

New Meal Pattern for Children

Guidance and Requirements for Child Care Providers



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Welcome

This workshop will provide you with the knowledge and tools necessary to confidently serve reimbursable child meals in the Child Care Food Program (CCFP) – under the New Meal Pattern for Children.



Agenda

Introductions

Updates to the Child Meal Pattern

New Child Meal Pattern

Special Needs Meals

Best Practices

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Milk



Fluid milk. Fluid milk must be served as a beverage or on cereal, or a combination of both, as follows:

- *Children 1 year old:*

- Unflavored whole milk

- *Children 2 through 5 years old:*

- Unflavored low-fat (1 percent)
- Unflavored fat-free (skim) milk

- *Children 6 years old and older:*

- Unflavored low-fat (1 percent)
- Unflavored fat-free (skim)
- Flavored fat-free (skim) milk

Milk Serving Requirements Classic vs New Meal Pattern

	Ages 1-2		Ages 3-5		Ages 6-18	
	Classic	New	Classic	New	Classic	New
Breakfast/Lunch/Supper	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup
Snack (If one of the components)	½ cup	½ cup	½ cup	½ cup	1 cup	1 cup

Flavored Milk

Flavored milk (commercially prepared and plain milk that is flavored with syrup) contains added sugars. The Dietary Guidelines recommends that all Americans reduce their consumption of added sugars.

- *Children 1 through 5 years old:* Meals served to children 1 through 5 years old that contain flavored fluid milk and flavored non-dairy (soy) beverages cannot be claimed for reimbursement.
- *Children 6 years old and older:* If flavored milk is served to children 6 years old and older it must be fat-free. This is consistent with the National School Lunch and School Breakfast Programs.

Milk Substitutions & Creditable Milks In the Florida Child Care Food Program

For children ages 1 and older, CCFP regulations require that each child's breakfast, lunch, and supper must include fluid milk to be eligible for reimbursement. Fluid milk may also be served as one of the two components of a snack.

Creditable fluid milks include breastmilk, as well as pasteurized fluid types of cow or goat milk, lactose-free or lactose-reduced milk, UHT (Ultra High Temperature) milk, acidified or cultured milk, and organic milk.

Non-dairy fluid milk substitutions may be served when requested in writing the by child's parent or guardian. The written request must identify the medical or special dietary condition that restricts the diet of the child, such as milk allergy or vegan diet. In order for the meal to be reimbursable, the non-dairy beverage must be nutritionally equivalent to fluid milk. Child care providers or parents may provide the non-dairy beverage.

For Children Ages One through Five

The following non-dairy (soy-based) beverages meet required nutritional standards for approved milk substitutions:

- 8th Continent Soymilk Original
- Great Value Soymilk Ultra-Pasteurized
- Kirkland Organic Soymilk Original
- Pacific Ultra Soy Original
- Silk Original Soymilk
- Westsoy Organic Plus Plain Soymilk

For Children Ages Six and older

The beverages listed above *and* the ones below meet required nutritional standards for approved milk substitutions:

- 8th Continent Soymilk Vanilla
- Pacific Ultra Soy Vanilla
- Westsoy organic Plus Soymilk Vanilla

Each of the companies listed has information regarding product availability on their websites:

www.8thcontinent.com/product-finder/
www.walmart.com/
www.costco.com/
www.pacificfoods.com/retail-stores/
www.silk.com/where-to-buy
www.westsoymilk.com/store-locator/

If a child care provider has any question about these or other non-dairy beverages, please contact the State office at 850-245-4323 for assistance.

Vegetables



Vegetables. A serving may contain fresh, frozen, or canned vegetables, dry beans and peas (legumes), or vegetable juice. All vegetables are credited based on their volume as served, except that 1 cup of leafy greens counts as 1/2 cup of vegetables.

Separation of Components. There is now a separate vegetable component and a separate fruit component at lunch, supper, and snack. This will help increase the variety of foods children are served, and allows centers and day care homes to serve a vegetable and fruit snack.

Vegetable Serving Requirements Classic vs New Meal Pattern

	Ages 1-2		Ages 3-5		Ages 6-18	
	Classic	New	Classic	New	Classic	New
Breakfast	¼ cup (veg/fruit total)	¼ cup (and/or fruit)	½ cup (veg/fruit total)	½ cup (and/or fruit)	½ cup (veg/fruit total)	½ cup (and/or fruit)
Lunch/Supper	¼ cup (veg/fruit total)	⅛ cup	½ cup (veg/fruit total)	¼ cup	¾ cup (veg/fruit total)	½ cup
Snack (If one of the components)	½ cup (veg/fruit total)	½ cup	½ cup (veg/fruit total)	½ cup	¾ cup (veg/fruit total)	¾ cup

- Juice must be pasteurized and full-strength. Vegetable juice or fruit juice may only be served at one meal, including snack, per day.

- A 100 percent fruit and vegetable juice blend may contribute to the vegetable requirement when vegetable juice or puree is the most prominent ingredient.

- A vegetable may be used to meet the entire fruit requirement at lunch and supper. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

Fruit



Fruits. A serving may contain fresh, frozen, canned, dried fruits, or fruit juice. All fruits are based on their volume as served, except that 1/4 cup of dried fruit counts as 1/2 cup of fruit.

Fruit Serving Requirements Classic vs New Meal Pattern

	Ages 1-2		Ages 3-5		Ages 6-18	
	Classic	New	Classic	New	Classic	New
Breakfast	¼ cup (veg/fruit total)	¼ cup (and/or veg)	½ cup (veg/fruit total)	½ cup (and/or veg)	½ cup (veg/fruit total)	½ cup (and/or veg)
Lunch/Supper	¼ cup (veg/fruit total)	⅛ cup	½ cup (veg/fruit total)	¼ cup	¾ cup (veg/fruit total)	¼ cup
Snack (If one of the components)	½ cup (veg/fruit total)	½ cup	½ cup (veg/fruit total)	½ cup	¾ cup (veg/fruit total)	¾ cup

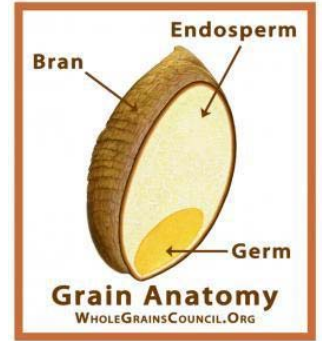
- Pasteurized, full-strength fruit juice may be used to fulfill the entire requirement. Fruit juice or vegetable juice may only be served at one meal, including snack, per day.

- 100 percent fruit and vegetable juice blend may contribute to the fruit requirement when fruit juice or puree is the most prominent ingredient.

