

# Preschool Meal Pattern for School Food Authorities

November 14, 2019

1:30 PM – 2:30 PM

Professional Standards Learning Codes: 1110



# WELCOME!

Today's webinar is intended for School Food Authorities (SFAs) who serve preschool meals under the National School Lunch and School Breakfast Programs that must meet the Child and Adult Care Food Program (CACFP) meal pattern. This webinar will clarify what this requirement means for SFAs and how to plan compliant menus for young children participating in these programs.

This webinar is being recorded for future use.

# Agenda

We will cover the following topics on today's webinar.

- 1) Background on the new CACFP meal pattern
- 2) CACFP breakfast meal pattern
- 3) CACFP lunch meal pattern
- 4) Additional considerations
- 5) Co-mingling meal service
- 6) Resources

*We will not cover the infant meal pattern today.*

Test Your  
Knowledge!



# Test Your Knowledge

When did the new CACFP meal pattern go into effect?

- 1) February 1, 2018
- 2) July 1, 2015
- 3) October 1, 2017
- 4) November 15, 2016

# Test Your Knowledge

The CACFP preschool meal pattern is optional for schools serving NSLP and SBP meals to preschool children.

- 1) True
- 2) False

# Test Your Knowledge

Is this a reimbursable preschool breakfast meal?

*Cheese omelet*

*Salsa*

*Blueberries*

*1% plain milk*

1) Yes

2) No

# Test Your Knowledge

Is this a reimbursable preschool breakfast meal?

*Oatmeal*

*Blueberries*

*Chocolate milk*

1) Yes

2) No



# Test Your Knowledge

Juice was on today's preschool breakfast menu.  
Can it also be served on today's preschool lunch menu?

- 1) Yes
- 2) No

# Test Your Knowledge

Is this a reimbursable preschool lunch meal?

*Baked ham*

*Whole grain roll*

*Sweet potatoes*

*Asparagus*

*1% plain milk*

1) Yes

2) No

# Test Your Knowledge

Is this cereal allowable for preschool?

<b>Nutrition Facts</b>		Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 Container (28g)		<b>Total Fat</b> 0g	<b>0%</b>	<b>Cholest.</b> 0mg	<b>0%</b>	Dietary Fiber <1g <b>2%</b>	
<b>Calories</b> 100		Sat. Fat 0g	<b>0%</b>	<b>Sodium</b> 140mg	<b>6%</b>	Sugars 10g	
Calories from Fat 0		Trans Fat 0g		<b>Total Carb.</b> 25g	<b>8%</b>	<b>Protein</b> 1g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A	8%	Vitamin C	8%	Calcium	0%
		Vitamin D	8%	Thiamin	20%	Riboflavin	20%
		Vitamin B <sub>6</sub>	20%	Folic Acid	20%	Niacin	20%

1) Yes

2) No

# Test Your Knowledge

Is this yogurt allowable for preschool?

- 1) Yes
- 2) No

Nutrition Facts	
Serving Size 6 oz (170 g)	
Servings Per Container 5.5	
Amount Per Serving	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 60mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 16g	
Vitamin A 8%	Vitamin C 0%
Calcium 20%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

# Test Your Knowledge

Students from all grades eat breakfast at the same time before school. Would co-mingling the preschool with the K-5 meal pattern be allowable in this scenario?

- 1) Yes
- 2) No

# Test Your Knowledge

Mrs. Garcia's preschool class eats lunch in the cafeteria before the K-5 grades come to the cafeteria. Would co-mingling the preschool with the K-5 meal pattern be allowable in this scenario?

