

## CACFP NEW Meal Pattern Home Study

This home study provides information on the new CACFP Meal Pattern and new recordkeeping requirements. If you have questions, e-mail your assigned [Consultant](#). **All new meal pattern changes must be implemented by October 1, 2017.**

This home study applies to **all CACFP agencies**. In addition, if you are:

- **Licensed for or care for infants:** Read the Infant section (p. 18-19)
- **At-Risk Afterschool Programs:** Read the At-Risk section (p. 20-21)

### RESOURCES

To access handouts and other resources referenced throughout the home study, click on the hyperlink (blue and underlined).

- [Recordkeeping Requirements](#): details menu requirements and support documentation that must be on file for different foods mentioned throughout the home study (see Menu Documentation and Support Documentation sections within each component).
- [Non-Claimable Meals](#): list of foods and meals that are not in compliance with the new meal pattern
- [Checklist for Implementing New Meal Pattern](#): summarizes major changes to the meal pattern

**Meal Production Resources** have been updated and are under Guidance Memorandum (GM) #12:

- Production Records, Meal Requirements Calculator, Grains Chart

#### Websites:

- New CACFP Meal Pattern: <https://dpi.wi.gov/community-nutrition/cacfp/new-cacfp-meal-pattern>
- Guidance Memorandums: <https://dpi.wi.gov/community-nutrition/cacfp/guidance-memo>

### AGENCY RESPONSIBILITIES

**Train Staff** responsible for CACFP tasks:

Prepares the food	Completes the point of service meal count
Serves the food	Compiles and submits the claim
Shops/orders food	Maintains CACFP financial records
Plans and creates menu	Oversees staff with CACFP responsibilities

All new CACFP meal pattern requirements must be met regardless of the source of your food supplies or meals, including when your agency:

- Prepares meals on-site or central kitchen,
  - Receives donated foods from another organization, or
  - Purchases meals from a vendor
    - Your program is responsible to ensure all meals are in compliance with the new meal pattern
    - Work with your vendor to ensure they are knowledgeable on all requirements
- **All foods that no longer meet CACFP requirements cannot be counted as a creditable component within your meals and snacks**

# CACFP MEAL PATTERN CHARTS FOR 1-18 YEAR OLDS

Updated [CACFP Meal Pattern Chart](#) is found under GM 12.

Post in the kitchen, cafeteria, and/or classrooms; where meals are prepared and served

## Meal Component Changes

There are now **5 meal components** instead of four:

Milk, meat/meat alternates, vegetables, fruits, and grains

- **Fruits and Vegetables are now separate components at lunch, supper, and snack**

## **13 through 18-year-old Age Groups:**

Addition to the meal pattern for those in the **At-risk Afterschool Programs** and **Emergency Shelters** only. The serving sizes for the new age group are the same as the 6 through 12 year old age group.

# MILK

## **New Requirements**

### 1 Year Olds

- **Whole unflavored milk** is required
- **Flavored milk cannot be served**, including flavorings such as syrup or flavored milk powders

Classrooms with 1 & 2 year olds:

- 1 year olds: Must serve whole milk
- 2 year olds: Must serve 1% or skim

### 2 - 5 Year Olds

- **Unflavored low-fat (1%) milk or fat-free (skim) milk** is required

### 6 Years Old and Older

- **Unflavored low-fat (1%) or fat-free (skim) milk** is required
- **Flavored milk must be fat-free (skim)**. If adding syrup or flavored milk powder, the milk must be **fat-free (skim) milk only**

### Breastmilk

Breastmilk may be served to children past the age of 1. You may claim reimbursement **when a mother breastfeeds at the center** or when expressed breastmilk is provided to the child on-site. Your program must provide all of the other required meal or snack components.

### Water

Programs **must** offer water to participants at different times throughout the day. For very young children, this may require visual cues such as showing the cup or pitcher while offering the water.

- **Water is not part of a reimbursable meal, and it cannot be served in place of milk**

A **one month transition period** to switch from whole milk to low fat or fat-free is allowed. You may claim reimbursement for meals served to children 24-25 months of age that include whole milk and mixtures of other unflavored milks.

**READ ME**

### **IMPORTANT:**

2% milk is **NOT** creditable and must not be served to participants of any age

### **Non-dairy Beverages**

Non-dairy beverages served for non-medical, special dietary requests must be nutritionally equivalent to cow's milk. More info [here](#).

**Ages 1 through 5:** Must be **unflavored**

**Ages 6 and older:** May be **unflavored or flavored**

## Menu Documentation

Document type of milk to indicate:

- Fat content served to each age group
- If milk is flavored

➤ A statement at the bottom or top of menus is acceptable

<b>Snack</b> Select two of the following: Meat/Meat Alternate Vegetable Fruit Grains Milk	HM guacamole Salsa Tortilla chips Milk	Fresh carrot sticks <b>WG crackers</b> Water
* 1% or skim, unflavored milk is served to children ages 2 and older * Whole, unflavored milk is served to 1 year olds		

## Compiling Claims

Do not claim meals and/or snacks when the following is served:

- 1 Year Old: 1%, 2%, or Fat Free Milk or any flavored milk
- 2 - 5 year Olds: Whole, 2% milk or any flavored milk
- 6 years and older: Whole, 2% milk or Flavored whole, 2%, or 1% milk

# MEAT/MEAT ALTERNATE (M/MA)

Meat or meat alternates may substitute the entire grains component at breakfast a maximum of three times per week.

See the chart below for M/MA ideas you can serve at breakfast and the required minimum serving size of the foods for each age group. The column for adults are for those participating in the Adult Day Care programs.

