



Midwest

Child Care Association

Your Child Care Partner

W E L C O M E

Important Reminders...

Infant menus:

Please be specific.

What KIND of cereal, meat, fruit or vegetable are you serving?

Use F or Formula and BM for Breast Milk.

Don't forget to include dates and date of birth on menus.

Receipts:

Dates and totals must be visible on receipts.

Food and food related items only. (no gas, craft supplies, personal items, toys)

Make sure copies are clear and easy to read.

PLEASE DON'T FORGET TO SEND IN MIDMONTH PAPERWORK!

ALL children should be signed in and out daily with ACTUAL times in care. If the parents forget, please do it for them.

USDA CACFP Meal Pattern Requirements



Adventuretime Academy - Omaha



The new CACFP meal patterns increase the consumption of vegetables, fruits and whole grains, allow for more nutritious substitutions, and reduce the consumption of added sugars and saturated fats.

The updated standards also take cost and practicality into consideration. These improvements are expected to enhance the quality of meals served to young children.

Milk Component Overview

- Types of milk
 - Whole
 - Unflavored
 - Flavored





One Year Olds

- Most 1 year olds need whole milk
 - Higher fat content
 - Promotes healthy growth & development
- **NEW! Whole unflavored milk is required at breakfast, lunch, & supper**
 - Optional at snack
- Serve 4 fl oz (½ cup) of unflavored whole milk

Breastmilk Past Age One

- **May be served as a fluid milk to children of any age**
- Reimbursable:
 - If a parent/guardian provides expressed breastmilk
 - A mother breastfeeds her child on-site
- May be served in combination with other milk types for a reimbursable meal
 - i.e., mother brings $\frac{1}{4}$ cup for 1 year old, provider would supply $\frac{1}{4}$ cup whole unflavored milk for a total of $\frac{1}{2}$ cup serving

Transition Period

- **One-month transition period is allowable**
 - Switch from whole milk to low-fat or fat-free milk
- Children 24 months to 25 months may be served
 - Whole milk or reduced-fat milk



Two to Five Year Olds

- Unflavored low-fat (1%) or fat-free (skim) cow's milk
- Minimum serving sizes
 - 2 years – 4 fl oz or ½ cup
 - 3-5 years – 6 fl oz or ¾ cup
- **NEW!** Flavored milk is not reimbursable (includes non-dairy substitutes)



6 year olds +

- Unflavored low-fat (1%) or skim milk
- **Flavored** fat-free (skim) milk
- Minimum serving sizes
 - 8 fl oz or 1 cup
- **Flavored Milk**
 - Serve **only** fat-free flavored milk
 - Add syrup or flavored milk powder to fat-free plain milk **only**



Milk Substitutions

“Medical statement required when a disability requires a non-dairy beverage that is not nutritionally equivalent to cow’s milk...”

Handout – Milk Substitutions

Medical Statements

- Parent cannot request non-creditable milk substitute
 - e.g. Silk vanilla soy milk, coconut milk, almond milk
- MD, DO, APRN, PA specify what must be omitted and what should be substituted
- Missing medical statement may result in deductions

Meat/Meat Alternates (M/MA) Overview

- **NEW!** M/MA may be served in place of the entire grains component at breakfast a maximum of three times per week
- **NEW!** Tofu credits as a meat alternate
- Yogurt, including soy yogurt, credits as a meat alternate

M/MA Meal Requirements

- **Breakfast: May be served in place of the grains component a maximum of 3 times per week**
- Increases variety on the menu
- Allows more flexibility when planning menus

Other M/MA

- Nuts & seeds
- Dry beans and peas
- Eggs
- Cheese



Tofu

- Made of soybeans
- Great source of protein and iron
- Forms: Silken, soft, medium firm, firm, & extra firm
- Available in a variety of meat substitutes



Using Tofu (cont.)