- 1) Yes
- 2) No

# Background on the New CACFP Meal Pattern



# Background

The Healthy, Hunger-Free Kids Act of 2010 required USDA to review the CACFP meal patterns and make them more consistent with:

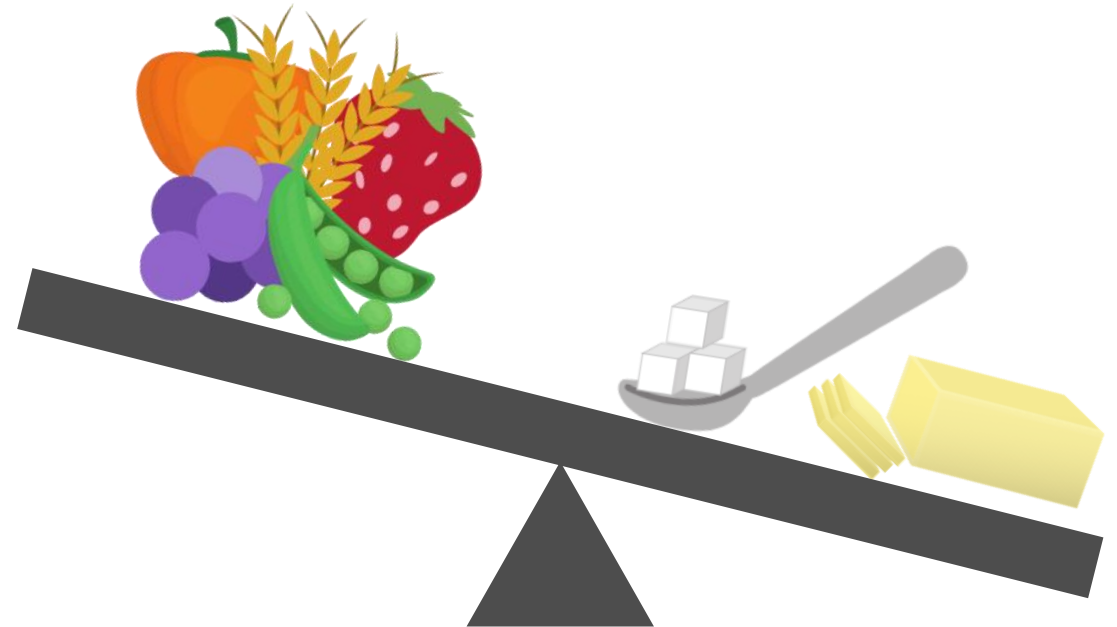
- a) The most recent version of the Dietary Guidelines for Americans
  - b) The most recent and relevant nutrition science
  - c) Appropriate authoritative scientific agency and organization recommendations
- 
- Cost, practical considerations and stakeholder input were also considered when revising the meal pattern.
  - The CACFP meal pattern revisions final rule went into effect in June 2016, and operators were required to comply by October 1, 2017.
  - This was the first major revision of the CACFP meal pattern since the program's inception in 1968.



# Background

To ensure healthy eating habits are developed early, the new meal pattern requires program operators to serve more whole grains and a greater variety of vegetables and fruit, and reduces the amount of added sugars and solid fats in meals.






To better align the Child Nutrition Programs, the rule also revises the National School Lunch and School Breakfast Program meal patterns for infants and preschoolers to reflect the CACFP meal pattern.








# CACFP Breakfast Meal Pattern



# CACFP Breakfast Meal Pattern






	1-2 years	3-5 years
 <b>Milk</b>	½ cup (4 oz.)	¾ cup (6 oz.)
 <b>Fruits</b>	¼ cup	½ cup
 <b>Vegetables</b>		
 <b>Grains</b>	½ oz. eq.	½ oz. eq.
 <b>Meat/Meat Alternates</b>	<i>Optional:</i> Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast. Minimum serving size for both age groups is ½ oz. eq.	

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 <b>Grains</b>	½ oz. eq.	½ oz. eq.
 <b>Meat/Meat Alternates</b>	<i>Optional:</i> Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast. Minimum serving size for both age groups is ½ oz. eq.	