- A vegetable may be used to meet the entire fruit requirement at lunch and supper. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

Whole Grains

Whole grains consist of the entire cereal grain seed or kernel. The kernel has three parts – the bran, the germ, and the endosperm. Usually the kernel is cracked, crushed, or flaked during the milling process. If the finished product retains the same relative proportions of bran, germ, and endosperm as the original grain, it is considered a whole grain.



When looking for whole grain food, there are some key things to remember to ensure you purchase just what you need.

- The word *whole* listed before each grain on the ingredients list.
- The words *berries* and *groats* are also used to designate whole grains, for example, wheat berries or oat groats.
- Rolled oats and oatmeal (including old-fashioned, quick-cooking, and instant oatmeal) are whole grains. Other whole grain products that do not use the word *whole* in their description include brown rice, brown rice flour, wild rice, quinoa, millet, triticale, teff, amaranth, buckwheat, and sorghum.

Whole Grains*	Not Whole Grains**
<ul style="list-style-type: none"> • Amaranth • Bromated Whole-Wheat Flour • Brown Rice • Bulgur • Buckwheat • Cracked Wheat • Crushed Wheat • Graham Flour • Whole-Wheat Flour • Millet Flakes • Whole Corn • Whole Durum Wheat Flour • Quinoa • Sorghum • Teff • Triticale • Wild Rice • Whole Grain Barley • Whole-Wheat Flour • Whole Wheat Pasta such as Macaroni, Spaghetti, or other Whole Grains Noodles 	<ul style="list-style-type: none"> • All-Purpose Flour • Bread Flour • Bromated Flour • Cake Flour • Corn Grits • Degerminated Corn Meal • Durum Flour • Enriched Flour • Enriched Rice • Enriched Self-Rising Flour • Enriched Wheat Flour • Farina • Instantized Flour • Long-Grain White Rice • Pearled Barley • Phosphated Flour • Rice Flour • Self-Rising Flour • Self-Rising Wheat Flour • Unbleached Flour • Wheat Flour • White Flour

*Bran and/or germ may also contribute to the whole grain requirements

**A product containing 2% or less of one of these grains may still meet the 100% whole grain requirement

Adapted from the Institute of Child Nutrition

Grains



Grains. All grains must be made with enriched or whole grain meal or flour.

At least one serving per day, across all eating occasions of bread, cereals, and grains, must be 100% whole grain. This must be denoted on your menu.

A serving may contain whole grain or enriched bread, cornbread, biscuits, rolls, muffins, and other bread products; or whole grain, enriched, or fortified cereal grain, cooked pasta or noodle products, or breakfast cereal; or any combination of these foods.

- *Breakfast cereals (including ready-to-eat cold and instant/regular hot cereals).* Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

- *Desserts.* Grain-based desserts such as cookies, brownies, granola bars, graham crackers, etc. do not count towards meeting the grains requirement.

- *Documentation.* The grain item on the menu must be documented when the item is whole grain. A *WG* may be used in front of grain items to indicate the item is whole grain.

Grain Serving Requirements Classic vs New Meal Pattern

	Ages 1-2		Ages 3-5		Ages 6-18	
	Classic	New	Classic	New	Classic	New
Breakfast	½ slice	½ slice	½ slice	½ slice	1 slice	1 slice
	¼ cup (hot)	¼ cup	¼ cup	¼ cup	½ cup	½ cup
	¼ cup (cold)	¼ cup	⅓ cup	⅓ cup	¾ cup	¾ cup
Lunch/Supper	½ slice	½ slice	½ slice	½ slice	1 slice	1 slice
	¼ cup (hot)	¼ cup	¼ cup	¼ cup	½ cup	½ cup
Snack (If one of the components)	½ slice	½ slice	½ slice	½ slice	1 slice	1 slice
	¼ cup (hot)	¼ cup	¼ cup	¼ cup	½ cup	½ cup
	¼ cup (cold)	¼ cup	⅓ cup	⅓ cup	¾ cup	¾ cup

Easy Whole Grain Swaps

White rice → Brown rice

White bread → 100% Whole wheat bread

Sugary cereal → 100% Whole grain cereal topped with fruit

Grits → Oatmeal

Pasta (refined/not whole grain) → 100% Whole wheat pasta

Animal Crackers → 100% Whole grain crackers



Creditable and Non-Creditable Grain/Bread Foods

Grain-based dessert foods will not be creditable on the Child Care Food Program beginning October 1, 2017. The following chart lists creditable and non-creditable grain items. Non-creditable grain items cannot contribute towards a reimbursable meal, but may be served as an “extra” food on occasion. Creditable grain items must be in the correct portion for the age group served (refer to Grains/Breads--Exhibit A) and must be whole grain, enriched, or made from whole grain or enriched meal or flour. Prepackaged products must have whole grain or enriched flour or meal as the first ingredient. At least one serving per day, across all eating occasions, must be 100% whole grain.

 Non-creditable Foods	 Creditable Foods ¹
Animal Crackers Brownies Cake (all varieties, frosted or unfrosted) Cereal Bar/Treat Cobbler/Fruit Crisp Cookies (all kinds) Doughnuts Fig Bar Fruit Turnover Graham Crackers (all kinds) Grain Fruit Bar Granola Bar (all kinds) Honey Bun Oatmeal (more than 6 grams of sugar per dry ounce) Pastry Popcorn Pop Tart Potato/Vegetable Chips (or puffs/straws/sticks) Ready-to-eat Cereal (more than 6 grams of sugar per dry ounce) Sweet Crackers Sweet Roll/Sticky Bun Tortilla chips— <i>flavored</i> ² Wafers (chocolate, vanilla)	Bagel/Bagel Chips Banana Bread (or other fruit/vegetable breads) Barley Batter or Bread Type Coating Biscuits Bread Bread Sticks (hard or soft) Bulgur or Cracked Wheat Buns Cornbread/Corn Muffin Croissants Crepes Crackers (savory snack crackers, plain, cheese, peanut butter) Croutons Egg Roll Skins, Won Ton Wrappers English Muffin French Toast (slices or sticks) Grits Muffins/Quick Bread Oatmeal (with 6 grams of sugar or less per dry ounce) Pancakes Pasta/Couscous/Macaroni/Noodles (all shapes) Pita Bread /Pita Chips Pizza Crust Pretzels (hard or soft) Quinoa Ravioli Ready-to-eat Cereal (6 grams of sugar or less per dry ounce) Rice Rolls Stuffing (dry) Tortillas /Arepa Tortilla Chips/Shells— <i>unflavored</i> ² Waffles



1. Toppings and extras including brown sugar, butter, chocolate chips, cream cheese, honey, jelly, and syrup are a concentrated source of empty calories. They should be served in small portions and used minimally.
2. Tortilla chips with a flavor coating are not creditable. Only plain tortilla chips may be served.

