

Authority
7 CFR 226.20

801. Meal Pattern

Providers participating on the Child and Adult Care Food Program (CACFP) shall comply with the meal patterns established by USDA. Meal patterns have been established for infants (See Exhibit I) and children age 1 through 12 (See Exhibit II). If at anytime, a provider does not comply with the meal pattern, the sponsoring organization or the State Agency will disallow for the number of meals served that were out of compliance with the meal pattern.

802. Types of Meal Services

Child care providers are authorized to use one of two meal type services for serving children their meals. Family or traditional style meal service will be used for all meal service.

1. **Family Style Meal Service**

For family style meal service, children will be offered a creditable amount of all components, placed in containers on the table. The children will serve themselves a portion of each desired meal component with seconds being readily available at each table. This method allows children to have small portions at first so that they are not overwhelmed by a large quantity of food. For family style meal service, the provider will ensure the following:

- Enough food must be placed on each table to provide minimum portions of each component for all children at the table;
- Children must initially be offered and encouraged to accept the full required portion of each meal component;
- If the child initially refuses a food component or does not accept the full required portion, the provider must encourage the child to accept the full minimum portion of each food component through the meal;
- Any food placed on the table may not be reused or served as leftover at a later time. Food which has been prepared but not placed on the table may be served later if the properly stored and reheated to at least 165 degrees. Milk should be poured just before meal service begins and not sit longer than 15 minutes; and
- Providers may not claim seconds given to children for reimbursement.

2. Traditional Meal Service

For traditional meal service, the provider will place the minimum serving amount of each meal component on the plate for the child. All components must be served together and seconds need to be available. Children may refuse a component or partially finish what is placed on the plate.

803. Meal Substitutions

Substitutions are allowed on a case-by-case basis for the basic meal requirements if a child is unable to consume the required food because of medical reasons or religious beliefs.

1. Medical Substitutions

Any meal substitutions based on medical reasons must be supported by a statement indicating the following:

- The child's disability and an explanation of why the disability restricts the child's diet;
- The major life activity affected by the disability; and
- The food or foods to be omitted from the child's diet and the food or choice of foods that must be substituted.

Statements indicating the need for a meal substitution must be signed by a licensed medical authority to include one of the following:

- Physician;
- Physician's Assistant;
- Nurse Practitioner;
- Registered Nurse, or
- Other health professional specified by the State Agency. **Note: Currently, the Department of Education has not identified any health professionals other than those listed above.**

2. Religious Preference

Substitutions may be made to a meal based on the family's religious belief. FNS may approve variations in food components of the meals on a continuing basis if the variations are nutritionally sound and are necessary to meet religious needs.

804. Meals From Other Locations

Meals purchased from a fast food establishment or restaurant may not be claimed for reimbursement when served to children. Meals packed at the home and sent with a child to eat at another location, without the supervision of the provider are not eligible to be claimed for CACFP reimbursement. Picnic lunches that contain all creditable components that are supplied by the provider and supervised can be claimed for reimbursement. The provider must ensure that potentially hazardous foods are kept at temperatures below 40 degrees or above 140 degrees.

805. Parents Providing Food

For a provider to claim a meal for an infant, the provider must offer iron fortified infant formula. (if a parent provides expressed breast milk, the provider does not have to provide iron fortified formula to the infant.) A parent may choose to not accept the brand of formula provided by the caregiver. The parent indicates in writing (parent preference form) that the parent will provide formula. If the parent chooses to provide formula for the infant, the provider then must supply at least one credible component once the parent indicates additional foods are to be included in the infant's diet.

In order for a provider to claim a meal for a child, one year or older, the provider must provide all of the components. Food provided by parents cannot be counted as fulfilling any of the CACFP required components.

806. Processed Foods

Commercially processed foods such as breaded meat or poultry products, etc. ([See Exhibit III for a list of processed foods](#)) cannot be counted toward the meat/meat alternate requirement unless the provider has a Child Nutrition (CN) label. If a CN label is not available, the provider should obtain a product analysis sheet from the manufacturer. CN labels and product analysis sheets must be maintained in the sponsoring organization's files. If this information is not available at the time of review, meals containing the processed foods can be disallowed.

