Meal Pattern Requirements in the Child and Adult Care Food Program

SD Department of Education
Child and Adult Nutrition Services

Breakfast Meal Pattern (ages 1-12)
- Breakfast
  - Fluid Milk
    - As beverage, over cereal, or used 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
  - Vegetable or Fruit or Juice, or Any Combination
  - Grain or Bread
    - may be replaced with a meat/meat alternate up to three times per week

Lunch/Supper Meal Pattern (ages 1-12)
- Lunch and Supper – Same Meal Pattern
- Fluid Milk
  - As a Beverage
  - 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
  - Juice No More Than ½ of Serving Size
- Fruit
  - May be replaced with 2nd vegetable
  - Juice No More Than ½ of Serving Size
- Grain or Bread
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
      - For children 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

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.

Serving Sizes

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

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

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
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 2nd 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

- 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.

- 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
### 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 ½ of Total Meat Serving – Need to Supplement with Other Meat/Meat Alternate)
    - 1-2 years – ½ oz. (=50%)
    - 3-5 years – ¾ oz. (=50%)
    - 6-12 years – 1 oz. (=50%)
    - 13-18 years – 1 oz. (=50%)

### 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.

### Serving Sizes for Snacks

- **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

- **Fruit or Vegetable**
  - Same serving sizes, but different food groups
    - 1-2 years – ½ cup
    - 3-5 years – ¾ cup
    - 6-12 years – 1 ¾ cup
    - 13-18 years – 2 ½ cup

- **Meat/Meat Alternate**
  - 1-2 years – ½ oz.
  - 3-5 years – ¾ oz.
  - 6-12 years – 1 oz.
  - 13-18 years – 1 oz.
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

Non-Creditable Foods

- Some Food Items Not “Creditable”
  - Children may enjoy, even need - calories
    - Extras
      - 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

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
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

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

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.
Common Questions (continued)

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

- 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.

Common Questions (continued)

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

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

Common Questions (continued)

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

- 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.
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.

Record Keeping

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

Questions?

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