Grains/Breads Requirement for Child Care Food Program

Revised Exhibit A – Grains/Breads Requirements^{1,2}

GROUP A	Minimum Serving Size for GROUP A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) <p style="margin-left: 40px;"><i>Note: weights apply to bread in stuffing.</i></p>	1 serving = 22 gm or 0.8 oz ½ serving = 11 gm or 0.4 oz
GROUP B	Minimum Serving Size for GROUP B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (sliced, French, Italian) • Buns (hamburger and hot dog) • Egg roll skins • English muffins • Pita bread • Pizza crust • Pretzels (soft) • Rolls • Tortillas • Tortilla chips • Taco shells 	1 serving = 28 gm or 1.0 oz ½ serving = 14 gm or 0.5 oz
GROUP C	Minimum Serving Size for GROUP C
<ul style="list-style-type: none"> • Cornbread • Corn muffins • Croissants • Pancakes • Waffles 	1 serving = 34 gm or 1.2 oz ½ serving = 17 gm or 0.6 oz
GROUP D	Minimum Serving for GROUP D
<ul style="list-style-type: none"> • Muffins (all, except corn) 	1 serving = 55 gm or 2.0 oz ½ serving = 28 gm or 1.0 oz
GROUP E	Minimum Serving for GROUP E
<ul style="list-style-type: none"> • French toast 	1 serving = 69 gm or 2.4 oz ½ serving = 35 gm or 1.2 oz
GROUP F/G	Minimum Serving for GROUP F/G
Grain-based desserts are not creditable.	
GROUP H	Minimum Serving for GROUP H
<ul style="list-style-type: none"> • Cereal Grains (barley, quinoa, etc) • Breakfast cereals (cooked)³ • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (white or brown) 	1 serving = ½ cup cooked or 1 ounce (28 g) dry
GROUP I	Minimum Serving for GROUP I
<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold, dry)³ 	1 serving = ¾ cup for children ages 6-18 1 serving = ⅓ cup for children ages 3-5 1 serving = ¼ cup for children ages 1-2

1. The following foods must be whole grain, whole grain-rich, or enriched.
2. Some of the following foods or their toppings/extras (such as cream cheese, syrup, etc.) may contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.
3. Breakfast cereals are traditionally served as a breakfast item but may be served in meals other than breakfast. Cereals must contain no more than 6 grams of sugar per dry ounce and must be whole-grain, whole grain-rich, or enriched or fortified cereal. Refer to Florida WIC-Approved Cereal List.

Note: Cornmeal and corn flour and products using cornmeal and corn flour such as arepa, tortillas, tortilla chips, taco shells, cornbread, and corn muffins must be whole-grain, whole-grain rich, or enriched.

Breakfast Cereal and Sugar Guide

Breakfast cereals served in the CCFP must contain no more than 6 grams of sugar per dry ounce.

Option 1: Use a Florida WIC Approved Cereal. This list is updated annually and is posted on the CCFP website. All of the cereals on this list are creditable cereals which meet the sugar limit.

Option 2: If a cereal is not on the WIC cereal list it may still be creditable. Use the following calculation to determine if the cereal is within the sugar limit.

Find the Nutrition Facts Label on the package.

Step 1: Find the number of Sugars. It is usually below the “Total Carbohydrate” line.

Step 2: Find the Serving Size in grams of the cereal.

Step 3: Divide the Sugars number by the Serving Size number.

If the number is **0.21 or less**, the cereal meets the CCFP sugar limit.

Example:

Cereal, corn flakes

Nutrition Facts	
Serving Size 1 cup (28g)	
Servings Per Container 12	
Amount Per Serving	
Calories 105	Calories from Fat 9
% Daily Values*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 139mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 0g	0%

*Percent Daily Values are based on a 2,000 calorie diet.

Number of sugars: 1 g ÷ Serving Size: 28 g = .03

If the number is **0.21 or less**, the cereal meets the CCFP sugar limit

Does this cereal meet the sugar limit? _____



Adapted from the Institute of Child Nutrition

Breakfast Cereal

Cereals with ★ contain 51% or more whole grain. GF = Gluten Free

Highlighted cereals meet the 100% whole grain requirement.

General Mills



- **Cheerios** ★ GF
- Cheerios+ Ancient Grains ★
- **MultiGrain** **Cheerios** ★ GF
- Corn Chex GF
- Rice Chex GF
- **Wheat Chex** ★
- **Wheaties** ★
- **Total** Whole Grain ★
- Dora the Explorer
- Berry Berry Kix ★
- Honey Kix ★
- Kix ★

Kellogg's



- **All Bran Complete Wheat Flakes** ★
- Corn Flakes
- Rice Krispies
- **Frosted Mini-Wheats: Original** ★
- **Little Bites** ★
- **Mini-Wheats Unfrosted** ★

Malt-o-Meal



- Corn Flakes
- **Crispy Rice** GF
- **Scooters** ★

Post



- **Alpha-Bits** ★
- Bran Flakes ★
- **Grape-Nuts** ★
- Grape-Nuts Flakes ★
- **Honey Nut Shredded Wheat** ★
- **Honey Bunches of Oats Whole Grain:**
- Honey Crunch ★
- Vanilla Bunches ★



- Malt-o-Meal Original Hot Wheat



- Farina Mills Original Hot Wheat Farina



- **Frosted Mini Spooners** ★



- **Strawberry Cream Mini Spooners** ★



- **Blueberry Mini Spooners** ★

Quaker



- Instant Grits Original
- **Instant Oatmeal Original** ★
- Life Original ★
- **Oatmeal Squares: Brown Sugar** ★
- **Cinnamon** ★

Any Store Brand or Ralston Foods Brand of the following:

- Bran Flakes ★
- Corn Crisps or Bites
- Corn Flakes
- Crisp or Crispy Rice
- Crunchy Nuggets ★
- Crunchy Oat Squares ★
- Crunchy Wheat ★
- Crunchy Wheat & Barley ★
- Frosted Shredded Wheat ★
- Frosted Strawberry Shredded Wheat ★
- Frosted Strawberry Cream Shredded Wheat ★
- Frosted Wheat ★
- Happy O's ★
- Instant Grits Original
- Instant Oatmeal Original or Regular ★
- Krunch Nutties ★
- Live Life 100% Oat Cereal ★
- Lively Oats/Live It Up! ★
- MultiGrain Flakes
- MultiGrain Medley ★
- MultiGrain Tasteeos ★
- MultiGrain Toasted Cereal ★
- Nutty Nuggets ★
- Oat Cereal (square-shaped) ★
- Oat Squares/Oat Wise ★
- Original Oat Crunch ★
- Rice Crisps or Toasted Rice (no flakes)
- Rice or Corn Biscuits/Squares
- Square-Shaped Rice or Corn
- Square-Shaped Wheat ★
- Tasteeos ★
- Toasted Corn
- Toasted Multi-Grain Spins ★
- Toasted Whole-Grain Oat Spins ★
- Toasted Oats or Crispy Oats ★
- Toasted Rollin' Oats ★
- Toasted Wheat ★
- Wheat Biscuits/Squares/Crisps ★
- Wheat & Crunchy ★
- Wheat Flakes

B & G Foods



- Cream of Rice (Crema de Arroz) GF
- Cream of Rice Instant GF
- **Cream of Wheat Whole Grain** ★
- **Cream of Wheat Instant Whole Grain** ★

This document has been edited for use in the Florida Child Care Food Program.

