

Child and Adult Day Care Food Program (CACFP) Operation under Unanticipated Center Closures

Meals and Snacks Served Non-Congregate Style

- All meals and snacks served must continue to meet meal pattern compliance set forth in [7 CFR 226.20](#).
- Family Style Meal Service and Offer Versus Serve (At-risk and Adult Day) are not allowable in non-congregate style meal service.
- All meals and snacks must be unitized.

Unitized Meals

- A unitized meal is a meal in which all components are packaged in the minimum portion sizes specified by the meal pattern. It is delivered and served as a unit.
- Milk may be packaged separately, however it must be provided with the meal and must be the appropriate milk type based on the age of the participant.
 - If Programs are providing multiple meals at a time, the Program can provide fluid milk in bulk quantities, as long as the Program ensures enough milk is provided to meet the requirements for each meal.

Unitized Meals

- Infant formula must be provided to households who use this option in order for meals and snacks to be reimbursable.
- Only meals and snacks that meet meal pattern requirements are allowed to be claimed for reimbursement.
- If your Program serves meals or snacks that do not meet meal pattern requirements, you may not claim these meals or snacks for reimbursement. These non-compliant meals and snacks must be paid for with other sources of funding.

Meal Pattern Requirements

- All meals and snacks served must meet meal pattern compliance set forth in [7 CFR 226.20](#).

Infant Breakfast Meal Pattern

Breakfast	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or formula ²	<p>6-8 fluid ounces breastmilk¹ or formula²; and</p> <p>0-4 tablespoons infant cereal^{2,3} meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or</p> <p>0-2 ounces of cheese; or</p> <p>0-4 ounces (volume) of cottage cheese; or 0-4 ounces or $\frac{1}{2}$cup of yogurt⁴; or a combination of the above⁵; and</p> <p>0-2 tablespoons vegetable or fruit or a combination of both^{5,6}</p>

Infant Meal Pattern Lunch and Supper

Lunch and Supper	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or formula ²	<p>6-8 fluid ounces breastmilk¹ or formula²; and</p> <p>0-4 tablespoons infant cereal^{2,3} meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or</p> <p>0-2 ounces of cheese; or</p> <p>0-4 ounces (volume) of cottage cheese; or 0-4 ounces or ½cup of yogurt⁴; or a combination of the above⁵; and</p> <p>0-2 tablespoons vegetable or fruit or a combination of both^{5,6}</p>

Infant Meal Pattern Snack

Snack	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or formula ²	2-4 fluid ounces breastmilk ¹ or formula ² ; and 0-½ slice bread ^{3,4} ; or 0-2 crackers ^{3,4} ; or 0-4 tablespoons infant cereal ^{2,3,4} or ready-to-eat breakfast cereal ^{3,4,5,6} ; and 0-2 tablespoons vegetable or fruit, or a combination of both ^{6,7}

Child Breakfast Meal Pattern

Breakfast	(select all three components for a reimbursable meal)			
Food Components and Food Items¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18² <small>(at-risk afterschool programs and emergency shelters)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both⁴	¼ cup	½ cup	½ cup	½ cup
Grains (oz eq)^{5,6,7}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup

Child Lunch/Supper Meal Pattern

Lunch and Supper	(select all five components for a reimbursable meal)			
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at-risk afterschool programs and emergency shelters)</small>
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	⅓ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	¼ cup	¼ cup	½ cup	½ cup
Fruits^{6,7}	¼ cup	¼ cup	¼ cup	¼ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	¼ cup	¼ cup

Child Snack Meal Pattern

Snack	(select two of the five components for a reimbursable meal)			
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at-risk afterschool programs and emergency shelters)</small>
Fluid Milk³	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Tofu, soy product, or alternate protein products ⁴	½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Large egg	½	½	½	½
Cooked dry beans or peas	¼ cup	¼ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce	1 ounce
Vegetables⁶	½ cup	½ cup	¾ cup	¾ cup
Fruits⁶	½ cup	½ cup	¾ cup	¾ cup
Grains (oz eq)^{7,8}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	½ cup	½ cup	¾ cup	¾ cup

