

Meal Planning for the CACFP

A Training Presentation for
Child and Adult Care Food
Program (CACFP) Operators



USDA's Team Nutrition



• An initiative of the USDA's Food and Nutrition Service to support the USDA's Child Nutrition Programs.

• Aims to improve children's lifelong eating and physical activity habits.

• Provides nutrition education and training materials to State agencies, sponsoring organizations, and CACFP sites.



TeamNutrition.usda.gov



[@TeamNutrition](https://twitter.com/TeamNutrition)



**Let Us Know
Who You Are!**
I work for a...

- ☐ Child care center
- ☐ Family child care home
- ☐ At-risk afterschool care center
- ☐ Adult day care center
- ☐ Sponsoring organization
- ☐ Emergency shelter
- ☐ School food authority
- ☐ State agency
- ☐ USDA Regional Office
- ☐ Other

Meal Planning for the CACFP

USDA
United States Department of Agriculture

Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 1-2

What is in a Breakfast?

Milk (8 fl. oz. or 1 cup)
Vegetables, Fruit, or Both (1/2 cup)
Grains (1/2 oz. eq.)

Optional: Additional alternatives may be served in place of the grains and vegetables/fruit if children are able to eat them.

Sample Breakfast

1/2 cup cereal
1/2 cup milk
1/2 cup fruit (e.g., diced apples, bananas, or frozen fruit)

What is in a Lunch or Supper?

Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternative (1 oz. eq.)
Vegetables (1/2 cup)
Fruit (1/2 cup)
Grains (1/2 oz. eq.)

All grains served must be whole grain-rich or enriched. Breakfast cereals may also be fortified. At least one grain served each day must be whole grain-rich.

Sample Lunch/Supper

1/2 cup milk
1/2 cup meat/altern.
1/2 cup veg.
1/2 cup fruit
1/2 cup grains

What is in a Snack?

Pick 2:
Milk (4 fl. oz. or 1/2 cup)
Meat/Meat Alternative (1/2 oz. eq.)
Vegetables (1/4 cup)
Fruit (1/4 cup)
Grains (1/4 oz. eq.)

Offer and make water available all day.

Sample Snack

1/2 cup yogurt
1/2 cup fruit
1/2 cup grains

Note: Serving sizes are minimums. Updated USDA Child and Adult Care Food Program (CACFP) meal patterns must be implemented by October 1, 2017. Learn more about the CACFP meal patterns, including information on serving equivalents (oz. eq.) and serving sizes at <https://www.fns.usda.gov/cacfp>.

USDA
United States Department of Agriculture

Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 3-5

What is in a Breakfast?

Milk (8 fl. oz. or 1 cup)
Vegetables, Fruit, or Both (1/2 cup)
Grains (1/2 oz. eq.)

Optional: Additional alternatives may be served in place of the grains and vegetables/fruit if children are able to eat them.

Sample Breakfast

1/2 cup cereal
1/2 cup milk
1/2 cup fruit (e.g., diced apples, bananas, or frozen fruit)

What is in a Lunch or Supper?

Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternative (1 1/2 oz. eq.)
Vegetables (1/2 cup)
Fruit (1/2 cup)
Grains (1/2 oz. eq.)

All grains served must be whole grain-rich or enriched. Breakfast cereals may also be fortified. At least one grain served each day must be whole grain-rich.

Sample Lunch/Supper

1/2 cup milk
1/2 cup meat/altern.
1/2 cup veg.
1/2 cup fruit
1/2 cup grains

What is in a Snack?

Pick 2:
Milk (4 fl. oz. or 1/2 cup)
Meat/Meat Alternative (1/2 oz. eq.)
Vegetables (1/4 cup)
Fruit (1/4 cup)
Grains (1/4 oz. eq.)

Offer and make water available all day.

Sample Snack

1/2 cup yogurt
1/2 cup fruit
1/2 cup grains

Note: Serving sizes are minimums. Updated USDA Child and Adult Care Food Program (CACFP) meal patterns must be implemented by October 1, 2017. Learn more about the CACFP meal patterns, including information on serving equivalents (oz. eq.) and serving sizes at <https://www.fns.usda.gov/cacfp>.

USDA
United States Department of Agriculture

Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 6-12 and 13-18

What is in a Breakfast?

Milk (8 fl. oz. or 1 cup)
Vegetables, Fruit, or Both (1/2 cup)
Grains (1 oz. eq.)

Optional: Additional alternatives may be served in place of the grains and vegetables/fruit if children are able to eat them.

Sample Breakfast

1/2 cup cereal
1/2 cup milk
1/2 cup fruit (e.g., diced apples, bananas, or frozen fruit)

What is in a Lunch or Supper?

Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternative (2 oz. eq.)
Vegetables (1/2 cup)
Fruit (1/2 cup)
Grains (1 oz. eq.)

All grains served must be whole grain-rich or enriched. Breakfast cereals may also be fortified. At least one grain served each day must be whole grain-rich.

Sample Lunch/Supper

1/2 cup milk
1/2 cup meat/altern.
1/2 cup veg.
1/2 cup fruit
1/2 cup grains

What is in a Snack?