- 1-year-olds may only be served whole, unflavored milk
- 2- to 5-year-olds may only be served unflavored low-fat (1%) or fat-free (skim) milk
- Not required to offer a variety of milk
- May serve fruits, vegetables or a combination of both to meet the combined fruit/vegetable component
- May serve 100% juice once per day
- One of the grain components offered during the day must be whole grain-rich

# K-5 Breakfast Meal Pattern Comparison

	1-2 years	3-5 years	Grades K-5
 <b>Milk</b>	½ cup (4 oz.)	¾ cup (6 oz.)	1 cup (8 oz.)
 <b>Fruits</b>	¼ cup	½ cup	1 cup
 <b>Vegetables</b>			<i>Optional:</i> Can be offered in place of fruit
 <b>Grains</b>	½ oz. eq.	½ oz. eq.	1 oz. eq. (7 oz. eq. weekly requirement)
 <b>Meat/Meat Alternates</b>	<i>Optional:</i> Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast. Minimum serving size for both age groups is ½ oz. eq.		<i>Optional:</i> Can substitute 1 oz.eq. M/MA for 1 oz.eq. grains after the 1 oz. eq. minimum grains requirement is met






## Major Differences in K-5 Grade Group:

- Flavored fat-free or low-fat milk allowable
- Daily and weekly requirements for grains
- M/MA can substitute for grains after the daily grain minimum is met






# CACFP Lunch Meal Pattern



# CACFP Lunch Meal Pattern

	1-2 years	3-5 years
 <b>Milk</b>	½ cup (4 oz.)	¾ cup (6 oz.)
 <b>Fruits</b>	⅛ cup	¼ cup
 <b>Vegetables</b>	⅛ cup	¼ cup
 <b>Grains</b>	½ oz. eq.	½ oz. eq.
 <b>Meat/Meat Alternates</b>	1 oz. eq.	1½ oz. eq.






# CACFP Lunch Meal Pattern

	1-2 years	3-5 years
 <b>Milk</b>	½ cup (4 oz.)	¾ cup (6 oz.)
 <b>Fruits</b>	⅛ cup	¼ cup
 <b>Vegetables</b>	⅛ cup	¼ cup
 <b>Grains</b>	½ oz. eq.	½ oz. eq.
 <b>Meat/Meat Alternates</b>	1 oz. eq.	1½ oz. eq.

- 1-year-olds may only be served whole, unflavored milk
- 2- to 5-year-olds may only be served unflavored low-fat (1%) or fat-free (skim) milk
- Not required to offer a variety of milk
- A second, different vegetable may be served in place of fruit
- May serve 100% juice once per day
- One of the grain components offered during the day must be whole grain-rich



# K-5 Lunch Meal Pattern Comparison

	1-2 years	3-5 years	Grades K-5
 <b>Milk</b>	½ cup (4 oz.)	¾ cup (6 oz.)	1 cup (8 oz.)
 <b>Fruits</b>	⅛ cup	¼ cup	½ cup
 <b>Vegetables</b>	⅛ cup	¼ cup	¾ cup
 <b>Grains</b>	½ oz. eq.	½ oz. eq.	1 oz. eq. (8 oz. eq. weekly requirement)
 <b>Meat/Meat Alternates</b>	1 oz. eq.	1½ oz. eq.	1 oz. eq. (8 oz. eq. weekly requirement)

## Major Differences in K-5 Grade Group:

- Flavored fat-free or low-fat milk allowable
- Vegetables cannot replace the fruit component
- Daily and weekly requirements for grains and M/MA
- Daily M/MA requirement is less than the daily requirement for 3-to 5-year-olds

# Best Practices

**These practices are recommended, but not required:**

- Choose whole fruits more often than juice
- Serve at least one serving of vegetables from each of the five subgroups each week
- Serve at least two servings of whole grains per day
- Limit processed meats to one serving per week
- Choose foods that are lower in saturated fat



# Additional Considerations



# Additional Considerations

## Grain-Based Desserts

- Cannot credit toward the grains component
- Sweet crackers (e.g. graham and animal crackers) are allowable and can count toward the grains component, although, should be limited due to their sugar content
- Allowable grain items may still be high in added sugars; for example, a muffin could contain chocolate chips or a cinnamon sugar topping; look for items with lower sugar content to minimize added sugars
- Also look for alternatives to sweet toppings, such as syrup and honey



# Additional Considerations

## Sugar Limits

- Cereal: 6 grams or less per dry oz.
- Yogurt: 23 grams or less per 6 oz.