- Must meet protein requirement:
 - **5 grams of protein per 2.2 ounces (1/4 cup) by weight**
- Request a Child Nutrition Label or Product Formulation Statement
- Additional information coming soon!
- CACFP Memo 21-2016

Yogurt

- Great source of protein, *but* watch the sugar
- Must contain **no more than 23 grams of total sugars per 6 oz**
 - Applies to all age groups
- **NEW!** Yogurt & milk is a creditable snack

Key Terms

- Serving Size
 - Number of servings in a package
 - Unit: ounces, cups, per container, etc.
- Sugars
 - Amount per serving

Nutrition Facts

Serving Size 6 oz (170g)

Servings Per Container 1

Amount Per Serving

Calories 140

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

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Example #1: Serving Size in Ounces

- Step 1: Find the Nutrition Facts Label on the 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*
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Potassium	0mg		0%
Sodium	65mg		3%
Total Carbohydrate	22g		7%
Dietary Fiber	1g		4%
Sugars	19g		
Protein	14g		28%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Example #1: Serving Size in Ounces (cont.)

Step 4: Find the Serving Size in the chart

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

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



Nutrition Facts	
Serving Size 1 Cup (225g)	
Servings Per Container 4	
Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 70mg	3%
Potassium 220mg	6%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 18g	36%
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 0%
Riboflavin 30%	Folate 20%
Phosphorus 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g

INGREDIENTS: CULTURED GRADE A NON FAT MILK, WATER, FRUCTOSE, CONTAINS LESS THAN 1% OF MODIFIED CORN STARCH, NATURAL AND ARTIFICIAL FLAVORS, SUCRALOSE, CITRIC ACID, POTASSIUM SORBATE (TO MAINTAIN FRESHNESS), ACESULFAME POTASSIUM, SODIUM CITRATE.

CONTAINS ACTIVE YOGURT CULTURES.

$$11\text{g sugar} \div 225\text{g} = 0.0489$$

Non-Creditable Yogurt Products

- Frozen yogurt
- Drinkable yogurt
- Homemade yogurt
- Yogurt flavored products
- Yogurt bars
- Yogurt covered fruits & nuts
- Yogurt in commercially prepared smoothies



Questions: Meat/Meat Alternates Summary



Separation of Vegetables & Fruits

- Breakfast: 1 food component
- **Lunch & Supper: 2 food components**
- **Snack: Optional**
 - **2 food components**



Increase Vegetable Consumption

- **Lunch & Supper: A vegetable may be used to meet the entire fruit component**
- Must be at least the same serving size as the fruit component it replaced





Two Vegetable Types

- Must offer two different types of vegetables
i.e., two servings of carrots would not credit; tator-tots & mashed potatoes; French fries & sweet potatoes
- Vegetable sub-groups not required, but best practice (e.g. greens, oranges, reds, purples)



Juice

- High sugar content
- Lacks dietary fiber
- **May be on menu once daily**
 - If served for AM, cannot serve at PM
- Fruits pureed for smoothie count as juice

Crediting Fruits & Vegetables

- Must be recognizable
- Cannot hide zucchini in a quick bread to count as a vegetable

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Grains Overview

- At least 1 serving of grains per day must be whole grain-rich
- Breakfast cereals must contain no more than 6 grams of sugar per dry oz.
- Grain-based desserts no longer credit towards the grain component

“Whole Grain-Rich foods
contains 100% whole grains, or at least
50% whole grains, & the remaining
grains in the food are enriched...”



Meals & Whole Grain-Rich Foods

- **NEW!** At least one meal or snack must include a whole grain-rich food
- If a child care center only serves breakfast, the grain must be whole grain-rich
- If they serve breakfast, lunch, & snack, choose which meal to serve the whole grain-rich food



Primary Ingredients by Weight

- Read the list of ingredients
 - Cracked wheat or crushed wheat
 - Whole-wheat flour
 - Graham flour
 - Bromated whole-wheat flour
 - Whole durum wheat flour



Whole Grains Common & Usual Names

- “Whole” listed before grain
- Rolled oats & oatmeal

Non-Mixed Grain Foods

- Common examples: breads & cereals
- First ingredient is a whole grain
- First ingredient is water & the second ingredient is a whole grain



Is it Whole Grain-Rich?

White Whole-Wheat Breadsticks

Ingredients: **WHOLE-WHEAT FLOUR**, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), graham flour, sugar, wheat gluten.