Pick 2:
Milk (4 fl. oz. or 1 cup)
Meat/Meat Alternative (1 oz. eq.)
Vegetables (1/4 cup)
Fruit (1/4 cup)
Grains (1/4 oz. eq.)

Offer and make water available all day.

Sample Snack

1/2 cup yogurt
1/2 cup fruit
1/2 cup grains

Note: Serving sizes are minimums. Flavored low fat (1%) milk is allowed for children ages 6 and older and adults in the CACFP from July 1, 2018, until June 30, 2019, and is subject for updates pending Final Rule for Child Nutrition Programs. Guidelines for Milk, Whole Grains, and Sodium Requirements. Learn more about the CACFP meal patterns, including information on serving equivalents (oz. eq.) and serving sizes at <https://www.fns.usda.gov/cacfp>.

USDA
United States Department of Agriculture

Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Adults

What is in a Breakfast?

Milk (8 fl. oz. or 1 cup)
Vegetables, Fruit, or Both (1/2 cup)
Grains (2 oz. eq.)

Optional: Additional alternatives may be served in place of the grains and vegetables/fruit if adults are able to eat them.

Sample Breakfast

1/2 cup cereal
1/2 cup milk
1/2 cup fruit (e.g., diced apples, bananas, or frozen fruit)

What is in a Lunch or Supper?

Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternative (2 oz. eq.)
Vegetables (1/2 cup)
Fruit (1/2 cup)
Grains (2 oz. eq.)

All grains served must be whole grain-rich or enriched. Breakfast cereals may also be fortified. At least one grain served each day must be whole grain-rich.

Sample Lunch/Supper

1/2 cup milk
1/2 cup meat/altern.
1/2 cup veg.
1/2 cup fruit
1/2 cup grains

What is in a Snack?

Pick 2:
Milk (4 fl. oz. or 1 cup)
Meat/Meat Alternative (1 oz. eq.)
Vegetables (1/4 cup)
Fruit (1/4 cup)
Grains (1/4 oz. eq.)

Offer and make water available all day.

Sample Snack

1/2 cup yogurt
1/2 cup fruit
1/2 cup grains

Note: Serving sizes are minimums. Flavored low fat (1%) milk is allowed for children ages 6 and older and adults in the CACFP from July 1, 2018, until June 30, 2019, and is subject for updates pending Final Rule for Child Nutrition Programs. Guidelines for Milk, Whole Grains, and Sodium Requirements. Learn more about the CACFP meal patterns, including information on serving equivalents (oz. eq.) and serving sizes at <https://www.fns.usda.gov/cacfp>.

Growing a Healthier Future With the CACFP Infographic



United States Department of Agriculture

Growing a Healthier Future With the CACFP

Every day, more than 4 million children get meals and snacks through USDA's Child and Adult Care Food Program (CACFP). Thanks to recent updates to the CACFP meal patterns, you now have even more opportunities to help kids get the nutrition they need to **learn, grow, and play**.



Fueling Up With Veggies

Vegetables and fruits are now two separate components at lunch, supper, and snack. This means you can serve vegetables and fruits more often and help kids develop a taste for healthy foods from the start.

Less than 10% of 4- to 8-year-olds eat enough vegetables.



Starting Kids Early With Whole Grains

Kids ages 1 to 13 years old eat up to **twice the amount** of refined grains that they should, but not enough whole grains.



Whole Grains



Refined Grains

Now kids are more likely to get whole grain-rich* foods at least **once a day**. Whole grains give kids vitamins, minerals, and fiber to help them be strong and healthy.

Lowering Added Sugars

On average, kids 9 to 13 years old eat between 17 to 22 teaspoons of added sugars every day.

By limiting sugar in yogurts and cereals, and not counting cookies, cakes and other grain-based desserts toward the grains requirements, meals served in CACFP will give kids the chance to try—and like—new, healthy foods.





Baby Talk: Updates to the Infant Meal Patterns

The updated infant meal patterns support the health of CACFP's youngest participants by:

- Reimbursing meals when moms breastfeed onsite
- Including a wider variety of foods for babies to try during their first year of life

*Whole grain-rich foods are foods containing 100% whole grains or that contain at least 50% whole grains and the remaining grains in the food are enriched.

Sources:
<https://health.gov/dietaryguidelines/2015/>
https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_a06.html
https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_a40.html



Food and Nutrition Service
FNS-651
April 2017
<https://teamnutrition.usda.gov>
USDA is an equal opportunity provider, employee, and lender.

Fueling Up With Veggies

USDA
United States Department of Agriculture

Growing a Healthier Future With the CACFP

Every day, more than 4 million children get meals and snacks through USDA's Child and Adult Care Food Program (CACFP). Thanks to recent updates to the CACFP meal patterns, you now have even more opportunities to help kids get the nutrition they need to **learn, grow, and play**.

Fueling Up With Veggies

Fewer than 10% of 4- to 8-year-olds eat enough vegetables.

Vegetables and fruits are now two separate components at lunch, supper, and snack. This means you can serve vegetables and fruits more often and help kids develop a taste for healthy foods from the start.

