

# Serving Meat and Meat Alternates at Breakfast

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](https://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

# Serving Meat and Meat Alternates at Breakfast




United States Department of Agriculture

## Serving Meat and Meat Alternates at Breakfast

Breakfasts in the Child and Adult Care Food Program (CACFP) include milk, vegetables and/or fruits, and grains. You can also serve meat and/or meat alternates instead of grains at breakfast up to 3 times per week. This option gives you more choices for menu planning.

Here's how to include meat or meat alternates as part of a reimbursable breakfast meal:

- Substitute 1 **ounce equivalent** of meat/meat alternate for 1 serving of grains; or
- Substitute 1 **ounce equivalent** of meat/meat alternate for 1 ounce equivalent of grains.



**Ounce equivalents** are a way to measure amounts of food. In the CACFP, 1 ounce equivalent of a meat or meat alternate is equal to 2 tablespoons of peanut butter,  $\frac{1}{2}$  of a large egg, or 1 ounce of lean meat, poultry, or fish. If you use meat or meat alternate more than 3 days a week, you must offer them as additional foods, which do not count toward the reimbursable meal.


### A Closer Look at Menu Planning

If you plan to offer a meat or meat alternate at breakfast in place of grains, it must replace the entire required amount of grains. The table below shows the minimum amount of a meat or meat alternate you would need to serve in place of grains at breakfast.

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
<b>Minimum amount of meat/ meat alternates required when served instead of grains at breakfast</b>	$\frac{1}{2}$ ounce equivalent	1 ounce equivalent	2 ounce equivalents
<b>is equal to:</b>	<b>is equal to:</b>	<b>is equal to:</b>	
Beans or peas (cooked)	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Natural or processed cheese	$\frac{1}{2}$ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	$\frac{1}{2}$ cup (1 ounce)	$\frac{1}{2}$ cup (2 ounces)	$\frac{1}{2}$ cup (4 ounces)
Eggs	$\frac{1}{4}$ large egg	$\frac{1}{2}$ large egg	1 large egg
Lean meat, poultry, or fish	$\frac{1}{2}$ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	$\frac{1}{2}$ cup (1.1 ounces) with at least 2.5 grams of protein	$\frac{1}{2}$ cup (2.2 ounces) with at least 5 grams of protein	$\frac{1}{2}$ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	$\frac{1}{2}$ cup of yogurt (2 ounces)	$\frac{1}{2}$ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)


*Note: When you serve beans and peas as a vegetable, they cannot also count as a meat alternate in the same meal.*

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




[fns.usda.gov/team-nutrition/cacfp-meal-pattern-training-worksheets](https://fns.usda.gov/team-nutrition/cacfp-meal-pattern-training-worksheets)

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	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
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	is equal to:	is equal to:	is equal to:
Beans or peas (cooked)	½ cup	½ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	½ cup (1 ounce)	½ cup (2 ounces)	½ cup (4 ounces)
Eggs	½ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	½ cup (1.1 ounces) with at least 2.5 grams of protein	½ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including non-fat yogurt)	½ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

*Note: When you serve beans and peas as a vegetable, they cannot also count as a meat alternate in the same meal.*

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## Serving Meat and Meat Alternates at Breakfast

Breakfasts in the Child and Adult Care Food Program (CACFP) include milk, vegetables and/or fruits, and grains. You can also serve meat and/or meat alternates instead of grains at breakfast up to 3 times per week. This option gives you more choices for menu planning.



## What is in a Breakfast?

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

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

**Breakfast Requirements  
for 3-5 year olds**



## What is in a Breakfast?

Milk (4 fl. oz. or  $\frac{1}{2}$  cup)  
Vegetables, Fruit, or Both ( $\frac{1}{4}$  cup)  
Grains ( $\frac{1}{2}$  oz. eq.)

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

**Breakfast Requirements  
for 1-2 year olds**

# Breakfast Requirements for 3-5 Year Olds



## What is in a Breakfast?

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

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

# Breakfast Requirements for 3-5 Year Olds



## What is in a Breakfast?

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

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



## What is in a Breakfast?

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

Up to 3 times per week



# Breakfast Requirements for 1-2 Year Olds



## What is in a Breakfast?

Milk (4 fl. oz. or  $\frac{1}{2}$  cup)  
Vegetables, Fruit, or Both ( $\frac{1}{4}$  cup)  
Grains ( $\frac{1}{2}$  oz. eq.)

