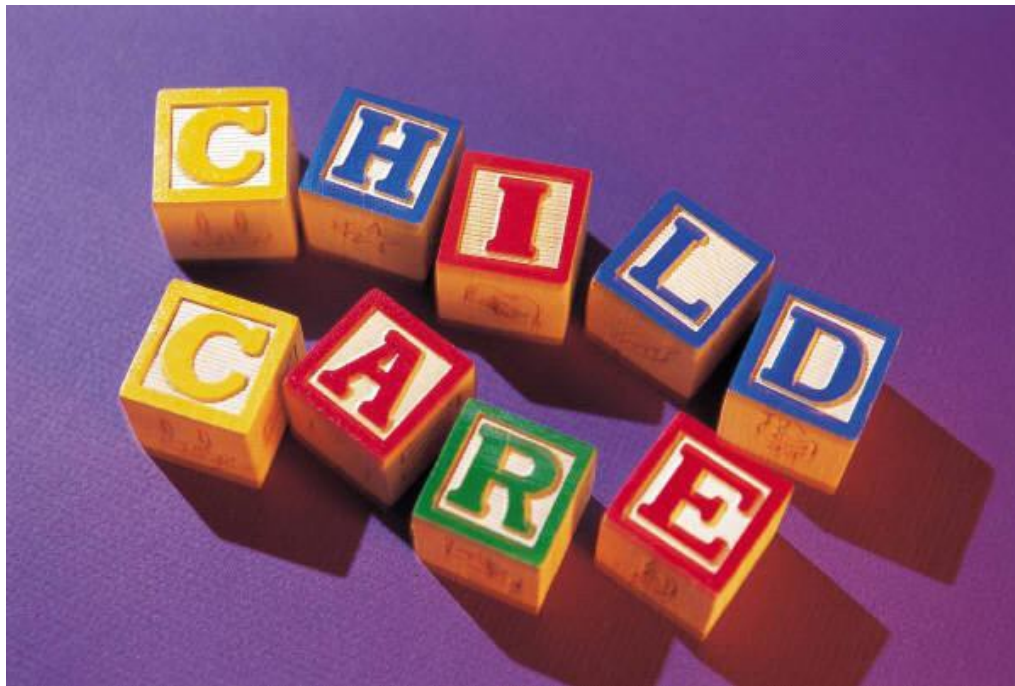


Nutrition Standards for Child Care: Effective October 1, 2017

Maryland State Department of Education
Division of Early Childhood Development Office of Child Care
Division of School and Community Nutrition Programs

Resource Guide



Revised January 11, 2018

Updated Nutrition Standards for Child Care Effective October 1, 2017

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Nutrition Standards, Updated Meal Pattern Effective October 1, 2017

Child Care Center: COMAR 13A.16.12 Nutrition

.01 Food Service. A. Food and Beverages. COMAR 13A.16.01-.19 Child Care Centers (as amended effective July 20, 2015) For Informational Purposes Only 35 (1) Food and beverages that are furnished by an operator for meals or snacks, or both, shall comply with the guidelines of the Child and Adult Care Food Program of the U.S. Department of Agriculture, as indicated on a chart supplied by the office.

Family Care Home: COMAR 13A.15.12 Nutrition

.1 Nutrition and Food Served. A. Food and beverages that are furnished by a provider for meals or snacks, or both, shall comply with the guidelines of the Child and Adult Care Food Program of the U.S. Department of Agriculture, as indicated on a chart supplied by the office

The USDA Child and Adult Care Food program has updated the meal pattern for child and adult care services. The new standards become effective on October 1, 2017.

The updated nutrition standards is available at <https://www.fns.usda.gov/cacfp/meals-and-snacks> and <http://earlychildhood.marylandpublicschools.org/resource-library>

For training and to verify your eligibility to participate in community nutrition program, please contact MSDE School and Community Nutrition Programs: Phone: [410-767-0199](tel:410-767-0199), TTY/TDD: [410-333-6442](tel:410-333-6442) Email: scnp_mailbox.msde@maryland.gov

The following documents provide guidance for infant and children meal patterns as per USDA Child and Adult Care Food Program.



200 West Baltimore Street • Baltimore, MD 21201 • 410-767-0100 • 410-333-6442 TTY/TDD • msde.maryland.gov

MEMORANDUM

TO: CA 20-16, FCC 18-16

FROM: Robin Ziegler, Director *RZ*
Office of School and Community Nutrition Programs

DATE: August 30, 2016

SUBJECT: Water Availability in the Child and Adult Care Food Program

The purpose of this memorandum is to explain the water requirements in the Child and Adult Care Food Program (CACFP) superseding CACFP Centers Memo 20-11 and CACFP Family Childcare Homes Memo 22-11, *Water Availability During Child and Adult Care Food Program Meal Service*.

The Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, amended section 221 of the Richard B. Russell National School Lunch Act (NSLA), 42 U.S.C. 1766(u), to require that CACFP providers make potable water available to children. Subsequently, the U.S. Department of Agriculture's (USDA) issued guidance requiring that child care centers and family child care (FCC) homes make water available to children upon request throughout the day.

The Act further amended section 17 of the NSLA to require USDA to update the CACFP meal pattern requirements to make them consistent with (a) the most recent version of the Dietary Guidelines for Americans, (b) the most recent relevant nutrition science, and (c) appropriate authoritative scientific agency and organization recommendations. The final rule, "Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act" published by USDA on April 25, 2016, updated the CACFP meal patterns and codified the requirement that child care centers and FCC homes make water available to children **upon request** throughout the day.

The final rule also expanded the water requirement to mandate that starting October 1, 2017, child care centers and FCC homes must also **offer** water to children throughout the day. USDA added the additional requirement to offer water in recognition that the majority of the CACFP participants are very young children and may not be able request it themselves. This memorandum provides guidance on how to offer and make water available to children participating in the CACFP.

Water Requirements

The 2015-2020 Dietary Guidelines for Americans recommend that water be consumed daily. Water can help children stay hydrated and healthy, especially when taken instead of sugar-sweetened beverages. Child care centers and FCC homes can make water available to children in a variety of ways, including having cups available next to the kitchen sink faucet, having water pitchers and cups set out, or simply providing water if it should be requested. Child care centers and FCC homes are not required to have water available for children to self-serve. Offering water means asking the children whether they would like water at different times throughout the day. For very young children, this may require visual cues such as showing the cup or pitcher while verbally offering the water.

