gm or 1.8 oz ½ oz eq = 35 gm or 1.2 oz ¼ oz eq = 18 gm or 0.6 oz	1 serving = 63 gm or 2.2 oz ¾ serving = 47 gm or 1.7 oz ½ serving = 31 gm or 1.1 oz ¼ 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"> <li>Cake<sup>3</sup> (plain, unfrosted)</li> <li>Coffee Cake<sup>4</sup></li> </ul>	1 oz eq = 82 gm or 2.9 oz ¾ oz eq = 62 gm or 2.2 oz ½ oz eq = 41 gm or 1.5 oz ¼ oz eq = 21 gm or 0.7 oz	1 serving = 75 gm or 2.7 oz ¾ serving = 56 gm or 2 oz ½ serving = 38 gm or 1.3 oz ¼ serving = 19 gm or 0.7 oz
GROUP G	Oz Eq for Group G	Minimum Serving Size for Group G
<ul style="list-style-type: none"> <li>Brownies<sup>3</sup> (plain)</li> <li>Cake<sup>3</sup> (all varieties, frosted)</li> </ul>	1 oz eq = 125 gm or 4.4 oz ¾ oz eq = 94 gm or 3.3 oz ½ oz eq = 63 gm or 2.2 oz ¼ oz eq = 32 gm or 1.1 oz	1 serving = 115 gm or 4 oz ¾ serving = 86 gm or 3 oz ½ serving = 58 gm or 2 oz ¼ serving = 29 gm or 1 oz
GROUP H	Oz Eq for Group H	Minimum Serving Size for Group H
<ul style="list-style-type: none"> <li>Cereal Grains (barley, quinoa, etc.)</li> <li>Breakfast Cereals (cooked)<sup>6,7</sup></li> <li>Bulgur or cracked wheat</li> <li>Corn Grits</li> <li>Macaroni (all shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice</li> </ul>	1 oz eq = ½ cup cooked or 1 ounce (28 gm) dry	1 serving = ½ c cooked or 25 gm or 0.9 oz dry ¾ serving = ¾ c cooked or 19 gm or 0.7 oz dry ½ serving = ¼ c cooked or 13 gm or 0.5 oz dry ¼ serving = 2 T cooked or 6 gm or 0.2 oz dry
GROUP I	Oz Eq for Group I	Minimum Serving Size for Group I
<ul style="list-style-type: none"> <li>Ready to eat breakfast cereal (cold, dry)<sup>6,7</sup></li> </ul>	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = ¼ cup or 1 ounce for granola	1 serving = ¾ c or 1 oz, whichever is less ½ serving = ½ c or 0.5 oz, whichever is less



## How to determine a serving of grain

- **Step 1** → Must have a Nutrition Fact Label
- **Step 2** → Look at the Serving Size on the label. It will state the serving size in grams and/or ounces (i.e. weight of the product)
- **Step 3** → Use the USDA Exhibit A Grain Requirement Chart to determine which “group” the product is listed under
- **Step 4** → Compare the calculated weight of one item to the weight of the USDA serving in that respective group. You may need to calculate the weight of the item by dividing the “1 serving” equivalent to find the number of grains servings.



## Activity 1:

**How many French toast sticks do I need to serve at breakfast to the Pre-K room?  
*(3-5 year olds)***



# Mrs. Butterworth's® French Toast Sticks

**Step 1: Need the Nutrition Fact Label**

**Step 2: Look at Serving Size**

## Nutrition Facts

Serving Size 4 Sticks (96g)

