

**Meal Pattern Requirements in the Child and Adult Care Food Program**

SD Department of Education  
Child and Adult Nutrition Services

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**Breakfast Meal Pattern (ages 1-12)**

- o Breakfast
  - o Fluid Milk
    - o As beverage, over cereal, or used in part for each purpose
    - o Unflavored whole milk for 1 year olds
    - o 1% or skim for ages 2 and older
      - o Must be unflavored for children ages 2 through 5
  - o Vegetable or Fruit or Juice, or Any Combination
  - o Grain or Bread
    - o may be replaced with a meat/meat alternate up to three times per week

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**Lunch/Supper Meal Pattern (ages 1-12)**

- o Lunch and Supper – Same Meal Pattern
- o Fluid Milk
  - o As a Beverage
  - o Unflavored whole milk for 1 year olds
  - o 1% or skim for ages 2 and older
    - o Must be unflavored for children ages 2 through 5
- o Meat or Meat Alternate
- o Vegetable
  - o Juice No More Than 1/2 of Serving Size
- o Fruit
  - o May be replaced with 2<sup>nd</sup> vegetable
  - o Juice No More Than 1/2 of Serving Size
- o Grain or Bread

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## Snack Meal Pattern (ages 1-12)

- Must Contain Two Items From Two Different Food Groups (Below)
  - Five Food Groups
    - Fluid Milk
      - as Beverage, on Cereal, or in Part for Each Purpose
      - Unflavored whole milk for 1 year olds
      - 1% or skim for ages 2 and older
        - Must be unflavored for children ages 2 through 5
    - Meat or Meat Alternate
    - Vegetable
    - Fruit
    - Grain or Bread
- One Exception: Cannot Serve 2 Fluids as the Only Two Items For Snack
  - Milk and Juice Not a Reimbursable Snack
  - Fruit Juice and Vegetable Juice not a Reimbursable Snack

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## Other Miscellaneous Items

- Juice is limited to one time per day
  - Across all menus
- At least one whole grain rich item required on menus each day
  - Across all menus
  - Must be indicated on menus
  - Labels must be available for review
- Frying foods on site is not allowed
- In adult daycares, yogurt may replace milk up to one time per day.

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## Serving Sizes

- Serving Sizes Will Vary
  - By Age
  - By Meal Type
- Always Have Meal Patterns Available!!

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## Serving Sizes for Breakfast

- Milk
  - 1-2 years – ½ cup
  - 3-5 years – ¾ cup
  - 6-12 years – 1 cup
  - 13-18 years – 1 cup
- Fruit/Vegetable/Juice
  - 1-2 years – ¼ cup
  - 3-5 years – ½ cup
  - 6-12 years – ½ cup
  - 13-18 years – ½ cup
- Grain/Bread
  - 1-2 years – ½ serving
  - 3-5 years – ½ serving
  - 6-12 years – 1 serving
  - 13-18 years – 1 serving

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## Cereal Serving Sizes

- Cold, Dry Cereals
  - 1-2 years – 1/4 cup
  - 3-5 years – 1/3 cup
  - 6-12 years – 3/4 cup
  - 13-18 years – 3/4 cup
- Hot, Cooked Cereals
  - 1-2 years – 1/4 cup
  - 3-5 years – 1/4 cup
  - 6-12 years – 1/2 cup
  - 13-18 years – 1/2 cup

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## Serving Sizes for Lunch/Supper

- Milk
  - 1-2 years – ½ cup
  - 3-5 years – ¾ cup
  - 6-12 years – 1 cup
  - 13-18 years – 1 cup
- Grain/Bread
  - 1-2 years – ½ serving
  - 3-5 years – ½ serving
  - 6-12 years – 1 serving
  - 13-18 years – 1 serving

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### Serving Sizes for Lunch/Supper (continued)

- Vegetable or Vegetable Juice
  - 1-2 years – 1/8 cup
  - 3-5 years – 1/4 cup
  - 6-12 years – 1/2 cup
  - 13-18 years – 1/2 cup
- Fruit or Fruit Juice (or 2<sup>nd</sup> vegetable)
  - 1-2 years – 1/8 cup
  - 3-5 years – 1/4 cup
  - 6-12 years – 1/4 cup
  - 13-18 years – 1/4 cup

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### Serving Sizes for Lunch/Supper (continued)

- Meat (Beef, Pork, Poultry, Fish, etc..)
  - 1-2 years – 1 oz.
  - 3-5 years – 1½ oz.
  - 6-12 years – 2 oz.
  - 13-18 years – 2 oz.
- Meat Alternates
  - Cheese
    - 1-2 years – 1 oz.
    - 3-5 years – 1½ oz.
    - 6-12 years – 2 oz.
    - 13-18 years – 2 oz.

