



**Meal Pattern Requirements in the Child and Adult Care Food Program**

SD Department of Education  
Child and Adult Nutrition Services

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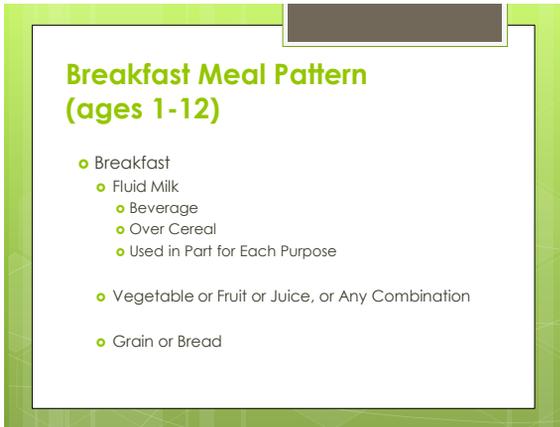
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**Breakfast Meal Pattern (ages 1-12)**

- Breakfast
  - Fluid Milk
    - Beverage
    - Over Cereal
    - Used in Part for Each Purpose
  - Vegetable or Fruit or Juice, or Any Combination
  - Grain or Bread

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**Lunch/Supper Meal Pattern (ages 1-12)**

- Lunch and Supper – Same Meal Pattern
- Milk
  - Fluid
  - As a Beverage
- Meat or Meat Alternate
- Vegetables or Fruits
  - Two or More
  - Juice No More Than 1/2 of Serving Size
- Grain or Bread

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### Snack Meal Pattern (ages 1-12)

- o Must Contain Two Items From Two Different Food Groups (Below)
  - o Four Food Groups
    - o Fluid Milk
      - o as Beverage, on Cereal, or in Part for Each Purpose
    - o Meat or Meat Alternate
    - o Vegetable or Fruit or Juice
    - o Fruits and Vegetables Are Same Food Group
    - o Grain or Bread
  - o One Exception: Cannot Serve 2 Fluids as the Only Two Items For Snack
    - o Milk and Juice Not a Reimbursable Snack

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### Serving Sizes

- o Serving Sizes Will Vary
  - o By Age
  - o By Meal Type
- o Always Have Meal Patterns Available!!

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### Serving Sizes for Breakfast

- o Milk
  - o 1-2 years – ¼ cup
  - o 3-5 years – ¾ cup
  - o 6+ years – 1 cup
- o Fruit/Vegetable/Juice
  - o 1-2 years – ¼ cup
  - o 3-5 years – ½ cup
  - o 6+ years – ½ cup
- o Grain/Bread
  - o 1-2 years – ½ serving
  - o 3-5 years – ½ serving
  - o 6+ years – 1 serving

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### Cereal Serving Sizes

- Cold, Dry Cereals
  - 1-2 years – ¼ cup
  - 3-5 years – 1/3 cup
  - 6+ years – ¾ cup
- Hot, Cooked Cereals
  - 1-2 years – ¼ cup
  - 3-5 years – ¼ cup
  - 6+ years – ½ cup

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### Serving Sizes for Lunch/Supper

- Milk
  - 1-2 years – ½ cup
  - 3-5 years – ¾ cup
  - 6+ years – 1 cup
- Fruit/Vegetable/Juice
  - 1-2 years – ½ cup
  - 3-5 years – ½ cup
  - 6+ years – ¾ cup
- Grain/Bread
  - 1-2 years – ½ serving
  - 3-5 years – ½ serving
  - 6+ years – 1 serving

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### Serving Sizes for Lunch/Supper (continued)

- Meat (Beef, Pork, Poultry, Fish, etc.)
  - 1-2 years – 1 oz.
  - 3-5 years – 1½ oz.
  - 6+ years – 2 oz.
- Meat Alternates
  - Cheese
    - 1-2 years – 1 oz.
    - 3-5 years – 1½ oz.
    - 6+ years – 2 oz.