807. Meal Service Times

Providers should indicate on their application the actual meal service times they will be serving meals. This will enable the sponsoring organization to monitor the providers during actual meal service times. Meals must be served at conventional times, with the start of the meal falling within the following time frames:

Meal	Maximum duration of claimable food service
Breakfast	1 ½ hours
AM Snack	1 hour
Lunch	2 hours
PM Snack	1 hour
Dinner	2 hours
Night Snack	1 hour

Meal	Customary Meal Times
Breakfast	6 am – 9 am
AM Snack	Between Breakfast and Lunch
Lunch	11 am – 1 pm
PM Snack	Between Lunch and Dinner
Dinner	5 pm – 7 pm
Night Snack	After 7 pm

Note: There must be a minimum of two hours between the **beginning** of each meal.

808. Shift Care

Providers can claim meals for shift care in the event the provider has children coming and going to school or if the provider has to drop children off or pick children up from school. When claiming shift care meals, there **must** be a minimum of 30 minutes in between servings. In addition, the meal cannot exceed the allowable meal time for the applicable meal. For example:

Meal	Customary Meal Times
Breakfast (Shift #1)	6 am – 7 am
Breakfast (Shift #2)	7:30 am – 8 am
PM Snack (Shift #1)	2 pm – 2:30 pm
PM Snack (Shift #2)	3 pm – 3:30 pm

809. Criteria for Claiming Meals

In order to claim a meal, the provider must abide by the following criteria:

- The provider must serve a credible meal;
- The child must be present and indicating a willingness to participate in the meal service. (Meals prepared for expected children that do not show up for care, preparing meals for children while never making it known the meal is ready for consumption, etc. these meals shall not be claimed.);
- All meal components must be served together;
- The meal must be fully consumed on the premises or on the designated meal service area if on a picnic. (Meals sent home with child due to parent picking up child during meal service cannot be claimed);

- Meal must be served during customary meal service time;
- The provider can claim a maximum of two meals and one snack per child day or two snacks and one meal;
- Only children who are enrolled can be claimed and the number of children cannot exceed the allowable ratio. When an over ratio occurrence is identified, all meals for the meal service will be disallowed;
- Payment may be made for meals served to provider's own children or foster children only when:
 - Children are enrolled and participating in the child care program during the time of the meal service;
 - Enrolled non-resident children are present and participating in the child care program. Children may or may not be for compensation;
 - Provider's children meet the family size income standards for free or reduced price meals;
 - Child care providers may not claim seconds; and
 - If a school age child receives a breakfast, lunch or PM snack at school, a provider may not claim the same meal.

Infant Meal Pattern

	Birth thru 3 Months	4 thru 7 Months	8 thru 11 Months
Breakfast	4 to 6 fl. Oz. iron-fortified infant formula.	4 to 8 fl. Oz. iron-fortified infant formula or breast milk.	6 to 8 fl. Oz. iron-fortified infant formula or breast milk and
		0 – 3 tbsp. iron fortified dry infant cereal (optional)	2 to 4 tbsp. iron-fortified dry infant cereal and
			1 to 4 tbsp. fruit and/or vegetable
Lunch/Supper	4 to 6 fl. Oz. iron-fortified infant formula or breast milk.	4 to 8 fl. oz. iron-fortified infant formula or breast milk.	6 to 8 fl. oz. iron-fortified infant formula or breast milk and
		0 to 3 tbsp. iron-fortified dry infant cereal (optional)	2 to 4 tbsp. iron-fortified dry infant cereal and/or
		0 to 3 tbsp. fruit and/or vegetable (optional)	1 to 4 tbsp. meat, fish, poultry, egg yolk, or cooked dry beans or peas, or
			½ to 2 oz. cheese, or
			1 to 4 oz. cottage cheese, cheese food
			1 to 4 tbsp. fruit and/or vegetable
Snacks	4 to 6 fl. oz. iron-fortified infant formula or breast milk	4 to 6 fl. oz. iron fortified infant formula or breast milk.	2 to 4 fl. oz. iron fortified infant formula, breast milk or 100% full strength fruit juice.
			0 to ½ whole grain or enriched bread or 0 to 2 whole grain or enriched crackers.