CA 20-16, FCC 18-16

Water Availability in the Child and Adult Care Food Program

August 30, 2016

Page 2 of 2

While drinking water must be made available to children during meal times, it does not have to be served alongside the meal. Water is not part of the reimbursable meal and may not be served instead of milk. If water is offered during a meal, centers and FCC homes should consider offering smaller amounts of water because children who drink too much liquid may feel too full to eat. USDA recommends serving water with snacks when no other beverage is being served, or when water can be served instead of other high calorie, sweetened beverages that are not creditable (e.g., juice drinks, soda, sports drinks). A good time to offer water more frequently might be during or after physical activity, on hot summer days, or cold winter months when the air is drier because of indoor heating. More ideas are available in the tip sheet *Make Water Available Throughout the Day* (<http://www.fns.usda.gov/sites/default/files/water.pdf>).

USDA expects that the CACFP water requirements can be instituted with no or very low cost. However, circumstances may arise in which safe water is not readily available in a facility. In these instances, purchasing water for children may be considered a reasonable and allowable cost for participating facilities. The purchasing of water will continue to be an unallowable cost if purchased for non-participant consumption. More information is available in policy memorandum CA 16-16 and FCC 14-16, *Resources for Making Potable Water Available in Schools and Child Care Facilities*, available in the MARS resource center.

Implementation Dates

The provision to make drinking water available to children throughout the day went into effect on June 27, 2011 via memorandum CACFP Centers Memo 20-11 and CACFP Family Childcare Homes Memo 22-11. Child care centers and FCC homes must be compliant with the requirement to offer water to children throughout the day by October 1, 2017.

Agencies should disseminate this information to appropriate personnel. If you have questions or comments concerning the information in this memorandum, contact a Program Specialist at 410-767-0205.

RZ/sb



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MEMORANDUM

TO: CA 02-17, FCC 01-17

FROM: Robin Ziegler, Director *RZ*
Office of School and Community Nutrition

DATE: November 9, 2016

SUBJECT: Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions on the Child and Adult Food Care Program, Questions and Answers

This memorandum explains the nutrition requirements for fluid milk and fluid milk substitutes in the Child and Adult Care Food Program (CACFP) and includes questions and answers. This memorandum replaces CACFP Centers Memo #31-11 and Family Child Care Homes Memo #34-11 *Child Nutrition Reauthorization 2010: Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program - Questions and Answers*

Background

On September 15, 2011 the U.S. Department of Agriculture’s (USDA) issued guidance requiring that milk served to children two years old and older and adults be low-fat or fat-free and allowed the substitution of non-dairy beverages that are nutritionally equivalent to fluid milk. On April 25, 2016 USDA published the final rule “Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act” (81 FR 24348). This final rule added the fluid milk requirements and allowance of certain non-dairy beverages to the CACFP regulations under 7 CFR 226.20(a)(1) and 226.20(g)(3), respectively.

This memorandum explains all the nutrition requirements for fluid milk and non-dairy milk substitutes in the CACFP and provides guidance on implementation. Milk is a critical component of the CACFP meal patterns because it provides nutrients that are vital for health and maintenance of the body. These nutrients include calcium, potassium, vitamin D, and protein. Consuming dairy products, such as milk, is especially important to bone health during childhood and adolescence.

I. FLUID MILK

	Age 12-23 months	Age 24-25 months	Age 2-5 years	Age 6 and above
Fat Content	Whole milk*	Whole milk and 2% are creditable as children transition to low fat or fat free milk*	Low fat or fat free milk	Low fat or fat free milk
Flavored Allowed	No*	No*	No*	Yes, fat free only*

*Stared items are in effect beginning October 1, 2017

- There may be some cases when a one year old child's physician recommends low-fat. In such cases, parents/guardians must supply providers with a written statement, signed by a physician, indicating the appropriate substitution.
- Breastmilk is considered an allowable fluid milk substitute for children of any age if a mother chooses to continue breastfeeding past 12 month of age.
- Lactose free milk, buttermilk, and acidified milk are reimbursable for children two years old and older and adults if they are low-fat or fat-free

II. NON-DAIRY BEVERAGES

For children or adults who cannot consume fluid milk due to non-disability medical or other special dietary needs, non-dairy beverages may be served in place of fluid milk. Non-dairy beverages must be nutritionally equivalent to cow's milk and meet the nutritional standards outlined in 7 CFR 226.20(g)(3). Worksheets are now available in MARS Resource Center, under *Guidance and Instructions*, then *Special Diets* to help providers determine which milk substitutes meet these standards. As with cow's milk, non-dairy beverages served to children 1 through 5 years old must be unflavored due to the higher sugar content of flavored varieties.

Parents, guardians, adult participants, or a person on-behalf of the adult participant, must provide a **written** request for the non-dairy milk substitute that is nutritionally equivalent to milk. A sample request form is available in MARS Resource Center, under *Guidance and Instructions*, then *Special Diets*. A medical statement is **not** required if the milk substitute is nutritionally equivalent to milk. Centers and family child care homes are encouraged, but not required, to meet these requests. Non-dairy beverage substitutions are served at the expense of the center or family child care home.

A medical statement is required for non-dairy substitutions, due to a disability, that do not meet the nutritional standards described above. The requirements related to milk or food substitutions for a participant who has a disability and who submits a medical statement signed by a licensed health care professional remain unchanged.

Yogurt (Adults Only)

Beginning October 1, 2017, yogurt (6 ounces by weight or $\frac{3}{4}$ cup by volume) may meet the fluid milk requirement once per day for **adults only**. Allowing yogurt to substitute fluid milk once per day for adults offers greater flexibility to the menu planner and will help encourage consumption of a calcium rich food among adult participants. Yogurt may **not** be substituted for fluid milk for children of any age because milk provides a wealth of nutrients growing children need and comparable quantities of these nutrients are not currently found in commercially available yogurts.

III. COMPLIANCE

In order to ensure compliance with the milk requirements centers and family childcare homes must document the type of milk served on their menu by October 1, 2017. This includes listing the fat content (i.e. whole, low-fat or 1%, and fat-free or skim) and if the milk is flavored.