Mixed Dishes

- Examples: pizza, breakfast burrito
- Must read ingredient list to identify WGR (WG is primary ingredient by weight)
- CN Label, Product Formulation Statement or standardized recipe required to credit whole grain, M/MA

Whole Grain Stamps

Basic stamp

Does not meet whole grain-rich criteria



Basic Stamp
minimum 8g of WG

100% Stamp

MAY MEET THE WHOLE GRAIN-RICH CRITERIA, BUT NEEDS ADDITIONAL DOCUMENTATION



100% Stamp – NO refined grain
minimum 16g of WG

Menus & Whole Grain-Rich Foods

- **Document whole grain-rich foods on menu & production records**
- WG tortilla
- Bread WG
- Spaghetti noodles WG
- WG English muffins

Keep your
product
labels &
ingredient
lists!

Reviews & Whole Grain-Rich Foods

- Midwest will review menus, labels, & product information
- When a whole grain-rich food is not served:
 - **The meal or snack containing a grain with the lowest reimbursement will be disallowed**
 - E.g., no whole grain-rich food was served for breakfast, lunch, or snack, the snack would be disallowed



Breakfast Cereals

- Source of added sugar
- Types: Ready-to-eat, granola, instant, & regular hot cereal
- **NEW!** Must contain no more than 6 grams of total sugar per dry oz

Approved Breakfast Cereal

- Use WIC Approved
Breakfast Cereals List
Handout
- Or
- Complete a Calculation



Complete a Calculation

- Breakfast cereal must be within the threshold of 0.212 or less
 - Threshold formula: $21.2 \div 100g = 0.212g$
- Steps
 - Find the Nutrition Facts Label
 - Find the Serving Size: **28 grams**
 - Find the amount for Sugars: **1 gram**

Nutrition Facts

Serving Size 1 cup (28g)

Servings Per Container 12

Amount Per Serving

Calories 105

Calories from Fat 9

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 139mg 6%

Total Carbohydrate 20g 7%

Dietary Fiber 3g 12%

Sugars 1g

Protein 0g 0%

Complete a Calculation (cont.)

- Calculate the amount of sugar per oz

$$\frac{\text{Sugars}}{\text{Serving Size}} = \frac{1}{28} = 0.036$$

- Threshold: 0.212 or less, the cereal is creditable
- Creditable: 0.036 is less than 0.212

Sugar limits listed by serving sizes

Write down
selected options

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Grain-Based Desserts

- Source of added sugars & saturated fats
 - Increases risk of chronic illnesses
- **Not creditable towards the grain component**



Grain-Based Desserts (cont.)

- Some foods are not easily identified as grain-based dessert
 - i.e., a cookie is labeled “breakfast round”
 - Does it look like a cookie, smell like a cookie, taste like a cookie?
- Ask the question:
 - Is this food thought of as a dessert?



Grain-Based Desserts - **No Longer Creditable**

- Breakfast bars
- Brownies
- Cakes
- Cereal bars
- Cookies
- Sweet crackers (graham & animal crackers)
- Doughnuts
- Granola bars
- Sweet piecrusts
- Sweet rolls
- Toaster pastries