Nutrition Facts	
15 servings per container	
Serving size ¾ cup (30g)	
Amount per serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 3g	

Nutrition Facts	
4 servings per container	
Serving size 8 oz (227g)	
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 4g	<b>17%</b>
<b>Total Sugars</b> 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	
Vitamin D 2mcg	10%
Calcium 257mg	20%
Iron 0mg	0%
Potassium 344mg	8%

# Additional Considerations

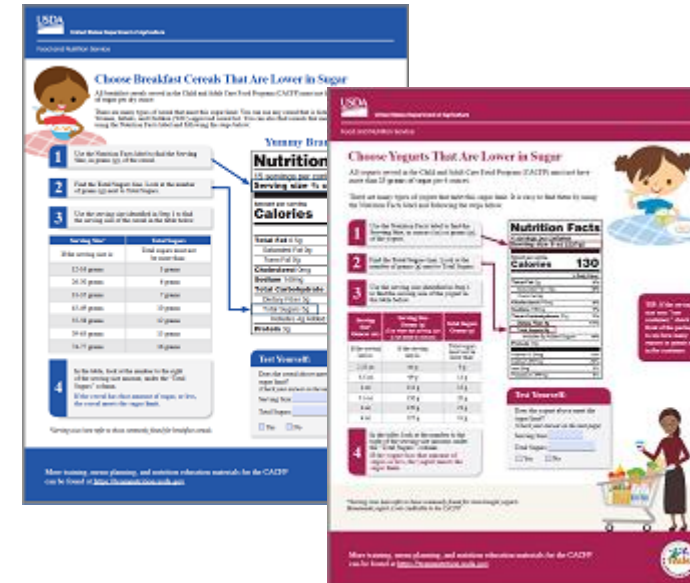
## CACFP Meal Pattern Training Worksheets

- Choose Breakfast Cereals That Are Lower in Sugar
- Choose Yogurts That Are Lower in Sugar

## ADE Shopping Guides\*

- Creditable Cereals
- Creditable Yogurts

*\*Subject to change*



# Additional Considerations

## Dietary Specifications

- No weekly requirements for calories, sodium and saturated fat
- No deep-fat frying onsite

*“Onsite” means at your child care center, family child care home, or your child care center’s central or satellite kitchen.*

*Pan-fried, stir-fried and sautéed are allowable, as the food is not submerged in fat using these cooking methods.*

*Par-fried potato products are allowable, as long as they are not heated onsite by deep-fat frying.*



# Additional Considerations

## Offer Versus Serve (OVS)

- Not allowed when serving preschoolers
- Serve Only meal service allows young children to be introduced to a variety of foods to shape their eating behaviors, attitudes and preferences toward food