Servings per Container 47

Amount Per Serving

Calories 300

Calories from Fat 110

% Daily Value

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 400mg 17%

Total Carbohydrate 41g 14%

Dietary Fiber 1g 4%

Sugars 10g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 10%

Thiamin 15% • Riboflavin 6%

Niacin 6% • Folate 15%



## Step 3: Need the Grain Weight Chart

GROUP E	Oz Eq for Group E	Minimum Serving Size for Group E
<ul style="list-style-type: none"> <li>• Cereal bars, breakfast bars, granola bars<sup>4</sup> (<i>with nuts, dried fruit, and/or chocolate pieces</i>)</li> <li>• Cookies<sup>3</sup> (<i>with nuts, raisins, chocolate pieces and/or fruit purees</i>)</li> <li>• Doughnuts<sup>4</sup> (<i>cake and yeast raised, frosted or glazed</i>)</li> <li>• French Toast</li> <li>• Sweet Roll, Sticky Buns, Cinnamon Rolls, Danish Pastries, Caramel Rolls<sup>4</sup> (<i>frosted</i>)</li> <li>• Toaster Pastry<sup>4</sup> (<i>frosted</i>)</li> </ul>	<p>1 oz eq = 69 gm or 2.4 oz  <math>\frac{3}{4}</math> oz eq = 52 gm or 1.8 oz  <math>\frac{1}{2}</math> oz eq = 35 gm or 1.2 oz  <math>\frac{1}{4}</math> oz eq = 18 gm or 0.6 oz</p>	<p>1 serving = 63 gm or 2.2 oz  <math>\frac{3}{4}</math> serving = 47 gm or 1.7 oz  <math>\frac{1}{2}</math> serving = 31 gm or 1.1 oz  <math>\frac{1}{4}</math> serving = 16 gm or 0.6 oz</p>



## Step 4: Compare the serving size to the Exhibit A Grain Chart

**Nutrition Fact Label:**

Serving Size: 4 sticks  
(96 grams)

How to Calculate

- French Toast is located in Group E
- $\frac{1}{2}$  serving = 31 gm / 1.1oz
- 1 stick = 24 grams (96gm/4)

**How many French toast sticks do I need to serve at breakfast to the Pre-K room?**

**Answer = 3-5 year olds need a minimum of 2 sticks**



## Activity 2:

**How many  
crackers do I  
need to serve  
at snack to  
school age  
children?**





## Step 1: Need the Nutrition Fact Label

## Step 2: Look at Serving Size

## Step 3: Need the Exhibit A Grain Chart

Nutrition Facts	
Serving Size	5 Crackers (15g)
Amount Per Serving	
Calories	60 Calories from Fat 15
% Daily Value*	
Total Fat	1.5g 2%
Saturated Fat	0g 0%
Trans Fat	0g
Polyunsaturated Fat	0.5g
Monounsaturated Fat	0.5g
Cholesterol	0mg 0%
Sodium	150mg 6%
Total Carbohydrate	11g 4%
Dietary Fiber	less than 1g 1%
Sugars	0g
Protein	1g
Vitamin A	0% • Vitamin C 0%
Calcium	0% • Iron 2%

STEP 1

STEP 2

STEP 3

GROUP A	Ounce Equivalent (Oz Eq) for Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none"> <li>Breading-Type Coating</li> <li>Bread Sticks (<i>hard</i>)</li> <li>Chow Mein Noodles</li> <li>Savory Crackers (<i>saltines and snack crackers</i>)</li> <li>Croutons</li> <li>Pretzels, (<i>hard</i>)</li> <li>Stuffing, (<i>dry</i>) Note: weights apply to bread in stuffing.</li> </ul>	1 oz eq = 22 gm or 0.8 oz ¾ oz eq = 17 gm or 0.6 oz ½ oz eq = 11 gm or 0.4 oz ¼ oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz ¾ serving = 15 gm or 0.5 oz ½ serving = 10 gm or 0.4 oz ¼ serving = 5 gm or 0.2 oz



## Step 4: Compare the serving size to the Exhibit A Grain Chart

Nutrition Fact Label:

Serving Size: 5 crackers  
(15 grams)

How to Calculate

- Crackers are located in Group A
- 1 serving = 20 gm / 0.7oz
- 1 cracker = 3 grams (15gm/5)

How many crackers do I need to serve at snack to school age children?

Answer = need a minimum of 7 crackers



More on  
Grains!!