One ounce of M/MA will credit as 1 serving of grains

	Ages 1- 2 years and 3-5 years	Ages 6-12 years and 13-18 years	Adults (ADC)
Minimum amount of M/MA required at breakfast	<b>½ ounce equivalent</b>	<b>1 ounce equivalent</b>	<b>2 ounce equivalent</b>
Beans	1/8 cup	1/4 cup	1/2 cup
Cheese	1/2 ounce	1 ounce	2 ounces
Cottage or ricotta cheese	1 oz. (1/8 cup)	2 oz. (1/4 cup)	4 oz. (1/2 cup)
Eggs	1/4 large egg	1/2 large egg	1 large egg
Lean meat, poultry or fish	1/2 oz.	1 oz.	2 oz.
Nut butters	1 Tablespoon	2 Tablespoons	4 Tablespoons
Tofu, firm/extra firm	1.1 oz. (1/8 cup)	2.2 oz. (1/4 cup)	4.4 oz. (1/2 cup)
Yogurt (regular and soy)	2 oz. (1/4 cup)	4 oz. (1/2 cup)	8 oz. (1 cup)

### PROCESSED MEATS

#### NOT REIMBURSABLE:

- Bacon, imitation bacon products and salt pork

#### REIMBURSABLE:

- Items labeled 'fresh pork sausage' or 'fresh Italian sausage' may be credited (see [page 1-45](#) of the Food Buying Guide)
- Turkey bacon and sausage products must have a CN label or Product Formulation Statement

# Tofu

**Tofu is now creditable as a meat alternate.** It is only creditable for children ages 1 and older, and adults in adult care centers. It cannot be served to infants as part of a reimbursable meal.

**Crediting Tofu:**

- Must be commercially prepared
- 2.2 oz. (1/4 cup) of tofu, containing at least 5 g of protein = **1.0 oz. M/MA**
- Must be easily recognized as a meat substitute. For example, tofu noodles are perceived as a grain; therefore are not creditable as a meat alternate.
- Meat substitute products made from tofu, such as links, sausages, crumbles, patties, soy burgers, chik patty, etc., require a Child Nutrition (CN) Label or product formulation statement (PFS) to verify the food item contains the minimum protein requirement

Creditable Examples	Non Creditable Examples
Tofu (such as silken, soft, firm, and extra firm)	Tempeh, seitan, and soy cheese (no standard of identity)
Chunks of tofu in casseroles, stir fry or omelets	Tofu incorporated into drinks, such as smoothies, or other dishes to add texture

**Support Documentation**

**A picture or a copy of the product package must be on file.** The documentation must include the **name of the item** and the **Nutrition Facts Label**.

**Compiling Claims**

Do not claim meals when tofu does not meet above requirements.



# Yogurt

**New Requirement**

**Yogurt must contain no more than 23 grams of total sugars per 6 ounces.**

There are two methods for determining if the yogurt meets the sugar limit:

- **Sugar limits chart**
- **Sugar calculation**

Only looking at the amount of sugar on the nutrition facts label will not determine if the yogurt is creditable. You must look at the serving size and Total Sugars.

Choose one method to determine the sugar amount.

**Sugar Limits Chart**

- Step 1:** Find the Nutrition Facts Label on the package
- Step 2:** Identify the *Serving Size*
- Step 3:** Find the amount of *Sugars*
- Step 4:** Find the serving size in the chart to see if sugar is within limits

*See next page for an example*

<b>Nutrition Facts</b>	
Serving Size 6 oz (170g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Potassium</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
<b>Sugars</b> 19g	
<b>Protein</b> 14g	<b>28%</b>

Yogurt Sugar Limits		
Serving Size (Ounces)	Serving Size (Grams)	Sugar Limits
2.25 ounces	64 grams	0-9 grams
3.5 ounces	99 grams	0-13 grams
4 ounces	113 grams	0-15 grams
5.3 ounces	150 grams	0-20 grams
6 ounces	170 grams	0-23 grams
8 ounces	227 grams	0-31 grams

Example: Sugar Limit Chart - Serving Size in Ounces

*NOTE: Use same steps below when yogurt serving size is in grams & use the Serving Size (Grams) column.*

**Serving Size in Ounces**

- Step 1: Find the Nutrition Facts Label on package
- Step 2: Identify the serving size: **6 oz**
- Step 3: Find the amount for Sugars: **19 grams**

**Nutrition Facts**

Serving Size **6 oz (170g)**  
Servings Per Container 1

Amount Per Serving  
Calories 140

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Potassium</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
<b>Sugars</b> 19g	
<b>Protein</b> 14g	<b>28%</b>

**Serving Size in Ounces**

Step 4: Find the Serving Size in the chart

- Serving size: **6 oz**
- Total sugars: **19 grams**

**Is it Creditable?**

**Yogurt Sugar Limits**

Serving Size (Ounces)	Serving Size (Grams)	Sugar Limits
2.25 ounces	64 grams	0-9 grams
3.5 ounces	99 grams	0-13 grams
4 ounces	113 grams	0-15 grams
5.3 ounces	150 grams	0-20 grams
<b>6 ounces</b>	<b>170 grams</b>	<b>0-23 grams</b>
8 ounces	227 grams	0-31 grams

➤ The yogurt is creditable because 19 grams is between 0-23 grams

**Sugar Calculation**

When a yogurt’s Nutrition Facts Label lists a serving size not on the Sugar Limits Chart, you must do a calculation to determine if it is within the sugar limits threshold:

1. Find the *Nutrition Facts Label* on the package
2. Divide the grams of *Sugars* by the *Serving Size* in grams or ounces



If number is equal to or less than the threshold below, the yogurt is creditable:

- Ounces: 3.83
- Grams: 0.135

Example: Sugar Calculation - Serving Size in Ounces

*NOTE: Use same steps below when yogurt serving size is in grams & use the Grams threshold*

**Serving Size in Ounces**

Step 1: Find the Nutrition Facts Label

Step 2: Find the amount for Sugars: **16 g**

Step 3: Identify the Serving Size: **4.5 oz**

**Nutrition Facts**

Serving Size **4.5 oz (128g)**  
Servings Per Container 1

Amount Per Serving  
Calories 140

	% Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Sugars</b> 16g	
<b>Protein</b> 8g	<b>16%</b>

**Example #1: Serving Size in Ounces**

Step 4: Calculate the amount of sugar per ounce

$$\frac{\text{Sugars}}{\text{Serving Size}} = \frac{16}{4.5} = 3.55$$

Threshold: **3.83 or less**

➤ The yogurt is creditable because 3.55 is less than 3.83

- When purchasing large containers of yogurt (i.e. 32oz), use the serving size on the Nutrition Facts Label, as this may be smaller, i.e. 6 or 8 oz. and compare to the Sugar Limits Chart.
- If the Nutrition Facts Label lists “one container” as the serving size, check the front of the package to see how many ounces or grams are in the container to determine if yogurt meets the sugar limits.