Starting Kids Early With Whole Grains

Kids ages 1 to 13 years old eat up to **twice the amount** of refined grains that they should, but not enough whole grains.

Now kids are more likely to get whole grain-rich* foods at least **once a day**. Whole grains give kids vitamins, minerals, and fiber to help them be strong and healthy.

Lowering Added Sugars

On average, kids 9 to 13 years old eat between 17 to 22 teaspoons of added sugars every day.

By limiting sugar in yogurts and cereals, and not counting cookies, cakes and other grain-based desserts toward the grains requirements, meals served in CACFP will give kids the chance to try—and like—new, healthy foods.

Baby Talk: Updates to the Infant Meal Patterns

The updated infant meal patterns support the health of CACFP's youngest participants by:

- Reimbursing meals when moms breastfeed onsite
- Including a wider variety of foods for babies to try during their first year of life

*Whole grain-rich foods are foods containing 100% whole grains or that contain at least 50% whole grains and the remaining grains in the food are enriched.

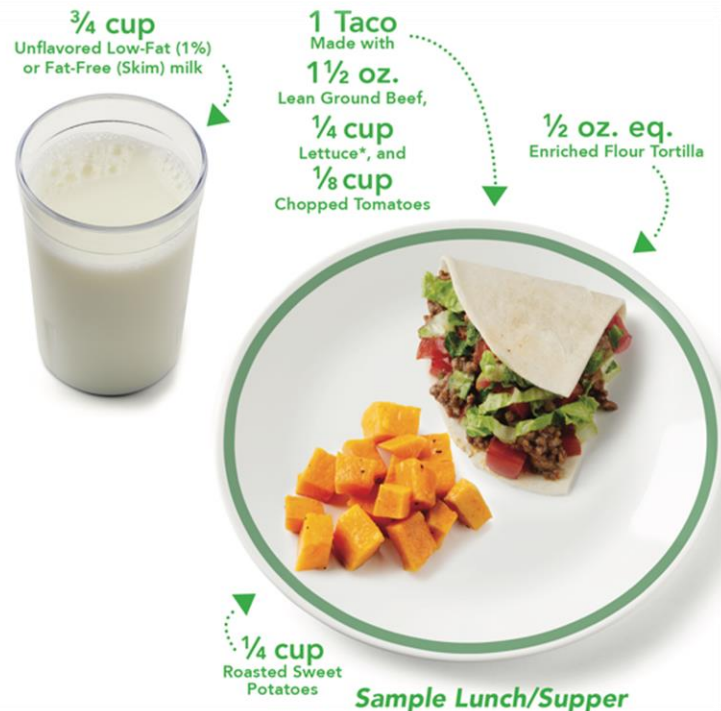
Sources:
<https://health.gov/dietaryguidelines/2015/>
https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_a06.html
https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_a40.html

Food and Nutrition Service
FNS-651
April 2017
<https://teamnutrition.usda.gov>
USDA is an equal opportunity provider, employer, and lender.

Fewer than
10% of 4 to 8
year old kids
eat enough
vegetables.



Fueling Up With Veggies



What is in a Lunch or Supper?

Milk (6 fl. oz. or $\frac{3}{4}$ cup)
Meat/Meat Alternate ($1\frac{1}{2}$ oz. eq.)
Vegetables ($\frac{1}{4}$ cup)
Fruit ($\frac{1}{4}$ cup)
Grains ($\frac{1}{2}$ cup)



Minimum Serving Sizes Shown for Children 3-5

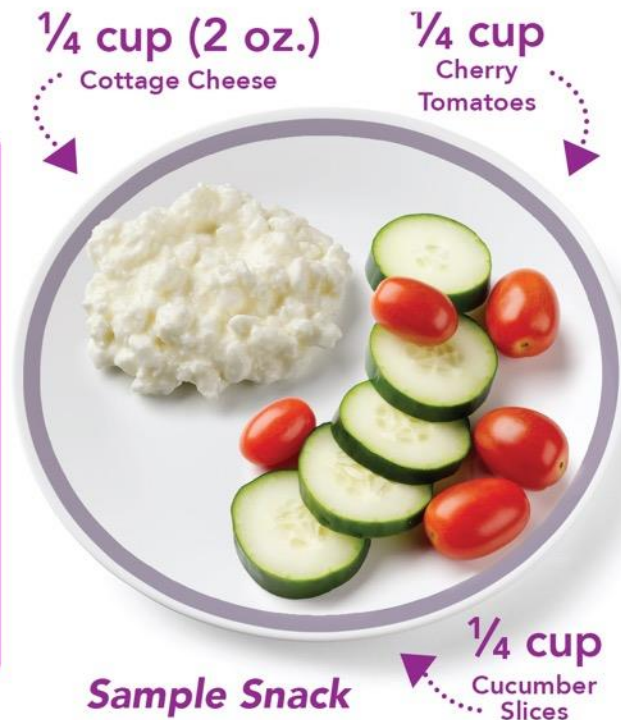
Fueling Up With Veggies



What is in a Snack?