Creditable or Non-Creditable Grains Activity

Product	Is This a Creditable Grain?	If no, why not?	Does it meet the Creditable 100% Whole Grain Requirement?
 <p>Brown Rice</p>			
 <p>Honey Graham Crackers</p>			
 <p>Corn Puff Cereal</p>			
 <p>Quinoa</p>			
 <p>Whole Grain Breakfast Biscuit</p>			

Product	Is This a Creditable Grain?	If no, why not?	Does it meet the Creditable 100% Whole Grain Requirement?
 <p>Honey Nut Oat Cereal</p>			
 <p>Blueberry Waffles</p>			
 <p>Lucky Charms Cereal</p>			
 <p>Bread</p>			
 <p>Unfrosted Fruit Pastry</p>			

Product	Is This a Creditable Grain?	If no, why not?	Does it meet the Creditable 100% Whole Grain Requirement?
 <p data-bbox="175 430 444 493">Homemade Blueberry Muffin</p>			
 <p data-bbox="152 772 467 835">Plain (Original) Multigrain Chips</p>			
 <p data-bbox="212 1121 407 1150">Wheat Crackers</p>			
 <p data-bbox="159 1493 461 1556">Whole Wheat Cinnamon Raisin Bread</p>			
 <p data-bbox="228 1896 396 1925">Tortilla Chips</p>			

Meat & Meat Alternates



Meat and meat alternates. Meat and meat alternates must be served in a main dish, or in a main dish and one other menu item. The creditable quantity of meat and meat alternates must be the edible portion as served of: Lean meat, poultry, or fish; alternate protein products; cheese; or an egg; cooked dry beans or peas; peanut butter; or a combination of these foods.

- *Yogurt.* Four ounces (weight) or 1/2 cup (volume) of yogurt equals one ounce of the meat and meat alternate component. Yogurt may be used to meet all or part of the meat and meat alternate component as follows: Yogurt may be plain or flavored, unsweetened, or sweetened

Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

Yogurt products, such as frozen yogurt; drinkable yogurt products; homemade yogurt; yogurt flavored products; yogurt bars; yogurt covered fruits or nuts; or similar products are not creditable.

- *Tofu and soy products* - Commercial tofu and soy products may be used to meet all or part of the meat and meat alternate component. Noncommercial and non-standardized tofu and soy products cannot be used.

2.2 oz of tofu credits as 1 oz meat alternate.

- *Beans and peas (legumes)* – Cooked dry beans and peas may be used to meet all or part of the meat and meat alternate component. Beans and peas may be counted as either a meat alternate or as a vegetable, but not as both in the same meal.

Meat & Meat Alternate Serving Requirements Classic vs New Meal Pattern

	Ages 1-2		Ages 3-5		Ages 6-18	
	Classic	New	Classic	New	Classic	New
*Breakfast	0	½ oz (if replacing grain)	0	½ oz (if replacing grain)	0	1 oz (if replacing grain)
Lunch/Supper	1 oz ½ egg 2 Tb (PB)	1 oz ½ egg 2 Tb (PB)	1 ½ oz ¾ egg 3 Tb (PB)	1 ½ oz ¾ egg 3 Tb (PB)	2 oz 1 egg 4 Tb (PB)	2 oz 1 egg 4 Tb (PB)
Snack (If one of the components)	½ oz ½ egg 1 Tb (PB)	½ oz ½ egg 1 Tb (PB)	½ oz ½ egg 1 Tb (PB)	½ oz ½ egg 1 Tb (PB)	1 oz ½ egg 2 Tb (PB)	1 oz ½ egg 2 Tb (PB)

*At breakfast - Meat and meat alternates may be used to meet the entire grains requirement a maximum of **three times per week**.

Yogurt and Sugar Guide

Yogurt must contain no more than 23 grams of sugar per 6 ounces.

Option 1 (chart):

Step 1: Look for the serving size on the Nutrition Facts Label.

Write it here: **OZ**

Step 2: Find the number of Sugars. It is usually below the "Total Carbohydrate" line. Write it here: **g**

Step 3: Find the Serving Size in the Yogurt Sugar Limit chart which matches step 1. If the Sugars amount (identified in step 2) is between the sugar limit, the yogurt is credible.

Nutrition Facts	
Serving Size 6 oz Container	
Amount Per Serving	
Calories 90	
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat -1g	
Cholesterol 6mg	2%
Potassium 140mg	4%
Sodium 65mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 19g	
Protein 12g	24%

Yogurt Sugar Limits	
Serving Size	Sugar Limit
2.25 ounces	0-8 grams
3.5 ounces	0-13 grams
4 ounces	0-15 grams
5.3 ounces	0-20 grams
6 ounces	0-23 grams
8 ounces	0-30 grams

Option 2 (calculation):

Step 1: Find the number of Sugars. It is usually below the "Total Carbohydrate" line. Write it here: **g**


Step 2: Look for the serving size on the Nutrition Facts Label. Write it here: : **OZ**

Step 3: Divide the Sugars by the Serving Size.

Example

Number of sugars: 16 g ÷ Serving Size: 4.5 oz = 3.56

If the number is **3.8 or less**, the yogurt meets the CCFP sugar limit.