**Soy Yogurt is now creditable for participants 1 year and older**

- 4 ounces = 1 oz. of M/MA
- No more than 23 grams of total sugars per 6 oz.

Tools for Determining if Yogurt is Creditable

- [Sugar in Yogurt & Cereal Handout](#): Sugar Limit Chart and Thresholds for ounces and grams
- [Methods to determine Sugar Amounts Handout](#): Calculator to determine sugar limits in yogurt

## Support Documentation

A picture or a copy of the product package must be on file. The documentation must include the name of the item and the Nutrition Facts Label.

Check Nutrition Facts Labels regularly to ensure the yogurt still meets the limits because manufacturers may change their products.



## Compiling Claims

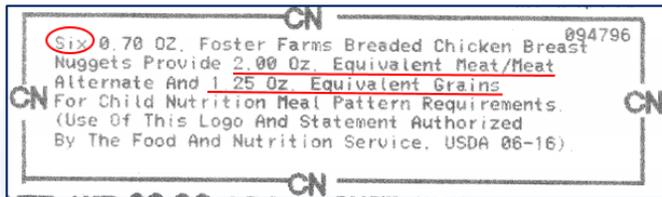
Do not claim meals when yogurt (dairy or soy) is above the sugar limits.

## Child Nutrition Labels/Product Formulation Statements

Child Nutrition (CN) labels or Product Formulation Statements (PFS) **must** be on file and used for store-bought combination foods such as chicken nuggets, pizza, meatballs, fish sticks, corn dogs, etc. This also includes soy products. The Nutrition Facts Label is not sufficient to determine the amounts to serve.

### CN Labels

The CN label provides information on how the food contributes to the meal pattern. You must use the information to determine how much to prepare for a specific meal and how much to serve to each child.



Ex: 6 nuggets provides 2 oz. M/MA. You must serve:

- 1-2 year olds: 3 nuggets = 1 oz. M/MA
- 3-5 year olds: 5 nuggets = 1.5 oz. M/MA
- 6-18 year olds: 6 nuggets = 2 oz. M/MA

### Product Formulation Statements (PFS)

Manufacturer Name		Product Formulation Statement			
Product Name: Uncooked Breaded Chicken Breast Tenderloins		Code No: 020496-0928			
Manufacturer: Tyson Foods, INC		Case Pack/Count/Portion Size: /3 (1.85 oz.) Pieces			
<b>I. Meat/Meat Alternate</b>					
Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate					
Description of Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield	Creditable Amount *	
Chicken CHICKEN TENDERS	1.340388	X	0.73	0.97848324	
<b>Total</b>				<b>0.97848324</b>	
* Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information					
A serving of 3 chicken tenders provides 2 ounces of meat/meat alternate.					

If there is no CN label on the product package you must contact the manufacturer to request a PFS. It will tell you how the item contributes to the meal pattern. Use the information to determine how much to prepare for a specific meal and how much to serve to each child.

- **If you cannot obtain a CN label or PFS for a store-bought combination food item, it cannot be served as part of a CACFP reimbursable meal**

## Compiling Claims

Do not claim meals containing store-bought combination foods if there is no CN label or PFS on file, or the CN label or PFS is not used to determine the minimum amounts to serve.

A CN label/PFS for one item cannot be applied to another

# FRUITS AND VEGETABLES

## New Requirement

Fruits and vegetables are separate components at lunch, supper and snack. **A vegetable is required at lunch and supper.**

### Separate Vegetable & Fruit Components

- **Breakfast:** *No Change.* Vegetables and fruits remain **combined** as one meal component.
- **Lunch & Supper:** *Change.* Vegetables and fruits are **separate** meal components.
  - A vegetable and a fruit, or two different vegetables must be served. **Two fruits cannot be served.**
- **Snack:** *Change.* A **fruit and a vegetable** can be served as the two required components.
  - Items from two different components must be served, therefore, two fruits or two vegetables cannot be served.

Lunch & Supper			
Allowed	Allowed	Not Allowed	Not Allowed
Chicken Carrots Broccoli WG Bun 1% milk	Chicken Carrots Apples WG Bun 1% milk	Chicken 2 servings of Carrots WG Bun 1% milk	Chicken Kiwi Apples WG Bun 1% milk

Snack		
Allowed	Not Allowed	Now Allowed
Kiwi Carrots	Carrots Celery	Strawberries Bananas

### Vegetable & Fruit Serving Size Requirements

The minimum serving sizes for vegetable and fruit components provided in the table must be served.

When two vegetables are served at lunch/supper, the serving size of the second vegetable must be at least the same serving size as the fruit component it replaced.

	Ages (years)			
	1-2	3-5	6-18	Adults
Breakfast	¼ cup	½ cup	½ cup	1 cup
Lunch & Supper				
Vegetables	⅛ cup	¼ cup	½ cup	½ cup
Fruits	⅛ cup	¼ cup	¼ cup	½ cup
Snacks				
Vegetables	½ cup	½ cup	¾ cup	½ cup
Fruits	½ cup	½ cup	¾ cup	½ cup

- 1 cup raw leafy greens (e.g. lettuce) = ½ cup veg
- ½ cup cooked greens = ½ cup vegetables
- ¼ cup dried fruit (e.g. raisins) = ½ cup fruit

## Menu Documentation

Record the specific fruit and vegetable you plan to serve at each meal/snack on the menu. If this is not what is served, record substitutions on menus filed with the CACFP claim.

Baked chicken	HM Bean Burrito in
<b>Roasted eggplant</b>	WG tortilla
<b>Blackberries</b>	<b>Honeydew melon</b>
Buttered noodles	<b>Zucchini wedges</b>
Milk	Milk

## Compiling Claims

Do not claim meals when:

- Two fruits are served at lunch or supper
- Same type of vegetable (i.e. potatoes/sweet potatoes or two servings of carrots) are served at lunch or supper
- Two fruits or two vegetables are served at snack

## New Requirement

Juice (vegetable or fruit) can only be served at one meal or snack per day even if meals and snacks are served to different groups of participants.