## Whole Grain Rich (WGR) Requirements



### WGR means...

A food that contains 50% whole grain and the remaining grain ingredients are enriched, bran, or germ

- CACFP menus must include at least one serving of WGR grains per day, between all meals and snacks served to children
  - **Exception:** If only serving 1 meal per day, the grain served at that meal must be WGR
  - **Exception:** If the CACFP facility serves only breakfast and chooses to substitute meat/meat alternates for the grains component at breakfast (allowed up to three times per week), a WGR food is not required.
- If the CACFP facility serves more than one meal, and two different groups of children are at each meal; only one meal must contain a WGR food
- Keep WGR documentation on file



**To learn more about whole grain-rich and how to identify them, please see these resources:**

- CACFP Half-Time Thirty: Identifying Whole Grain-Rich Foods (videos) in the CACFP, Part 1 and Part 2
- USDA: Identifying Whole Grain-Rich Foods For the CACFP Worksheet
- ISBE: Grains Component Handout
- USDA: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers
- USDA: Adding Whole Grains to your CACFP Menu handout





## Breakfast Cereals



- Types: Ready-to-eat, instant, & regular hot cereal
- Must contain no more than 6 grams of total sugar per dry oz
  - If a breakfast cereal exceeds, it cannot credit in the CACFP meal pattern
- Applies to all meal services
- Keep nutrition fact label on file to show it meets



## Use **ANY** WIC Approved Breakfast Cereal Lists

- Meets the sugar limits for the CACFP
- All WIC approved breakfast cereals contains no more than 6 grams of sugar per dry oz

### WIC Program Illinois Authorized WIC Food List

Oatmeal - 16 oz  
Old Fashioned, Traditional, Quick-Cook, Rolled Oats  
*(no flavors added)*

#### Cereal - Store Brands

Bran Flakes  
Shredded Wheat *(frosted, blueberry, strawberry cream)*  
Toasted Oats *(plain, multi-grain)*

#### National Brands

Kix *(plain, honey, berry berry)*  
Chex *(corn, rice, blueberry, wheat, vanilla, cinnamon)*  
Corn Flakes                      Frosted Mini Wheats  
Grapenuts                        Complete Bran Flakes *(wheat)*  
Grapenut Flakes                Cream of Wheat *(whole grain)*  
Life *(plain)*                        Original Malt-o-Meal  
Rice Krispies                      Cheerios *(plain, multi-grain)*  
Mini-Spooners *(frosted, blueberry, strawberry cream)*  
Quaker Oatmeal Squares *(brown sugar, cinnamon)*  
Honey Bunches of Oats *(whole grain, vanilla bunches, almond, honey roasted, cinnamon)*

#### Infant Cereal

Rice, oatmeal, barley, whole wheat or mixed grain  
Beech Nut      Store Brand      Gerber

#### Not Allowed:

Organic, cereals with added formula, fruit, protein, DHA





## Evaluating if your cereal meets:

Nutrition Facts	
Serving Size 3/4 cup (30g)	
Servings Per Container 15	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
<b>Sugars</b> 5g	
<b>Protein</b> 140g	<b>280%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

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

Refer to the “Choose Breakfast Cereals That Are Low in Added Sugar” handout to help you determine if your cereals meet the parameters.



# Grain Based Desserts (GBD)

- Grain-based desserts (GBD) are *NOT creditable*
- Store-bought GBD:
  - May not be easily identified as GBD
  - “breakfast round” (cookie)
  - “breakfast bar or flat” (granola bar)
- Homemade GBD:
  - *NOT creditable* - even if made with healthy ingredients or less sugar

Grain-Based Desserts	NOT Grain-Based Desserts
Brownies	Croissants
Sweet biscotti and scones made with fruits, icing, etc.	Savory biscotti and scones made with cheese, herbs, vegetables, etc.
Cake, including coffee cake	French toast
Cereal bars, breakfast bars, granola bars	Granola cereal
Cookies, including vanilla wafers	Crackers (savory & plain); Sweet crackers (animal crackers & graham crackers)
Doughnuts	Pancakes, Waffles
Gingerbread	Muffins
Pie crusts of dessert pies, cobblers, and fruit turnovers	Pie crusts of savory pies (i.e. vegetable pot-pie or quiche)
Sweet bread pudding & rice pudding	Savory bread pudding made with cheese, herbs, vegetables
Toaster pastries	Quick breads (banana, zucchini, and others)
Sweet rolls, (cinnamon rolls)	Teething biscuits and toasts