Does this yogurt meet the sugar limit? _____ 

Nutrition Facts	
Serving Size 4.5 oz	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 18
	% Daily Values*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 8g	16%

Child Care Food Program Meal Pattern for Children

The Child Care Food Program (CCFP) provides aid to child care institutions and family day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth, and development of young children. **Child care providers must ensure that each meal served to children contains, at a minimum, each of the food components in the amounts indicated for the appropriate age group as stated in the CCFP Meal Pattern for Children.**

Child Meal Pattern Food Components:		Age Group and Serving Size:		
		1 and 2 year olds:	3 – 5 year olds:	6 – 18 ¹ year olds:
Breakfast (3 components)	Milk²			
	Fluid milk	4 fluid ounces	6 fluid ounces	8 fluid ounces
	Vegetables, fruits, or portions of both³			
	Vegetable(s) and/or fruit(s)	1/4 cup	1/2 cup	1/2 cup
	Grains/Breads^{*5,6,7} *whole grain, whole grain-rich, enriched			
	Bread	1/2 slice	1/2 slice	1 slice
	Bread product such as biscuit, roll, muffin	1/2 serving	1/2 serving	1 serving
	Cooked breakfast cereal ⁸ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
	Ready-to-eat breakfast cereal (dry, cold) ⁸	1/4 cup	1/3 cup	3/4 cup
	*Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. ⁶	*1/2 oz.	*1/2 oz.	*1 oz.
Lunch/Supper (5 components)	Milk²			
	Fluid milk	4 fluid ounces	6 fluid ounces	8 fluid ounces
	Meat and Meat Alternates			
	Lean meat, poultry, or fish ¹⁰	1 oz.	1 1/2 oz.	2 oz.
	Tofu, soy products, or alternate protein products ¹¹	1 oz.	1 1/2 oz.	2 oz.
	Cheese	1 oz.	1 1/2 oz.	2 oz.
	Large egg	1/2 egg	3/4 egg	1 egg
	Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup
	Peanut butter or soynut butter or other nut/seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.
	Yogurt, plain or flavored, unsweetened or sweetened ¹²	4 oz. or 1/2 cup	6 oz. or 3/4 cup	8 oz. or 1 cup
Peanuts, soynuts, tree nuts, or seeds ⁹	1/2 oz. = 50%	3/4 oz. = 50%	1 oz. = 50%	
	Vegetables^{3,4}			
Vegetables	1/8 cup	1/4 cup	1/2 cup	
	Fruits^{3,4}			
Fruits	1/8 cup	1/4 cup	1/4 cup	
	Grains/Breads^{*5,7} *whole grain, whole grain-rich, enriched			
Bread	1/2 slice	1/2 slice	1 slice	
Bread product such as biscuit, roll, muffin	1/2 serving	1/2 serving	1 serving	
Cooked breakfast cereal ⁸ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	

Note: Milk must be served with each breakfast, lunch and supper meal. Between a child's first and second birthday, whole milk is required. After the child's second birthday, it is required that lowfat or fat-free milk be served. Flavored milk cannot be served to children less than 6 years of age.

Conversions:

1/2 cup = 4 fl. oz.
3/4 cup = 6 fl. oz.
1 cup = 8 fl. oz.

1 pint = 2 cups
1 quart = 2 pints = 4 cups
1 gallon = 4 quarts = 16 cups

CCFP Meal Pattern for Children *(continued)*

Child Meal Pattern Food Components:		Age Group and Serving Size:		
		1 and 2 year olds:	3 – 5 year olds:	6 – 18 ¹ year olds:
Snack¹³ (Select 2 different components)	Milk²			
	Fluid milk	4 fluid ounces	4 fluid ounces	8 fluid ounces
	Meat and Meat Alternates			
	Lean meat, poultry or fish ¹⁰	1/2 oz.	1/2 oz.	1 oz.
	Tofu, soy products, or alternate protein products ¹¹	1/2 oz.	1/2 oz.	1 oz.
Cheese	1/2 oz.	1/2 oz.	1 oz.	
Large egg	1/2 egg	1/2 egg	1/2 egg	
Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup	
Peanut butter or soy nut butter or other nut/seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.	
Yogurt, plain or flavored, unsweetened or sweetened ¹²	2 oz. or 1/4 cup	2 oz. or 1/4 cup	4 oz. or 1/2 cup	
Peanuts, soy nuts, tree nuts, or seeds	1/2 oz.	1/2 oz.	1 oz.	
	Vegetables³			
Vegetables	1/2 cup	1/2 cup	3/4 cup	
	Fruits³			
Fruits	1/2 cup	1/2 cup	3/4 cup	
	Grains/Breads*^{5,7} *whole grain, whole grain-rich, enriched			
Bread	1/2 slice	1/2 slice	1 slice	
Bread product such as biscuit, roll, muffin	1/2 serving	1/2 serving	1 serving	
Cooked breakfast cereal ⁸ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	
Ready-to-eat breakfast cereal (dry, cold) ⁸	1/4 cup	1/3 cup	3/4 cup	

1. Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
2. For children age one – must be unflavored whole milk.
For children two through five years – must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk.
For children six years and older – must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk.
3. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
4. A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
5. At least one serving per day, across all eating occasions, must be 100% whole grain. Grain-based desserts do not count towards meeting the grains requirement.
6. At breakfast, meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains (one serving).
7. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
8. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).
9. At lunch and supper, no more than 50% of the meat/meat alternate requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry, or fish.
10. The serving size for lean meat, poultry, or fish is the edible portion as served.
11. Alternate protein products must meet the requirements in Appendix A of Part 226.
12. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
13. At snack, select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

Revised October 2016

CCFP Meal Pattern for Children *(continued)*

Child care providers have the unique opportunity to ensure healthy eating habits are developed early and promote wellness to all children in their care.

Fluid Milk:

- After the child's first birthday and prior to the second birthday, whole milk must be served.
- After the child's second birthday, lowfat (1%) or fat-free milk must be served.
- Flavored milk is not allowed for children under the age of six. Children ages six and older may be served fat-free flavored milk.

Vegetable or fruit or juice:

- Vegetable or fruit juice must be full-strength, pasteurized, and 100% juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more of Vitamin C.
- Fruit juice must not be served more than once a day.
- One cup of leafy greens counts as ½ cup of vegetables.
- Less than 1/8 cup of vegetables and fruits may not be counted to meet the vegetable and/or fruit component.
- At lunch and supper, one vegetable and one fruit *or* two different vegetables may be served (two fruits may not be served to meet this requirement).

Grains/breads:

- Grain/bread food must be whole grain, enriched, or made from whole grain or enriched meal or flour. Bran and germ are counted as enriched or whole-grain meals or flours. Cornmeal, corn flour, plain corn tortillas/chips, and corn grits must be designated as whole or enriched to be creditable.
- At least one serving per day, across all eating occasions, must be 100% whole grain.
- Only ready-to-eat and cooked breakfast cereals containing 6 grams (g) of sugar or less per dry ounce may be served (refer to the Florida WIC Approved Cereal List).
- Prepackaged grain/bread products must have enriched flour or meal or whole grains as the first ingredient listed on the package.
- Grain-based desserts (e.g. cookies, donuts, granola bars, and graham crackers) do not count towards meeting the grains requirements.