Examples:

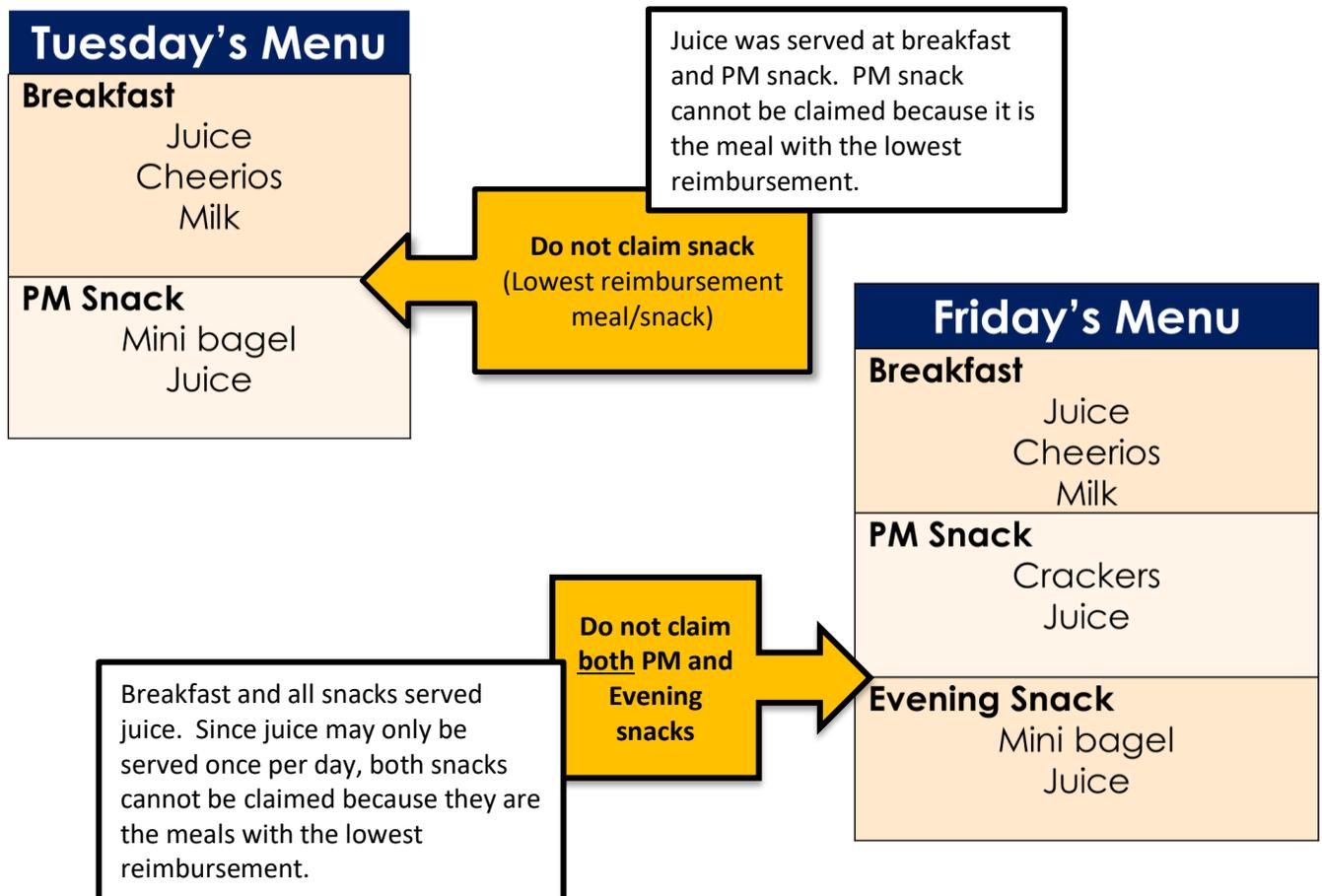
- Your program serves different groups of children. One group only receives a breakfast and lunch, and the other group only receives a lunch and PM snack. You can only serve juice at one meal or snack that day, for example breakfast. While some of the participants will not be served breakfast, you cannot serve juice at PM snack to the other group later in the day.
- Your program serves the same menu items at multiple snacks (AM and PM snack) to different groups of children, juice may only be served at one of those snacks.

➤ **Pureed fruits and vegetables when served in a smoothie are considered juice. This counts as serving juice once per day.**

## Compiling Claims

If your program serves juice at more than one meal, including snack, the meal(s) or snack(s) with the lowest reimbursement rate containing juice cannot be claimed.

Examples of meals that **cannot** be claimed because juice was served more than once a day:



# GRAINS

This section was previously called breads and grains; this component is now called **Grains**.

## Breakfast Cereals

### New Requirement

All breakfast cereals (ready-to-eat, instant, and regular hot cereal) must contain **no more than 6 grams of total sugar per dry ounce**.

- You cannot mix creditable cereals that meet sugar limits with non-creditable cereals that are above the sugar limits in order to meet sugar limit requirements.

Three ways to determine if a cereal meets sugar limits:

- Cereal is on the **WIC approved breakfast cereals list**
- Using the **Sugar Limits in Cereal Table** (example below)
- Completing a **Calculation**

More information about these are found on the [Cereals that Meet CACFP Requirements](#) handout.

### Sugar Limits in Cereal Table

- Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
- Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
- Use the serving size identified in step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams

- In the table, look at the number to the right of the serving size amount, under the "Sugars" column.  
**If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.**

Nutrition Facts	
Serving Size ¼ cup (30g)	
Servings Per Container about 15	
Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
% Daily Value*	
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 140mg	

**Answer:** The cereal has 5 grams of sugar per 30 grams. The maximum amount of sugar allowed for 30 grams of cereal is 6 grams. 5 is less than 6, so this cereal meets the sugar limit.

The Nutrition Facts Label will change by July 2018. The new label includes *Total Sugars* and *Added Sugars*. When you complete the sugar calculations (for both cereals and yogurt), use the **Total Sugars** amount.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	

### Menu Documentation

You must document the specific name of the cereal on menus (i.e. Cheerios, Rice Krispies, Life)

Monday	Tuesday	Wednesday
Grapes <b>WG Cheerios</b> Milk	Diced peaches Rice Krispies Milk	Kiwi <b>WG Life Cereal</b> Milk

### Support Documentation

You must keep support documentation on file.