Pick 2:

- Milk (8 fl. oz. or 1 cup)
- Meat/Meat Alternate (1 oz. eq.)
- Vegetables ($\frac{1}{2}$ cup)
- Fruit ($\frac{1}{2}$ cup)
- Grains (1 oz. eq.)



Sample Snack

Minimum Serving Sizes Shown for Adults

Starting Kids Early With Whole Grains

USDA
United States Department of Agriculture

Growing a Healthier Future With the CACFP

Every day, more than 4 million children get meals and snacks through USDA's Child and Adult Care Food Program (CACFP). Thanks to recent updates to the CACFP meal patterns, you now have even more opportunities to help kids get the nutrition they need to **learn, grow, and play**.

Fueling Up With Veggies

Fewer than 10% of 4- to 8-year-olds eat enough vegetables.

Vegetables and fruits are now two separate components at lunch, supper, and snack. This means you can serve vegetables and fruits more often and help kids develop a taste for healthy foods from the start.

Starting Kids Early With Whole Grains

Kids ages 1 to 13 years old eat up to **twice the amount** of refined grains that they should, but not enough whole grains.

Whole grains give kids vitamins, minerals, and fiber to help them be strong and healthy.

Lowering Added Sugars

On average, kids 9 to 13 years old eat between 17 to 22 teaspoons of added sugars every day.

By limiting sugar in yogurts and cereals, and not counting cookies, cakes and other grain-based desserts toward the grains requirements, meals served in CACFP will give kids the chance to try—and like—new, healthy foods.

Baby Talk: Updates to the Infant Meal Patterns

The updated infant meal patterns support the health of CACFP's youngest participants by:

- Reimbursing meals when moms breastfeed on-site
- Including a wider variety of foods for babies to try during their first year of life

*Whole grain-rich foods are foods containing 100% whole grains or that contain at least 50% whole grains and the remaining grains in the food are enriched.

Sources:
<https://health.gov/dietaryguidelines/2015/>
https://epi.grants.cancer.gov/diet/usualintake/pop/2007-10/table_s06.html
https://epi.grants.cancer.gov/diet/usualintake/pop/2007-10/table_s40.html

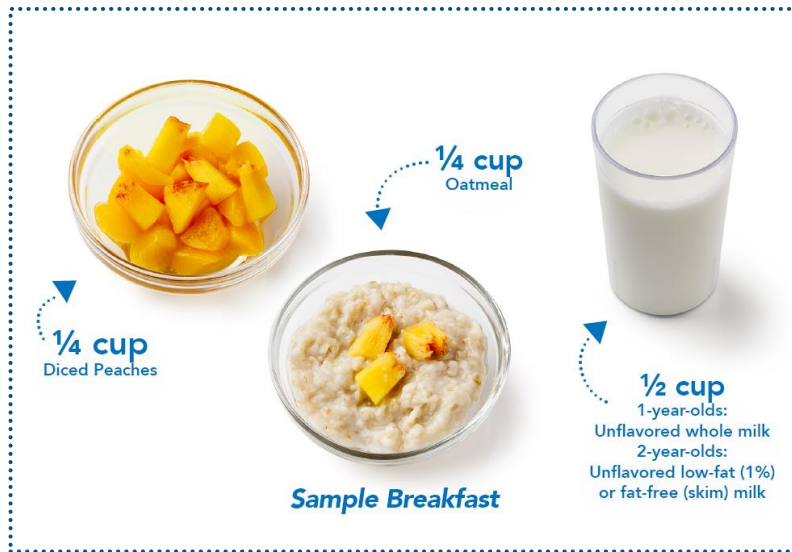
TEAM
NUTRITION

Food and Nutrition Service
FNS-451
April 2017
<https://teamnutrition.usda.gov>
USDA is an equal opportunity provider, employer, and lender.

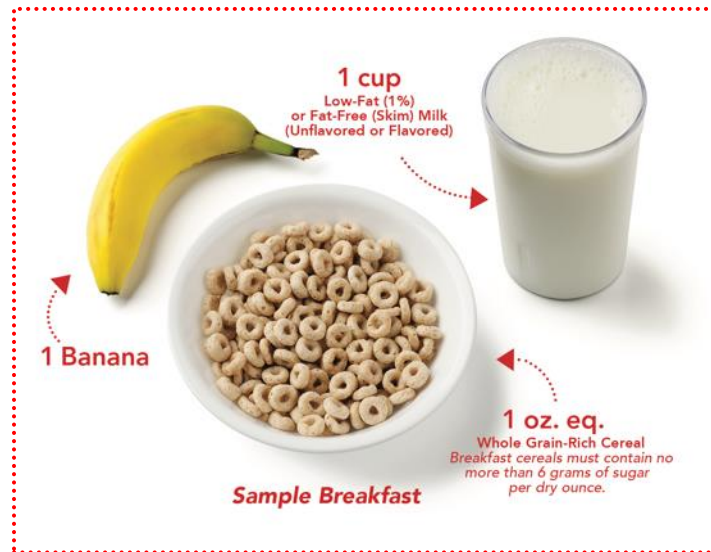
Kids ages 1 to 13 years old get up to **twice the amount** of refined grains that they should, but not enough whole grains.