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### Serving Sizes for Lunch/Supper (continued)

- Meat Alternates
  - Eggs
    - 1-2 years – 1/2 egg
    - 3-5 years – 3/4 egg
    - 6-12 years – 1 egg
    - 13-18 years – 1 egg
  - Cooked, Dry Beans or Cooked, Dry Peas
    - 1-2 years – 1/4 cup
    - 3-5 years – 3/8 cup
    - 6-12 years – 1/2 cup
    - 13-18 years – 1/2 cup

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### Serving Sizes for Lunch/Supper (continued)

- Meat Alternates
  - Peanut Butter, Soy Nut Butter, or Other Nut or Seed Butters
    - 1-2 years – 2 Tbsp.
    - 3-5 years – 3 Tbsp.
    - 6-12 years – 4 Tbsp.
    - 13-18 years – 4 Tbsp.
  - Peanuts, Soy Nuts, Tree Nuts, or Seeds (No More Than 1/2 of Total Meat Serving – Need to Supplement with Other Meat/Meat Alternate)
    - 1-2 years – 1/2 oz. (=50%)
    - 3-5 years – 3/4 oz. (=50%)
    - 6-12 years – 1 oz. (=50%)
    - 13-18 years – 1 oz. (=50%)

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### Serving Sizes for Lunch/Supper (continued)

- Meat Alternates
- Yogurt
  - 1-2 years – 4 fluid oz.
  - 3-5 years – 6 fluid oz.
  - 6-12 years – 8 fluid oz.
  - 13-18 years – 8 fluid oz.

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### Serving Sizes for Snacks

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| <ul style="list-style-type: none"> <li>● Milk           <ul style="list-style-type: none"> <li>● 1-2 years – 1/2 cup</li> <li>● 3-5 years – 1/2 cup</li> <li>● 6-12 years – 1 cup</li> <li>● 13-18 years – 1 cup</li> </ul> </li> <li>● Fruit or Vegetable           <ul style="list-style-type: none"> <li>● Same serving sizes, but different food groups</li> <li>● 1-2 years – 1/2 cup</li> <li>● 3-5 years – 1/2 cup</li> <li>● 6-12 years – 3/4 cup</li> <li>● 13-18 years – 3/4 cup</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>● Grain/Bread           <ul style="list-style-type: none"> <li>● 1-2 years – 1/2 serving</li> <li>● 3-5 years – 1/2 serving</li> <li>● 6-12 years – 1 serving</li> <li>● 13-18 years – 1 serving</li> </ul> </li> <li>● Meat/Meat Alternate           <ul style="list-style-type: none"> <li>● 1-2 years – 1/2 oz.</li> <li>● 3-5 years – 1/2 oz.</li> <li>● 6-12 years – 1 oz.</li> <li>● 13-18 years – 1 oz.</li> </ul> </li> </ul> |
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## Fluid Milk Requirements

- Infants (Under One Year )
  - Breast Milk or Iron-Fortified Infant Formula
- One Year Olds
  - Unflavored Whole Milk
- Two and Older
  - 1% or Skim
  - Must be unflavored for children ages 2-5
- Nondairy Substitutes
  - If Nutritionally Equal to Milk
  - If 'Disability' Involved

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## Non-Creditable Foods

- Some Food Items Not "Creditable"
  - Children May Enjoy, Even Need - Calories
    - Extras
  - Common Examples
    - Grain-Based Desserts (see next slide and creditable foods webinar for more information)
    - Plain Gelatin Made with Water
    - Fruit Flavored Drinks/Sodas
    - Popcorn
      - Also a Choking Hazard
    - Potato Chips
    - Pudding
    - Products Made with Puffed Rice

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## Grain Based "Desserts"

- Not allowed (10/2017 and forward)
  - See Grains & Breads Chart
  - Toaster Pastries
  - Coffee Cakes
  - Doughnuts
  - Sweet Rolls
  - Fruit-Grain/Cereal/Granola Bars
  - Cookies
  - Dessert Pies
  - Cakes
  - Brownies

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### Common Questions

**What is a Grain (or Bread Alternate) Item?**

- Cornbread, Biscuits, Muffins, Pretzels, Crackers, Pastas, Grits, Oats etc..
- Flour, Meal, etc. must be
  - Whole-Grain
  - Enriched
  - Fortified

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### Common Questions (continued)

**I hear there are new sugar limits for some food items. Is that correct?**

- Yes! There are new sugar limits for cereals and for yogurt.
  - Cereals may contain no more than 6 grams of sugar per dry ounce
  - Yogurt may contain no more than 23 grams of sugar per 6 ounce serving

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### Common Questions (continued)

**Are the serving sizes for dried fruits the same as those for fresh, canned, frozen, etc.?**

- The serving sizes for dried fruits are half the size for the hydrated version. So, if ½ cup is needed on the meal pattern, ¼ cup would be enough.

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### Common Questions (continued)

**I have heard that the schools must serve larger servings for some vegetable such as salads. Is that true?**

- o That is correct. The serving sizes for leafy greens must now be doubled. In addition, a little known fact is that the serving sizes for creamy soups (such as tomato soup) must also be larger. A 1 cup serving of soup meet the requirement for ¼ cup of vegetable.

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### Common Questions (continued)

**Are there any common sources of protein that are NOT creditable?**

- o Yes. Common sources of protein that are NOT creditable include:
  - o Seitan
  - o Tempeh

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### Common Questions (continued)

**Can dry beans or dry peas be used as both the meat and the vegetable in the same meal?**

- o No. Cooked dry beans or dry peas may be credited as either the meat alternate component or as part of the fruit/vegetable component but not as both food components in the same meal.

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## Common Questions (continued)

**Can other nuts or seeds be used as the meat alternate component in a meal?**

- Most nuts and seeds and their butters are nutritionally comparable to meat or other meat alternates.
- Acorns, chestnuts, and coconuts shall not be used as meat alternates due to their low protein content.
- Nuts or seeds may be used to meet no more than one-half of the meat/meat alternate requirements.
  - Therefore, nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement.

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## Record Keeping

- Save **ALL** Documentation of Menus and Menu Substitutions
- 3 Previous Years Plus the Current Year

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## Questions?

**Contact Child and Adult Nutrition Services**

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