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

# Breakfast Requirements for 1-2 Year Olds



## What is in a Breakfast?

Milk (4 fl. oz. or  $\frac{1}{2}$  cup)  
Vegetables, Fruit, or Both ( $\frac{1}{4}$  cup)  
Grains ( $\frac{1}{2}$  oz. eq.)

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



## What is in a Breakfast?

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

**Up to 3 times per week**



## Try It Out!

### What is in a Breakfast?

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

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



If you wanted to serve a meat or meat alternate in place of grains at breakfast for 6-12 year olds, what is the minimum amount of meat or meat alternate you must serve?

- ☐ 8 oz.
- ☐  $\frac{1}{2}$  oz. eq.
- ☐ 1 oz. eq.
- ☐ 2 oz. eq.





**Answer:**

**What is in a  
Breakfast?**

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

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



If you wanted to serve a meat or meat alternate in place of grains at breakfast for 6-12 year olds, what is the minimum amount of meat or meat alternate you must serve?

- ☐ 8 oz.
- ☐ 1/2 oz. eq.
- ☒ **1 oz. eq.**
- ☐ 2 oz. eq.





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### A Closer Look at Menu Planning

If you plan to offer a meat or meat alternate at breakfast in place of grains, it must replace the entire required amount of grains. The table below shows the minimum amount of a meat or meat alternate you would need to serve in place of grains at breakfast.

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
<b>Minimum amount of meat/ meat alternates required when served instead of grains at breakfast</b>	½ ounce equivalent	1 ounce equivalent	2 ounce equivalents
	is equal to:	is equal to:	is equal to:
Beans or peas (cooked)	½ cup	¼ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	½ cup (1 ounce)	¾ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	¾ cup (1.1 ounces) with at least 2.5 grams of protein	¾ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	¾ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

*Note: When you serve beans and peas as a vegetable, they cannot also count as a meat alternate in the same meal.*



	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
<b>Minimum amount of meat/ meat alternates required when served instead of grains at breakfast</b>	½ ounce equivalent	1 ounce equivalent	2 ounce equivalents
<b>Meat/Meat Alternate</b>	<b>is equal to:</b>	<b>is equal to:</b>	<b>is equal to:</b>
Beans or peas (cooked)	⅛ cup	¼ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	⅛ cup (1 ounce)	¼ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	⅛ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

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Beans or peas (cooked)	⅓ cup	¼ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	⅓ cup (1 ounce)	¼ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	⅓ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

	Ages 1 - 2 years and 3 - 5 years
<b>Minimum amount of meat/ meat alternates required when served instead of grains at breakfast</b>	½ ounce equivalent
Meat/Meat Alternate	is equal to:
Beans or peas (cooked)	⅛ cup
Natural or processed cheese	½ ounce
Cottage or ricotta cheese	⅛ cup (1 ounce)
Eggs	¼ large egg
Lean meat, poultry, or fish	½ ounce
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon
Tofu (store-bought or commercially prepared)	⅛ cup (1.1 ounces) with at least 2.5 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)

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Beans or peas (cooked)	⅛ cup
Natural or processed cheese	½ ounce
Cottage or ricotta cheese	⅛ cup (1 ounce)
Eggs	¼ large egg
Lean meat, poultry, or fish	½ ounce
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon
Tofu (store-bought or commercially prepared)	⅛ cup (1.1 ounces) with at least 2.5 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)





### Try It Out!

You want to serve yogurt at breakfast to your 3-5 year olds once per week. If you are serving the yogurt in place of a grain, how much yogurt do you need to serve?

- ☐  $\frac{1}{8}$  c.
- ☐  $\frac{1}{4}$  c.
- ☐ 1 tbsp.
- ☐  $\frac{1}{2}$  tbsp.



# Answer

You want to serve yogurt at breakfast to your 3-5 year olds once per week. If you are serving the yogurt in place of a grain, how much yogurt do you need to serve?

- ☐  $\frac{1}{8}$  c.
- ☒  $\frac{1}{4}$  c.
- ☐ 1 tbsp.
- ☐  $\frac{1}{2}$  tbsp.