IV. SUMMARY OF IMPLEMENTATION DATES:

Implementation Date	Requirement
In Effect	<ul style="list-style-type: none"> • Milk served to children two years old and older and adults must be low-fat or fat-free; and • Non-dairy beverages that are nutritionally equivalent to cow’s milk may be served in place of fluid milk for children or adults with special dietary needs.
Effective October 1, 2017	<ul style="list-style-type: none"> • Milk served to one year old children must be unflavored whole milk; • Flavored milk, including flavored non-dairy beverages, cannot be served to children 1 through 5 years old; • Flavored milk served to children 6 years old and older and adults must be fat-free; and • Yogurt may be served in place of fluid milk for adults once per day.

USDA and MSDE strongly support implementing the updated meal patterns that are consistent with the current meal patterns, including the fluid milk provisions outlined in this memorandum, as soon as possible because it will greatly benefit participating children and adults.

Agencies should disseminate this information to appropriate personnel. If you have questions or comments concerning the information in this memorandum, contact a Program Specialist at 410-767-0214.

RZ/sb

Questions and Answers

I. FLAVORED MILK

1. Can a center or family child care home add chocolate or strawberry syrup to unflavored milk and serve it to children 1 through 5 years old?

No, adding syrup to unflavored milk adds sugar to the unflavored milk and turns the beverage into flavored milk. Flavored milk is not allowed as part of a reimbursable meal for children 1 through 5 years old starting October 1, 2017. Added sugars are currently consumed in excessive amounts and contribute a substantial portion of calories consumed by Americans without contributing importantly to the overall nutritional adequacy of the diet.

Additionally, centers and family child care homes are not allowed to add zero calorie and sugar-free syrups to unflavored milk served to children 1 through 5 years old. Research indicates that flavor and food preferences are shaped early in life and that the more sweet foods children consume, the more they prefer sweet foods. Similarly, syrup (including zero calorie and sugar-free syrups) may not be added to low-fat (1%) milk for children ages 6 years old and older and adults because flavored milk served to children 6 years old and older and adults, it must be fat-free starting October 1, 2017.

2. Can a center or family child care home start implementing the flavored milk provisions prior to October 1, 2017?

Yes, centers and family child care homes may stop serving flavored milk to children 1 through 5 years old and start serving only fat-free flavored milk to children 6 years old and older and adults at any time. USDA and MSDE strongly encourage implementing these flavored milk provisions, and other provisions under the updated meal patterns that are consistent with the current meal patterns (e.g. serving whole grains, limiting juice and sugar, prohibiting grain-based desserts, etc.), as soon as is feasible for the center or home. Please note, meals that meet current requirement, but are not compliant with the updated meal patterns cannot be disallowed until the updated meal patterns are implemented on October 1, 2017.

II. NON-DAIRY MILK SUBSTITUTIONS

1. Is a center or family child care home required to provide a non-dairy milk substitute if it is not related to a disability?

No. It is at the center's or family child care home's discretion to provide a non-dairy milk substitute if it is not related to a disability. However, USDA and MSDE strongly encourage centers and family child care homes to make meal modifications to accommodate participants' non-disability special dietary needs.

2. Must non-dairy beverages served to children 1 through 5 be unflavored?

Yes, fluid milk and non-dairy beverages that are served to children 1 through 5 years of age must be unflavored starting October 1, 2017.

3. Must non-dairy beverages meet the fat content requirements of fluid milk?

No. Non-dairy beverages are not required to be low-fat or fat-free when served to children 2 years old and older and adults. In order for a non-dairy beverage to meet the nutrient requirements for milk substitutes, they must be fortified and some fat is needed to help mask the flavor of the nutrient packet added. Therefore, setting a fat standard for non-dairy beverages would severely restrict the number of available non-dairy beverage options that are nutritionally equivalent to cow's milk. This would limit centers' and family child care homes' ability to meet the special dietary needs of children or adults requesting a substitute.

4. Will centers and family child care homes receive additional meal reimbursements if they provide a non-dairy milk substitution?

No. Modified meals that are due to a disability or non-disability, including meals with non-dairy milk substitutions, are reimbursed at the same rate as regular meals. Centers and family child care homes **cannot** require a parent or guardian to pay the difference between the fluid milk and the non-dairy milk substitute if the non-dairy milk substitute costs more than the fluid milk.

5. If a parent provides a creditable non-dairy milk beverage, can the center or family child care home serve it and still receive reimbursement?

Yes. If a parent provides a non-dairy milk that meets the nutritional standards outlined in 7 CFR 226.20(g)(3), the center or family child care home may serve the non-dairy milk substitute and claim reimbursement for the meal. Centers and family child care homes should still keep documentation on file showing the non-dairy milk meets requirements (i.e. Nutrition Facts Label and Non-Dairy Milk Substitute Worksheet).

6. If a parent or adult participant can request a non-dairy milk substitute that is equivalent to cow's milk, can the parent or adult participant also request that their child or themselves be served whole or reduced-fat (2%) milk?

No. Milk served to children two years old and older and adult must be low-fat or fat-free in order to be reimbursable. Therefore, any request for higher fat milk must be made through a medical statement, related to a disability, and prescribed by a licensed physician or a licensed health care professional in order to be reimbursable.

III. COMPLIANCE

1. When submitting menus for review, do centers and family child care homes need to document the type of milk that they serve?

Yes. Starting October 1, 2017, centers and family child care homes must document the type of milk served on their menus. The menu must indicate the fat content of the milk and if it is flavored.

2. If one year old and two year old children sit together for the same meal, must they be served different types of milk?

Yes, starting October 1, 2017 children two years old and older must be served unflavored low-fat or unflavored fat-free milk and children one year of age must be served unflavored whole milk. The fluid milk requirements are based on age to ensure that children are receiving the nutrients they need for growth and development. Centers and family child care homes must ensure that children of various ages seated together receive the appropriate type of milk.

3. What if the parent agrees to provide the non-dairy substitute, but brings in one that does not meet the USDA's nutritional standards; can the center or family child care home serve it and still receive reimbursement?

Centers and family child care homes should inform parents, guardians, and adult participants about the types of creditable non-dairy milk substitutes. If a non-dairy milk substitute is served that does not meet the nutritional standards outlined in 7 CFR 226.20(g)(3), then the meal is not reimbursable.

UPDATED CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS: INFANT MEALS

USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. The changes to the infant meal pattern support breastfeeding and the consumption of vegetables and fruit without added sugars. These changes are based on the scientific recommendations from the National Academy of Medicine, the American Academy of Pediatrics and stakeholder input. CACFP centers and day care homes must comply with the updated meal patterns by October 1, 2017.

