

## Child Meal Planning Guide

Week of: \_\_\_\_\_

**Site/Center Name:** \_\_\_\_\_

Meal Type	Components	Minimum Serving Sizes			Day of Week				
		Ages 1-2	Ages 3-5	Ages 6-12 & 13-18	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>									
<b>BREAKFAST</b>	Fluid Milk <sup>1</sup>	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)					
	Fruit/Vegetable <sup>2</sup>	¼ c.	½ c.	½ c.					
	Meat/ Alternate <sup>3,4</sup> (May replace grains 3x/wk maximum)	1 oz.	1-½ oz.	2 oz.					
	Grains <sup>5,6,7</sup>	½ slice, or ¼ c.	½ slice or ¼ c	1 slice or ½ c cooked					
	Other (optional)								
<b>LUNCH/SUPPER</b>									
<b>LUNCH/SUPPER</b>	Fluid Milk <sup>1</sup>	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)					
	Fruit <sup>2</sup>	1/8 c.	¼ c.	½ c.					
	Vegetable <sup>2</sup>	1/8 c.	¼ c.	½ c.					
	Meat/Alternate <sup>3,4</sup>	1 oz.	1-½ oz.	2 oz.					
	Grains <sup>5</sup>	½ slice, or ¼ c.	½ slice or ¼ c	1 slice or ½ c					
	Other (optional)								
<b>SNACK- choose 2</b>									
<b>SNACK- choose 2</b>	Fluid Milk <sup>1</sup>	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)					
	Fruit <sup>2</sup>	½ c.	½ c.	¾ c.					
	Vegetable <sup>2</sup>	½ c.	½ c.	¾ c.					
	Meat/Alternate <sup>3,4</sup>	1 oz.	1-½ oz.	2 oz.					
	Grains <sup>5,6,7</sup>	½ slice, or ¼ c.	½ slice or ¼ c	1 slice or ½ c					
	Other (optional)								

USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. CACFP centers and day care homes must comply with the updated meal patterns and begin using this menu template by October 1, 2017.

### Directions for Best Use

The above meal planning tool is used to ensure your child or adult care center is reimbursed for meals that are compliant. For best use, choose an appropriate food for each row in the table for each day of the week. Provide at least the minimum portion identified on the menu for each age group you serve at your facility. Use the below information for each meal type to inform your choices further. See final page for an example.

#### Milk<sup>1</sup>

- 1-2 year olds: serve only plain whole milk
- 3-5 year olds: serve only plain low-fat (1%) or non-fat (skim) milk
- 6+ year olds: serve plain low-fat (1%) milk or plain or flavored non-fat (skim) milk

#### Fruits and vegetables<sup>2</sup>

- Pasteurized full-strength juice may only be used once a day to meet the fruit or vegetable requirement.
- One fruit and one vegetable must be served at lunch/supper each day
- Two different vegetables may be served to satisfy the fruit and vegetable requirements.

#### Meat/Alternate<sup>3,4</sup>

- A meat or meat alternative serving may replace a grain serving at breakfast, but no more than 3 times per week. 1 oz grain=1 oz meat or alternate
- Nuts and seeds may be used to meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement.
- Appropriate meat/meat alternates must meet requirements in Appendix A to part 226; options include:
  - Lean meat, poultry, or fish (1 oz=1 oz)
  - Tofu, soy products, or alternate protein products (1 oz=1 oz)
  - Cheese (1 oz=1 oz)
  - Large egg (1/2 egg=1 oz)
  - Cooked beans or peas (1/4 c=1 oz)
  - Peanut butters, soy nut butters or other nut/seed butters (2 tbsp=1 oz)
  - Yogurt, plain or flavored, unsweetened or sweetened (4 oz/1/2 c=1 oz); can have no more than 23 g total sugars per 6 oz

#### Grains<sup>5,6,7</sup>

- One serving per day must be whole grain rich. Whole grain rich foods contain 100% whole grains or have at least 50% whole grains and the remaining grains in the food are enriched.
- Grain-based desserts (cakes, brownies, cookies, etc.) are not creditable.
- Starting October 1, 2019, ounce equivalents will be used to determine the quantity of the creditable grain
- When serving breakfast cereals, they must not contain more than 6 grams of sugar per 1 ounce dry serving.
  - Current minimum serving for any ready-to-eat breakfast cereal for 1-2 year olds is ¼ c, 3-5 year olds is 1/3 c, and for 6 and older is ¾ c.

**Developmentally Appropriate Meals:** There are three distinct age groups; make sure that foods provided are appropriate for developmental stage (texture, size, and consistency). Larger portion sizes can be served to children 13-18 years old to meet their nutritional needs.

**Child Involvement at Meals:** Involving children in meal time preparation can increase their enjoyment with the food. When possible, encourage children to set the table, serve food, or make fun designs with food.

**Family-Style Meals:** This approach allows children to identify, and be introduced to new foods, tastes and menus. Family-style meals also develop a positive attitude toward nutritious foods, sharing in group situations, and developing good eating habits. For family-style meals, a sufficient amount of prepared food must be placed on each table to provide the full required portions of components for all children at the table and to accommodate supervising adult(s) if they wish to eat with the children.