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<b>Minimum amount of meat/ meat alternates required when served instead of grains at breakfast</b>	$\frac{1}{2}$ ounce equivalent
<b>Meat/Meat Alternate</b>	<b>is equal to:</b>
Beans or peas (cooked)	$\frac{1}{8}$ cup
Natural or processed cheese	$\frac{1}{2}$ ounce
Cottage or ricotta cheese	$\frac{1}{8}$ cup (1 ounce)
Eggs	$\frac{1}{4}$ large egg
Lean meat, poultry, or fish	$\frac{1}{2}$ ounce
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon
Tofu (store-bought or commercially prepared)	$\frac{1}{8}$ cup (1.1 ounces) with at least 2.5 grams of protein
Yogurt (including soy yogurt)	$\frac{1}{4}$ cup of yogurt (2 ounces)

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
<b>Minimum amount of meat/ meat alternates required when served instead of grains at breakfast</b>	½ ounce equivalent	1 ounce equivalent	2 ounce equivalents
Meat/Meat Alternate	is equal to:	is equal to:	is equal to:
Beans or peas (cooked)	⅓ cup	¼ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	⅓ cup (1 ounce)	¼ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	⅓ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)



### Try It Out!

You want to serve peanut butter to your 6-12 year olds at breakfast on Wednesday. If you serve the peanut butter in place of a grain, how much peanut butter do you need to serve?

- ☐ 1 tbsp.
- ☐  $\frac{1}{4}$  tbsp.
- ☐ 2 tbsp.
- ☐  $\frac{1}{2}$  tbsp.



# Answer

You want to serve peanut butter to your 6-12 year olds at breakfast on Wednesday. If you serve the peanut butter in place of a grain, how much peanut butter do you need to serve?

- ☐ 1 tbsp.
- ☐ ¼ tbsp.
- ☒ 2 tbsp.
- ☐ ½ tbsp.

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Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	⅛ cup (1 ounce)	¼ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	⅛ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

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Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)



### Try It Out!

You work for an adult day care site, and you would like to serve eggs for breakfast twice per week. What amount of eggs do you need to serve if you are serving them in place of grains?

- ☐ ¼ large egg
- ☐ ½ large egg
- ☐ ½ tbsp. large egg
- ☐ 1 large egg



# Answer

You work for an adult day care site, and you would like to serve them eggs for breakfast twice per week. What amount of eggs do you need to serve if you are serving them in place of grains?

- ☐ ¼ large egg
- ☐ ½ large egg
- ☐ ½ tbsp. large egg
- ☒ 1 large egg

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
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Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	⅛ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
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	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 11 years	Ages 12 years and older
Minimum amount of meat/meat alternates required when served instead of grains at breakfast	$\frac{1}{2}$ ounce equivalent	1 ounce equivalent	2 ounce equivalents
	is equal to:		
Beans or peas (cooked)	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Natural or processed cheese	$\frac{1}{2}$ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	$\frac{1}{4}$ cup (1 ounce)	$\frac{1}{4}$ cup (2 ounces)	$\frac{1}{2}$ cup (4 ounces)
Eggs	$\frac{1}{4}$ large egg	$\frac{1}{2}$ large egg	1 large egg
Lean meat, poultry, or fish	$\frac{1}{2}$ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	$\frac{1}{4}$ cup (1.1 ounces) with at least 2.5 grams of protein	$\frac{1}{4}$ cup (2.2 ounces) with at least 5 grams of protein	$\frac{1}{2}$ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	$\frac{1}{4}$ cup of yogurt (2 ounces)	$\frac{1}{2}$ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

*Note: When you serve beans and peas as a vegetable, they cannot also count as a meat alternate in the same meal.*

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## Mix It Up at Breakfast

You can serve a meat or meat alternate as a standalone item, such as eggs, yogurt, cottage cheese, turkey sausage, and ham. As a best practice, choose foods that are lower in saturated fat and sodium. Meat and meat alternates can be served together, such as eggs (a meat alternate) and ham (a meat). Meat and meat alternates can also be served in a dish mixed with other foods, such as apple slices spread with peanut butter, yogurt topped with fruit, or a tofu scramble with vegetables.

Bacon, imitation bacon products, scrapple, and salt pork are not creditable in the CACFP.



Turkey bacon, Canadian bacon, and some types of sausage are creditable only if the product has a Child Nutrition label, or if you have a Product Formulation Statement (PFS) signed by the manufacturer. For more information on crediting foods in the CACFP, please see the *Crediting Handbook for the CACFP* and the *Food Buying Guide for Child Nutrition Programs* at <https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools>.



**For Adult Day Care Only:** You can serve 6 ounces of yogurt in place of 8 ounces of milk once per day when yogurt is not served as a meat alternate in the same meal. If you serve yogurt to adults as a meat alternate at breakfast, you must also serve fluid milk.