Children's Meal Pattern

		Ages 1 - 2	Ages 3 - 5	Ages 6 – 12
Breakfast	Milk, Fluid	½ Cup	¾ Cup	1 Cup
	Vegetable, fruit or 100% juice	¼ Cup	½ Cup	½ Cup
	Grains/breads (whole grain or enriched):			
	Bread, or	½ Slice	½ Slice	1 Slice
	Cornbread, rolls muffins, or biscuits or	½ Serving	½ Serving	1 Serving
	Cold dry cereal, or	¼ cup or 1/3 oz.	1/3 cup or ½ oz.	¾ cup or 1 oz.
	Cooked cereal, pasta, noodle products or cereal grains	¼ Cup	¼ Cup	½ Cup
Lunch/Supper	Milk, Fluid	½ Cup	¾ Cup	1 Cup
	Vegetable, fruit or 100% full strength juice (two or more kinds)	¼ Cup total	½ Cup total	¾ Cup total
	Grains/breads (whole grain or enriched):			
	Bread, or	½ Slice	½ Slice	1 Slice
	Cornbread, rolls, muffins or biscuits, or	½ Serving	½ Serving	1 Serving
	Cooked cereal, pasta, noodle products, or cereal grains	¼ Cups	¼ Cup	½ Cup
	Meat and meat alternates			
	Lean meat, fish or poultry, or	1 oz.	1 ½ oz.	2 oz.
	Cheese, or	1 oz.	1 ½ oz.	2 oz.
	Egg, or	½ egg	¾ egg	1 egg
	Cooked dry beans or peas, or	¼ cup	3/8 cup	1 cup
	Yogurt (low or nonfat), or	½ cup	¾ cup	1 cup
	Peanut butter, soy nut butter, or other nut or seed butters, or	2 tbsp.	3 tbsp.	4 tbsp.
	Peanuts, soy nuts, tree nuts or seeds or any combination of the above meat and meat alternatives.	½ oz.	¾ oz.	1 oz.

Snacks (Select 2 of 4 components)	Milk, Fluid	½ cup	½ cup	1 cup
	Vegetable, fruit, or 100% juice.	½ cup	½ cup	¾ cup
	Grains/breads (whole grain or enriched):			
	Bread, or	½ Slice	½ Slice	1 Slice
	Cornbread, rolls muffins, or biscuits or	½ Serving	½ Serving	1 Serving
	Cold dry cereal, or	¼ cup or 1/3 oz.	1/3 cup or ½ oz.	¾ cup or 1 oz.
	Cooked cereal, pasta, noodle products or cereal grains	¼ Cup	¼ Cup	½ Cup
	Meat and meat alternates			
	Lean meat, fish or poultry, or	½ oz.	½ oz.	1 oz.
	Cheese, or	½ oz.	½ oz.	1 oz.
	Egg, or	½ egg	½ egg	½ egg
	Cooked dry beans or peas, or	¼ cup	3/8 cup	1 cup
	Yogurt (low or nonfat), or	¼ cup	¼ cup	½ cup
	Peanut butter, soy nut butter, or other nut or seed butters, or	1 tbsp.	1 tbsp.	2 tbsp.
	Peanuts, soy nuts, tree nuts or seeds or any combination of the above meat and meat alternatives.	½ oz.	½ oz.	1 oz.

Note: Providers are allowed to serve **NO MORE** than two high sugar and two high fat items per week. In addition, high sugar items shall be limited to breakfast and snack only.

Food Requiring a CN Label

CN Labeled Products

FC=Fully Cooked

Chicken Nuggets/Sticks/Tenders

Brand	Product Name
Advance	Chicken Nuggets with Rib Meat
Advance	Breaded Nugget Shaped Chicken Patties
Brakebush Brothers	Chik'n O's
Kings Delight	Chicken Ring, Breaded
Perdue	Chicken Nugget Breast
Reinhart	Breaded Chicken Breast Nugget Shaped Patty
Schwan's	Breaded Chicken Nuggets
Schwan's	Chicken Bites
Sysco	Chicken Nugget Breast Cooked with TVP
Sysco	Chicken Chunk Breaded Cooked W/D
Tyson	Chicken Nugget Breaded
Tyson	Chicken Chunk Dino
Sysco/Tyson	Chicken Stick Breaded Fully Cooked
Tyson	FC Breast Nuggets
Tyson	FC Breast Tenders
Tyson	FC Chick'n Chunks
Tyson	FC Southern Style Chicken Nuggets
Tyson	Chicken Nugget Breast
Zartic/Z-Bird	Star Shaped Nuggets
Tyson	White Chicken Nuggets
Tyson	FC, Ring Shaped Breaded Chicken Pattie Chunks

Chicken Patties

Brand	Product Name
Advance	Breaded Chicken Patties
Brakebush Brothers	Cooked Breaded Chicken Breast Patties
Brakebush Brothers	Gold "N" Spice Cooked Breaded Cooked Breaded Chicken Breast Strips
Kings Delight	Chicken Breast Pattie-Breaded
Kings Delight	Chicken Breakfast Patty-Breaded
Schwan's	Breaded Chicken Breast Patties
Sysco	Chicken Breast Patty Pre-cooked
Tyson	Breaded Chicken Breast Patties w/Rib Meat
Pierre	Crispy Southern Style Breaded Drummette Shaped Chicken Patties
Tyson	FC, Grilled Chicken Breast Patties