Starting Kids Early With Whole Grains

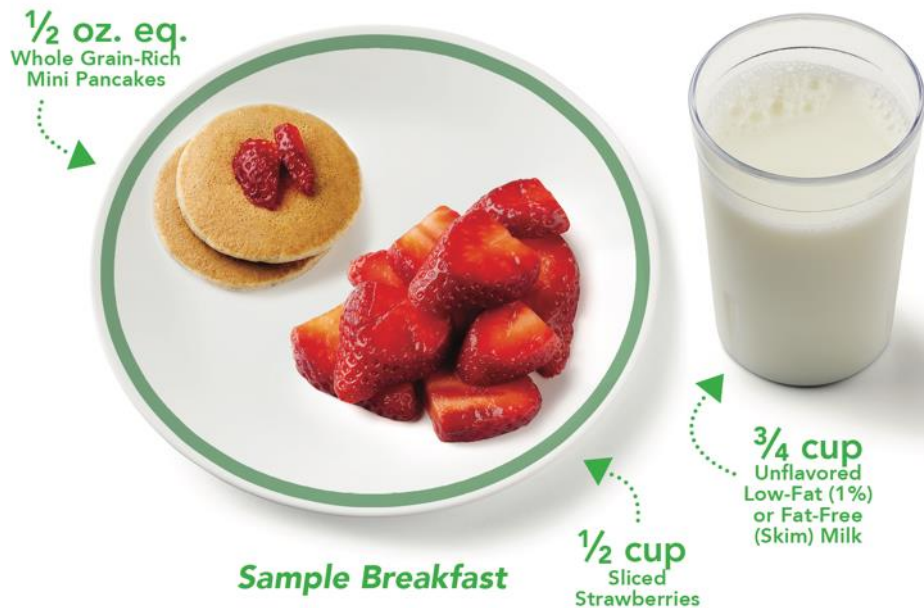


*Minimum Serving Sizes
Shown for Children Ages 1-2*



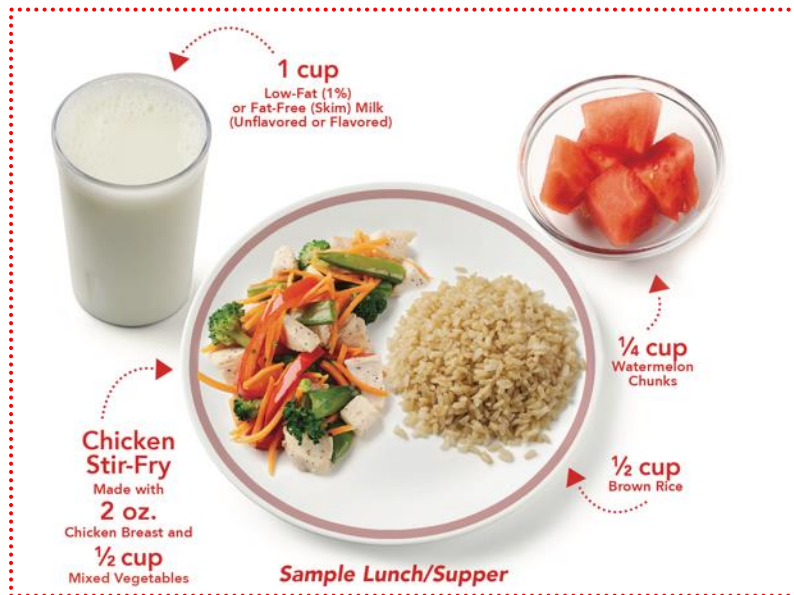
*Minimum Serving Sizes Shown for
Children Ages 6-12 and 13-18*

Starting Kids Early With Whole Grains

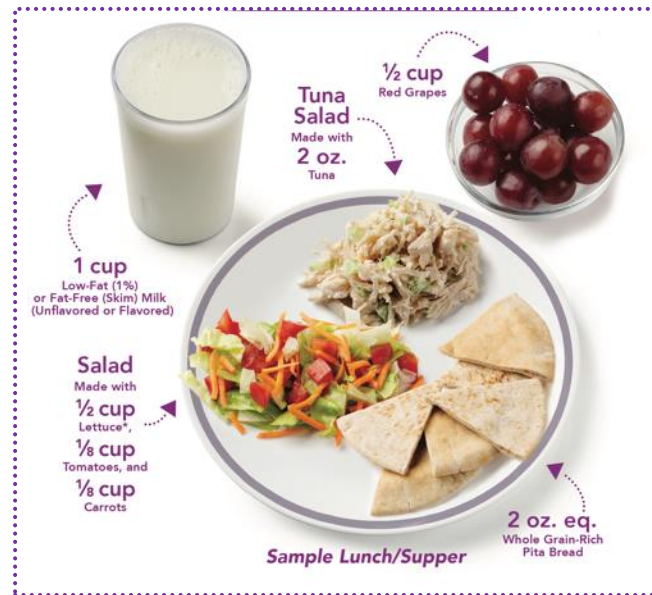


**Minimum Serving Sizes Shown for Children Ages 3-5*

Starting Kids Early With Whole Grains



*Minimum Serving Sizes Shown for
Children Ages 6-12 and 13-18*



*Minimum Serving Sizes
Shown for Adults*

Starting Kids Early With Whole Grains

USDA
United States Department of Agriculture

Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)
Sample Meals for Children Ages 6-12 and 13-18

What is in a Breakfast?
Milk (8 fl. oz. or 1 cup)
Vegetables, Fruit, or Both (½ cup)
Grains (1 oz. eq.)

