

Print Name (neatly): \_\_\_\_\_

Pass (15 or more correct)  
Retake (14 or fewer correct)

Building for the Future



## Meal Pattern Requirements in the Child and Adult Care Food Program Webinar

- 1) Which of the following would be considered a reimbursable lunch?** (There is only one.)
  - a) Plain hamburger on a bun, pickle, peaches, unflavored 2% milk
  - b) Spaghetti with sauce (no meat), pear, bread stick, unflavored whole milk
  - c) Chicken breast, dinner roll, carrot slices, broccoli, unflavored skim milk
  - d) Double cheese pizza, apple, mixed vegetables, root beer
  
- 2) How much milk must be served to a 3 year old at breakfast?**
  - a) 1/2 cup
  - b) 3/4 cup
  - c) 1 cup
  - d) Milk is not required for breakfast
  
- 3) True or False: Nuts or seeds may be used to meet no more than one-half of the meat/meat alternate requirements.**
  - a) True
  - b) False
  
- 4) For children ages two and older, what types of milk may be served?** (Remember that milk must be unflavored for children 5 years and under.)
  - a) Any type of milk as long as it is cow's milk
  - b) Whole or 2%
  - c) 2% or 1%
  - d) 1% or Skim
  
- 5) How much peanut butter needs to be served to an 8-year-old for lunch to meet the minimum serving size of the meat/meat alternate component?**
  - a) 4 Tablespoons
  - b) 3 Tablespoons
  - c) Enough to cover the bread well
  - d) Peanut butter can't be served for lunch
  
- 6) What is the required serving size for eggs if served for lunch to a 1-year-old?**
  - a) 1 egg
  - b) 3/4 egg
  - c) 1/2 egg
  - d) 1 year old children won't eat eggs

- 7) **True or False: The serving sizes for cereal are exactly the same whether serving cold or hot cereal.**
- a) True
  - b) False
- 8) **A meat/meat alternate item may be served in place of the grain/bread item up to how many times per week?**
- a) Never
  - b) One time
  - c) Two times
  - d) Three times
- 9) **All CACFP menus must be maintained on file for how long after they are filed?**
- a) One month
  - b) Until the claim is paid
  - c) For three previous years plus the current year
  - d) Forever
- 10) **If milk is served for snack, how much must be served to a 3-year-old?**
- a) As much as you think the child will drink
  - b) 1 cup
  - c) 3/4 cup
  - d) 1/2 cup
- 11) **If a meat item is served for snack, how many ounces must be served to a 9-year-old?**
- a) 1/2 ounce
  - b) 1 ounce
  - c) 1-1/2 ounces
  - d) 2 ounces
- 12) **Which of the following menus could not be served as a reimbursable snack in the CACFP?**
- a) Full Strength Fruit Juice and Fluid, Unflavored 1% Milk
  - b) A Meat/Meat Alternate and Fluid, Unflavored 1% Milk
  - c) A Meat/Meat Alternate and Whole-Grain Bread
  - d) A Fruit and Vegetable
- 13) **Which of the following is not an example of a creditable meat alternate item?**
- a) Cheese
  - b) Eggs
  - c) Peanut Butter
  - d) Hominy

**14) True or False: Two fruits are not allowed for lunch, but two vegetables would be allowed.**

- a) True
- b) False

**15) True or False: Yogurt serving sizes are the same as the regular requirement of 1-2 ounces of meat alternate.**

- a) True
- b) False

**16) What are the sugar limits for yogurt and breakfast cereals?**

- a) Yogurt = 15 grams per 6 ounce serving; Cereal = 4 grams per dry ounce
- b) Yogurt = 20 grams per 6 ounce serving; Cereal = 5 grams per dry ounce
- c) Yogurt = 23 grams per 6 ounce serving; Cereal = 6 grams per dry ounce
- d) Yogurt = 30 grams per 6 ounce serving; Cereal = 7 grams per dry ounce

**17) True or False: Dry beans or dry peas may be used as both the meat and the vegetable component in the same meal.**

- a) True
- b) False

**18) Which of the following lists include "creditable" grain items?**

- a) Cookies, Dessert Pies, Cake, and Brownies
- b) Coffee Cake, Sweet Rolls, Donuts, and Toaster Pastries
- c) Snack Crackers, Animal Crackers, and Graham Crackers
- d) Granola Bars, Cereal Bars, and Grain Fruit Bars

**19) Which of the following is not an example of a grain item?**

- a) Biscuits
- b) Macaroni
- c) Tator Tots
- d) Corn Grits

**20) True or False: Unflavored whole milk is required for 1-year-old children.**

- a) True
- b) False

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**Signature**

**Local Agency Name**

**Date**