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.

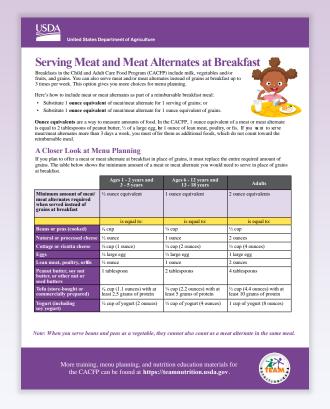


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Let Us Know Who You Are! I work for a...

- 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





Serving Meat and Meat Alternates at Breakfast



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
Minimum amount of meat/ meat alternates required when served instead of grains at breakfast	1/2 ounce equivalent	1 ounce equivalent	2 ounce equivalents
	is equal to:	is equal to:	is equal to:
Beans or peas (cooked)	% cup	¼ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	1/4 cup (1 ounce)	1/4 cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, orlfis	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)	% cup (1.1 ounces) with at least 2.5 grams of protein	1/4 cup (2.2 ounces) with at least 5 grams of protein	1/2 cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	1/4 cup of yogurt (2 ounces)	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 mean

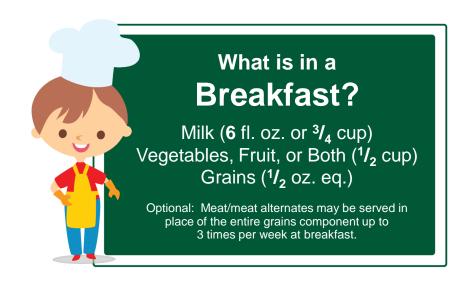
More training, menu planning, and nutrition education materials for the CACFP can be found at https://teamnutrition.usda.gov.

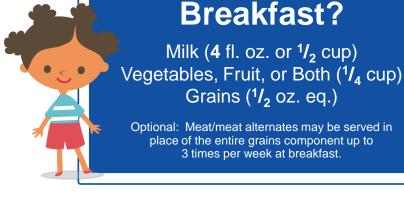


Serving Meat and Meat Alternates at Breakfast

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.





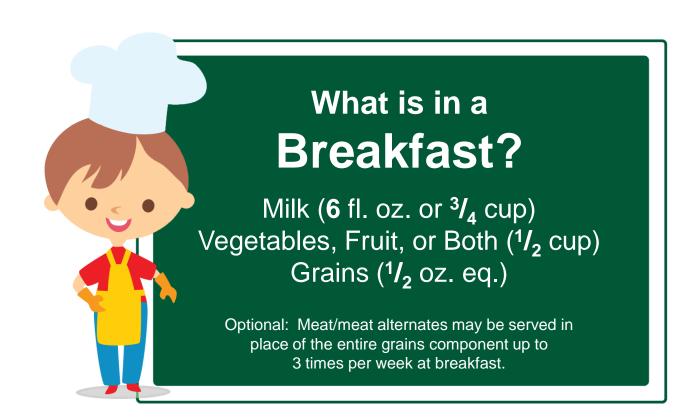


Breakfast Requirements for 3-5 year olds

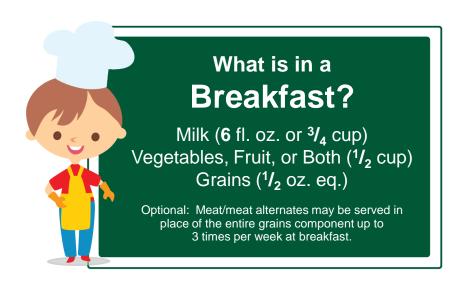
Breakfast Requirements for 1-2 year olds

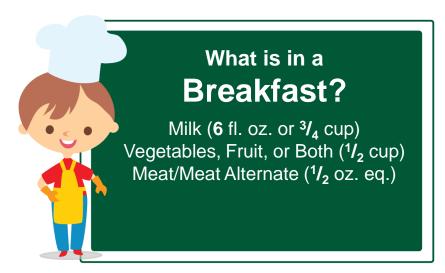
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Breakfast Requirements for 3-5 Year Olds