## Foods that don't count towards the grain requirement

- Regular potato chips
- Grain-based desserts (vanilla wafers, fig bars, cookies, brownies, cake, cup cakes, danish, doughnuts, poptarts)
- Cereal/granola bars (nutrigrain bars)
- Shoe-string or potato sticks
- Starchy vegetables (potatoes, corn, peas)





# **Fruit & Vegetable Components**



## Fruit & Vegetable Types

- Fresh
- Canned
- Frozen
- Rehydrated/Dried
- 100% Full Strength Juice

*Variety Recommended!*





## Fruit & Vegetable Portion Sizes

MEAL	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
<b>Breakfast*</b>	¼ cup	½ cup	½ cup	½ cup
<b>Lunch/Supper</b>				
Vegetables	1/8 cup	¼ cup	½ cup	½ cup
Fruits	1/8 cup	¼ cup	½ cup	½ cup
<b>Snack</b>				
Vegetables	½ cup	½ cup	¾ cup	¾ cup
Fruits	½ cup	½ cup	¾ cup	¾ cup



*\*Breakfast only - vegetables and fruits are one component and may include vegetables, fruits, or both*





# More on Fruit and Vegetables

At least one vegetable must be served at lunch and supper meals



- **Lunch/Supper** → A vegetable may be used to meet the entire fruit component
  - Must offer two different types of vegetables
  - Serving two fruits is NOT creditable

Lunch & Supper			
Allowed	Allowed	Not Allowed	Not Allowed
Chicken	Chicken	Chicken	Chicken
Carrots	Carrots	2 servings of Carrots	Kiwi
Broccoli	Apples		Apples
WW Bun	WW Bun	WW Bun	WW Bun
1% milk	1% milk	1% milk	1% milk

- **Snack** → A fruit and a vegetable can be served as the two required components

Snack		
Allowed	Not Allowed	Now Allowed
Kiwi	Carrots	Strawberries
Carrots	Celery	Bananas

Fruits & Vegetables are separate components at lunch/Supper and Snack



## Food Preparation

### Deep Fat Frying:

Submerging foods in hot oil or other fat cannot be used as a cooking method to prepare fruits or vegetables

- French fries, tator tots, hash browns, etc





## Crediting

*The smallest creditable portion is an 1/8 cup or 2 tablespoons*

### Vegetables

- Raw leafy greens credit as half the volume served
  - Example → 1/2 cup lettuce credits as 1/4 cup
- Tomato paste and puree credit based on the reconstituted volume
  - Example → 1 Tbsp of tomato paste or 2 Tbsp of tomato puree credit as 1/4 cup
- Canned vegetables must be drained
- Dried or dehydrated vegetables credit based on the rehydrated volume
- Legumes credit as the vegetables or M/MA component, but not both



### Fruits

- Dried fruits credit as twice the volume served
  - Example → 1/4 cup raisins credits as 1/2 cup
- Canned fruit must be packed in juice to count as a serving
  - Example → 1/2 cup of canned peaches in juice credits as 1/2 cup
- Fruits in commercial yogurt products (blended, mixed, or on top) do not credit
- Fresh fruits (whole or cut up) varies on type and size



## Fruit/Vegetable Juice limit

- Juice can only be served one time per day (includes meals and snacks)
  - Also applies to different meals & groups
    - ❖ Exception is serving meals in shifts
  - Pureed fruits and vegetables served in a smoothie are considered juice
- Juice must include the following on the label:
  - Full strength juice/100% Juice
  - Single-strength juice
  - Reconstituted juice
  - Juice from concentrate





## **Foods that don't count towards the fruit/vegetable requirements**

- Fruit roll-ups or fruit snacks
- Fruit filling in fruit-filled cookies
- Fruit and vegetable breads/muffins (i.e. banana or zucchini bread)
- Jam, jelly, fruit butters and fruit preserves
- Pickle relish
- Toaster pastry filling
- BBQ sauce, catsup/ketchup
- Popsicles and other frozen fruit-flavored bars
- Corn/Potato Chips or shoe-string potatoes
- Veggie chips/straws





## For more information on what food items are creditable...

### Food Buying Guide



#### WELCOME TO THE FOOD BUYING GUIDE

The Interactive Food Buying Guide allows for easy display, search, and navigation of food yield information. In addition, users can compare yield information, create a favorite foods list, and access tools, such as the Recipe Analysis Workbook (RAW) and the Product Formulation Statement Workbook.