Optional: Meat/meat alternatives may be served in place of the entire grains component up to 3 times per week at breakfast.

Sample Breakfast
1 Banana
1 cup Low-Fat (1%) or Fat-Free (Skim) Milk (Unflavored or Flavored)
1 oz. eq. Whole Grain-Rich Cereal
Breakfast cereals must contain more than 5 grams of sugar per dry ounce.

What is in a Lunch or Supper?
Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternate (2 oz. eq.)
Vegetables (½ cup)
Fruit (½ cup)
Grains (1 oz. eq.)

Sample Lunch/Supper
1 cup Low-Fat (1%) or Fat-Free (Skim) Milk (Unflavored or Flavored)
1 cup Chicken Stir-Fry Made with 2 oz. Chicken Breast and ½ cup Mixed Vegetables
½ cup Watermelon Chunks
½ cup Brown Rice

What is in a Snack?
Pick 2:
Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternate (1 oz. eq.)
Vegetables (½ cup)
Fruit (½ cup)
Grains (1 oz. eq.)

Sample Snack
1 serving Crackers
¾ cup Applesauce
¼ cup Raisins

Note: Serving sizes are minimums.

Flavored low-fat (1%) milk is allowed for children ages 6 and older and adults in the CACFP from July 1, 2018, until June 30, 2019, and is subject to updates pending Final Rule for Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements. Learn more about the CACFP meal patterns, including information on ounce equivalents (oz. eq.) and serving sizes at <https://www.fns.usda.gov/cacfp>

Food and Nutrition Service
FNS-AMT
Revised June 2018
USDA is an equal opportunity provider, employee, and lender.

What is in a Breakfast?
Milk (8 fl. oz. or 1 cup)
Vegetables, Fruit, or Both (½ cup)
Grains (1 oz. eq.)

Optional: Meat/meat alternatives may be served in place of the entire grains component up to 3 times per week at breakfast.

Sample Breakfast
1 Banana
1 cup Low-Fat (1%) or Fat-Free (Skim) Milk (Unflavored or Flavored)
1 oz. eq. Whole Grain-Rich Cereal
Breakfast cereals must contain no more than 5 grams of sugar per dry ounce.

What is in a Lunch or Supper?
Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternate (2 oz. eq.)
Vegetables (½ cup)
Fruit (½ cup)
Grains (1 oz. eq.)

Sample Lunch/Supper
1 cup Low-Fat (1%) or Fat-Free (Skim) Milk (Unflavored or Flavored)
1 cup Chicken Stir-Fry Made with 2 oz. Chicken Breast and ½ cup Mixed Vegetables
¾ cup Watermelon Chunks
½ cup Brown Rice

**All grains served must be whole grain-rich or enriched.
Breakfast cereals may also be fortified.
At least one grain served each day must be whole grain-rich.**

**Minimum Serving Sizes Shown
for Children Ages 6-12 and 13-18*



True or False:

I may serve
whole grain-rich
foods at
breakfast, lunch,
supper, or snack.

- ☐ True
- ☐ False



True or False:
I may serve
whole grain-rich
foods at
breakfast, lunch,
supper or snack.

☒ **True**

☐ **False**

- Whole grain-rich foods should be served at least once per day in the CACFP. This can be at breakfast, lunch, supper, or snack.
- Try serving whole grain-rich foods at different meals throughout the week, such as brown rice for lunch on Monday, oatmeal for breakfast on Tuesday, and whole grain-rich mini-bagels at snack on Wednesday.
- As a best practice, you can serve whole grain-rich foods twice or more per day.


Lowering Added Sugars

USDA
United States Department of Agriculture

Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below.



- 1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
- 2 Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
- 3 Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

Yummy Brand Cereal


Nutrition Facts
Serving Size ¼ cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
% Daily Value*	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Polyunsaturated Fat 0g	0%
Monounsaturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 100mg	2%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	11%
Sugars 5g	10%
Other Carbohydrate 14g	
Protein 3g	

Test Yourself:
Does the cereal above meet the sugar requirement?
(Check your answer on the next page)
Serving Size: _____
Sugars: _____
☐ Yes ☐ No

*Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>




USDA
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.
- 3 Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Serving Size	Sugars
If the serving size is:	Sugars must not be more than:
2.25 oz	6g
3.5 oz	9g
4 oz	11g
5.3 oz	15g
6 oz	20g
8 oz	27g