## Try It Out!



### Test Yourself

1. Your adult day care center is open 4 days a week. How many times per week may you serve meat and meat alternatives in place of grains at breakfast?

2. Your child care home is open 7 days per week. How many times per week may you serve meat and meat alternatives in place of grains at breakfast?

3. You want to serve yogurt at breakfast to your 3-5 year olds once per week. If you are serving the yogurt in place of a grain, what's the minimum amount you must serve to this age group to meet the meal pattern requirement?

1. You may serve meat and meat alternates in place of grains up to 3 times per week. All centers and day care homes have the option to serve meat/meat alternates in place of grains at breakfast up to 3 times per week, no matter how many days per week they are open.

2. You may serve meat and meat alternates in place of grains up to 3 times per week. All centers and day care homes have the option to serve meat/meat alternates in place of grains at breakfast up to 3 times per week, no matter how many days per week they are open.

3. If serving yogurt in place of a grain at breakfast, you must serve at least 2 ounces (1/4 cup) of yogurt to the 3-5 year olds to meet the meal pattern requirement.

### Answer Key:

FNS-657 February 2018

USDA is an equal opportunity provider, employer, and lender.

# Meat and Meat Alternates at Breakfast

Example	Example 1	Example 2	Example 3
<b>Milk</b>	Low-Fat (1%) Milk	Fat-Free (Skim) Milk	Low-Fat (1%) Milk
<b>Vegetable/ Fruit</b>	Mixed Berries	Melon Cubes	Orange Slices
<b>Meat/Meat Alternate</b>	Low-Fat Cottage Cheese	Low-Sodium Ham	Scrambled Eggs

# Combined Meat and Meat Alternates

Example	Example 1	Example 2	Example 3
<b>Milk</b>	Low-Fat (1%) Milk	Fat-Free (Skim) Milk	Low-Fat (1%) Milk
<b>Vegetable/ Fruit</b>	Mixed Berries	Melon Cubes	Orange Slices
<b>Meat/Meat Alternate</b>	Low-Fat Cottage Cheese with Chopped Nuts or Seeds	Ham and Cheese Roll-ups	Scrambled Eggs with Cheese

# Meat/Meat Alternates Combined with Other Components

Example	Example 1	Example 2	Example 3
<b>Milk</b>	Low-Fat (1%) Milk	Fat-Free (Skim) Milk	Low-Fat (1%) Milk
<b>Vegetable/Fruit and Meat/Meat Alternate</b>	Apple Slices Spread with Peanut Butter	Fruit Parfait (made with fruit, yogurt, and optional chopped nuts or seeds)	Spinach Egg Bake

## Mix It Up at Breakfast

You can serve a meat or meat alternate as a standalone item, such as eggs, yogurt, cottage cheese, turkey sausage, and ham. As a best practice, choose foods that are lower in saturated fat and sodium. Meat and meat alternates can be served together, such as eggs (a meat alternate) and ham (a meat). Meat and meat alternates can also be served in a dish mixed with other foods, such as apple slices spread with peanut butter, yogurt topped with fruit, or a tofu scramble with vegetables.



Bacon, imitation bacon products, scrapple, and salt pork are not creditable in the CACFP.



Turkey bacon, Canadian bacon product has a Child Nutrition label signed by the manufacturer. please see the *Crediting Nutrition Programs* at <http://www.fns.usda.gov/cacfp>

**For Adult Day Care Only:** You can serve once per day when yogurt is not served. Yogurt to adults as a meat alternate at breakfast.

# Mix It Up at Breakfast

You can serve a meat or meat alternate as a standalone item, such as eggs, yogurt, cottage cheese, turkey sausage, and ham. As a best practice, choose foods that are lower in saturated fat and sodium. Meat and meat alternates can be served together, such as eggs (a meat alternate) and ham (a meat). Meat and meat alternates can also be served in a dish mixed with other foods, such as apple slices spread with peanut butter, yogurt topped with fruit, or a tofu scramble with vegetables.

1. Your adult day care center is open 4 days per week. How many meat alternatives in place of grains at breakfast?

2. Your child care home is open 7 days per week. How many meat alternatives in place of grains at breakfast?

3. You want to serve yogurt at breakfast in place of a grain, what's the minimum requirement?

1. You may serve meat and meat alternates in place of grains up to 3 times per week. All centers and day care homes have the option to serve meat/meat alternates in place of grains at breakfast up to 3 times per week, no matter how many days per week they are open.

