Notations from the Child & Adult Care Meal Patterns

and

Production Records – FY 2018

\*Providers must serve all required components at each meal service for a reimbursable meal. There is no ‘offer versus serve’ (OVS) in the Child Care Program. Adult-only Programs (and CACFP Afterschool At-Risk) may request approval to use the ‘offer versus serve’ option for Breakfast, Lunch and Supper – no OVS for any snack meals. Snack meals require two (2) of the five (5) components to be served.

\*\*Breads, pasta or noodle products, and cereal grains shall be whole grain-rich or enriched; cornbread, biscuits, rolls, muffins, etc. shall be made with whole grain-rich or enriched meal or flour; cereal shall be whole grain-rich or enriched or fortified.

\*\*\* These food items may be used to meet no more than 50% of the meat/meat/alternate requirement.

The following are numbered notations from the Child and Adult Care Meal Patterns and Production Records -Meal Documentation:

1. Must be unflavored whole milk for children age 1 up until they turn age 2. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children age 2 through 5 years old. Must be unflavored low-fat (1%) or unflavored OR flavored fat-free (skim) milk for children 6 years old and older and adult participants. NOTE: For Adult participants only, 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. A serving of fluid milk is optional for suppers to Adult participants.
2. Pasteurized full-strength juice may be used to meet the vegetable or fruit requirement at one meal, including snack per day. NOTE: Arkansas HNP Procedure states that juice can be served only 3 times per week – all meals/snacks included.
3. Meat/meat alternates may be used to meet the entire grains requirement a maximum of 3 times a week at Breakfast. One ounce of meat/meat alternate is equal to one ounce equivalent of grains.
4. Alternate protein products must meet the requirements in Appendix A to CFR Part 226.
5. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
6. Beginning October 1, 2019, ounce equivalents will be used to determine the quantity of creditable grains.
7. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).
8. 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. Refer to the new USDA Grain Requirements for CACFP.
9. Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereal must be served. Until October 2019, the minimum serving size for any type of ready-to-eat breakfasts cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; ¾ cup for children ages 6-12; and 1 ½ cups for adults.
10. Select 2 of the 5 components for a reimbursable snack. Only one of the two components can be a beverage.
11. Vegetables may be served to meet both the vegetable and fruit components. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
12. Two (2) servings or the equivalent required for adult participants.