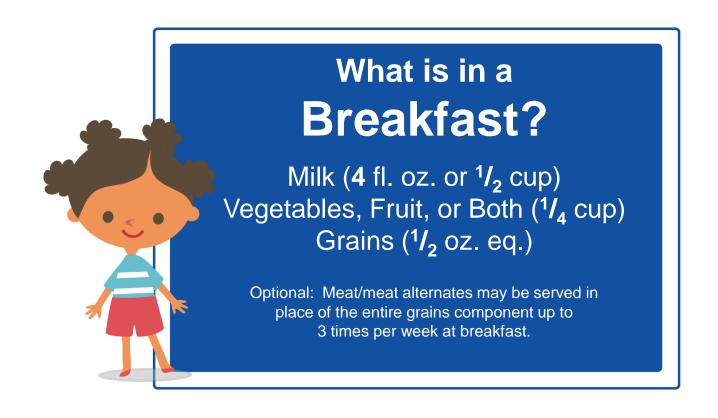
Breakfast Requirements for 3-5 Year Olds



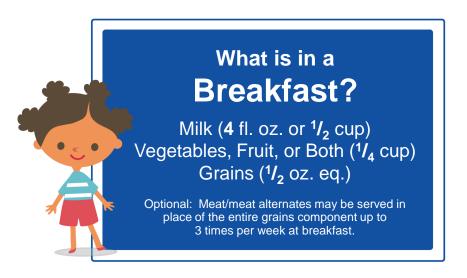


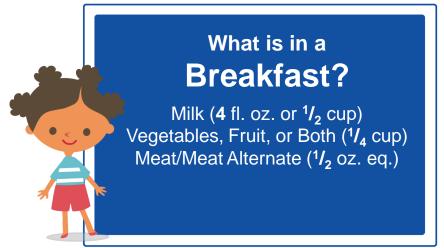
Up to 3 times per week

Breakfast Requirements for 1-2 Year Olds



Breakfast Requirements for 1-2 Year Olds





Up to 3 times per week



Try It Out!



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.
- □ ½ oz. eq.
- ☐ 1 oz. eq.
- □ 2 oz. eq.



Answer:



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?

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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, I ounce equivalent of a meat or meat alternate is equal to 2 tablespoons of peanut butter, ½ of a large egg, br I ounce of Iean meat, poultry, or fis. If you met to serve meat/ment alternates more than 3 days a week, you must offer them as additional foods, which do not count toward the reimbursable me.

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

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

- □ 1/8 C.
- □ ½ C.
- ☐ 1 tbsp.
- ☐ ½ 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?

- □ ½ C.
- **₫** ¼ c.
- ☐ 1 tbsp.
- ☐ ½ tbsp.

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Minimum amount of meat/ meat alternates required when served instead of grains at breakfast	1/2 ounce equivalent
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Beans or peas (cooked)	½ cup
Natural or processed cheese	½ ounce
Cottage or ricotta cheese	½ cup (1 ounce)
Eggs	¹ / ₄ 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)	1/8 cup (1.1 ounces) with at least 2.5 grams of protein
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Minimum amount of meat/ meat alternates required when served instead of grains at breakfast	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)	½ cup	¹ / ₄ cup	¹⁄2 cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	½ cup (1 ounce)	¹ / ₄ 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)	1/8 cup (1.1 ounces) with at least 2.5 grams of protein	¹ / ₄ 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)	¹ / ₄ 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.
- ☐ ¼ tbsp.
- ☐ 2 tbsp.
- \square ½ 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.

