

III. Meals

BREAKFAST	AGES 1-2	AGES 3-5	AGES 6 & OVER
*fluid milk	1/2 cup	3/4 cup	1 cup
juice, fruit, or vegetable	1/4 cup	1/2 cup	1/2 cup
bread or bread alternate	1/2 slice	1/2 slice	1 slice
SNACK (Choose ANY 2 of the 4)			
*fluid milk	1/2 cup	1/2 cup	1 cup
juice, fruit, or vegetable	1/2 cup	1/2 cup	3/4 cup
meat or meat alternate	1/2 ounce	1/2 ounce	1 ounce
bread or bread alternate	1/2 slice	1/2 slice	1 slice
LUNCH/SUPPER			
*fluid milk	1/2 cup	3/4 cup	1 cup
meat or meat alternate	1 ounce (cooked)	1 1/2 ounce cooked	2 ounces cooked
fruit/vegetable (2 or more)	1/4 cup total	1/2 cup total	3/4 cup total
bread or bread alternate	1/2 slice	1/2 slice	1 slice

TIME

- No requirements regarding timing of meal service
- No time limit between the end of school and the meal service
- No requirement for the order of the meal service
- Meal or snack must occur during the afterschool care program

Water Available at all Times

The Health, Hunger-Free Act of 2010 requires potable water to be available to children at all times.



Four Meal Components

- Milk



- Meat/Meat Alternate

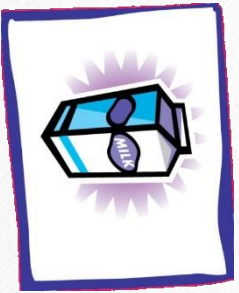


- Fruit/Vegetable



- Grains/Bread





MILK

MUST BE SERVED AT MEALS!

1% or skim only

Must be **FLUID**

- Pasteurized unflavored or flavored milk
- Buttermilk
- Reduced-lactose milk
- Acidified milk
- Reconstituted powdered milk
- Ultra-high temperature milk





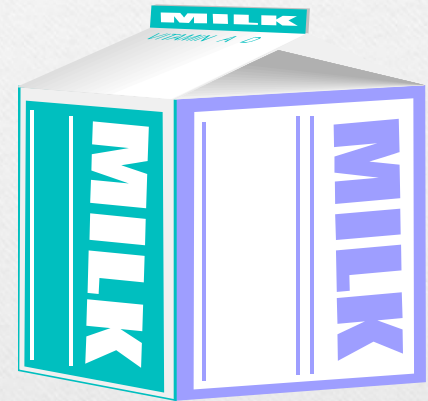
One of the biggest reasons sponsors
get in trouble is...

Milk

- Not serving enough
- Not having receipts to show you purchased enough

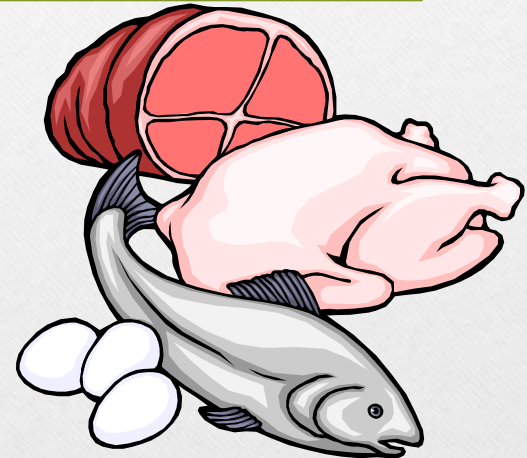
8 Ounce Cartons

- **Why?**
 - **Convenience**
 - **Ease of Service**
 - **Assurance of enough**
- **If you use these:**
 - **Open and serve**
 - **Dispose of un-used portion**



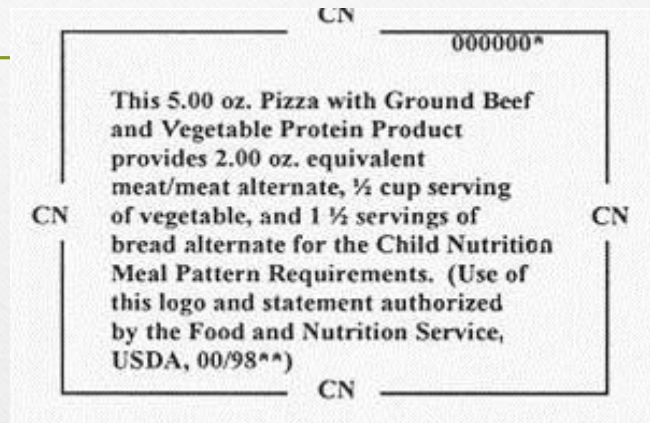
MEAT/MEAT ALTERNATES

- Fish, eggs, beef, chicken, ham, turkey
- Cheese
- Dry beans and peas
- Peanut butter and other nut butters
- Nuts and seeds
- Yogurt
- Alternate Protein Products



All **Processed** Meat items **MUST** have:

- Child Nutrition label

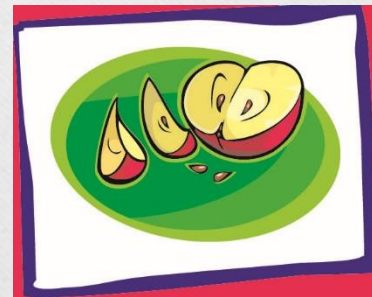
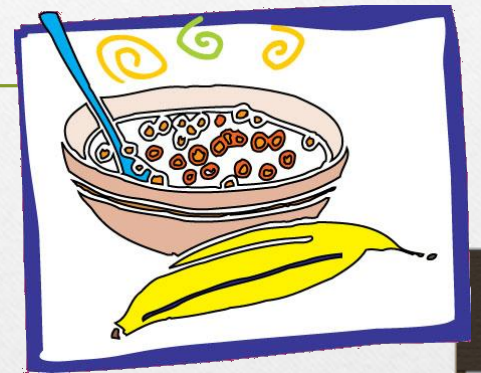


OR

- Manufacturer's Product Analysis or Identification Sheet

VEGETABLES AND FRUITS

- Vegetables (dark green, red, orange)
- Vegetables (starchy)
- Vegetables (other)
- Dry beans and peas
- Fruits (citrus, melon, berries)
- Fruits (other)
- Fruit Juice – 100%



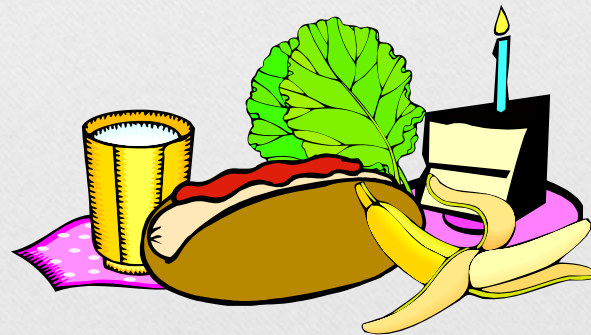
GRAINS OR BREADS

- Enriched breads, cereals, pasta
- Whole grain breads, cereals, pasta



SUPPER

- Milk
- Meat/meat alternate
- Bread/bread alternate
- Vegetables/Fruits (2 or more)

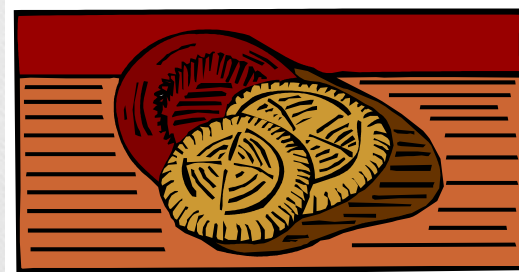


SNACK



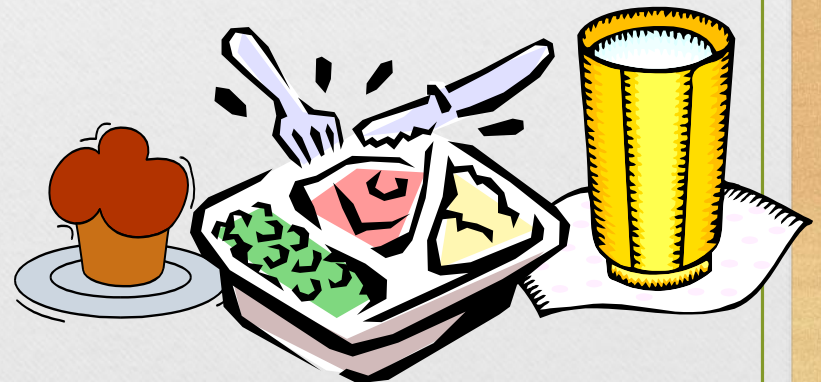
Two or more of the following:

- Milk
- Meat/Meat Alternate
- Vegetables/Fruits
- Bread/Bread Alternate



Reimbursable Meal

All parts of the meal pattern must be present **in the appropriate amounts** in order to receive payment for a meal.



Menus

- Must be posted
- Must be similar to what is served
- Must include all components
- Minor variations are acceptable
- Must be kept on file

Serving Children while in Transit

NO!



OFFER VERSUS SERVE

- School Food Authorities may choose to use the NSLP or SBP meal patterns
- Sponsors have the option of using OVS in the center IF meal is prepared by SFA – whether site is located in the school or another location

Not an option during snack service

IMPORTANT POINTS

Things to remember

- Must serve two or more kinds of vegetables and/or fruits or a combination of both. (Meal service only)
- Full strength vegetable or fruit juices may be counted as no more than $\frac{1}{2}$ of the meal requirement.
- Breads and grains must be whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched flour.
- Serving size consists of edible portion of the cooked lean meat or poultry or fish.
- Nuts and seeds may meet only $\frac{1}{2}$ of the total meat/meat alternate serving and be combined with another meat/meat alternate for supper component.
- Yogurt may be plain or flavored, unsweetened, or sweetened.

Ideas for nutritious meals?

www.choosemyplate.gov

www.teamnutrition.usda.gov

www.fns.usda.gov/cacfp/child-day-care-centers