



Summary of Child and Adult Care Food Program Meal Pattern Revision: Child and Adult Meals

USDA is proposing to revise the CACFP Meal Patterns to ensure children and adults will have access to healthy, balanced meals throughout the day. Under the proposed meal patterns, meals served would include a greater variety of vegetables and fruits, more whole grains, and less sugar and fat. The proposed changes, which are outlined below, are based on the Dietary Guidelines for Americans, scientific recommendations from the Institute of Medicine, and stakeholder input.

Proposed Revisions

The proposed child and adult meal pattern revision includes:

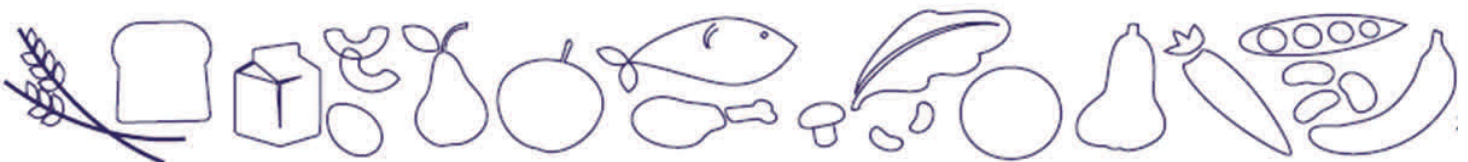
- * A new age group to address the needs of older children ages 13 through 18 years old;
- * Dividing the vegetable and fruit component into a separate fruit component and vegetable component;
- * Requiring breakfast cereals conform to WIC limits on sugar content and other nutrient requirements;
- * Requiring at least one serving per day of grains be whole grain-rich;
- * Disallowing grain-based desserts from counting towards the grain component;
- * Allowing a meat or meat alternate to substitute up to one-half of the required grains at breakfast meals;
- * Allowing tofu as a meat alternate;
- * Requiring unflavored whole milk be served to children one year of age, and 1 percent or fat-free milk be served to children two and older and adults;
- * Requiring flavored milk to be fat-free only;
- * Allowing non-dairy milk substitutions that are nutritionally equivalent to milk to be served if requested in writing by a child's parent or guardian or an adult participant;
- * Allowing yogurt to be used as a fluid milk alternate up to one time per day across all eating occasions, *for adults only*; and
- * Disallowing frying as a way of preparing food onsite.

Additional Changes

The proposed meal pattern revisions also require that centers and day care homes make water available throughout the day to all children upon their request, allow parents or guardians to provide up to one component of the reimbursable meal (at their discretion), and extend offer versus serve to institutions participating in the at-risk afterschool component of the CACFP.

Tell Us What You Think

We want to hear from you! Please visit www.fns.usda.gov/cacfp/federal-register-documents to learn how to provide comments on these proposed changes.





Current and Proposed Meal Patterns: Let's Compare

Breakfast Meals*- 13 to 18 year old age group for proposed meal pattern only

	1—2 years		3—5 years		6—12 yrs & 13—18 yrs		Adults	
	Current	Proposed	Current	Proposed	Current	Proposed	Current	Proposed
Fruits/ Vegetables	1/4 c	1/4 c	1/2 c	1/2 c	1/2 c	1/2 c	1/2 c	1/2 c
Grains	1/2 serv	1/2 serv**	1/2 serv	1/2 serv**	1 serv	1 serv**	2 serv	2 serv**
Milk	1/2 c	1/2 c	3/4 c	3/4 c	1 c	1 c	1 c	1 c

Lunch and Supper Meals*- 13 to 18 year old age group for proposed meal pattern only

	1—2 yrs		3—5 yrs		6 – 12 yrs & 13 – 18 yrs		Adults	
	Current	Proposed	Current	Proposed	Current	Proposed	Current	Proposed
Fruits	1/4 c	1/8 c	1/2 c	1/4 c	3/4 c	1/4 c	1 c	1/2 c
Vegetables		1/8 c		1/4 c		1/2 c		
Grains	1/2 serv	1/2 serv	1/2 serv	1/2 serv	1 serv	1 serv	2 serv	2 serv
Meat/Meat Alternates	1 oz	1 oz	1 1/2 oz	1 1/2 oz	2 oz	2 oz	2 oz	2 oz
Milk	1/2 c	1/2 c	3/4 c	3/4 c	1 c	1 c	1 c***	1 c***

Snacks*- 13 to 18 year old age group for proposed meal pattern only

	1 – 2 years		3 – 5 years		6 – 12 yrs & 13 – 18 yrs		Adults	
	Current	Proposed	Current	Proposed	Current	Proposed	Current	Proposed
Fruits	1/2 c	1/2 c	1/2 c	1/2 c	3/4 c	3/4 c	1/2 c	1/2 c
Vegetables		1/2 c		1/2 c		3/4 c		
Grains	1/2 serv	1/2 serv	1/2 serv	1/2 serv	1 serv	1 serv	1 serv	1 serv
Meat/Meat Alternates	1/2 oz	1/2 oz	1/2 oz	1/2 oz	1 oz	1 oz	1 oz	1 oz
Milk	1/2 c	1/2 c	1/2 c	1/2 c	1 c	1 c	1 c	1 c

*All serving sizes are minimum quantities of the food components that are required to be served. **A meat/meat alternate may be used to substitute up to 1/2 of the grain requirements. ***A serving of milk is not required at the supper meal.