*Exception: OVS is allowed when co-mingling meal services.*

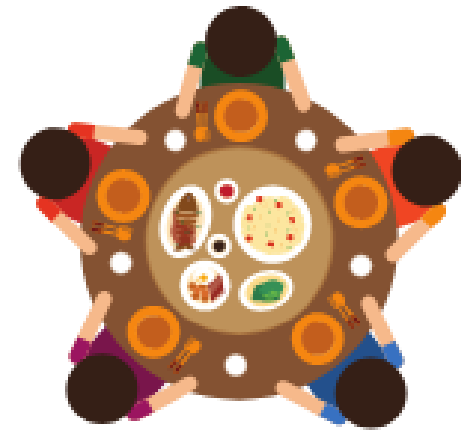




# Additional Considerations

## Family Style Meal Service

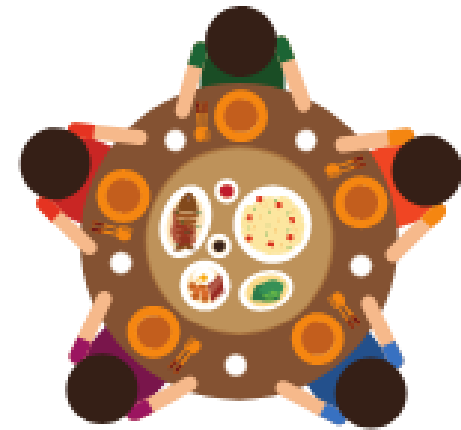
- In place of OVS, schools may serve meals to preschoolers family style
- Allows children to serve themselves from common dishes of food with assistance from supervising adults as needed
- Schools serving meals family style, across all grade groups, must follow the family style meal service guidance issued by the School Meal Programs
- It is important to ensure the supervising adults are well-trained in family style meal service, or send food service staff to serve or supervise



# Additional Considerations

## Family Style Meal Service

- Preschoolers must take at least  $\frac{1}{4}$  **cup of vegetable or fruit**
- The supervising adult should initially *offer* the required minimum serving size of each food component/item to each student
- The initial *serving* of a food component/item may be less than the full required minimum quantity, since replenishment is immediately available at the table
- The supervising adult should encourage additional portions and selections to meet the full required minimum serving size as appropriate



# Additional Considerations

## Water Requirements

- Potable water must be made available to children during meal service

## Accommodating Students with Disabilities

- All schools, no matter the grade or age of the students they are serving, must follow the guidance on accommodating students with disabilities
- Program regulations require SFAs to make food and beverage substitutions to meals to accommodate students with disabilities that restrict their diet

## Administrative Review

- SFAs that provide meals to infants and preschoolers will continue to be monitored during the Administrative Review

# Co-Mingling Meal Service



# Co-Mingling

*When schools must serve meals to a variety of grades at the same time.*

- Preschool students and students from older grade groups are served meals in the same place at the same time
- It's difficult to tell the preschool students from older students
- It is operationally difficult to serve different foods or different amounts of foods during the combined meal service

*When these conditions are met, schools may offer the meal pattern of the older grades to preschool students.*



# Co-Mingling

## *Reasons to Avoid Co-Mingled Meal Service*

1. Serving preschoolers separately may allow for closer supervision of the younger children, allowing staff to better assist students with food packaging and monitor mealtime behaviors that may increase the risk of choking.
2. Family style meal service allows preschool children to serve themselves, which can help them develop independence and build self-confidence.
3. Older children may distract or overwhelm younger children, which may affect the amount they eat during mealtime.
4. The preschool meal pattern provides the amounts and types of foods at meals that most younger children need for healthy growth and development.

# Co-Mingling

## *How Schools Can Avoid Co-Mingled Meal Service*

- Serve preschool meals in the classroom
- Stagger meal service times for both preschoolers and older students
- Only offer food items that meet the preschool meal pattern for older students, such as unflavored milk, creditable grain items, and cereals and yogurts that meet sugar limits

# Five Takeaways





# Five Takeaways

1. The preschool meal pattern must be served to preschoolers participating in NSLP and SBP. This ensures young children eat the types and amounts of foods that best support their growth and development.
2. Flavored milk is not allowed.
3. Grain-based desserts are not creditable (sweet crackers are no longer considered grain-based desserts in the CACFP).
4. OVS is not allowed (except when co-mingling meal service).
5. Co-mingled meal service with older grades is allowable if the three criteria are met.



Test Your  
Knowledge!



# Test Your Knowledge

When did the new CACFP meal pattern go into effect?