CACFP – Grain Chart

CACFP Grain Serving Sizes ^{1,2}	
Group A	Ounce Equivalent – Group A
Bread type coating	1 oz eq = 22 gm or 0.8 oz
Bread sticks (hard)	¾ oz eq = 17 gm or 0.6 oz
Chow mein noodles	½ oz eq = 11 gm or 0.4 oz
Savory crackers (saltines and snack crackers)	¼ oz eq = 6 gm or 0.2 oz
Crustons	
Pretzels (hard)	
Stuffing (dry) Note: weights apply to bread stuffing	
Group B³	Ounce Equivalent – Group B
Bagels	1 oz eq = 28 gm or 1.0 oz
Batter type coating	¾ oz eq = 21 gm or 0.75 oz
Biscuits	½ oz eq = 14 gm or 0.5 oz
Breads (white, whole wheat, French, Italian)	¼ oz eq = 7 gm or 0.25 oz
Buns (hamburger and hot dog)	
Egg roll skins	
English muffins	
Fish bread (white, whole-wheat, whole grain-rich)	
Pizza crust	
Pretzels (soft)	
Rolls (white, whole-wheat, whole grain-rich)	
Tortillas (wheat or corn)	
Tortilla chips (wheat or corn)	
Taco shells	
Group C³	Ounce Equivalent – Group C
Combread	1 oz eq = 34 gm or 1.2 oz
Corn muffins	¾ oz eq = 26 gm or 0.9 oz
Croissants	½ oz eq = 17 gm or 0.6 oz
Fancakes	¼ oz eq = 9 gm or 0.3 oz
Pie crust (Meat/Meat alternate pies only)	
Waffles	
Group D	Ounce Equivalent – Group D
Muffins (all, except corn)	1 oz eq = 55 gm or 2.0 oz
Quick breads (banana, machini, pumpkins, etc.)	¾ oz eq = 42 gm or 1.5 oz
	½ oz eq = 28 gm or 1.0 oz
	¼ oz eq = 14 gm or 0.5 oz
Group E³	Ounce Equivalent – Group E
French toast	1 oz eq = 69 gm or 2.4 oz
	¾ oz eq = 52 gm or 1.8 oz
	½ oz eq = 35 gm or 1.2 oz
	¼ oz eq = 18 gm or 0.6 oz
Group F³	
Grains listed in this category are not allowed in CACFP.	

Group G³	
Grains listed in this category are not allowed in CACFP.	
Group H	Ounce Equivalent – Group H
Cereal grains (barley, quinoa, etc.)	1 oz eq = ½ cup cooked or 1 oz dry (28 gm)
Breakfast cereals (cooked) ^{4,5}	
Bulgur or cracked wheat	
Macaroni (all shapes)	
Noodles (all varieties)	
Pasta (all shapes)	
Ravioli (noodle only)	
Rice (enriched white or brown)	
Group I	Ounce Equivalent – Group I
Ready to eat breakfast cereal (cold, dry) ^{4,5}	1 oz eq = 1 cup or 1 ounce for flakes & rounds 1 oz eq = 1 ¼ cup or 1 ounce puffed cereal 1 oz eq = ¼ cup or 1 ounce granola

- ¹ Under the CACFP, the following foods are whole grain or enriched or made with enriched or whole grain meal and/or flour, bran, and/or germ. For meals and snacks served to children and adults, at least one serving of grains per day in the CACFP must be whole-grain rich starting October 1, 2017.
- ² Some of the following foods, or the accompaniments, may contain more sugar, salt and/or fat than others. This should be considered when deciding how often to serve them.
- ³ Considered a grain-based dessert and cannot count towards the grain component at any meal served under the CACFP effective October 1, 2017, as specified in §226.20(a)(4).
- ⁴ Refer to program regulations for the appropriate serving size for supplements served to children ages 1 through 5 in the NSLP, breakfast served under the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.
- ⁵ Under the CACFP, cereal must be whole grain, enriched, or fortified and must contain no more than 6 grams of sugar per dry ounce. Under the NSLP and SBP, cereals must be whole grain, whole grain enriched, or fortified.



Midwest
Child Care Association

Your Child Care Partner

Handout

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Grain-Based Desserts & Special Occasions

- Annual festival, birthday celebrations, end-of-year bash, or other special events
- **May be served as an additional item only**
- **Not allowable expense**



Production Records Requirements

Document the following specifics:

- Brand names for yogurt & cereals
- Fat content for milk (all milk has Vitamin D)
- Sugar content per serving size for yogurt & cereals
- Whole Grain = WG
- Number of meals planned for each age group