- Cereals on approved WIC list: do not keep cereal label on file
- Cereals not on approved WIC list: keep package or picture of package on file, including: Name of item, Nutrition Facts Label, and Ingredient list
  - The amount of sugar in a cereal might change. Always check the serving size and amount of sugars on the Nutrition Facts Label to ensure they match what is on file.



### Compiling Claims

- Cereals that are above the sugar limit are not creditable and cannot be served as a component in the CACFP meal pattern.
- If served as one of the meal components, do not claim that meal or snack.

## Grain-Based Desserts

### New Requirement

**Grain-based desserts (GBD) are not creditable** and cannot be served to meet the grains component.

- Left column: **GBDs that cannot be served**
- Right column: Other grains that can be served

#### Store-bought Grain-Based Desserts

Some foods may not be easily identified as grain-based desserts:

- A cookie may be called a “breakfast round”
- A granola bar may be called a “breakfast bar or flat”

When searching for grains, ask, “Is this food thought of as a grain-based dessert?” If yes, then it is a grain-based dessert. If you are unsure, email your [CACFP Consultant](#).

➤ **Even if the item is whole grain-rich, it is still NOT creditable**

#### Homemade Grain-Based Desserts

Even if made with healthy ingredients or less sugar, homemade GBDs, are **NOT creditable**. [USDA Standardized Recipes](#) provide recipes for all Child Nutrition Programs (i.e. National School Lunch Program (NSLP), Summer Food Service Program (SFSP)) and contain GBD recipes. NSLP and SFSP programs may still serve GBDs.

➤ **CACFP programs cannot make these GBD recipes to credit as the grains component**

#### Grains Chart and Food Buying Guide

The CACFP [Grains Chart](#) has been updated to not include GBDs. Be aware, the Grain/Bread Chart in the Food Buying Guide (FBG) applies to all Child Nutrition programs (NSLP, SFSP) and includes GBDs.

Grain-Based Desserts	NOT Grain-Based Desserts
Brownies	Croissants
Sweet biscotti and scones made with fruits, icing, etc.	Savory biscotti and scones made with cheese, herbs, vegetables, etc.
Cake, including coffee cake	French toast
Cereal bars, breakfast bars, granola bars	Granola cereal
Cookies, including vanilla wafers	Crackers (savory & plain); Sweet crackers (animal crackers & graham crackers)
Doughnuts	Pancakes, Waffles
Gingerbread	Muffins
Pie crusts of dessert pies, cobblers, and fruit turnovers	Pie crusts of savory pies (i.e. vegetable pot-pie or quiche)
Sweet bread pudding & rice pudding	Savory bread pudding made with cheese, herbs, vegetables
Toaster pastries	Quick breads (banana, zucchini, and others)
Sweet rolls, (cinnamon rolls)	Teething biscuits and toasts

## Compiling Claims

Do not claim a meal or snack when a GBD is served as the grain component.

## Unallowable Costs

GBDs may be served as an **additional** item; however, these items are not an allowable cost. You must:

- Use another funding source to pay for those items
- Not include as a CACFP food cost
- Notate the unallowable costs on the receipts

## Whole Grain Rich (WGR) Foods

### New Requirement

**At least one grain per day must be whole grain-rich.** This is **not** required for the infant meal pattern.

WGR foods are those that contain 100% whole grains, or at least 50% whole grains, and the remaining grains in the food are enriched.

What is a whole grain?

1. The word “whole” or “whole grain” is before the grain’s name:
  - a. Whole grain corn, whole rye, whole wheat, whole grain barley
2. Grains that do not have the word “whole” before the name, but are 100% whole grain:
  - a. Quinoa, brown rice, wild rice, rolled oats and oatmeal, berries and groats

Examples of grains that are whole grain and not whole grain

### Identifying Whole Grains *(This is not an all-inclusive list)*

Whole Grains	Not Whole Grains
Amaranth	All-purpose flour
Brown rice, wild rice	Bread flour
Buckwheat	Bromated flour
Bulgar (cracked wheat)	Cake flour
Bromated whole wheat flour	Corn grits
Crushed wheat	Couscous
Graham flour	De-germinated cornmeal
Millet	Durum flour
Oatmeal or rolled oats	Enriched flour
Quinoa	Enriched rice
Triticale	Enriched wheat flour
Whole grain barley	Farina
Whole rye	Long-grain white rice
Whole grain corn	Pearled barley
Whole cornmeal	Phosphate flour
Whole grain sorghum	Unbleached flour
Whole grain triticale	White flour
Whole durum wheat	Whole flour
Whole-wheat	Wheat flour

## Read the Ingredients

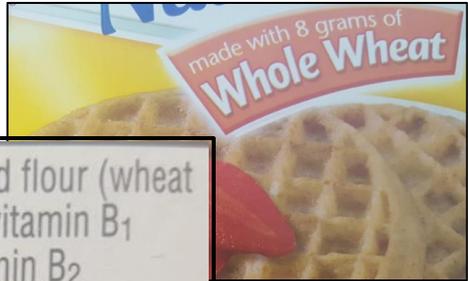
It is important to read the ingredients because some products may not be whole grain or creditable. The first two examples below are products that appear to be whole grain but are not. The third example is not whole grain or enriched, so it is not a creditable grain.

### Not Whole Grain

Manufacturers include words on the front of the package that may *seem* like they are whole grain, such as *multi-grain*, *stone-ground*, *bran*, *seven-grain*, *made with whole wheat* or *100% wheat*, but they are **not 100% whole grain**.