UPDATED INFANT MEAL PATTERN:



Encourage and Support Breastfeeding:

- Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care center or home and directly breastfeeds her infant; and
- Only breastmilk and infant formula are served to infants 0 through 5 month olds.



Developmentally Appropriate Meals:

- Two age groups, instead of three: 0 through 5 month olds and 6 through 11 month olds; and
- Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.

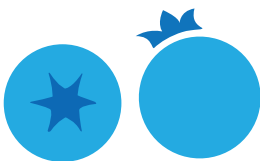


More Nutritious Meals:

- Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months old;
- No longer allows juice or cheese food or cheese spread to be served; and
- Allows ready-to-eat cereals at snack.

Learn More

For more information on infant development and nutrition, check out the [USDA Team Nutrition's Feeding Infants Guide](#).



PREVIOUS AND UPDATED INFANT MEAL PATTERNS: LETS COMPARE

	PREVIOUS			UPDATED	
	0-3 Months	4-7 Months	8-11 MONTHS	0-5 MONTHS	6-11 MONTHS
Breakfast	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula 0-3 tbsp infant cereal	6-8 fl oz breastmilk or formula 2-4 tbsp infant cereal 1-4 tbsp vegetable, fruit or both	4-6 fl oz breastmilk or formula	6-8 fl oz breastmilk or formula 0-4 tbsp infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination* 0-2 tbsp vegetable, fruit or both*
Lunch or Supper	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula 0-3 tbsp infant cereal 0-3 tbsp vegetable, fruit or both	6-8 fl oz breastmilk or formula 2-4 tbsp infant cereal; and/or 1-4 tbsp meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½ -2oz cheese; or 1-4 oz (volume) cottage cheese; or 1-4 oz (weight) cheese food or cheese spread; or a combination 1-4 tbsp vegetable, fruit or both	4-6 fl oz breastmilk or formula	6-8 fl oz breast milk or formula 0-4 tbsp infant cereal, meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination* 0-2 tbsp vegetable, fruit or both*
Snack	4-6 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula	2-4 fl oz breastmilk, formula, or fruit juice 0-½ bread slice or 0-2 crackers	4-6 fl oz breastmilk or formula	2-4 fl oz breastmilk or formula 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* 0-2 tbsp vegetable, fruit or both*

*Required when infant is developmentally ready.
All serving sizes are minimum quantities of the food components that are required to be served.

**Maryland State Department of Education
Child and Adult Care Food Program**



MEAL PATTERN REQUIREMENTS: INFANTS BIRTH TO 12 MONTHS

MEAL	Birth – 5 Months	6 – 12 Months
BREAKFAST, LUNCH OR SUPPER--3 COMPONENTS		
1) Breast Milk or Infant Formula and	4 - 6 fluid oz.	6 - 8 fluid oz.
2) Infant Cereal or Meat, poultry, egg, fish, cooked dry peas or beans or Cheese or Cottage cheese or Yogurt or A combination of the above and		0 - 4 Tbsp.
		0 - 4 Tbsp.
		0 - 2 oz.
		0 - 4 oz. (volume)
		0 - 4 oz.
3) Fruit or vegetable or a combination of both		0 - 2 Tbsp.
SNACK--3 COMPONENTS		
1) Breast Milk or Infant Formula and	4 - 6 fluid oz.	2 - 4 fluid oz.
2) Infant Cereal or Bread or Crackers or Ready-to-eat breakfast cereal and		0 - 4 Tbsp.
		0 - ½ slice
		0 - 2 pieces
		0 - 4 Tbsp.
3) Vegetable or fruit or a combination of both		0 - 2 Tbsp.

- Only offer solid foods to infants if they are developmentally ready.
- Infant formula and dry infant cereal must be iron-fortified. The formula must be intended as the sole source of food for normal, healthy infants, and must be served in the liquid state at the manufacturer's recommended dilution.
- Breast milk or formula, or portions of both, may be served; however it is recommended that breast milk be served in place of formula from birth through 11 months.
- For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.
- Fruit or vegetable juices may not be substituted for the fruit or vegetable requirement.
- Bread or crackers must be made from whole-grain or enriched meal or flour.
- Cereals must contain no more than 6 grams of sugar per dry ounce--see list of creditable cereals.
- Nuts, seeds or nut butters are not allowed as a meat alternate.
- Yogurt may contain no more than 15 grams sugar per 4 oz serving; 23 grams sugar per 6 oz serving; or 30 grams sugar per 8 oz serving.

This institution is an equal opportunity provider.

Maryland State Department of Education
 Child and Adult Care Food Program
Infant Menu Planner – Birth to 12 Months



Center Name: _____

Week of: _____

Please note: Babies should be fed when they are hungry and not restricted to a rigid schedule.

Meal Pattern	Minimum Requirements		Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.					
Iron fortified infant cereal or	None	0-4 Tbsp.					
Meat/poultry/egg/fish/cooked dry peas/beans or	None	0-4 Tbsp.					
Cheese or	None	0-2 oz.					
Cottage cheese or	None	0-4 oz (volume)					
Yogurt	None	0-4 oz.					
Vegetable and/or fruit**	None	0-2 Tbsp.					
SNACK—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	2-4 oz.					
Iron fortified infant cereal or	None	0-4 Tbsp.					
Bread or	None	0 - 1/2 slice					
Crackers or	None	0-2					
Ready-to-eat breakfast cereal	None	0-4 Tbsp.					
Vegetable and/or fruit**	None	0-2 Tbsp.					
LUNCH—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.					
Iron fortified infant cereal or	None	0-4 Tbsp.					
Meat/poultry/egg/fish/cooked dry peas/beans or	None	0-4 Tbsp.					
Cheese or	None	0-2 oz.					
Cottage cheese or	None	0-4 oz (volume)					
Yogurt	None	0-4 oz.					
Vegetable and/or fruit**	None	0-2 Tbsp.					

* Solid food components are required only when the infant is developmentally ready to accept them.

Juices may **not be served in place of fruit/vegetable requirement

Sample Infant Menu

Please note: Babies should be fed when they are hungry and not restricted to a rigid schedule.