<a href="#">Food Items Search</a>	<a href="#">Food Item Favorites</a>	<a href="#">Download Food Buying Guide</a>
<a href="#">Exhibit A Grains Tool</a>	<a href="#">FBG Calculator</a>	<a href="#">Recipe Analysis Workbook (RAW)</a>



MEATS/MEAT ALTERNATES



FRUITS



MILK



VEGETABLES

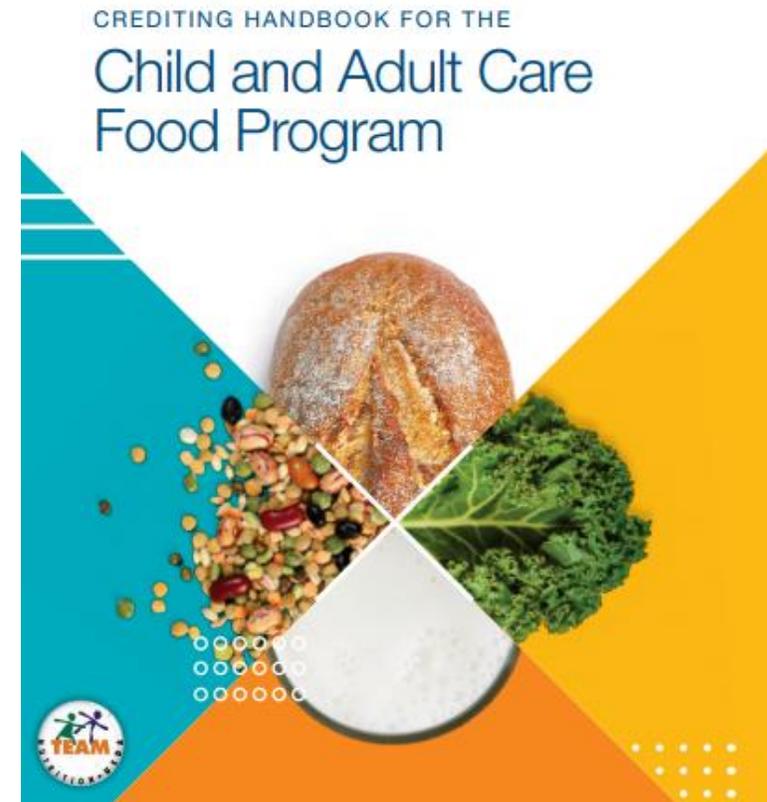


GRAINS



OTHER FOODS

### CACFP Crediting Handbook





## Water Availability

- Must be offered *and* made available throughout the day
- May not be served in place of milk
- May be offered alongside milk at meals or at snack
- May add fruits, vegetables, and herbs for added flavor
- Plain, potable water must be available
- Commercially flavored water is not allowed
- Flavoring foods are not creditable for any food component







## For a child with a disability (i.e. medical need)

- Must have ISBEs Medical Authority Modified Meal Request Form – OR a note from a recognized medical authority
- Must be signed by licensed physician or other recognized medical authority
- Statement must indicate dietary issue, formula or food item to be omitted, and the required substitution
- Meals are reimbursable (whether or not the CACFP meal pattern is met)
- Must be maintained on file

### MEDICAL AUTHORITY MODIFIED MEAL REQUEST FORM

Please return completed and signed form to <INSERT STAFF NAME, EMAIL, DROP OFF LOCATION>