Meat or meat alternate:

- Commercially processed combination foods (convenience entrees – frozen or canned) must have a CN Label or manufacturer's Product Formulation Statement stating the food component contribution to the meal pattern.
- A serving of cooked dry beans or peas may count as a vegetable or as a meat alternate, but not as both components in the same meal.
- Yogurt must not contain more than 23 g of total sugars per 6 ounces (15 g per 4 ounces or 3.8 g per ounce).
- At breakfast, meat/meat alternates *may* be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat/meat alternate is equal to one ounce equivalent of grains (one serving).

****Please note that donated foods cannot be used to contribute to the meal pattern requirements****

Menu Review Checklist

Use this checklist to ensure that all Child Care Food Program meal requirements are met.
(All answers must be marked "Yes")

Note: This checklist is based on the *NEW Meal Pattern for Children*.
Self-prep facilities must be in full compliance by no later than October 1, 2017.

Breakfast:	Yes	No
<ul style="list-style-type: none"> ▪ 3 components: Fluid Milk, Vegetables and/or Fruits, Grains/Breads 		
<ul style="list-style-type: none"> ▪ Only ready-to-eat breakfast cereals containing 6 grams of sugar or less per dry ounce have been included on the menu (Refer to the <i>Florida WIC-Approved Cereal List</i>). 		
<ul style="list-style-type: none"> ▪ Meat/Meat alternates are used to meet entire grains requirement no more than three times a week. 		
Lunch/Supper:	Yes	No
<ul style="list-style-type: none"> ▪ 5 components: Fluid Milk, Meat/Meat Alternates, Vegetables, Fruits, Grains/Breads 		
<ul style="list-style-type: none"> ▪ One vegetable and one fruit <i>or</i> two different vegetables are served (two fruits may not be served). 		
Snack:	Yes	No
<ul style="list-style-type: none"> ▪ 2 different components: Fluid Milk, Meat/Meat Alternates, Vegetables, Fruits, Grains/Breads <p><i>Note: Juice must not be served when milk is the only other component.</i></p>		
General Menu:	Yes	No
<ul style="list-style-type: none"> ▪ Fruit juice does not appear on the menu more than once a day. 		
<ul style="list-style-type: none"> ▪ Only ready-to-eat breakfast cereals containing 6 grams of sugar or less per dry ounce have been included on the menu (Refer to the <i>Florida WIC-Approved Cereal List</i>). 		
<ul style="list-style-type: none"> ▪ At least one grain serving per day, across all eating occasions, is 100% whole grain. 		
<ul style="list-style-type: none"> ▪ Grain-based desserts (e.g. granola bars, cookies, graham crackers) are not served as part of a reimbursable meal. 		
<ul style="list-style-type: none"> ▪ Yogurt contains no more than 23 grams of total sugars per 6 ounces (15 g/4 oz or 3.8 g/oz). 		
<ul style="list-style-type: none"> ▪ Children age one receive unflavored whole milk (unless breastfed). 		
<ul style="list-style-type: none"> ▪ Children ages 2 through five receive unflavored lowfat (1%) or unflavored fat-free (skim) milk. 		
<ul style="list-style-type: none"> ▪ Flavored milk is not served to children under 6 years of age. 		
<ul style="list-style-type: none"> ▪ Flavored milk served to children age 6 years and older is fat-free (skim). 		
<ul style="list-style-type: none"> ▪ Commercially processed combination foods have a CN label or manufacturer's Product Formulation Statement (PFS) stating the food component contribution. 		

*Please refer to *Fruit and Vegetable Sources of Vitamins A and C* found on the CCFP website and in *A Guide to Crediting Foods*.
Note: Refer to *Revised Exhibit A* to ensure correct portions of grain/bread food items are served.

Menu Review Tips

Below are tips to assist in reviewing menus.

Breakfast:
<ul style="list-style-type: none">A meat/meat alternate is <i>not</i> required at breakfast; however, meat/meat alternates <i>may</i> be used to meet entire grains requirement a maximum of three times a week. One ounce of meat/meat alternate is equal to one ounce equivalent of grains (one serving).
Lunch/Supper:
<ul style="list-style-type: none">Combination main dish products – if purchased – must have a CN Label or manufacturer’s Product Formulation Statement (PFS) to show food component contribution.Combination main dish items – “made from scratch” – should have supporting documentation such as a recipe (preferably standardized) and/or *grocery receipts. <p>Note: combination dishes (i.e., products or recipes containing foods from more than one meal component) should only be credited for no more than two meal pattern components to ensure that children do not go hungry when a combination dish is disliked or not eaten. *Day care home providers are not required to maintain grocery receipts.</p>
Snack:
<ul style="list-style-type: none">Water must not appear on the menu as one of the two required components.
General Menu:
<ul style="list-style-type: none">Pre-packaged grain/bread products must have enriched flour or meal or whole grains as the first ingredient listed on the package.Grain-based desserts (e.g. granola bars, cookies, graham crackers) are not creditable.Yogurt is a meat/meat alternate; it is not considered milk. A commercial fruit yogurt does not count as a fruit component.Tofu is creditable as a meat/meat alternate.Commercially prepared smoothies may only credit toward the fruit and/or vegetable component and require a PFS.
Best Practices (strongly recommended):
<ul style="list-style-type: none">Fresh, frozen, or canned vegetables and/or fruits should be served at least twice a week on the breakfast menu and twice a week on the snack menu. Please note: For those centers that claim two snacks and one meal, instead of two meals and one snack, fresh, frozen, or canned vegetables and/or fruits should be served at least twice a week <u>at each</u> snack time.Good vitamin A sources from vegetables and fruits should be served a minimum of two times a week.Good vitamin C sources from vegetables and fruits or fruit juice should be served daily.
Comments:

Child Meal Pattern Food Components :	BREAKFAST				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	1%	1%	1%	1%	1%
Vegetable/Fruit/Juice	Apple Juice	Apple Slices	Pears	Orange Juice	Hard Boiled Egg
Grains/Breads	Biscuit	Scrambled Eggs and Cheese	Plain Oatmeal (topped with brown sugar)	Cinnamon Raisin Toast	Frosted Flakes Cereal
Milk	1%	1%	1%	1%	1%
Meat/Meat Alternate	Grilled Cheese	Beef & Cheese Tacos	Chicken Nuggets (CN)	Black Beans	Baked Chicken
Vegetable	Tomato Soup	Baked Apples	Mandarin Oranges	100% Vegetable Juice Blend	Peas
Vegetable or Fruit	Broccoli	Grape Juice	Apple Slices	Peaches	Mashed Potatoes
Grains/Breads	Rye Bread	Taco Shells	Biscuit	Brown Rice	Corn
Milk			Milk		Chocolate Milk
Meat/Meat Alternate		Cheese Slice		Peanut Butter	
Vegetable					
Fruit	Grape Juice	Applesauce			
Grains/Breads	Vanilla Wafers		Chocolate Chip Cookie	Graham Crackers	Pretzels

Additional Requirements

Food preparation. Deep-fat fried foods that are prepared on-site cannot be part of the reimbursable meal. For this purpose, deep-fat frying means cooking by submerging food in hot oil or other fat. Foods that are pre-fried, flash-fried, or par-fried by a commercial manufacturer may be served, but must be reheated by a method other than frying.

