



# New Meal Pattern Reminders



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## INFANTS

- ▶ Vegetable or fruit, or both, required to be served at snack for infants 6 through 11 months old.
- ▶ Juice or cheese food or cheese spread are no longer allowed to be served.
- ▶ Allows ready-to-eat cereals at snack.

## CHILDREN

- ▶ The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component.
- ▶ At least one serving of grains per day must be whole grain-rich.
- ▶ Grain-based desserts no longer count towards the grain component (sweet crackers allowed).
- ▶ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
- ▶ Yogurt must contain no more than 23 grams of sugar per 6 ounces.
- ▶ Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older and adults.
- ▶ Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs.
- ▶ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- ▶ Frying is not allowed as a way of preparing foods on-site.
- ▶ Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).
- ▶ Tofu counts as a meat alternate.
- ▶ Juice is limited to once per day.

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## BREAKFAST MEAL PATTERNS - Serve Milk, Grains\*, Vegetables or Fruit



\* Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

|                           | AGES 1-2    |           | AGES 3-5    |           | AGES 6-12 & 13-18 |         | ADULTS     |         |
|---------------------------|-------------|-----------|-------------|-----------|-------------------|---------|------------|---------|
|                           | Previous    | Updated   | Previous    | Updated   | Previous          | Updated | Previous   | Updated |
| MILK                      | 1/2 cup     | 1/2 cup   | 3/4 cup     | 3/4 cup   | 1 cup             | 1 cup   | 1 cup      | 1 cup   |
| VEGETABLES, FRUIT OR BOTH | 1/4 cup     | 1/4 cup   | 1/2 cup     | 1/2 cup   | 1/2 cup           | 1/2 cup | 1/2 cup    | 1/2 cup |
| GRAINS                    | 1/2 serving | 1/2 oz eq | 1/2 serving | 1/2 oz eq | 1 serving         | 1 oz eq | 2 servings | 2 oz eq |

oz eq = ounce equivalents

## LUNCH & SUPPER MEAL PATTERNS - Serve all 5 components



|                        | AGES 1-2    |           | AGES 3-5    |           | AGES 6-12 & 13-18 |         | ADULTS     |         |
|------------------------|-------------|-----------|-------------|-----------|-------------------|---------|------------|---------|
|                        | Previous    | Updated   | Previous    | Updated   | Previous          | Updated | Previous   | Updated |
| MILK                   | 1/2 cup     | 1/2 cup   | 3/4 cup     | 3/4 cup   | 1 cup             | 1 cup   | 1 cup      | 1 cup*  |
| MEAT & MEAT ALTERNATES | 1 oz        | 1 oz      | 1 1/2 oz    | 1 1/2 oz  | 2 oz              | 2 oz    | 2 oz       | 2 oz    |
| VEGETABLES             | 1/4 cup     | 1/8 cup   | 1/2 cup     | 1/4 cup   | 3/4 cup           | 1/2 cup | 1 cup      | 1/2 cup |
| FRUIT                  |             | 1/8 cup   |             | 1/4 cup   |                   | 1/4 cup |            | 1/2 cup |
| GRAINS                 | 1/2 serving | 1/2 oz eq | 1/2 serving | 1/2 oz eq | 1 serving         | 1 oz eq | 2 servings | 2 oz eq |

\* A serving of milk is not required at supper meals for adults.

oz eq = ounce equivalents

## SNACK MEAL PATTERNS - Select 2 of the 5 components



|                        | AGES 1-2    |           | AGES 3-5    |           | AGES 6-12 & 13-18 |         | ADULTS    |         |
|------------------------|-------------|-----------|-------------|-----------|-------------------|---------|-----------|---------|
|                        | Previous    | Updated   | Previous    | Updated   | Previous          | Updated | Previous  | Updated |
| MILK                   | 1/2 cup     | 1/2 cup   | 1/2 cup     | 1/2 cup   | 1 cup             | 1 cup   | 1 cup     | 1 cup   |
| MEAT & MEAT ALTERNATES | 1/2 oz      | 1/2 oz    | 1/2 oz      | 1/2 oz    | 1 oz              | 1 oz    | 1 oz      | 1 oz    |
| VEGETABLES             | 1/2 cup     | 1/2 cup   | 1/2 cup     | 1/2 cup   | 3/4 cup           | 3/4 cup | 1/2 cup   | 1/2 cup |
| FRUIT                  |             | 1/2 cup   |             | 1/2 cup   |                   | 3/4 cup |           | 1/2 cup |
| GRAINS                 | 1/2 serving | 1/2 oz eq | 1/2 serving | 1/2 oz eq | 1 serving         | 1 oz eq | 1 serving | 1 oz eq |

oz eq = ounce equivalents

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