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
Minimum amount of meat/ meat alternates required when served instead of grains at breakfast	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	1/4 cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	1/8 cup (1 ounce)	¹ / ₄ 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)	1/8 cup (1.1 ounces) with at least 2.5 grams of protein	¹ / ₄ 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)	¹ / ₄ 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)	½ cup	¹⁄₄ cup	¹∕2 cup
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Cottage or ricotta cheese	1/8 cup (1 ounce)	¹ / ₄ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
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Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	1/8 cup (1.1 ounces) with at least 2.5 grams of protein	¹ / ₄ 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)	1/4 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

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
Minimum amount of meat/ meat alternates required when served instead of grains at breakfast	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	¹⁄₄ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	1/8 cup (1 ounce)	¹ / ₄ 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)	1/8 cup (1.1 ounces) with at least 2.5 grams of protein	1/4 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)	1/4 cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

Serving Meat and Meat Alternates at Breakfast

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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, ½ of a large egg, br 1 ounce of lean meat, poultry, or fis. If you went to serve meat/meat alternates more than 3 days a week, you must of fer 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.

Minimum amount of meat/ meat alternates required when served instead of grains at breakfast	Ages 1 - 2 years and 3 - 5 years 1/2 ounce equivalent		Note: When you seems because and make as a seed of the				
W () N	is equal to:	1					
Beans or peas (cooked)	⅓ cup	1/4 cup					
Natural or processed cheese	½ ounce	1 ounce	2 ounces				
Cottage or ricotta cheese	⅓ cup (1 ounce)	1/4 cup (2 ounces)	½ cup (4 ounces)				
Eggs	1/4 large egg	½ large egg	1 large egg				
Lean meat, poultry, orlfis	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)	1/8 cup (1.1 ounces) with at least 2.5 grams of protein	1/4 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)	1/4 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.



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.fis.usda.gov/in/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 meali If you serve yogurt to adults as a meat alternate at breakfast, you must also serve flud in Ik

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 breakast?
- 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 breakast?
- 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?

to meet the meal pattern requirement.

3. If serving yogurt in place of a grain at breakfast, you must serve at least 2 ounces ($\frac{1}{4}$ cup) of yogurt to the 3-5 year olds

ber week they are open.

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

ber week they are open.

L. You may serve meat and meat alternates in place of grains up to 5 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

Answer Key:

FNS-657 February 2018
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Meat and Meat Alternates at Breakfast

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

Combined Meat and Meat Alternates

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

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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- 1. Your adult day care center is open 4 meat alternatives in place of grains at
- 2. Your child care home is open 7 day alternatives in place of grains at break
- 3. You want to serve yogurt at breakfa in place of a grain, what's the minimu requirement?

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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2. You may serve meat/meat afternates in place of grains up to 5 times per week. Aft centers and day care homes have the option to serve meat/meat afternates in place of grains at breakfast up to 3 times per week, no matter how many days

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Answer Key:

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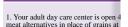
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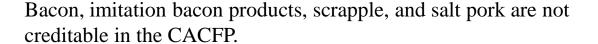


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Food Buying Guide for Child Nutrition



The Food Buying Guide for Child Nutrition Programs has all of the current information in one manual to help you and your purchasing agent:

- Buy the right amount of food and the appropriate type of food for your program(s).
- Determine the specific contribution each food makes toward the meal pattern requirements.



The Food Buying Guide Goes Digital! <u>The Web-based Interactive Food Buying Guide</u> allows you to: easily search and navigate food yields, compare food yields, and create and save favorite foods lists. It also includes:

- The Interactive Product Formulation Statement Workbook, allowing manufacturers to easily calculate their product's contribution statement and generate crediting documentation.
- 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.
- The FBG Calculator, designed to assist Child Nutrition Program operators in creating a shopping list to streamline food ordering needs for their programs.



<u>The Food Buying Guide Mobile App</u> provides quick access to food yield information to help you make quick purchasing decisions from your mobile device. Download it today.



The Food Buying Guide for Child Nutrition Programs is available to download and/or print as a PDF.



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 tofus cramble 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 meali If you serve yogurt to adults as a meat alternate at breakfast, you must also serve flud in Ik





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

of yogurt to the 3-5 year olds

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.

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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 breakast?
- 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 breakast?
- 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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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

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How To Order Print Copies

Resource Order Form at **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:





Thank you!



TeamNutrition.usda.gov



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at teamnutrition@usda.gov, and follow them on Twitter.