Nutrition Facts
Serving Size 6 oz (172g)
Servings Per Container 4

Amount Per Serving	Yogurt
Calories 130	130
Calories from Fat 20	20
% Daily Value*	% Daily Value*
Total Fat 2g	4%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 10mg	2%
Potassium 400mg	8%
Sodium 100mg	2%
Total Carbohydrate 25g	5%
Dietary Fiber 4g	8%
Sugars 15g	30%
Protein 10g	20%
Vitamin A 6%	
Calcium 35%	
Vitamin D 4%	

Test Yourself:
Does the yogurt above meet the sugar requirement?
(Check your answer on the next page)
Serving Size: _____
Sugars: _____
☐ Yes ☐ No

*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP. For serving size requirements of yogurt in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>




fns.usda.gov/cacfp-halftime-thirty-thursday-training-webinar-series

Lowering Added Sugars At Breakfast



**Yogurt must not contain more than 23 grams of sugar per 6 oz.*



True or False:

I may serve eggs at breakfast as part of reimbursable meal.

- ☐ True
- ☐ False



True or False:

I may serve eggs at breakfast as part of reimbursable meal.

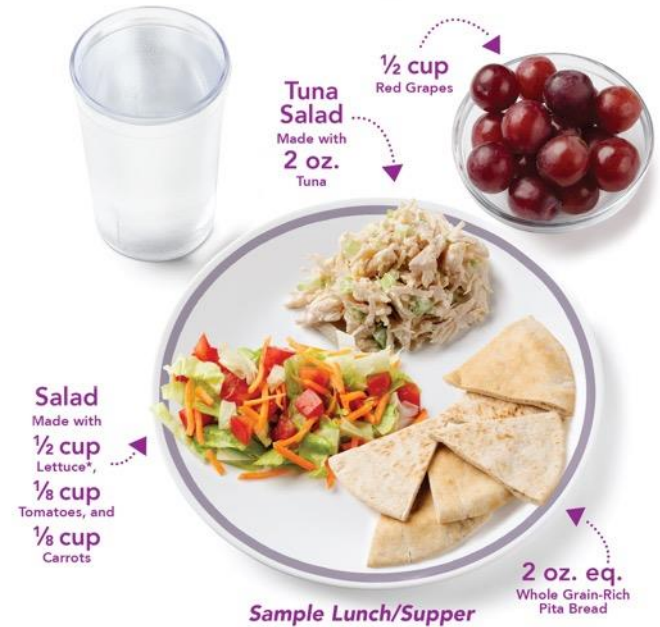
☒ True

☐ False

- Eggs are a meat alternate, and meat and meat alternates may be served in place of grains up to three times per week at breakfast.
- You may also serve yogurt, cottage cheese, cheese, lean meats, and peanut butter.
- For more information, watch the recorded *CACFP Halftime: Thirty on Thursdays* webinar on “Serving Meat and Meat Alternates at Breakfast” at <https://www.fns.usda.gov/tn/halftime-cacfp-thirty-thursdays-training-webinar-series>.

For Adult Participants Only

- Milk is optional at supper only
- Required components at supper are
 - Vegetables
 - Fruit
 - Grains
 - Meat/meat alternates
- Water should be offered and made available throughout the day



For Adult Participants Only

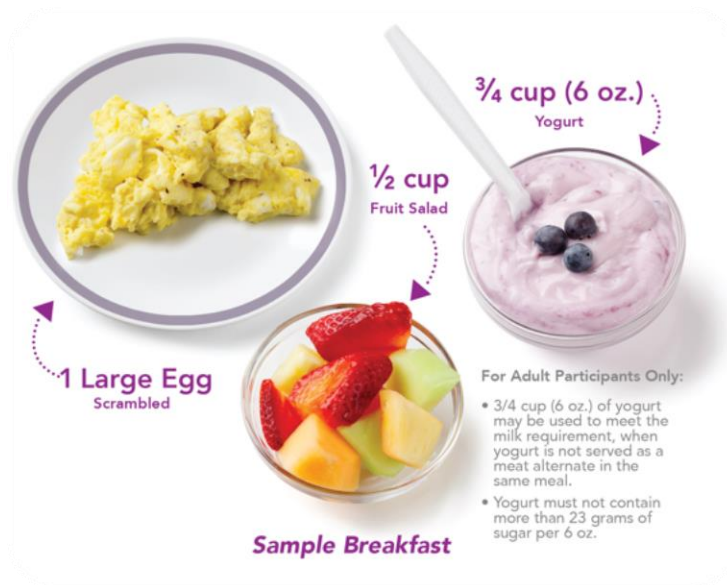
- Yogurt can be served in place of milk once per day.
- If you are serving yogurt in place of milk, the yogurt cannot also count as a meat alternate in the same meal.



What is in a Breakfast?

Milk (8 fl. oz. or 1 cup)
Vegetables, Fruit, or Both ($\frac{1}{2}$ cup)
Grains (2 oz. eq.)

Optional: Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.