Drinking water. A child care institution or facility must make potable drinking water available to children throughout the day. Providers must also offer water to children since some CCFP participants, such as toddlers, cannot communicate how to ask for water.

Food as punishment/reward. CCFP meals must contribute to the development and socialization of children. Institutions and facilities must not use foods and beverages as punishments or rewards.

Additional Options

Family style meal service. Family style is an **optional** type of meal service which allows children and adults to serve themselves from common platters of food with the assistance of supervising adults. Institutions and facilities choosing to exercise this **option** must be in compliance with the practices listed on the following page.



Offer vs. serve – Please note: Offer vs serve (OVS) has been extended to the Afterschool Meals Program (AMP). CCFP headquarters' will issue a policy memo with instructions on using the optional form of meal service for AMPs only.

Serving Family-Style Meals in the CCFP

Family-style is a type of meal service which allows children to serve themselves from common platters of food with the assistance of supervising adults. Family-style meal service provides an opportunity to enhance the nutritional goals of CCFP by encouraging a pleasant eating environment. It also promotes mealtime as a learning experience enhancing children's development of language, social skills, motor skills, table manners, and independence.

Family-style meals are **reimbursable** when each child has access to the required portion size for each meal item.

When electing to use this recommended style of meal service, the following must be followed:

A sufficient amount of prepared food must be placed on each table to provide the full required portions of each component.

This means that when food dishes are passed around the table, each child has access to at least the minimum required amount of each meal component. Enough food must also be available to accommodate any adults who will be eating with the children.

For example, there are ten 3-year old children sitting around a breakfast table and orange slices are served as the vegetable/fruit component. According to CCFP meal pattern, the minimum required amount for vegetable/fruit is $\frac{1}{2}$ cup for 3-5 years old, therefore:

❖ $10 \times \frac{1}{2} = 5$ cups (there should be *at least* 5 cups of orange slices on the table)

Children must be allowed to serve the food components themselves, with the exception of fluids, such as milk.

During the course of the meal, it is the responsibility of the supervising adults to actively encourage each child to serve themselves the full required portion of each food component. Supervising adults who choose to serve the fluids directly to the children must serve the required minimum quantity to each child.

Center staff must supervise and observe children during mealtime. Center employees should act as good role models by sitting with the children and eating the same food that they do.

In family-style meal service, children are responsible for determining the amount (if any) of a food item that they will serve themselves (or with assistance from an adult). Center staff is responsible for offering nutritious foods that meet the CCFP meal pattern and encouraging children in a positive manner to try a variety of foods.

Staff is responsible for assuring that food is handled in a safe and sanitary manner. To ensure safe food practices, food from bowls, dishes, and pitchers placed on the table may not be reused or served as a leftover at a later date or time. State and local health department sanitation and food safety requirements must be followed.



Special Needs Meals in the CCFP

Children with disabilities:

Child care providers are required to provide food component substitutions for individual children who have a disability. A disability means any person who has a documented physical or mental impairment which substantially limits one or more major life activities. Examples of disabilities may include: orthopedic, visual, speech, and hearing impairments; cerebral palsy; epilepsy; muscular dystrophy; multiple sclerosis; cancer; heart disease; metabolic diseases, such as diabetes or phenylketonuria (PKU); and food anaphylaxis (life threatening food allergy). Reading food labels for life threatening food allergen warnings and ingredients is vital. Meals must provide the substitutions or modifications to the meal patterns as specified on the medical statement to be reimbursable.

A parent/guardian may supply one or more components of the reimbursable meal as long as the institution/facility provides at least one required meal component.

What is required?

A medical statement is required and must include:

- Medical need for substitution(s).
- Food(s) to be omitted and the food(s) to be substituted.
- Signature of a licensed physician, a physician's assistant (PA), or an advanced registered nurse practitioner (ARNP).

Sponsors or child care facilities are encouraged to contact the nutrition section at the state office for assistance with dietary restrictions for children with disabilities.

Children who cannot drink *fluid milk:

Child care providers or parents may provide a non-dairy beverage (e.g. soy milk) that is nutritionally equivalent to the fluid milk component of the meal pattern for children with milk allergies (non-life threatening) or intolerances.

For the meal to be reimbursable, the beverage must be listed on the current *CCFP Approved Milk Substitution List for Children Ages 1 and Older* on our website under Nutrition and Menu Planning/Special Dietary Needs at: www.flhealth.gov/ccfp/

What is required?

- A letter from the parent/guardian requesting a nutritionally equivalent milk substitute (e.g. soy milk) is required if no medical statement is on file. The letter must state the medical or special dietary condition and whether the parent/guardian will provide the milk substitute or the center.
- If parent/guardian prefers to provide the milk substitute, it must be in the original container and labeled with the child's name.
- A medical statement is not required, however if provided, it must identify the medical or special dietary need for the milk substitute, the requested (or provided) nutritionally equivalent milk substitute, and signature of a recognized medical authority.

**Please note the following fluid milks do not require a parent or medical statement: Cow or goat milk; breastmilk; lactose-free or lactose-reduced milk; UHT (Ultra High Temperature); acidified; cultured; organic milk.*

Children with special dietary conditions (not including disabilities):

Child care providers are encouraged but not required to provide food component substitutions for individual children who do not have a disability, but who have a special medical or dietary need. Examples of medical or special dietary conditions may include food allergies (non-life threatening) and food intolerances such as wheat, fish, milk proteins and eggs. Reading food labels for allergen warnings and ingredients is very important.

A parent/guardian may supply one component of the reimbursable meal as long as it is creditable and the institution/facility provides all other required meal components.

Meals with substitutions that meet all meal pattern requirements are reimbursable. For example, the child care provider can substitute chicken for fish or bananas for oranges. A medical statement is *not needed* in this case; however a parent note should be on file.

When substitutions are made and the meal pattern is not met, a medical statement *is required*. In this situation, the medical statement must include the following:

What is required?