Meal Pattern	Minimum Requirements		Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula
Iron fortified infant cereal or Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or Yogurt	None None None None	0-4 Tbsp. 0-4 Tbsp. 0-2 oz. 0-4 oz (volume) 0-4 oz.	Baby rice cereal	Baby oatmeal	Cottage cheese	Eggs	Baby oatmeal
Vegetable and/or fruit**	None	0-2 Tbsp.	Applesauce	Mashed banana	Soft pears	Applesauce	Peaches
SNACK—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	2-4 oz.	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula
Iron fortified infant cereal or Bread or Crackers or Ready-to-eat breakfast cereal	None None None None	0-4 Tbsp. 0 - 1/2 slice 0-2 0-4 Tbsp.	Crackers	Cheerios	Teething biscuit	Baby cereal	Toast strips
Vegetable and/or fruit**	None	0-2 Tbsp.	Peaches	Mashed sweet potato	Applesauce	Mashed carrots	Mashed banana
LUNCH—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula
Iron fortified infant cereal or Meat/poultry/egg/fish/cooked dry peas/beans or Cheese or Cottage cheese or Yogurt	None None None None	0-4 Tbsp. 0-4 Tbsp. 0-2 oz. 0-4 oz (volume) 0-4 oz.	Baby chicken	Eggs	Infant cereal	Yogurt	Cottage Cheese
Vegetable and/or fruit**	None	0-2 Tbsp.	Squash	Mixed vegetables	Green beans	Soft pears	Spinach

* Solid food components are required only when the infant is developmentally ready to accept them.

Juices may **not be served in place of fruit/vegetable requirement.

Commercially prepared baby food may be used, but must only contain a single component. Apple and beet **is** creditable but sweet potato and chicken **is not**.

UPDATED CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS:

CHILD AND ADULT MEALS



USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. Under the updated child and adult meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. The changes made to the meal patterns are based on the Dietary Guidelines for Americans, scientific recommendations from the National Academy of Medicine, and stakeholder input. CACFP centers and day care homes must comply with the updated meal patterns by October 1, 2017.

Updated Child and Adult Meal Patterns



Greater Variety of Vegetables and Fruits

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- Juice is limited to once per day.



More Whole Grains

- At least one serving of grains per day must be whole grain-rich;
- Grain-based desserts no longer count towards the grain component; and
- Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).



More Protein Options

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- Tofu counts as a meat alternate.



Age Appropriate Meals

- A new age group to address the needs of older children 13 through 18 years old.



Less Added Sugar

- Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.



Making Every Sip Count

- 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; and
- Yogurt may be served in place of milk once per day for adults only.



Additional Improvements

- Extends offer versus serve to at-risk afterschool programs; and
- Frying is not allowed as a way of preparing foods on-site.

Breakfast Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup
Vegetables, fruit, or both	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
Grains	½ serving	½ oz eq*	½ serving	½ oz eq*	1 serving	1 oz eq*	2 servings	2 oz eq*

*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.
Oz eq = ounce equivalents

Lunch and Supper Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup*
Meat and meat alternates	1 oz	1 oz	1 ½ oz	1 ½ oz	2 oz	2 oz	2 oz	2 oz
Vegetables	¼ cup	⅛ cup	½ cup	¼ cup	¾ cup	½ cup	1 cup	½ cup
Fruits		⅛ cup		¼ cup		¼ cup		½ cup
Grains	½ serving	½ oz eq	½ serving	½ 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

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	½ cup	½ cup	1 cup	1 cup	1 cup	1 cup
Meat and meat alternates	½ oz	½ oz	½ oz	½ oz	1 oz	1 oz	1 oz	1 oz
Vegetables	½ cup	½ cup	½ cup	½ cup	¾ cup	¾ cup	½ cup	½ cup
Fruit		½ cup		½ cup		¾ cup		½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1oz eq	1 servings	1 oz eq

Select 2 of the 5 components for snack.
Oz eq = ounce equivalents

Note: All serving sizes are minimum quantities of the food components that are required to be served.

CHILD AND ADULT CARE FOOD PROGRAM
MEAL PATTERN REQUIREMENTS: CHILDREN 1 – 12 YEARS



MEAL	1-2 YEARS	3-5 YEARS	6-12 YEARS
BREAKFAST—ALL 3 COMPONENTS REQUIRED			
1) Fluid Milk ¹	½ cup (4 fl oz)	¾ cup (6 fl oz)	1 cup (8 fl oz)
2) Grain ^{2,3} : Bread or Muffin/pancake/waffle/etc. or Cereal ⁴	½ slice ½ serving (½ oz equiv.) hot: ¼ cup; cold: ¼ cup	½ slice ½ serving (½ oz equiv.) hot: ¼ cup; cold: ⅓ cup	1 slice 1 serving (1 oz equiv.) hot: ½ cup; cold: ¾ cup
3) Vegetable or Fruit or Juice ⁵	¼ cup	½ cup	½ cup
SNACK—2 OF 5 COMPONENTS REQUIRED⁶			
1) Fluid Milk ¹	½ cup (4 fl oz)	½ cup (4 fl oz)	1 cup (8 fl oz)
2) Meat/Poultry/Fish/Cheese or Tofu or Egg or Cooked dry beans or peas or Peanut butter/other nut or seed butter or Yogurt ⁷	½ oz 1.1 oz (2 Tbsp) ½ egg 2 Tbsp 1 Tbsp 2 oz (¼ cup)	½ oz 1.1 oz (2 Tbsp) ½ egg 2 Tbsp 1 Tbsp 2 oz (¼ cup)	1 oz 2 oz (¼ cup) ½ egg ¼ cup 2 Tbsp 4 oz (½ cup)
3) Grain ² : Bread/roll/muffin/crackers	½ slice (½ oz equiv.)	½ slice (½ oz equiv.)	1 slice (1 oz equiv.)
4) Vegetable or Juice ⁵	½ cup	½ cup	¾ cup
5) Fruit or Juice ⁵	½ cup	½ cup	¾ cup
LUNCH/SUPPER—ALL 5 COMPONENTS REQUIRED			
1) Fluid Milk ¹	½ cup (4 fl oz)	¾ cup (6 fl oz)	1 cup (8 fl oz)
2) Meat/Poultry/Fish/Cheese or Egg or Cooked dry beans or peas or Peanut butter/other nut or seed butter or Yogurt ⁷	1 oz ½ egg ¼ cup 2 Tbsp 4 oz (½ cup)	1 ½ oz ¾ egg 6 Tbsp (¾ cup) 3 Tbsp 6 oz (¾ cup)	2 oz 1 egg ½ cup 4 Tbsp 8 oz (1 cup)
3) Grain ² : Bread/roll or Pasta/rice	½ slice (½ oz equiv.) ¼ cup	½ slice (½ oz equiv.) ¼ cup	1 slice (1 oz equiv.) ½ cup
4) Vegetable	⅛ cup (2 Tbsp)	¼ cup	½ cup
5) Different Vegetable or Fruit or Juice ⁵	⅛ cup (2 Tbsp)	¼ cup	¼ cup

¹Children 12 to 24 months must be served whole milk; low-fat (1%) or fat-free (skim) milk is required for children age 2 years and older. Flavored milk must be fat-free and may be served only to children 6-12 years.