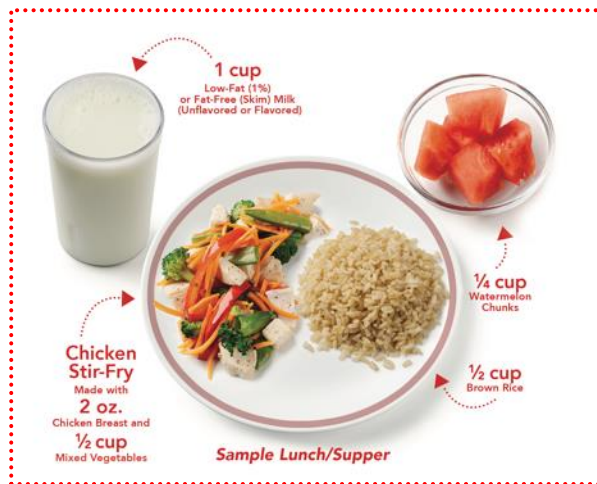
Best Practices in Menu Planning

- Balance
- Variety
- Contrast
- Color
- Eye Appeal

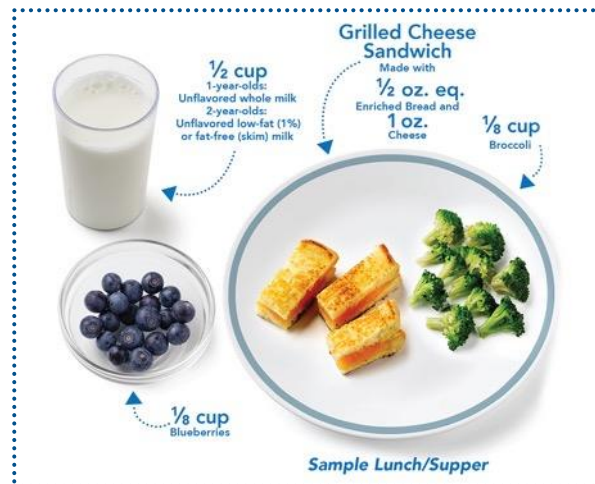


Balance

- Use whole grain-rich foods to provide balance to strong flavors
- Serve “heavier” dishes with lighter sides



**Minimum Serving Sizes Shown
for Children Ages 6-12 and 13-18*



**Minimum Serving Sizes
Shown for Children Ages 1-2*

Variety

Offer variety with:

- Whole Grains
- Meat/meat alternates at breakfast
- Cooking methods



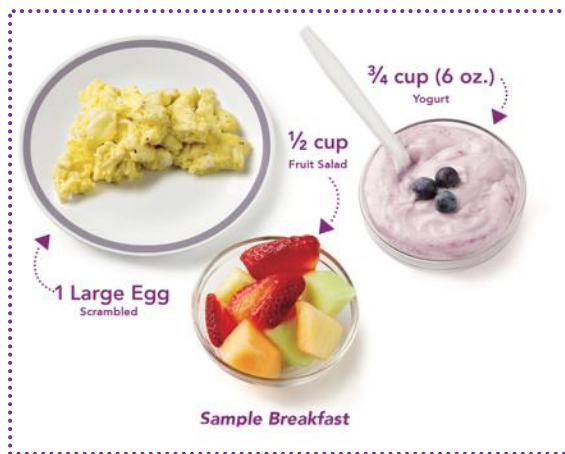
Color

- Add color to your meals with fruits and vegetables.
- Top oatmeal or pancakes with fruit.
- Serve colorful fruit and vegetables at snacks and meals.

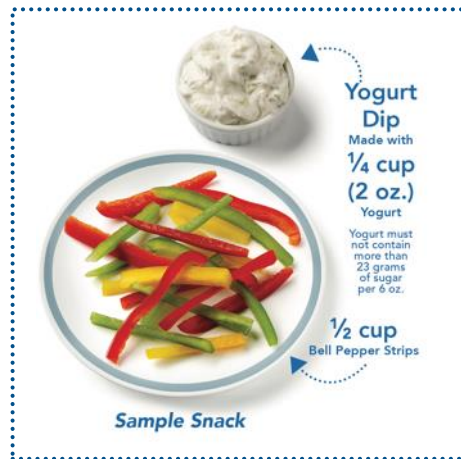


Contrast

- Serve different textures, temperatures, and tastes
- Examples:
 - Crispy raw vegetables with creamy yogurt dip
 - Scrambled eggs with yogurt and fruit



**Minimum Serving Sizes
Shown for Adults*



**Minimum Serving Sizes
Shown for Children Ages 1-2*

Eye Appeal

- Cut or arrange foods into different shapes
- Include space on the plate
- Use different types of bowls, cups, plates, etc.



Standardized Recipes for the CACFP



fns.usda.gov/cacfp-recipes

More Team Nutrition Resources!



TeamNutrition.usda.gov

How To Order Print Copies

Resource Order Form at TeamNutrition.usda.gov.

- **FREE** for those participating in a Child Nutrition Program, while supplies last.
- Sponsoring organizations and State agencies can also order in bulk by sending an email to:



[**TeamNutrition@usda.gov**](mailto:TeamNutrition@usda.gov)



Thank you!



TeamNutrition.usda.gov



[@TeamNutrition](https://twitter.com/TeamNutrition)



TeamNutrition@usda.gov