Example 1: ‘Made with 8 grams of Whole Wheat’. This product is not whole grain because:

- “Made with” does not indicate the product is 100% whole wheat
- The first grain ingredient (after water) is enriched flour – which is not whole grain



**Ingredients:** Water, enriched flour (wheat flour, niacin, reduced iron, vitamin B<sub>1</sub> [thiamin mononitrate], vitamin B<sub>2</sub> [riboflavin], folic acid), whole wheat flour,

Example 2: ‘Multi-grain’. This product is not whole grain because:

- ‘Multi-Grain’ tells you there are multiple grains. The grains could be whole grains or enriched, or a combination of both
- The first grain ingredient is enriched flour – which is not whole grain



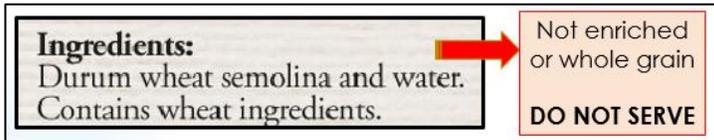
**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B<sub>1</sub> [THIAMIN MONONITRATE], VITAMIN B<sub>2</sub> [RIBOFLAVIN], FOLIC ACID), SOYBEAN OIL WITH TBHQ FOR FRESHNESS, SUGAR, WHOLE WHEAT FLOUR, DEFATTED WHEAT GERM, CONTAINS TWO PERCENT OR LESS OF OAT

### Non-Creditable Grains

To be creditable, a grain must be whole grain or enriched.

Example 3: This product is not creditable and may not be served as the grain component because:

- Durum wheat semolina is **not whole grain**
  - It does not have “whole” before its name
- It is **not enriched** because
  - The ingredients do not say “enriched”
  - There are no vitamins or minerals listed in the ingredients

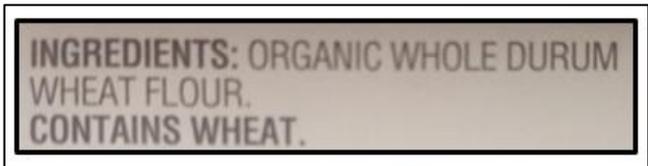


**Ingredients:**  
Durum wheat semolina and water.  
Contains wheat ingredients.

Not enriched  
or whole grain  
**DO NOT SERVE**

For durum wheat to be creditable it must:

- Be “whole durum wheat” (see example)
- Say “Enriched durum wheat”
- Include vitamins or minerals in the ingredients



**INGREDIENTS:** ORGANIC WHOLE DURUM  
WHEAT FLOUR.  
CONTAINS WHEAT.

## Determining WGR Foods

Follow the steps below to determine if a store-bought grain product is WGR:

Grain products are specifically labeled as “whole wheat bread”, “entire wheat bread”, “whole wheat rolls”, “entire wheat rolls”, “whole wheat buns”, and “entire wheat buns”

OR

Product is a whole grain (brown rice, quinoa, oatmeal, etc.)

NO

YES → Product is WGR!

Read the **Ingredient List**:

A **whole grain** is the first ingredient or is the second ingredient, with water as the first ingredient

Ingredients: Whole-wheat flour, water, enriched unbleached wheat flour, yeast, sugar, wheat gluten

NO

YES → Product is WGR!

The package includes one of the following **FDA health claims**:

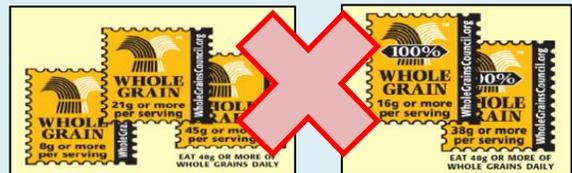
- “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.” **OR**
- “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”

NO

YES → Product is WGR!

If the first grain ingredient is enriched, the item is creditable and may be served, but may **not** be counted as the WGR item because the weight of the enriched grain is more than the whole grain

**Whole Grain Stamps** may not be used to determine a product as WGR. These products may contain non-enriched refined flour.



**Store-bought Combination Foods** (i.e. pizza, corn dogs, fish sticks, chicken nuggets, etc.)

The branding may count as the WGR item if a CN label or Product Formulation Statement (PFS) is on file.

- The CN label or PFS will indicate if the item is WGR or not:
  - If the CN label or PFS says, “oz. equivalent grains” = WGR
  - If the CN label or PFS says, “bread” or “bread alternate” = not WGR

WGR	Not WGR
<div style="display: flex; justify-content: space-between; align-items: center;"> <span>CN</span> <span>XXXXXX*</span> </div> <div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;">                     One 5.00 oz Wedge Cheese Pizza with Whole Wheat Crust provides 2.00 oz equivalent meat alternate, 1/8 cup red/orange vegetable, and <u>2.0 oz eq Grains</u> for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX-XX**.)                 </div> <div style="display: flex; justify-content: space-between; align-items: center;"> <span>CN</span> <span>CN</span> </div>	<div style="display: flex; justify-content: space-between; align-items: center;"> <span>CN</span> <span>XXXXXX*</span> </div> <div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;">                     One 5.00 oz. Pizza with Ground Beef and Textured Vegetable Protein provides 2.00 oz. equivalent meat/meat alternate, ½ cup vegetable and <u>1 ½ servings of bread alternate</u> for The Child Nutrition Meal Pattern Requirements. (Use of this logo And statement authorized by the Food and Nutrition Service, USDA XX-XX**.)                 </div> <div style="display: flex; justify-content: space-between; align-items: center;"> <span>CN</span> <span>CN</span> </div>

**Homemade Items**

To determine if a homemade item is WGR, look at the grains in the recipe. If 50% or more of the grains are whole grain, the item is WGR.

1 cup whole wheat flour = whole grain  
 ¾ cup wheat flour = not whole grain

This item is whole grain rich, because at least 50% of this product is whole grain

**Whole Wheat Banana Muffins**

**Ingredients:**

- 1 egg
- ¾ cup brown sugar
- 1 1/3 cups banana (mashed, about 2 medium bananas)
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 cup whole wheat flour
- ¾ cup wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda

✓

Look only at the grains in the product

Menu Planning: Serving WGR Items Each Day

Each day, at least one meal or snack claimed for CACFP reimbursement must include a whole grain-rich food as the grain component. If your program:

- Only claims **one meal** per day (breakfast, lunch or supper) the grain must be WGR
- Only claims a snack, if one of the two components is a grain item, it must be WGR
- Claims more than one meal or snack (breakfast, lunch and snack), you may choose which meal to serve the WGR food

**Menu Documentation**

You must document on the menus which foods are WGR (i.e., “Whole wheat” bread, “Whole Grain” Crackers or “Whole Grain-Rich” English muffins)