Z - Test Center Site #: 1
(402) 551-2379

Non Infant Menu Production Record
Monday 07/03/2017

Midwest Child Care Association
402-551-2379

		1-2 Yrs	3-5 Yrs	6-12 Yrs	Adults	Total			
Breakfast							Total Including Infants		
Estimated Attendance									
Actual Attendance									
Component	Food Served/Planned	Rqd Serving Size By Age				Qty Needed Per	Qty Needed Per	Actual	Special Notes
		1-2	3-5	6-12	Adult	Est Attendance	Actual Attendance	Qty Prepared	
Brd/Alt	Cold Cereal	1/2 oz	1/2 oz	1 oz	2 oz			48 oz	Cheerios
Veg/Frt/Juice	Bananas	1/4 c	1/2 c	1/2 c	1/2 c			3 lb	28 gram serving
Milk	Lowfat Milk - 1%	1/2 c	3/4 c	1 c	1 c			2 gal	1 gram Sugar
Lunch									Total Including Infants
Estimated Attendance									
Actual Attendance									
Component	Food Served/Planned	Rqd Serving Size By Age				Qty Needed Per	Qty Needed Per	Actual	Special Notes
		1-2	3-5	6-12	Adult	Est Attendance	Actual Attendance	Qty Prepared	
Brd/Alt	Wheat Bread	1/2 oz	1/2 oz	.90 oz	1.80 oz			40 oz	* WG
Veg/Frt/Juice	Apples	1/8 c	1/4 c	3/8 c	1/2 c			3 lbs.	
Veg/Frt/Juice	Carrots	1/8 c	1/4 c	3/8 c	1/2 c			3 lbs.	
Meat/Alt	Chicken Lunchmeat	1 oz	1 1/2 oz	2 oz	2 oz			36 oz.	
Milk	Lowfat Milk - 1%	1/2 c	3/4 c	1 c	1 c			2 gal	
P.M. Snack									Total Including Infants
Estimated Attendance									
Actual Attendance									
Component	Food Served/Planned	Rqd Serving Size By Age				Qty Needed Per	Qty Needed Per	Actual	Special Notes
		1-2	3-5	6-12	Adult	Est Attendance	Actual Attendance	Qty Prepared	
Brd/Alt									
Veg/Frt/Juice	Strawberries	1/2 c	1/2 c	3/4 c	1/2 c			2 lbs.	Great Value
Meat/Alt	Yogurt	2 oz	2 oz	4 oz	4 oz			32 oz.	light blueberry
Milk									6oz
(Choose 2 of 4)									10 grams Sugar

Helpful Tips

- Plan your menus in advance (WG, juice)
- Once you find brands which meet the requirements stick with it!
 - Yogurt
 - Cereals
 - Whole Grain
 - Child Nutrition (CN) labeled products*
- **Use the WIC cereal list**

QUESTIONS & ANSWERS
DOOR PRIZE TIME

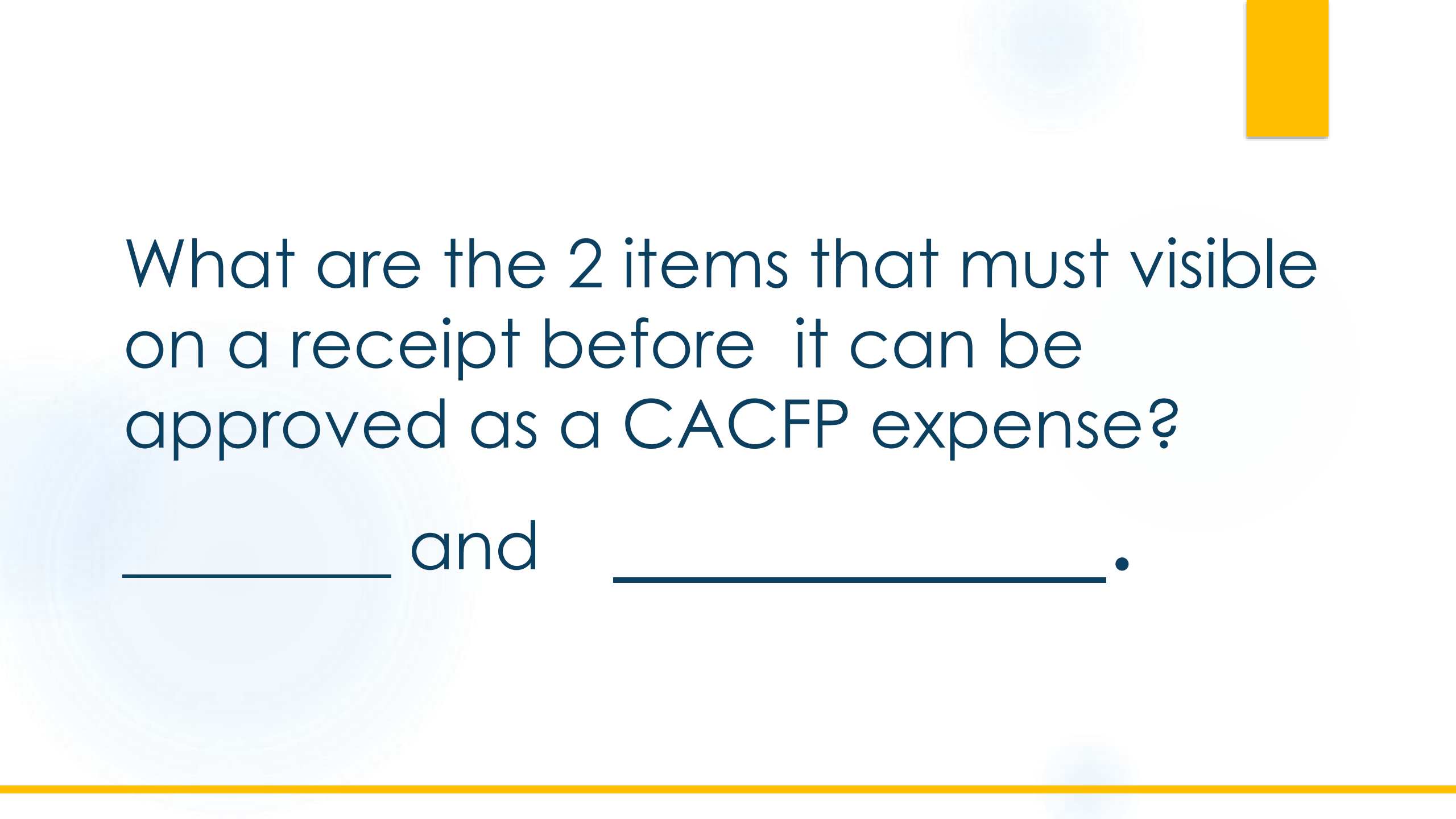
prizes!