Corn Dogs

Brand	Product Name
Foster Farms	Turkey Corn Dogs
Hormel	Corn Dogs All Meat
Leon's	Corn Dogs Mini
Leon's	Corn Dogs Chicken Mini
Schwan's	Corn Dogs
State Fair	Turkey Corn Dog
State Fair	Mini Corn Dogs
State Fair	Original Classic Corn Dogs
Sysco/Foster Farms	Corn Dog All Meat
Sysco/Foster Farms	Corn Dog Chili Cheese
Sysco/Hindsdale	Corn Dog All Meat
Sysco/Hindsdale	Corn Dog Turkey
Sysco/Hormel	Corn Dog Precooked Chicken Mini
Sysco/Sys CLS/Foster Farms	Corn Dog Turkey
Sysco/RediServe	Corn Puppies Mini Corn Dog
Sanderson Farms	Corn Dogs

Fish Sticks/Nuggets

Brand	Product Name
Gorton's	Crunchy Fish Sticks
Gorton's	Value Pack Batter Dipped Fish Portions
Gorton's	Value Pack Breaded Fish Sticks
Sysco/Coldwater	Alaskan Pollock Fish Sticks
Sysco/Frionor	Cod Nuggets Precooked Crispy
Sysco/Frionor	Cod Sticks Breaded Precooked
Sysco/Frionor	Pollock Breaded Precooked Wedge
Sysco/Sys CLS	Pollock Alaskan Breaded Crisp
Tyson	Crunchy Fish Sticks
High Liner Foods	Fish Sticks
Fishery	Sea Nuggets Alaskan Pollock
Fishery	Funfish Nuggets
Samband	Cod Stick Breaded
Van de Kamp	Crunchy Fish Sticks
Samband of Iceland	Precooked Breaded Fish Sticks
Schwan's	Haddock Sticks
Sysco/Seastar	Pollock Stick Breaded Precooked
Sysco/Seastar	Pollock Nugget Breaded Ocean Treat
Schwan's	Cod Fish Nuggets
Frionor	Crunchy Alaska Pollock Nuggets
Frionor	Frozen Oven Crispy Breaded Whiting Nuggets

Fish Patties/Fillet

Brand	Product Name
Gorton's	Crispy Batter Fillets
Gorton's	Crunchy Fish Fillets
Gorton's	Potato Breaded Fish Fillets
Schwan's	Haddock Squares
Sysco/Coldwater	Alaskan Pollock Rectangle
Sysco/Sys CLS	Cod Breaded Precooked Rectangle
Samband	Cod Wedge Batter
Samband	Whiting Rectangle
Samband	Cod Rectangle Breaded

Hot Dogs

Brand	Product Name
Bakers & Chefs	Beef Franks
Gwaltney	Franks Meat
Patuxent Farms	Fully Cooked Turkey Weiners
Perdue	Turkey Franks
Jennie-O	Jumbo Turkey Franks
Shamrock	Turkey Franks

Pizza

Brand	Product Name
Mama Cozi	Pizza Thin Crust Extra Cheese
Mama Cozi	Pizza Thin Crust Pepperoni
Mama Cozi	Pizza Thin Crust Sausage & Pepperoni
Mama Cozi	Pizza Thin Crust Sausage
Schwan's	Deep Dish Pizza, Single-Serve: Supreme
Schwan's	Deep Dish Pizza, Single-Serve: Pepperoni
Schwan's	Deep Dish Pizza, Single-Serve: Sausage
Schwan's	Deep Dish Pizza, Single-Serve: Cheese
Chef America	Pizza Cheese Pocket
Tony's	Pizza Sausage 4x6
Tony's	Pizza Beef 4x6
Tony's	Pizza Cheese 4x6
Tony's	Pizza Pepperoni 4x6
Tony's	Pizza Pepperoni Wedge
Tony's	Pizza with Fat Reduced Pepperoni
Farm Rich	Pepperoni Pizzatas

Ravioli

Windsor	Ravioli Mini Round
Chef Boyardee	Ravioli Beef in Sauce
Redi Serve	Aldi Square Cheese Ravioli
Schwan's	Cheese Ravioli