Adult Breakfast Meal Pattern

Breakfast	(select all three components for a reimbursable meal)
Food Components and Food Items ¹	Minimum Quantities
Fluid Milk ²	8 fluid ounces
Vegetables, fruits, or portions of both ³	½ cup
Grains (oz eq) ^{4,5,6}	
Whole grain-rich or enriched bread	2 slices
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	2 servings
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	1 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{7,8}	
Flakes or rounds	2 cups
Puffed cereal	2 ½ cups
Granola	½ cup

Adult Lunch/Supper Meal Pattern

Lunch/Supper	(select all five components for a reimbursable meal)
Food Components and Food Items ¹	Minimum Quantities
Fluid Milk^{2,3}	8 fluid ounces
Meat/meat alternates	
Lean meat, poultry, or fish	2 ounces
Tofu, soy product, or alternate protein product ⁴	2 ounces
Cheese	2 ounces
Large egg	1
Cooked dry beans or peas	½ cup
Peanut butter or soy nut butter or another nut or seed butter	4 tbsp
Yogurt, plain or flavored, sweetened or unsweetened ⁵	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	1 ounce = 50%
Vegetables⁶	½ cup
Fruits^{6,7}	½ cup
Grains (oz eq)^{8,9}	
Whole grain-rich or enriched bread	2 slices
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	2 servings
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	1 cup

Adult Snack Meal Pattern

Snack	(select two of the five components for a reimbursable meal)
Food Components and Food Items ¹	Minimum Quantities
Fluid Milk²	8 fluid ounces
Meat/meat alternates	
Lean meat, poultry, or fish	1 ounce
Tofu, soy product, or alternate protein product ³	1 ounce
Cheese	1 ounce
Large egg	½
Cooked dry beans or peas	¼ cup
Peanut butter or soy nut butter or another nut or seed butter	2 tbsps
Yogurt, plain or flavored, sweetened or unsweetened ⁴	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	1 ounce
Vegetables⁵	½ cup
Fruits⁵	½ cup
Grains (oz eq)^{6,7}	
Whole grain-rich or enriched bread	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}	
Flakes or rounds	1 cup
Puffed cereal	1 ¼ cup
Granola	¼ cup

Meal Pattern Components for Infants

- Infant Formula or Breast Milk –
 - Households must be provided iron-fortified infant formula in the minimum quantities specified by the meal pattern for meals and snacks.
 - If households provide their own infant formula or breast milk, the center must get in writing from the household that they have enough supply to meet meal pattern compliance.

Meal Pattern Components for Infants

- Solid Foods –
 - Households must be provided solid food components for infants that have begun eating solid foods over the age of 6 months in order to claim these meals and snacks.

Meal Pattern Components

- Milk –
 - Must be fluid milk
 - Requires certain milk fat content based on age of participant
- Grains –
 - Must be whole-grain, whole grain-rich, or enriched
 - At least one grain served per day must be whole grain-rich

Meal Pattern Components

- Fruit –
 - Juice must be 100%, pasteurized, no sugar added
- Vegetable –
 - Juice must be 100%, pasteurized, no sugar added
- Meat/Meat Alternate –
 - Different meat/meat alternates have different serving sizes

Milk Component

- The serving size of milk is dependent on the age of the participant.
- Must serve participants the correct milk fat content based on age.
- Milk must be included at breakfast, lunch, and supper.
- Flavored milk cannot be served to children under the age of 6.