²At least one grain serving per day must be whole grain-rich; all other servings must be enriched or fortified. Grain-based desserts are not creditable. See Crediting Handbook for details on crediting grains and calculating ounce equivalents.

³Meat/meat alternates may be served in place of the grain component at breakfast up to 3 times per week. Some breakfast meats are not creditable or require a CN label/product formulation statement; see Crediting Handbook.

⁴Cereals must contain no more than 6 grams of sugar per dry ounce (28g)—see list of creditable cereals.

⁵Juice may be credited as the fruit or vegetable requirement no more than once per day, and must be 100% juice.

⁶Snack may not consist of only milk and juice.

⁷Yogurt must contain no more than 15 grams sugar per 4 oz serving; 23 grams sugar per 6 oz serving; or 30 grams sugar per 8 oz serving.

**CHILD AND ADULT CARE FOOD PROGRAM
WEEKLY MENU PLANNER—CHILDREN 1 TO 12 YEARS**

Week of _____ Year _____

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Age 1-2	Age 3-5	Age 6-12					
BREAKFAST—ALL 3 COMPONENTS REQUIRED								
Fluid Milk ¹	½ cup	¾ cup	1 cup					
Grain/bread/cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup					
Fruit or vegetable	¼ cup	½ cup	½ cup					
SNACK – 2 OF THE 5 COMPONENTS REQUIRED								
Fluid Milk ^{1, 2}	½ cup	½ cup	1 cup					
Meat/poultry/fish/cheese or Tofu or Large egg or Dried beans/peas or Peanut butter or Yogurt	½ oz 2 Tbsp (1.1 oz) ½ 2 Tbsp 1 Tbsp ¼ cup	½ oz 2 Tbsp ½ 2 Tbsp 1 Tbsp ¼ cup	1 oz ¼ cup (2.2 oz) ½ ¼ cup 2 Tbsp ½ cup					
Grain/bread/cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup					
Vegetable	½ cup	½ cup	¾ cup					
Fruit	½ cup	½ cup	¾ cup					
LUNCH or SUPPER—ALL 5 COMPONENTS REQUIRED								
Fluid Milk ¹	½ cup	¾ cup	1 cup					
Meat/poultry/fish/cheese or Tofu or Large egg or Dried beans/peas or Peanut butter or Yogurt	1 oz ¼ cup (2.2 oz) ½ ¼ cup 2 Tbsp ½ cup	1 ½ oz 3/8 cup ¾ 3/8 cup 3 Tbsp ¾ cup	2 oz ½ cup (4.4 oz) 1 ½ cup 4 Tbsp 1 cup					
Vegetable	1/8 cup (2 Tbsp)	¼ cup	½ cup					
Different Vegetable or Fruit or 100% Juice	1/8 cup (2 Tbsp)	¼ cup	¼ cup					
Grain/bread/pasta/rice	½ slice ¼ cup	½ slice ¼ cup	1 slice ½ cup					

¹Children 12-24 months must receive whole milk; children age two and over must receive low-fat (1%) or fat-free (skim) milk.

²Juice may not be served when milk is the only other component served at snack.



Serving Milk in the CACFP

Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) to those in your care.



Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

Breastmilk is allowed at any age in CACFP.

12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.

2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.

6 through 12 years, 13 through 18 years, and adults

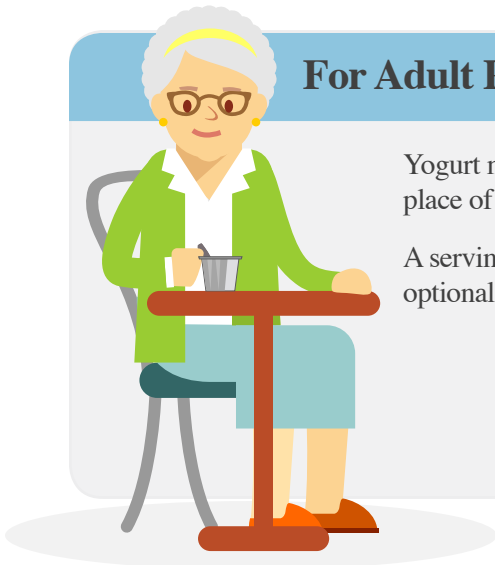
- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.

For Adult Participants:

Yogurt may be served in place of milk once per day.

A serving of milk is optional at supper.



The Facts on Flavored Milk:

Flavored milk cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Homemade flavored milk made by adding flavored straws, syrups, and powders to unflavored milk also cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Flavored milk served to children 6 years old and older and adults must be fat-free (skim).



Try It Out!

Milk Matters!



Use the information on the front of the page to answer the questions below. Check your answers with the Answer Key below.

1. Maya is a 1-year-old at your family child care home and eats lunch at the same time as Darrick, who is 2 years old. What type(s) of milk may you serve each child?

Maya's Age:
Type(s) of Milk:

Darrick's Age:
Type(s) of Milk:

2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

Olivia's Age:
Types of Milk:

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?

Answer Key:

1. **Maya's age:** 1 year. **Type(s) of Milk:** Because Maya is 1 year old, she can only be served unflavored whole milk in CACFP. If she is younger than 1 year and 1 month (13 months), she can also be served iron-fortified formula. There is a 1-month transition period to help children adjust to whole milk between the ages of 12 months and 13 months.

Darrick's age: 2 years. **Type(s) of Milk:** Because Darrick is 2 years old, he can be served unflavored fat-free (skim) milk or unflavored low-fat (1%) milk. If he is younger than 2 years 1-month (25 months), he can also be served unflavored whole milk, and unflavored reduced-fat (2%) milk. There is a 1 month transition period when the child turns 2 to help him or her adjust from whole milk to fat-free (skim) or low-fat (1%) milk.