Beef

Fernando's	Chili Beef & Bean Burrito
Advance	Breaded Beef & Cheese Fingers
Advance	Beef Sticks Country Fried
Advance	Flamebroiled Beef Patties
Travis Meats	Beef Nugget-Breaded
Travis Meats	Chuckwagon Pattie-Breaded
Travis Meats	Chuckwagon Pattie Homestyle-Breaded
Travis Meats	Beef Steak-Breaded
Travis Meats	Beef Steak-Cubed
Travis Meats	Pepper Beef Pattie
Travis Meats	Tenderflake Beef Pattie
Travis Meats	Ground Beef Pattie

Alternate Protein Products

Garden-Burger, Inc.	Hamburger Style Classic Soy Sub
Garden Burger, Inc.	Hamburger Style Classic Soy Burger
Preferred Meal Systems Inc.	Vegetarian Nuggets w/Potato Rounds
Preferred Meal Systems Inc.	Vegetarian Patty
Preferred Meal Systems Inc.	Vegetarian Nuggets
Nestle USA Hand Held Foods Group/Chef America	Pizza Pocket(Cheese Sub/Cheese & TVP)
Nestle USA Hand Held Foods Group/Chef America	Vegetarian Italian Style Cheese Sub & Soy in Crust
Nestle USA Hand Held Foods Group/Chef America	Taco Hot (Cheese & TVP) Pocket
Nestle USA Hand Held Foods Group/Chef America	Sub Cheddar Chs and Soy Protein
Nestle USA Hand Held Foods Group/Chef America	Sub Chs & TVP w/ Pepp Seasoning in a Crust
America	In Taco Crust
Nestle USA Hand Held Foods Group/Chef America	Soy Chs & Soy Italian Seasoning in a Crust
Nestle USA Hand Held Foods Group/Chef America	Taco Subst. Cheddar Cheese & Soy Protein Taco
Nestle USA Hand Held Foods Group/Chef America	Vegetarian Taco & Cheese Sub & Soy Prot in Crust

Misc

Advance	Fully Cooked Pork Sausage Patties
Jimmy Dean	Sausage Biscuit
Jimmy Dean	Flapsticks Original
Brakebush Brothers	Chik'n Pretzels
Schwan's	Breaded Chicken Breast Strips
Schwan's	Chicken Drumsticks
Sysco/Hindsdale	Sausage & Pancake on Stick
Sysco/Hormel	Breakfast Bar Ham, Cheese, & Egg
Sysco/Rich Seapak	Stuff Crust Dippers

Schwan's	Lasagna w/Beef in Sauce
Schwan's	Mini-Pups
Sysco/BBoy	Burrito Beef & Bean Green Chili Precooked
Belgian Chef/Hot Pockets	Turkey Pepperoni Pizza Hot Pocket
Belgian Chef/Hot Pockets	Director's Choice Italian Style Sandwich
Belgian Chef/Hot Pockets	Director's Choice Taco Sandwich
Belgian Chef/Hot Pockets	Director's Choice Pepperoni Pizza Sandwich
Belgian Chef/Hot Pockets	Meatball Hot Sandwich
Belgian Chef/Hot Pockets	Three Cheese Pizza Sandwich
Belgian Chef/Hot Pockets	Turkey, Sausage, Egg, & Cheese Sandwich
Belgian Chef/Hot Pockets	Cheese Pizza Hot Sandwich
Belgian Chef/Hot Pockets	Pepperoni Pizza Sandwich
Belgian Chef/Hot Pockets	Jalapeno Cheese Stix Hot Pocket
Belgian Chef/Hot Pockets	Pizza Stix
Belgian Chef/Hot Pockets	Taco Stix
Belgian Chef/Hot Pockets	Bacon, Egg, & Cheese Sandwich
Belgian Chef/Hot Pockets	Sausage, Egg & Cheese Sandwich
Belgian Chef/Hot Pockets	Ham n' Cheese Sandwich
Belgian Chef/Hot Pockets	Pepperoni Pizza Sandwich
Belgian Chef/Hot Pockets	Jalapeno Steak with Cheese Sandwich
Belgian Chef/Hot Pockets	Cheeseburger Sandwich
Belgian Chef/Hot Pockets	Meat Trio Sandwich
Belgian Chef/Hot Pockets	Meatball w/Mozzarella Sandwich
Belgian Chef/Hot Pockets	Philly Steak & Cheese Sandwich
Belgian Chef/Hot Pockets	Beef & Cheddar Sandwich
Belgian Chef/Hot Pockets	Chicken Melt Sandwich