Grain Component

- Breads
- Biscuits
- Bagels
- Rolls
- Muffins
- Tortillas
- Pasta
- Crackers
- Pretzels
- Rice
- Pancakes/waffles
- Breakfast cereals

Breakfast Cereals

- Ready-to-eat cereal and cooked breakfast cereals must meet sugar limit requirements.
- Cannot have more than 6 g of sugar per dry ounce.
- Can use any cereal that is listed on any State Agency's WIC-approved cereal list
 - [VT WIC-Approved list](#)
- You can find breakfast cereals that meet the sugar limits by using the [“Choose Breakfast Cereals That Are Lower in Added Sugars”](#) worksheet

Grain-Based Desserts

- No longer creditable toward the grain requirement
 - **Does not matter if it is made from scratch – cannot serve these and claims meals or snacks for reimbursement**
- What is a “grain based dessert?”
 - Cookies, granola bars, cereal bars, fruit bars, toaster pastry, cake, cinnamon rolls, doughnuts, etc.
- All grains with a “3” or “4” superscript on [Exhibit A: Grain requirements for Child Nutrition Programs](#)

Group D	Minimum Serving Size for Group D	Minimum Serving Size for Group D
Doughnuts ⁴ (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars ⁴ (plain) Muffins (all, except corn) Sweet roll ⁴ (unfrosted) Toaster pastry ⁴ (unfrosted)	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	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
Group E	Minimum Serving Size for Group E	Minimum Serving Size for Group E
Cereal bars, breakfast bars, granola bars ⁴ (with nuts, dried fruit, and/or chocolate pieces) Cookies ³ (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts ⁴ (cake and yeast raised, frosted or glazed) French toast Sweet rolls ⁴ (frosted) Toaster pastry ⁴ (frosted)	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	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

Whole Grain-Rich Requirements

- At least **one** meal or snack each day must have a whole grain-rich item
- Required for child and adult meal patterns only (does not apply to infants)
- Whole grain-rich means:
 - At least half (50%) of the grain ingredients are whole-grain
 - Remaining grain ingredients are enriched, bran or germ
- If you only serve one meal or snack, all grains served must be whole grain-rich

Fruits

- If fruit juice is served, it must be 100% juice, pasteurized, and no sugar added
 - Juice is limited to once per day
- Dried fruits should be used sparingly
 - Credits as double the serving size
 - $\frac{1}{4}$ cup raisins = $\frac{1}{2}$ cup fruit
- $\frac{1}{8}$ cup is the smallest portion creditable

Vegetables

- A vegetable may be used to meet the entire fruit requirement (at lunch/supper)
 - However, two different vegetables must be served
- If vegetable juice is served, it must be 100% juice, pasteurized, and no sugar added
 - Juice is limited to once per day
- Dark leafy greens credit as half the serving size
 - 1 cup of romaine = $\frac{1}{2}$ cup vegetable
- $\frac{1}{8}$ cup is the smallest portion creditable

Meat/Meat Alternates Component

- Meat, poultry, fish
- Cheese
- Nuts/seeds (up to 50% of the requirement)
- Peanut butter and nut butters
- Eggs
- Beans or peas
- Yogurt
- Alternate protein products – tofu, tempeh

Yogurt

- Only credits as a meat/ meat alternate
- Cannot have more than 23 g of sugar per 6 oz.
- You can find yogurts that meet the sugar limit by using the “[Choose Yogurts That Are Lower in Added Sugars](#)” worksheet

Meal Pattern Documentation

- Meal Production Records are still required
- Must have Child Nutrition (CN) labeled products or products with Product Formulation Statement (PFS) for pre-made process food items served

Additional Foods

- Foods that may not be served as part of the reimbursable meal are not allowable costs.
- Condiments served with a creditable food are exempt from this restriction.
- Sites wishing to serve additional foods that do not meet CACFP meal pattern standards must use non-Program funds.

Meal Types Available

Programs have the option to choose what meal service types they want to provide:

- Breakfast
- AM Snack
- Lunch
- PM Snack
- Supper

Days of Operation and Meal Combinations

- Child care and adult day care centers –
 - May only claim two meals and one snack or two snacks and one meal per day
- At-Risk Programs –
 - May only claim one meal and one snack per day
- Meals and snacks can only be provided during the weekend if you typically operate on the weekends
 - The State agency will not approve application updates that include weekends unless supporting documentation is provided

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410

FAX:

(202)690-7442

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