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### Serving Sizes for Lunch/Supper (continued)

- Meat Alternates

- Eggs
  - 1-2 years – ½ egg
  - 3-5 years – ¾ egg
  - 6+ years – 1 egg
- Cooked, Dry Beans or Cooked, Dry Peas
  - 1-2 years – ¼ cup
  - 3-5 years – 3/8 cup
  - 6+ years – ½ cup

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### Serving Sizes for Lunch/Supper (continued)

- Meat Alternates

- Peanut Butter, Soy Nut Butter, or Other Nut or Seed Butters
  - 1-2 years – 2 Tbsp.
  - 3-5 years – 3 Tbsp.
  - 6+ years – 4 Tbsp.
- Peanuts, Soy Nuts, Tree Nuts, or Seeds (No More Than ½ of Total Meat Serving – Need to Supplement with Other Meat/Meat Alternate)
  - 1-2 years – ½ oz. (=50%)
  - 3-5 years – ¾ oz. (=50%)
  - 6+ years – 1 oz. (=50%)

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### Serving Sizes for Lunch/Supper (continued)

- Meat Alternates

- Yogurt
  - 1-2 years – 4 oz.
  - 3-5 years – 6 oz.
  - 6+ years – 8 oz.

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### Serving Sizes for Snacks

- Milk
  - 1-2 years – ½ cup
  - 3-5 years – ½ cup
  - 6+ years – 1 cup
- Fruit/Vegetable/Juice
  - 1-2 years – ½ cup
  - 3-5 years – ½ cup
  - 6+ years – ¾ cup
- Grain/Bread
  - 1-2 years – ½ serving
  - 3-5 years – ½ serving
  - 6+ years – 1 serving
- Meat/Meat Alternate
  - 1-2 years – ½ oz.
  - 3-5 years – ½ oz.
  - 6+ years – 1 oz.

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### Fluid Milk Requirements

- Infants (Under One Year )
  - Breast Milk or Iron-Fortified Infant Formula
- One Year Olds
  - Whole Milk
    - Strongly Recommended, Not Required
- Two and Older
  - 1% or Skim
- Nondairy Substitutes
  - If Nutritionally Equal to Milk
  - If 'Disability' Involved

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### Non-Creditable Foods

- Some Food Items Not "Creditable"
  - Children May Enjoy
    - Extras
  - Common Examples
    - Plain Gelatin Made with Water
    - Fruit Flavored Drinks/Sodas
    - Popcorn
      - Also a Choking Hazard
    - Potato Chips
    - Pudding
    - Products Made with Puffed Rice

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### Common Questions

**What is a Grain or Bread Alternate Item?**

- Cornbread, Biscuits, Rolls, Muffins, Pretzels, Crackers, Pop Tarts, Pastas, etc.
- Flour, Meal, etc. Must be
  - Whole-Grain
  - Enriched
  - Fortified

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### Common Questions (continued)

**Are there any common sources of protein that are NOT creditable?**

- Yes. Common sources of protein that are NOT creditable include:
  - Tofu
  - Seitan
  - Tempeh

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### Common Questions (continued)

**Can dry beans or dry peas be used as both the meat and the vegetable in the same meal?**

- No. Cooked dry beans or dry peas may be credited as either the meat alternate component or as part of the fruit/vegetable component but not as both food components in the same meal.

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## Common Questions (continued)

Can other nuts or seeds be used as the meat alternate component in a meal?

- Most nuts and seeds and their butters are nutritionally comparable to meat or other meat alternates.
- Acorns, chestnuts, and coconuts shall not be used as meat alternates due to their low protein content.
- Nuts or seeds may be used to meet no more than one-half of the meat/meat alternate requirements.
  - Therefore, nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement.

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## Record Keeping

- Save **ALL** Documentation of Menus and Menu Substitutions
- 3 Previous Years Plus the Current Year

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