

## Serving Meals in CACFP During COVID-19

Menu changes may occur while serving meals during the COVID-19 pandemic. You may be facing procurement challenges with everyday staples or may be sending home meals to eat in non-congregate settings. Whatever challenges you are facing, we recognize that serving meals during the COVID-19 pandemic will look different than normal. The need for shelf stable items increases as availability of certain items may decrease in local stores. Please use this helpful guide as a review for healthy items to serve in the CACFP. Refer to the new [Crediting Handbook for the Child and Adult Care Food Program](#) and USDA's [Food Buying Guide](#) for further crediting information. If any meal component is not accessible, refer to the [DECAL Meal Pattern Flexibility Waiver Form](#).

Component	Milk <sup>1,2</sup>	Meat / Meat Alternate	Vegetable <sup>5</sup>	Fruit	Grain <sup>7</sup>
<b>Food Item</b>	UHT (Ultra High Temperature) Milk or Shelf Stable Milk  Reconstituted dry milk <sup>3</sup>  Soy or Soybean Beverage, Fortified	Beans or Peas (Legumes), Canned or Dry  Beans, Refried  Beef Jerky  Cheese, Natural or Processed  Cheese Foods, Cheese Food Substitutes, Cheese Spreads, and Cheese Spread Substitutes  Chickpeas, Roasted (Roasted Garbanzo Beans)  Dried and Semi-Dried Meat, Poultry, and Seafood Snacks, Shelf-Stable  Eggs, Whole, Fresh, Frozen, Dried, or Liquid  Falafel  Nuts	Beans or Peas (Legumes), Canned or Dry  Chickpeas, Roasted (Roasted Garbanzo Beans)  Dehydrated Vegetables  Hominy, Canned  Juice Blends -100% Vegetable and/or Fruit <sup>6</sup>  Potatoes and Potato Skins  Potatoes, Dehydrated  Salsa  Soups: Canned, Condensed, or Ready-To-Serve (Minestrone, Tomato, Tomato with other basic components such as Rice and Vegetable, and Vegetable with basic components such as Meat and Poultry)	Berries, All Varieties  Coconut, Dried  Dried Fruit, Whole (such as Raisins, Apricots, Prunes, Cranberries)  Fruit, Fresh, Frozen, Canned, or Dried (All Varieties)  Juice Blends -100% Vegetable and/or Fruit <sup>6</sup>	Buckwheat  Bulgur  Buns, Hamburger and Hot Dog  Chips, Corn/Tortilla (Wheat or Corn)  Chow Mein Noodles  Cornbread  Corn Muffins  Crackers–Savory (Saltines and Snack Crackers)  English Muffin  Hominy Grits, Regular, Dry  Noodles (Wheat)  Noodles in Canned Soup  Oatmeal, Instant and Regular

		Nut or Seed Butters Peas or Lentils, Dry Pizza, Homemade Seeds Soups, Commercial, Bean or Pea Soy Beans, Fresh (Edamame) Soy Beans, Roasted (Soy Nuts) Tempeh, Commercial Tofu, commercial Yogurt, Commercial Plain, Un-Flavored, Flavored, Sweetened <sup>4</sup> Yogurt, Soy <sup>4</sup>	Soy Beans, Roasted (Soy Nuts) Spaghetti Sauce Vegetables, Fresh, Frozen, Canned, or Dried (All Varieties)		Pancakes Pita Bread Pizza Crust Popcorn, Popped Pretzels, Hard Quinoa Rice (Either Enriched White or Brown) Taco or Tortilla Shells Waffles Wild Rice
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<sup>1</sup> Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2 through 5 years old. Must be unflavored low-fat (1%), flavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children 6 years old and older and adults. For adult participants, 6 ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

<sup>2</sup> A serving of fluid milk is optional for suppers served to adult participants.

<sup>3</sup> Reconstituted milk shall not be served to children less than three (3) years of age due to choking hazard.

<sup>4</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>5</sup> A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

<sup>6</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>7</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

### **Tips for Providing a Healthy Meal:**

- Choose sodium-free or low-sodium canned vegetables.
- Serve fresh or frozen fruits and vegetables over canned fruits and vegetables when possible.
- If you are unable to serve a fruit and a vegetable, serve two types of vegetables. Choose a mixture of fruits and vegetables to provide a variety of essential nutrients and fiber for growth and development.

### **Meal Suggestions:**

- *Breakfast*
  - Oatmeal, raisins, and milk
  - Yogurt with fruit, granola, and milk
  - English muffin with nut butter, banana, and milk
- *Snack*
  - Chips and salsa
  - Cheese and crackers
  - Popcorn and applesauce
    - Popcorn shall not be served to children less than three (3) years of age due to choking hazard.
  - Crackers, carrots, and ranch
  - Dried fruit and nut butter toast
- *Lunch & Supper*
  - Vegetable pizza with pears and milk
  - Bean and vegetable soup with cornbread and milk
  - Falafel, pita bread, hummus, cucumbers, tomatoes, and milk
    - Document the meal pattern contribution of hummus with a standardized recipe or a Product Formulation Statement.
  - Tomato soup with cheese whole grain bread, an orange, and milk
  - Nut butter sandwich with whole grain bread, a banana, carrots, and milk
  - Black bean and brown rice burrito with cheese, tomatoes, lettuce, and milk
  - Whole grain spaghetti with ground turkey, canned green beans, applesauce, and milk

### **Recipe and Crediting Resources:**

- [USDA's Food Buying Guide](#)
- [Child Nutrition Recipe Box](#)
- [USDA's Multicultural Child Care Recipes](#)
- [National CACFP Sponsors Association Recipes](#)
- [Crediting Handbook for the Child and Adult Care Food Program](#)