

## New CACFP Meal Pattern Changes You May Implement Now

On April 25, 2016, USDA released the new Child and Adult Care Food Program (CACFP) meal pattern requirements. All CACFP programs must comply with the updated meal pattern requirements no later than **October 1, 2017**; however, there are many meal pattern changes that you **may** start implementing now.

The updated meal patterns strengthen the nutritional quality of meals served and address dietary needs of CACFP participants. DPI and USDA strongly support implementing the allowed portions of the updated meal patterns as soon as possible because it will greatly benefit CACFP participants and will help to phase-in the new requirements.

### Programs may start implementing the following changes now

Child and Adult Meal Pattern
At least one serving of grains per day are whole grain or whole grain-rich
The following grain-based desserts are not served at any meal or snack: cookies, cake, sweet pie crusts, fruit turnovers, doughnuts, cereal bars, breakfast bars, granola bars, toaster pastries, sweet rolls, sweet crackers (e.g. graham and animal crackers), and brownies
Breakfast cereals contain no more than 6 grams of sugar per dry ounce
At least one vegetable is served at lunch and supper May serve two vegetables at lunch and supper
Limit 100% juice to once a day
Serve whole, unflavored milk to 1 year old children
Meat/meat alternates may substitute the entire grain component at breakfast a maximum of three times per week. M/MA minimum serving size at breakfast: 1-5 year olds = ½ oz      6-12 year olds = 1 oz
Count tofu and soy yogurt as a meat alternate. Tofu must be commercially prepared, and only firm or extra firm varieties are creditable. Tofu: 2.2 oz (1/4 cup) with at least 5 g protein = 1 oz ma ( <i>must be commercially prepared</i> ) Soy yogurt: 4 fl oz (1/2 cup) = 1 oz ma ( <i>same as regular yogurt</i> )

Infant Meal Pattern
Claim infant meals when mother breastfeeds on-site
Juice is not allowed at meals or snacks
Serve yogurt and whole eggs at lunch/supper, and ready-to-eat cereals at snack
Do not serve cheese food and cheese spread
Parents may only provide one component of the infant meal

Adult Day Care Meal Pattern
Substitute yogurt for fluid milk once per day <ul style="list-style-type: none"> <li>• When yogurt is not served as a meat alternate in the same meal</li> <li>• 6 ounces (weight) or ¾ cup (volume) of yogurt = 8 ounces of fluid milk</li> </ul>