TO BE COMPLETED BY PARENT OR GUARDIAN		
Name of Student (Last, First): _____	Grade: _____	
School: _____		
Parent/Guardian Email: _____	Daytime Phone: _____	
Based on information listed below my child will require a menu modification at the following: <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Afterschool Snack		
<input type="checkbox"/> Supper <input type="checkbox"/> Other _____		
<u>I understand it is my responsibility to renew this form each school year and/ or any time my child's medical or health needs change.</u>		
Parent/Guardian Name PRINTED _____	Parent/Guardian SIGNATURE _____	Date _____
TO BE COMPLETED BY MEDICAL AUTHORITY (Licensed by State of Illinois to prescribe medication)		
The Dietary Needs below are related to (ex: Celiac Disease, Lactose Intolerance, Diabetes, Anaphylactic Food Allergy)		
Food TO BE OMITTED from diet* (check appropriate boxes below)		
<input type="checkbox"/> Dairy – Fluid milk, cheese, yogurt, and other dairy ingredients such as casein and whey.		
<input type="checkbox"/> Fluid Milk – Milk to drink		
<input type="checkbox"/> Peanuts – Peanuts, Peanut Butter, Peanut oil.		
<input type="checkbox"/> Tree Nuts – Almonds, hazelnuts, and cashews.		
<input type="checkbox"/> Wheat – Wheat-based grains such as buns, crackers, pasta, and wheat as an ingredient.		
<input type="checkbox"/> Gluten – Wheat, rye, barley, and non-certified oats.		
<input type="checkbox"/> Fish – <del>fish</del> such as cod and tilapia		
<input type="checkbox"/> Shellfish – Shrimp and crab		
<input type="checkbox"/> Egg – Visible egg in a dish such as an omelet		
<input type="checkbox"/> Egg Ingredients – Egg white, egg yolk or whole egg as an ingredient		
<input type="checkbox"/> Soybean – Textured Soy Protein, Textured Vegetable Protein, tofu, and whole soybeans (edamame).		
<input type="checkbox"/> Soybean Ingredients – Soy protein concentrate, soy protein isolate, soy sauce, soy flour, and unrefined <del>soybean</del> oil		
<input type="checkbox"/> Other - _____		
Adjustment to meal preparation (i.e. food puree) and/or serving time(s):		
_____		
_____		
Food Management Plan		
What are the student's possible reactions/symptoms to the indicated allergen(s) or conditions?		
_____		
REQUIRED List all acceptable and safe food or beverage substitutes:		
_____		
Comments: _____		
_____		
Prescribing Physician/Medical Authority Name Printed _____	Date _____	Prescribing Physician/Medical Authority Signature _____
FOR FOOD SERVICE NOTES (Other information, please see back)		
Date received: _____	By: (employee signature) _____	
Date implemented: _____	By: (employee signature) _____	
Other information: _____		



## For a child without a disability (i.e. non-medical/preference)

- Modified Meal Request from parent or guardian (signed)
- Dietary accommodations due to preferences, religious beliefs, vegetarian/vegan, etc
- Statement must indicate food/beverage item to be omitted and substitution
- The meal must still meet the meal pattern
- Must be maintained on file

### MODIFIED MEAL REQUEST BY PARENT/GUARDIAN

Please return completed and signed form to <INSERT STAFF NAME, EMAIL, DROP OFF LOCATION>

TO BE COMPLETED BY PARENT OR GUARDIAN		
Name of Student (Last, First): _____	Grade: _____	
School: _____		
Parent/Guardian Email: _____	Daytime Phone: _____	
Based on information listed below my child will require a menu modification at the following: <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Afterschool Snack		
<input type="checkbox"/> Supper <input type="checkbox"/> Other _____		
<u>I understand School Food Authority is not required to provide requests based on preference for food substitutions or meal accommodations, made by a parent/guardian or any health professional not licensed in Illinois to prescribe medication.</u>		
Parent/Guardian Name PRINTED _____	Parent/Guardian SIGNATURE _____	Date _____

MAY BE COMPLETED BY PARENT/GUARDIAN OR HEALTH PROFESSIONAL		
List all foods to be omitted from a student's meal, based upon preference, NOT for medical reasons: (i.e. meal prep/meal time(s))		
Requested substitutions		
REQUIRED List all requested <u>food and/or beverage substitutes</u> :		
Comments:		
Requestor Name Printed _____	Date _____	Requestor Signature _____

TO BE COMPLETED BY FOOD SERVICE STAFF	
Date received:	_____
Date implemented:	_____



## Menu Requirements



## Menus



- Must be developed for all meal services
- Must include the date the menu was served
- Must list what was actually served (**including substitutions**)
- Must keep on file for 3 years plus the current year