- 1) February 1, 2018
- 2) July 1, 2015
- 3) October 1, 2017
- 4) November 15, 2016

# Test Your Knowledge

When did the new CACFP meal pattern go into effect?

- 1) February 1, 2018
- 2) July 1, 2015
- 3) October 1, 2017**
- 4) November 15, 2016

# Test Your Knowledge

The CACFP preschool meal pattern is optional for schools serving NSLP and SBP meals to preschool children.

- 1) True
- 2) False

# Test Your Knowledge

The CACFP preschool meal pattern is optional for schools serving NSLP and SBP meals to preschool children.

1) True

2) False

The preschool meal pattern is required for schools serving NSLP and SBP meals to preschool children.

# Test Your Knowledge

Is this a reimbursable preschool breakfast meal?

*Cheese omelet*

*Salsa*

*Blueberries*

*1% plain milk*

1) Yes

2) No

# Test Your Knowledge

Is this a reimbursable preschool breakfast meal?

*Cheese omelet*

*Salsa*

*Blueberries*

*1% plain milk*

1) Yes

2) No

**Meat/meat alternates can replace the entire grains component up to 3 times per week, so this meal does not need to have a grain offered.**



# Test Your Knowledge

Is this a reimbursable preschool breakfast meal?

*Oatmeal*

*Blueberries*

*Chocolate milk*

1) Yes

2) No

# Test Your Knowledge

Is this a reimbursable preschool breakfast meal?

*Oatmeal*

*Blueberries*

*Chocolate milk*

1) Yes

2) No

**Flavored milk is not allowed in the preschool meal pattern.**

# Test Your Knowledge

Juice was on today's preschool breakfast menu.  
Can it also be served on today's preschool lunch menu?

- 1) Yes
- 2) No

# Test Your Knowledge

Juice was on today's preschool breakfast menu.  
Can it also be served on today's preschool lunch menu?

1) Yes

2) No

**Juice can only be served once per day.**

# Test Your Knowledge

Is this a reimbursable preschool lunch meal?

*Baked ham*

*Whole grain roll*

*Sweet potatoes*

*Asparagus*

*1% plain milk*

1) Yes

2) No

# Test Your Knowledge

Is this a reimbursable preschool lunch meal?

*Baked ham*

*Whole grain roll*

*Sweet potatoes*

*Asparagus*

*1% plain milk*

1) Yes

2) No

**A second, different vegetable can be served in place of fruit.**

# Test Your Knowledge

Is this cereal allowable for preschool?

<b>Nutrition Facts</b>		Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 Container (28g)		<b>Total Fat</b> 0g	<b>0%</b>	<b>Cholest.</b> 0mg	<b>0%</b>	Dietary Fiber <1g <b>2%</b>	
<b>Calories</b> 100		Sat. Fat 0g	<b>0%</b>	<b>Sodium</b> 140mg	<b>6%</b>	Sugars 10g	
Calories from Fat 0		Trans Fat 0g		<b>Total Carb.</b> 25g	<b>8%</b>	<b>Protein</b> 1g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A	8%	Vitamin C	8%	Calcium	0%
		Vitamin D	8%	Thiamin	20%	Riboflavin	20%
		Vitamin B <sub>6</sub>	20%	Folic Acid	20%	Niacin	20%

1) Yes

2) No

# Test Your Knowledge

Is this cereal allowable for preschool?

<b>Nutrition Facts</b>		Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 Container (28g)		Total Fat 0g	0%	Cholest. 0mg	0%	Dietary Fiber <1g	2%
Calories 100		Sat. Fat 0g	0%	Sodium 140mg	6%	Sugars 10g	
Calories from Fat 0		Trans Fat 0g		Total Carb. 25g	8%	Protein 1g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 8%		Vitamin C 8%		Calcium 0%	Iron 20%
		Vitamin D 8%		Thiamin 20%		Riboflavin 20%	Niacin 20%
		Vitamin B <sub>6</sub> 20%		Folic Acid 20%		Vitamin B <sub>12</sub> 20%	

1) Yes

2) No

It has more than 6 grams of sugar per 1 oz. serving.