2. **Olivia's Age:** 5 ½ years. **Type(s) of milk:** Because Olivia falls into the 2- through 5-year-old age group, she can be served unflavored fat-free (skim) milk and unflavored low-fat (1%) milk.

3. No, you are not allowed to serve yogurt instead of milk at breakfast AND at lunch. You are only allowed to serve yogurt instead of milk at one meal per day at adult day care centers only. If you are serving yogurt as the meat/meat alternate, you may not serve yogurt as the milk substitute at the same meal. You may serve yogurt at breakfast.

CACFP MILK REQUIREMENTS

NEWBORN TO
11 MONTHS



BREAST MILK
OR FORMULA

12 MONTHS TO
24 MONTHS



WHOLE MILK

2 YEARS TO
18 YEARS



NON-FAT,
SKIM, OR 1% MILK

**2% MILK IS
NEVER CREDITABLE**

**FLAVORED MILK IS NEVER CREDITABLE
FOR CHILDREN UNDER AGE 6**



USDA and MSDE are equal opportunity providers.

EXHIBIT A: GRAIN REQUIREMENT FOR CHILD NUTRITION PROGRAMS^{1,2}

Group A	Minimum Serving Size for Group A	Oz Eq for Group A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing. 	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
Group B	Minimum Serving Size for Group B	Oz Eq for Group B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (sliced white, whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers⁵ (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, whole wheat, whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (white, whole wheat, whole grain-rich) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn) • Taco shells 	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz
Group C	Minimum Serving Size for Group C	Oz Eq for Group C
<ul style="list-style-type: none"> • Cookies³ (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) • Waffles 	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz

¹ In NSLP and SBP (grades K-12), all grains served must meet whole grain-rich criteria. For information on flexibilities, please contact your State agency. For all other Child Nutrition Programs, grains are whole grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ. Under CACFP and NSLP/SBP infant and preschool meals, at least one grain serving per day must meet whole grain-rich criteria.

² For NSLP and SBP (grades K-12), grain quantities are determined using ounce equivalents (oz eq). All other Child Nutrition Programs determine grain quantities using grains/bread servings. Beginning Oct. 1, 2019, grain quantities in CACFP and NSLP/SBP infant and preschool meals will be determined using oz eq. Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count towards the grain component in CACFP or NSLP/SBP infant and preschool meals beginning October 1, 2017, as specified in §§226.20(a)(4) and 210.10.

⁴ Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count towards the grain component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count towards the grain component in the CACFP and NSLP/SBP infant and preschool meals beginning October 1, 2017, as specified in §§226.20(a)(4) and 210.10.

⁵ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10. May count towards the grain component in SBP (grades K-12), CACFP, NSLP/SBP infant and preschool meals, and SFSP.

EXHIBIT A CONTINUED

Group D	Minimum Serving Size for Group D	Oz Eq for Group D
<ul style="list-style-type: none"> Doughnuts⁴ (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars⁴ (plain) Muffins (all, except corn) Sweet roll⁴ (unfrosted) Toaster pastry⁴ (unfrosted) 	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
Group E	Minimum Serving Size for Group E	Oz Eq for Group E
<ul style="list-style-type: none"> Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts⁴ (cake and yeast raised, frosted or glazed) French toast Sweet rolls⁴ (frosted) Toaster pastry⁴ (frosted) 	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz
Group F <i>(These items are only allowed under the NSLP and SBP)</i>	Minimum Serving Size for Group F	Oz Eq for Group F
<ul style="list-style-type: none"> Cake³ (plain, unfrosted) Coffee cake⁴ 	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz
Group G <i>(These items are only allowed under the NSLP and SBP)</i>	Minimum Serving Size for Group G	Oz Eq for Group G
<ul style="list-style-type: none"> Brownies³ (plain) Cake³ (all varieties, frosted) 	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
Group H	Minimum Serving Size for Group H	Oz Eq for Group H
<ul style="list-style-type: none"> Cereal Grains (barley, quinoa, etc.) Breakfast cereals (cooked)^{6,7} Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown) 	1 serving = 1/2 cup cooked or 25 gm dry	1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry
Group I	Minimum Serving Size for Group I	Oz Eq for Group I
<ul style="list-style-type: none"> Ready to eat breakfast cereal (cold, dry)^{5,6} 	1 serving = 3/4 cup or 1 oz, whichever is less	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola

⁶Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfast served under the SBP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁷In the NSLP and SBP, cereals must list a whole grain as the first ingredient and be fortified, or if the cereal is 100 percent whole grain, fortification is not required. For CACFP and SFSP, cereals must be whole-grain, enriched, or fortified; cereals served in CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of sugar per dry ounce.

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, found as part of the State's approved food lists at: <https://www.fns.usda.gov/wic/links-state-agency-wic-approved-food-lists>. 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

4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column.
If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.

*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>.

Yummy Brand Cereal

Nutrition Facts

Serving Size $\frac{3}{4}$ cup (30g)	
Servings Per Container about 15	
Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 140mg	

Test Yourself:

Does the cereal above meet the sugar requirement?
(Check your answer on the next page)

Serving Size: _____

Sugars: _____

Yes No



Try It Out!



Use the “Sugar Limits in Cereal” table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the “Cereals To Serve in the CACFP” list. You can use this as a shopping list when buying cereals to serve in your program.

Sugar Limits in Cereal

Serving Size	Sugars	Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:	If the serving size is:	Sugars cannot be more than:
0-2 grams	0 grams	50-54 grams	11 grams
3-7 grams	1 gram	55-58 grams	12 grams
8-11 grams	2 grams	59-63 grams	13 grams
12-16 grams	3 grams	64-68 grams	14 grams
17-21 grams	4 grams	69-73 grams	15 grams
22-25 grams	5 grams	74-77 grams	16 grams
26-30 grams	6 grams	78-82 grams	17 grams
31-35 grams	7 grams	83-87 grams	18 grams
36-40 grams	8 grams	88-91 grams	19 grams
41-44 grams	9 grams	92-96 grams	20 grams
45-49 grams	10 grams	97-100 grams	21 grams

Cereals To Serve in the CACFP*

Cereal Brand	Cereal Name	Serving Size	Sugars (g)
Healthy Food Company	Nutty Oats	28 grams	5 grams

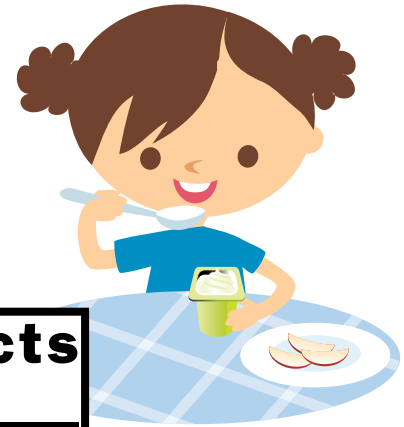
*The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched or fortified.