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How Much Do You Remember?





What are the 2 items that must be visible on a receipt before it can be approved as a CACFP expense?

_____ and _____.



DATE and TOTAL cost of CACFP purchase

On an infant menu, what are the abbreviations for formula and breast milk? _____

F

Formula



BM

Breastmilk



What kind of milk is
required for a 1 year old at
Breakfast, Lunch and
Supper? _____

WHOLE

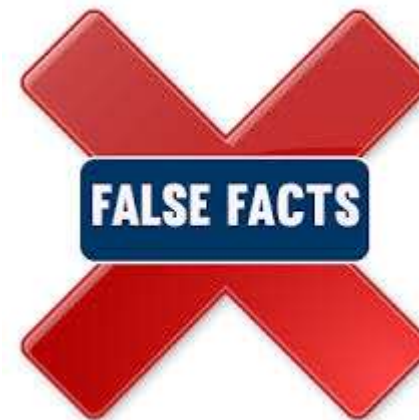


For a 2 – 5 year old, serving
flavored milk is reimbursable?

True_____ False _____



FALSE



How many times in a week can
you serve a meat component or
meal alternative in place of a
grain at Breakfast?
_____ a week.

3 Times

1 2 3

1 2 3

1 2 3

1 2 3

Check any component that
qualifies as a Meat or Meat
Alternative.

Nuts & Seeds _____ Eggs _____ Dry Beans
and peas _____ Cheese _____

Nuts & Seeds ✓

Eggs ✓

Dry Beans and peas ✓

Cheese ✓

Yogurt & milk is a creditable snack?

True_____

False_____



true



At least one meal or snack
a day must include a whole
grain-rich food?

True_____ False _____



true



Name two creditable
vegetables you can serve
at lunch.

_____ & _____.

Vegetables

Vegetables

©www.kids-pages.com



pepper



potato



tomato



pumpkin



mushrooms



radishes



olive



turnip



artichoke

Breakfast cereals must contain
no more than 6 grams of total
sugar per dry oz.?

True_____ False _____

true

true

true



QUESTIONS?





THE END

Midwest wishes to thank USDA, FNS, and the Nebraska Department of Education for their contributions to our training presentation.



THANK YOU