# Test Your Knowledge

Is this yogurt allowable for preschool?

- 1) Yes
- 2) No

Nutrition Facts	
Serving Size 6 oz (170 g)	
Servings Per Container 5.5	
Amount Per Serving	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 60mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 16g	
Vitamin A 8%	Vitamin C 0%
Calcium 20%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

# Test Your Knowledge

Is this yogurt allowable for preschool?

1) Yes

2) No

The sugar content in this yogurt is 23 grams or less.

Nutrition Facts	
Serving Size 6 oz (170 g)	
Servings Per Container 5.5	
Amount Per Serving	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 60mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 16g	
Vitamin A 8%	Vitamin C 0%
Calcium 20%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

# Test Your Knowledge

Students from all grades eat breakfast at the same time before school. Would co-mingling the preschool with the K-5 meal pattern be allowable in this scenario?

- 1) Yes
- 2) No

# Test Your Knowledge

Students from all grades eat breakfast at the same time before school. Would co-mingling the preschool with the K-5 meal pattern be allowable in this scenario?

- 1) Yes
- 2) No

It may not be possible to tell the preschool students from the older students when all students eat at the same time, and it may be operationally difficult to serve two different meal patterns in the same place at the same time. Therefore, co-mingling is allowable.

# Test Your Knowledge

Mrs. Garcia's preschool class eats lunch in the cafeteria before the K-5 grades come to the cafeteria. Would co-mingling the preschool with the K-5 meal pattern be allowable in this scenario?

- 1) Yes
- 2) No

# Test Your Knowledge

Mrs. Garcia's preschool class eats lunch in the cafeteria before the K-5 grades come to the cafeteria. Would co-mingling the preschool with the K-5 meal pattern be allowable in this scenario?

1) Yes

2) No

**The preschool lunch service is not combined with other grades. Therefore, co-mingling is not allowable.**

# Resources



# Resources

## Worksheets and Handouts

- [Serving Meals to Preschoolers](#)
- [CACFP Meal Pattern Training Worksheets](#)
  - Breakfast Cereals
  - Yogurts
  - Grain-Based Desserts
  - Meat/Meat Alternates
  - Methods for Healthy Cooking
  - Milk
  - Whole Grains
  - *Available in English and Spanish*
  - *Webinar recordings also available*
- [ADE Shopping Guide: Breakfast Cereals](#)
- [ADE Shopping Guide: Yogurt](#)



# Resources

## Guidance Memos

- [SP 01-2018: Updated Infant and Preschool Meal Patterns in the NSLP and SBP; Questions and Answers](#)
- [SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers](#)
- [CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program](#)
- [CACFP 02-2018: Feeding Infants and Meal Pattern Requirements in the CACFP; Questions and Answers](#)
- [ADE Community Nutrition Programs; CACFP Resources Webpage](#) *choose Nutrition, Meal Pattern, and Meal Service tab*

# THANK YOU!

## Any questions?

Please type them into the chat bar now.

If you are attending the live webinar, you will receive a link to complete the survey in EMS. After you complete the survey you can print a certificate of completion.

If you are watching the recorded webinar, you can access the survey link and certificate of completion at the end of the webinar slides.



# Congratulations!

You have completed the ***Recorded Webinar: Preschool Meal Pattern for School Food Authorities***.

To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

*Information to include when documenting this training for Professional Standards:*

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- Learning Code: 1110
- Key Area: 1000-Nutrition
- Length: 1 hour

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- *Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.*



**Request a  
Certificate**

# Requesting a Training Certificate

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- Training Title: ***Recorded Webinar: Preschool Meal Pattern for School Food Authorities***
- Professional Standards Learning Codes: ***1110***