- OK to abbreviate WW, WG or WGR
- Recommend to bold the WGR items so it is easy to identify the WGR item each day
- If cereal is counted as the WGR item, write “WG” on the menus next to the cereal’s name

Monday	Tuesday	Wednesday	Thursday	Friday
Banana <b>WG Cheerios</b> Milk	Avocado Baked scrambled eggs Milk	Mixed fruit Biscuit Ham slice Milk	Strawberries <b>Oatmeal</b> Milk	Fresh apple slices Yogurt Milk
HM cheese pizza Cucumbers Apple slices Milk	Turkey breast sandwich on <b>WG bread</b> Steamed broccoli Watermelon Milk	Oven baked chicken <b>Brown rice</b> Cauliflower Zucchini Milk	Meatloaf Roasted beets Kiwi Corn bread Milk	Baked fish <b>Quinoa</b> Tomatoes Pineapple Milk

## Support Documentation

Store-bought Items: Keep the product package or a picture/copy of the package on file:

- Package showing name of product and “100% whole grain” or “100% whole wheat”
- Package showing name of product and Ingredients list with the whole grain listed as the first ingredient or the second ingredient, with water as the first ingredient
  - If the first ingredient is not a whole grain, obtain a PFS from the manufacturer

Store-bought combination foods: Keep the CN Labels or PFS on file

Homemade items: Keep the recipes on file

## Compiling Claims

If a WGR item was not served at least one time per day at a CACFP meal or snack, do not claim the meal or snack with the lowest reimbursement that contained a grain

Examples of meals that **cannot** be claimed because a WGR item was not served at least once a day:

- Tuesday’s menu: A grain was served only at breakfast and lunch (not at snack). No WGR item was served. Breakfast cannot be claimed because it is the meal with the lowest reimbursement in which a grain was served.
- Friday’s menu: All meals/snacks served a grain. No WGR item was served. Snack cannot be claimed because it is the meal with the lowest reimbursement.

Tuesday’s Menu		Do not claim breakfast (lowest reimbursement meal/snack serving a grain)	Friday’s Menu	
Breakfast	Banana slices Multi-grain waffle Milk			Breakfast
Lunch	Chicken stir-fry Broccoli Carrots White rice Milk		Lunch	Macaroni and cheese Cornbread Okra Tropical fruit Milk
Snack	Yogurt Apple Slices Water		Snack	Cheddar cheese slices Crackers Water

Do not claim snack (lowest reimbursement meal/snack serving a grain)

## Unallowable Costs

**Non-creditable foods are unallowable costs.** They cannot be included in your CACFP food costs, even when served as an extra with a reimbursable meal/snack.

Examples include:

- Grain-Based Desserts (ex. cupcakes, granola bars, cookies)
- Cereals and yogurt that are above the sugar limits
- Store-bought combination food items (i.e., chicken nuggets, pizza) with no CN label or production formulation statement
- Other non-creditable foods (ex. ice cream, pudding, popcorn, bacon)

➤ **Do not include the cost of these items as a CACFP expense. Identify and separate out the unallowable costs on receipts and invoices. See sample receipt.**

Food Mart	
1234 Healthy Lane Your Town, USA 53421	
Hummus.....	\$3.46
Hummus.....	\$3.46
Hummus.....	\$3.46
WG Crackers .....	\$2.99
WG Crackers .....	\$2.99
WG Crackers .....	\$2.99
Cupcakes.....	\$3.50 UA
Cupcakes.....	\$3.50 UA
Cupcakes.....	\$3.50 UA
1% Milk.....	\$2.59
1% Milk.....	\$2.59
Popcorn.....	\$7.68 UA
Toaster Pastry.....	\$3.99 UA
Total.....	\$46.70

Food = \$24.53  
Unallowable (UA) = \$22.17

# COOKING METHODS

## New Requirement

Deep-fat frying is not allowed as a method of cooking foods on-site.

- On-site includes:
  - Programs that prepare its own food on-site
  - Programs that prepare its own food at a central or satellite kitchen and deliver meals to a site

Programs may continue to stir-fry, pan-fry and sauté foods.

## Compiling Claims

Do not claim meals that contain foods that are deep fat-fried on-site or at a central or satellite kitchen and then delivered to a center.

### DEEP-FAT FRYING:

Food is cooked by submerging in hot oil or other fat; in a deep-fat fryer or in a pan on the stove.

### FOODS FRIED OFF-SITE:

**Store-bought Foods:** Foods that are pre-fried, flash-fried, par-fried, or deep-fat fried by a commercial manufacturer may be purchased and served. These items must be reheated by a method other than deep-fat frying; i.e. baking in oven.

**Prepared meals purchased from vendor:** CACFP facilities that vend meals may serve and claim vended meals that contain deep-fat fried foods as long as the food was prepared by the vendor off-site.

# OPTIONAL BEST PRACTICES

Best practices reflect recommendations from the *Dietary Guidelines for Americans* and the *National Academy of Medicine*. They build on the meal pattern requirements to further improve the nutritional quality of all meals. **They are optional**, however, highly encouraged in order to ensure children and adults are getting the optimal benefit from the meals served.

## Best Practice: Fruits and Vegetables

Increase the total amount of vegetables and fruits served to promote consumption of more vegetables and fruits. Most Americans do not consume enough vegetables and fruits.

Serve at least one fruit or vegetable **at snack**

Serve a variety of **whole** fruits and vegetables (fresh, canned, frozen, or dried) in place of juice

Provide at least one serving each of the **vegetable subgroups** once per week



## Whole Grains

Provide at least two servings of whole grain-rich items per day to promote consumption of more whole grains. Most Americans do not consume enough whole grains.

## Meat & Meat Alternates

Serve only lean meats, nuts, and legumes to promote consumption of healthy proteins. Eating too many processed meats and high-fat proteins increases the risk of obesity and other health issues.

- Refer to [Tips for Offering More Nutritious Proteins](#) for healthy protein options

## Limit Serving Pre-Fried Foods

Limit serving purchased, pre-fried foods (ex. chicken nuggets, fish sticks, corn dogs, tater tots, French fries) to no more than one serving per week.