# Menu documentation for Milk

- Must list the type(s) of milk served & the fat content on the menu

<b>Breakfast</b>	<b>Breakfast</b>
Grains Fruit/Vegetable Milk	Pancakes Blueberries Unflavored Milk Age 1 → whole; Ages 2 and up → 1%
<b>Lunch</b>	<b>Lunch</b>
Meat/Meat Alternate Vegetable Fruit Grain Milk	Turkey & Noodles Carrot Sticks Blueberries WG Spaghetti Noodles Unflavored Milk Age 1 → whole; Ages 2 and up → 1%



Disclaimer at the bottom of the menu



Milk served daily at breakfast and lunch

- \* Age 1 served unflavored whole milk
- \* Ages 2-12 served unflavored 1% milk



## Menu Documentation for Grains

- Document on the menu at least one food item per day which meets the criteria for **whole grain-rich (WGR)**
- Specify the types of cereal served on the menu

	Monday	Tuesday	Wednesday
<b>Breakfast</b>	WGR French Toast Sticks Peaches Milk	Scrambled Eggs Roasted Sweet Potato Hash Milk	Rice Krispies Orange Wedges Milk
<b>Lunch</b>	Beef and Noodles Cantaloupe Peas Milk	Chicken Breast WGR Dinner Roll Fruit Salad Baked Beans Milk	Spaghetti w/ Meat Sauce Mixed Salad Watermelon Milk
<b>Snack</b>	Celery Sticks Hummus Dip	Pineapple Tidbits Yogurt	WGR Goldfish Crackers Milk

Unflavored whole milk served to children 12-23 months  
1% unflavored milk served to children 2 years and up

WGR = Whole Grain-Rich





# Menu Documentation for Fruits and Vegetables



Must note the specific fruits and vegetables served on menus

- If changes are made, record substitutions on menus



We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, ask our staff.

## Menu for the Week of \_\_\_\_\_

<b>Breakfast</b> (Select all 3 components)	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
• Grains (or Meat/Meat Alternative – no more than 3x/week)					
• Vegetable or Fruit					
• Milk					

<b>Lunch</b> (Select all 5 components)	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
• Meat/Meat Alternative					
• Grains					
• Vegetable					
• Fruit					
• Milk					

<b>Snack</b> (Select 2 of these 5 components)	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
• Meat/Meat Alternative					
• Grains					
• Vegetable					
• Fruit					
• Milk					

### **MENU NOTES:**

Milk served daily at breakfast and lunch

- Children 12-23 months of age served unflavored whole milk.
- Ages 2 and up served unflavored skims or 1% milk.

WGR = Whole Grain-Rich



## Meal Service Types

- Pre-plated Meal Service
- Family Style Meal Service





## Pre-Plated Meal Guidelines

- The adult serving the meals must serve the full portion of all food items to each child
- The child must be sitting at the table (can claim meal even if the child does not eat)
- Meal count taken at this time





## Family Style Meal Service Guidelines

- Children and adults serve themselves from common bowls and platters
- Must place enough food at each table to provide the required portions for children and supervising adults
- Supervising adults may assist in serving if needed (examples – serving milk/juice, hot soup, spaghetti, etc)
  - Must be served in full portions
- During the meal service:
  - If a child did not take a full portion of a required component, must encourage them to take more
  - If a child refused a required component, must encourage the child to try it
- Meal counts taken at this time





## Offer Versus Serve (OVS)

### ONLY allowed for At-Risk Afterschool Programs

- OVS allows children to decline some of the food offered at breakfast, lunch or supper
- OVS is not allowed for snacks
- Using OVS is optional
- Must receive ISBE approval before implementation





## SUMMARY



1. Each meal service has a specific meal pattern that must be followed
2. Must offer the minimum food components for each age group
3. Menu documentation demonstrates compliance
4. Meals may be served family style or pre-plated



## **Nutrition Department**

**Illinois State Board of Education**

**[www.isbe.net/nutrition](http://www.isbe.net/nutrition)**

**[cnp@isbe.net](mailto:cnp@isbe.net)**

**800-545-7892**

thank  
you!