A medical statement is required and must include:

- Medical need for substitution(s).
- Food(s) to be omitted and the food(s) to be substituted.
- Signature of a recognized medical authority (such as: physician, physician's assistant, nurse practitioner, or registered dietitian).

Sponsors or child care facilities are encouraged to contact the nutrition section at the state office for assistance with dietary restrictions for children with special dietary conditions.

Food substitutions related to religious preference or vegetarianism:

No medical statement is needed; a note from the parent/guardian should be on file. Meals with substitutions that meet all food component requirements of the meal pattern are reimbursable. For example, the child care provider can substitute meat alternates for a child who does not eat meat. Contact the state office for assistance if an entire food component is eliminated from a meal, such as an instance where milk cannot be served with a meal containing meat.



**Child Care Food Program
Medical Statement for Children with Disabilities
and Special Dietary Conditions**

Child's Name: _____

Date: _____

Name and Address of Child Care Center: _____

Dear Parent/Guardian and Recognized Medical Authority:

This child care center participates in the Child Care Food Program (CCFP) and must serve meals and snacks meeting the CCFP requirements. Food substitutions must be made for children with a physical or mental disability when supported by a statement signed by a physician, physician's assistant (PA), nurse practitioner (ARNP). Food substitutions may also be made for children with special dietary conditions (unrelated to a disability) when supported by a statement signed by a physician, physician's assistant (PA), nurse practitioner (ARNP), or registered dietitian. When supported by this documentation, the meal is not required to meet the meal pattern. Please return this completed form to the child care center. If you have any questions, please contact me at _____.

Child Care Center Phone Number

Sincerely: _____

Child Care Center Director

A recognized medical authority must complete the following information.

1. Does the child identified above have a disability? A disability is defined as a physical or mental impairment which substantially limits one or more major life activities.

Yes

If yes:

a. State and describe the disability. _____

b. How does the disability restrict the diet? _____

c. What major life activity is affected? _____

No

If no:

Identify the medical condition (unrelated to a disability) that restricts the child's diet.

2. List any food(s) to be omitted from the child's diet.

3. List any food(s) to be substituted.

4. Describe any textural modification or adaptive equipment required.

Signature of Physician or Recognized Medical Authority
(For a disability – a physician, PA, or ARNP must sign)

Date

Printed Name

Phone Number

Best Practices

The following best practices are optional guidelines for increasing the quality of meals served in your program beyond the meal pattern requirements.



Vegetables and Fruits

- Make at least one of the two required components of snack a vegetable or a fruit.
- Serve a variety of fruits and choose whole fruits (fresh, canned, frozen, or dried) more often than juice.
- Provide at least one serving from each vegetable subgroup per week. The subgroups of vegetables are: dark green vegetables, red and orange vegetables, beans and peas (also known as legumes), starchy vegetables, and other vegetables.

Grains

- Provide 2 servings of whole grain foods per day.



Meat & Meat Alternates

- Serve only lean meats, nuts, and legumes.
- Limit serving processed meats, such as hot dogs and deli meat, to no more than one serving per week.
- Serve only natural cheeses, and choose low-fat or reduced-fat varieties.



Milk

- Serve only unflavored milk to all participants. If flavored milk is served to children 6 years old and older, use the Nutrition Facts Label to select and serve flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces, or the flavored milk with the lowest amount of sugar if flavored milk within the sugar limit is not available.



Pre-Fried Food

- Limit serving purchased pre-fried foods (such as chicken nuggets, fish sticks) to no more than one serving per week.



Added Sugar

- Avoid serving non-creditable foods that are sources of added sugars, such as sweet toppings like honey, jam, or syrup; mix-in ingredients sold with yogurt like honey, candy, or cookie pieces; and sugar sweetened beverages including sport or fruit drinks or sodas.



Local Foods

- Incorporate seasonal and locally produced foods into meals. This best practice helps children learn where food comes from, and helps improve the quality of the meal.



Summary

- The vegetable and fruit components at lunch, supper, and snack are now separate.
- Juice may be served only once per day.
- Grain based desserts including cookies, donuts, sweet crackers, and granola bars are no longer creditable.
- Tofu may be used in a reimbursable meal as the meat/ meat alternate component.
- A meat/ meat alternate may replace the entire grains components up to three times per week at breakfast.
- Flavored milk is no longer creditable for children under the age of 6.
- If flavored milk is served to children 6 and older, it must be fat-free.
- Unflavored whole milk must be served to 1-year-old children.
- Yogurt must contain no more than 23 grams of total sugar per 6 ounces.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce. This includes cold cereal and hot cereal like oatmeal.
- Frying is not allowed on site. Providers may still purchase pre-fried foods if desired, but should be offered sparingly.



Answer Key: Creditable Grains Activity

Product	Creditable?	If No, Why Not?	Meets 100% Whole Grain Requirement?
Brown Rice	Yes	--	Yes
Honey Graham Crackers	No	Grain-based dessert	No
Corn Puff Cereal	Yes	--	No
Quinoa	Yes	--	Yes
Whole Grain Breakfast Biscuit	No	Grain-based dessert	No
Honey Nut Oat Cereal	No	More than 6g sugar/ounce	No
Blueberry Waffles	Yes	--	No
Lucky Charms Cereal	No	More than 6g sugar/ounce	No
Bread	Yes	--	Yes
Unfrosted Fruit Pastry	No	Grain-based dessert	No
Homemade Blueberry Muffin	Yes	--	No
Plain (Original) Multigrain Chips	Yes	--	Yes
Wheat Thin Crackers	Yes	--	Yes
Cinnamon Raisin Bread	Yes	--	Yes
Tortilla Chips	No	Not whole or enriched corn	No

Answer Key: New Child Meal Pattern Menu Activity

Breakfast:

- Friday: Frosted Flakes not creditable (not on WIC Cereal list)
- Friday: veg/fruit component missing (meat can be served in place of grain not veg/fruit)

Lunch:

- Tuesday: a fruit cannot be served in place of a vegetable
- Wednesday: a fruit cannot be served in place of a vegetable
- Friday: grain component missing; corn is a vegetable

Snack:

- Monday: vanilla wafers not creditable
- Wednesday: cookies not creditable
- Thursday: graham crackers not creditable
- Friday: flavored milk can only be served to children ages 6 and older

Whole Grains:

Missing from: Monday, Tuesday, Friday

Juice:

Served more than once: Monday, Thursday

Other:

Apples/apple products served 5 times in 3 days (Monday - Wednesday)

Meals that would be disallowed:

Monday snack

Tuesday lunch

Wednesday snack

Thursday snack

Friday breakfast

Friday lunch

Friday snack (if flavored milk served to children 1-5)