2. You may serve meat and meat alternates in place of grains up to 3 times per week. All centers and day care homes have the option to serve meat/meat alternates in place of grains at breakfast up to 3 times per week, no matter how many days per week they are open.

3. If serving yogurt in place of a grain at breakfast, you must serve at least 2 ounces (¼ cup) of yogurt to the 3-5-year olds to meet the meal pattern requirement.

**Answer Key:**

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## Mix It Up at Breakfast

You can serve a meat or meat alternate as a standalone item, such as eggs, yogurt, cottage cheese, turkey sausage, and ham. As a best practice, choose foods that are lower in saturated fat and sodium. Meat and meat alternates can be served together, such as eggs (a meat alternate) and ham (a meat). Meat and meat alternates can also be served in a dish mixed with other foods, such as apple slices spread with peanut butter, yogurt topped with fruit, or a tofu scramble with vegetables.



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**For Adult Day Care Only:** You can serve yogurt to adults as a meat alternate at once per day when yogurt is not served.

1. Your adult day care center is open 4 days per week. You serve meat alternatives in place of grains at breakfast.

2. Your child care home is open 7 days per week. You serve meat alternatives in place of grains at breakfast.





3. You want to serve yogurt at breakfast in place of a grain, what's the minimum requirement?



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## Food Buying Guide for Child Nutrition

	<p>The Food Buying Guide for Child Nutrition Programs has all of the current information in one manual to help you and your purchasing agent:</p> <ul style="list-style-type: none"><li>• Buy the right amount of food and the appropriate type of food for your program(s).</li><li>• Determine the specific contribution each food makes toward the meal pattern requirements.</li></ul>
	<p>The Food Buying Guide Goes Digital! <a href="#">The Web-based Interactive Food Buying Guide</a> allows you to: easily search and navigate food yields, compare food yields, and create and save favorite foods lists. It also includes:</p> <ul style="list-style-type: none"><li>• The Interactive Product Formulation Statement Workbook, allowing manufacturers to easily calculate their product's contribution statement and generate crediting documentation.</li><li>• The Recipe Analysis Workbook, which helps program operators determine the meal pattern contribution for recipes! Easily search for creditable ingredients, calculate the meal pattern contribution, and print a contribution statement.</li><li>• The FBG Calculator, designed to assist Child Nutrition Program operators in creating a shopping list to streamline food ordering needs for their programs.</li></ul>
	<p><a href="#">The Food Buying Guide Mobile App</a> provides quick access to food yield information to help you make quick purchasing decisions from your mobile device. Download it today.</p>
	<p><a href="#">The Food Buying Guide for Child Nutrition Programs</a> is available to download and/or print as a PDF.</p>



[fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs](https://fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs)



## Mix It Up at Breakfast

You can serve a meat or meat alternate as a standalone item, such as eggs, yogurt, cottage cheese, turkey sausage, and ham. As a best practice, choose foods that are lower in saturated fat and sodium. Meat and meat alternates can be served together, such as eggs (a meat alternate) and ham (a meat). Meat and meat alternates can also be served in a dish mixed with other foods, such as apple slices spread with peanut butter, yogurt topped with fruit, or a tofu scramble with vegetables.

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**For Adult Day Care Only:** You can serve 6 ounces of yogurt in place of 8 ounces of milk once per day when yogurt is not served as a meat alternate in the same meal. If you serve yogurt to adults as a meat alternate at breakfast, you must also serve fluid milk.



## Try It Out!

1. Your adult day care center serves meat alternates in place of grain.

2. Your child care home is required to serve meat alternates in place of grain.

3. You want to serve yogurt in place of a grain, what's the requirement?

Yogurt to the 3-5-year-old

2. You may serve meat and meat alternates in place of grains up to 3 times per week. All centers and day care homes have the option to serve meat/meat alternates in place of grains at breakfast up to 3 times per week, no matter how many days per week they are open.

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## Try It Out!

### Test Yourself

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3. You want to serve yogurt at breakfast to your 3-5 year olds once per week. If you are serving the yogurt in place of a grain, what's the minimum amount you must serve to this age group to meet the meal pattern requirement?

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# More Team Nutrition Resources!



[TeamNutrition.usda.gov](https://TeamNutrition.usda.gov)

# How To Order Print Copies

Resource Order Form at [TeamNutrition.usda.gov](https://TeamNutrition.usda.gov).

- **FREE** for those participating in a USDA's 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!



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