- Pre-fried foods can contribute large amounts of calories and saturated fat to a meal

### HOMEMADE VERSIONS

- Breaded, baked chicken tenders or fish filets
- Pizza on whole grain crust with healthy toppings
- Baked potato wedges or sweet potato “fries”

## Limit Serving Added Sugars

Avoid serving non-creditable foods that are sources of added sugars (ex. sweet toppings and mix-in ingredients).

- These foods do not add nutritional value, they increase added sugar consumption, and may encourage a taste preference for sweet foods

### ALTERNATIVE OPTIONS

- Fruit, dried fruit or pureed fruit(s)
- Cinnamon or other spices
- Peanut butter or other nut or seed butter
- Yogurt-based dips or toppings

## Seasonal & Locally Produced Foods

Incorporate seasonal and locally produced foods into meals

Participate in Farm to Early Care and Education (Farm to ECE)

- Increased access to healthy, local foods, gardening opportunities, food-based activities, and family engagement opportunities

[Wisconsin Farm to Early Care and Education handout](#)

Start an On-site Garden

- Kids are more likely to eat what they have grown
- Offer a setting for hands-on nutrition education, access to fresh produce, and opportunities for family engagement

### SOURCES OF LOCALLY GROWN FOODS

- Farms and/or Farmers’ Markets
- Community Supported Agriculture (CSA)
  - <http://www.localharvest.org/csa/>
- Gardens (Community, School, Center)

### START A GARDEN

- On a window sill in the classroom
- In a container or pot
- In a raised bed outside

# CACFP INFANT MEAL PATTERN REQUIREMENTS

## New Requirement

### Updated infant age groups:

- Birth through 5 months
- 6 months through 11 months

Updated CACFP [Infant Meal Pattern Chart](#) is found under GM 12

### Birth through 5 months:

Only breast milk or formula is required to be served until the infant is developmentally ready for solid foods

- Encourages exclusive breastfeeding during the infant's first 6 months
- Helps to delay the introduction of solid foods until around 6 months when infants are developmentally ready to accept them

### 6 through 11 months:

- Only breast milk or formula is required to be served until the infant is developmentally ready for solid foods
- Food amounts begin with "zero" because not all infants are ready for solid foods at 6 months
  - When an infant is developmentally ready to start and eat solid foods, they **must** be served to the infant
  - Foods should be gradually introduced until the infant is eating a variety of foods within all required components

**Developmentally Ready**  
Some infants may be ready to consume solid foods before 6 months of age and others after 6 months of age. Once an infant is developmentally ready to accept solid foods, including infants younger than 6 months, **programs are required to offer them to the infant.**

By 7 to 8 months of age, infants should be consuming solid foods from all food groups

## New Requirement

**Programs must provide ALL components, or ALL but one component, of an infant meal or snack in order to claim for reimbursement**

- Parents/guardians may provide only one component of a meal or snack claimed for reimbursement

Breastmilk or Formula Only: When the infant is only consuming breastmilk or infant formula, a parent may supply expressed breastmilk, infant formula, or breastfeed on-site and the meal can be claimed.

### Consuming Solid Foods:

- When the parent is supplying expressed breastmilk, infant formula, or breastfeeding on-site, the **program must provide all other components in order to claim the meal.**
- When the parent provides a solid food component, the **program must provide all other components, including iron-fortified infant formula, in order to claim the meal.**

Examples of when meals/snacks **cannot** be claimed:

<p><b>Example 1</b></p> <p>6 month old drinking breastmilk and eating pureed vegetables and infant cereal</p>  <p>Parent provides breastmilk and pureed vegetables</p>  <p>Program provides Infant Cereal</p> <p>Parent is providing <u>more than one</u> component:</p> <p><b>CANNOT CLAIM</b></p>	<p><b>Example 2</b></p> <p>11 month old drinking formula and eating table foods</p>  <p>Parent provides baby foods (fruits/vegetables, meats)</p>  <p>Program provides formula</p> <p>Parent is providing <u>more than one</u> component:</p> <p><b>CANNOT CLAIM</b></p>
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## New Requirement

Changes to foods that can and cannot be served:

### Breakfast

**A creditable meat/meat alternate may be served in place of iron-fortified infant cereal**

- Grain items (e.g. toast, pancakes, ready-to-eat cereals) **cannot** be served in place of iron-fortified infant cereal

### Breakfast, Lunch and Supper

- **Yogurt and whole eggs are creditable meat alternates.** Yogurt must meet sugar limits.
- **Cheese food, cheese spread, tofu and soy yogurt are not creditable**

### Snack

- **Ready-to-eat cereals, infant puffs and iron-fortified infant cereal are creditable.** Ready-to-eat cereals and infant puffs must be enriched, fortified or whole grain and must meet sugar limits.
- **A vegetable or fruit, or both, must be served when developmentally ready**

### **Offering Infant Meals**

All infants must be offered meals that comply with the CACFP infant meal pattern requirements. A Program may not avoid this obligation by stating that the infant is not “enrolled” in the CACFP, or by citing logistical or cost barriers to offering infant meals.

- All programs must offer a minimum of one type of Iron-Fortified Infant Formula
  - Parents may accept the type of formula you are providing, or decline and provide their own formula or breastmilk
  - Parents cannot be required to provide formula
- All programs must purchase and offer solid foods to infants
  - Parents may accept the foods you are providing, or decline and provide their own
  - Parents cannot be required to provide any foods
  - This applies to both age groups. Therefore, infants who start eating solid foods before 6 months of age must be offered program provided foods.

➤ **Even if your program does not claim infant meals, formula and foods must be offered**

## New Requirement

**All programs licensed for infants and programs that care for infants must watch the [CACFP Infant Recordkeeping Requirements](#) webcast.**

This details a new process, including:

- Posting the infant meal pattern and infant menu
  - Notifying families of the formula and foods offered
  - *Infant Meal Form* (an optional new form to record infant meals)
- After watching the webcast, you may choose to use the new *Infant Meal Form*, or continue to use the current *Infant Meal Record* which has been updated with the new age groups.

CACFP Infant Recordkeeping Requirements webcast can be found at:

<https://dpi.wi.gov/community-nutrition/cacfp/training/webcasts-cacfp>