Answer to “Test Yourself” activity on page 1: *The cereal has 5 grams of sugar per 30 grams. The maximum amount of sugar allowed for 30 grams of cereal is 6 grams. 5 is less than 6, so this cereal meets the sugar requirement.*

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.

Nutrition Facts	
Serving Size 8 oz (227g)	
Servings about 4	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Potassium 400mg	1%
Sodium 160mg	7%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	17%
Sugars 9g	
Protein 10g	
Vitamin A 6%	Vitamin C 4%
Calcium 35%	Iron 0%
Vitamin D 6%	

TIP: If the serving size says “one container,” check the front of the package to see how many ounces or grams are in the container.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		Sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

- 4** In the table, look at the number to the right of the serving size amount, under the “Sugars” column. **If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.**

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>.



Try It Out!



Use the “Sugar Limits in Yogurt” table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the “Yogurts To Serve in the CACFP” list. You can use this as a shopping list when buying yogurts to serve in your program.

Sugar Limits in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Sugars	Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Sugars
If the serving size is:		Sugars must not be more than:	If the serving size is:		Sugars must not be more than:
1 oz	28 g	4 g	4.75 oz	135 g	18 g
1.25 oz	35 g	5 g	5 oz	142 g	19 g
1.5 oz	43 g	6 g	5.25 oz	149 g	20 g
1.75 oz	50 g	7 g	5.3 oz	150 g	20 g
2 oz	57 g	8 g	5.5 oz	156 g	21 g
2.25 oz	64 g	9 g	5.75 oz	163 g	22 g
2.5 oz	71 g	10 g	6 oz	170 g	23 g
2.75 oz	78 g	11 g	6.25 oz	177 g	24 g
3 oz	85 g	11 g	6.5 oz	184 g	25 g
3.25 oz	92 g	12 g	6.75 oz	191 g	26 g
3.5 oz	99 g	13 g	7 oz	198 g	27 g
3.75 oz	106 g	14 g	7.25 oz	206 g	28 g
4 oz	113 g	15 g	7.5 oz	213 g	29 g
4.25 oz	120 g	16 g	7.75 oz	220 g	30 g
4.5 oz	128 g	17 g	8 oz	227 g	31 g

Yogurts To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Sugars (g):
Yummy Yogurt	Vanilla	6 oz	13

*The amount of sugar in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

Answer to “Test Yourself” activity on page 1: This yogurt has 9 grams of sugar per 8 ounces (227 grams). The maximum amount of sugar allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt is creditable.



Maryland's CACFP: Serving Children Healthy Meals

Child and Adult Care Food Program (CACFP)



\$41,340

The annual, maximum reimbursement a **Child Care Center** could receive for serving 25 free-eligible participants Breakfast, Lunch, and a PM snack 5 days a week.



Child Care Centers

Call 410-767-0199 to determine your eligibility or visit eatsmartmaryland.org for more information.



Nutritious Meals



Core of Knowledge Hours

MARYLAND EXCELS

Increase your EXCELS rating level



Nutritious Education



Family Child Care Homes



Contact a Maryland Sponsoring Organization to Get Started

\$7,456

The annual, maximum reimbursement a **Family Child Care Provider** could receive for serving 6 Tier I participants Breakfast, Lunch and a snack, 5 days a week.

Sponsoring Organization	Phone Number
Cecil County Government	410-996-0252
Family League of Baltimore City	443-423-0912
Frederick Community Action Agency	301-600-3263
Montgomery County Public Schools	301-284-4937
Prince George's County Public Schools	301-780-5810
The Planning Council	757-622-9268 x 3036



Child Care Centers



Adult Day Care Centers

Steps to Participate in Maryland's Child and Adult Care Food Program (CACFP)

Interested Family Child Care Providers: contact a Sponsoring Organization.
Learn more at www.eatsmartmaryland.org



**Center calls MSDE:
410-767-0199.**



**MSDE determines
center's eligibility.**



**MSDE creates user
account.**



**Center submits
Agency Application
for MSDE approval.**



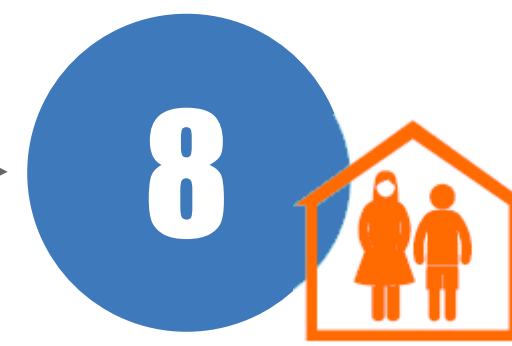
**Center staff
complete CACFP
orientation training.**



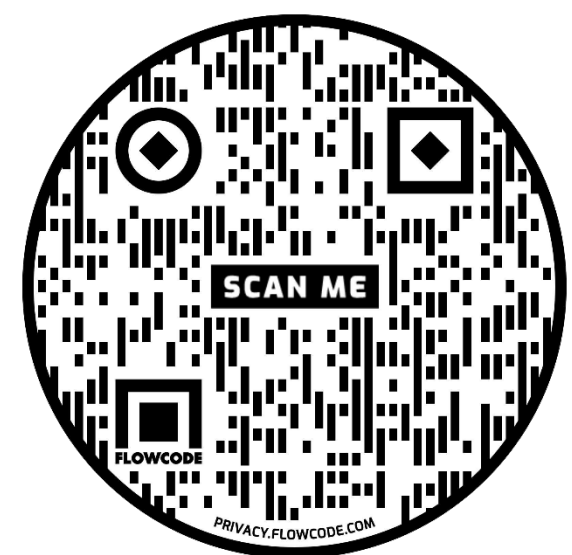
**Center submits
Program and Site
Applications for
MSDE review.**



**MSDE evaluates center's
readiness to begin
claiming meals.**



**MSDE reviews center's
compliance during the
first year.**



MSDE and USDA are equal opportunity providers

Office of School and Community Nutrition Programs

410-767-0199

Revised January 2021