



MEAL PATTERN CHANGES

As I am sure you are aware, USDA reviewed the meal patterns and has approved many changes that will be effective October 1, 2017.

Each month, our monthly Newsletter will be discussing some of those changes each month. There will be a list of changes that you can make now so that you are not trying to change everything in the month of October.

Fun Fact

Did you know that the CACFP Meal Patterns have not had a major change since 1968? That is incredible, almost half of a century!

MEAL PATTERN TRAINING

In the next several months we will be providing training on the New CACFP Meal Pattern and Standards by posting a video PowerPoint training on our website and by performing live face-to-face training in most of our service areas. Stay tuned for more information!



USDA New Meal Pattern Changes that can be made **BEFORE October 1, 2017**

Regular Menu (Ages 1-12 years):

❖ **MILK** –

Serve children ages 2-5 years, either 1% or skim milk unflavored (discontinue serving flavored milk).

Children 6 years and older may have either 1% or skim milk unflavored or flavored (best practice is unflavored milk).

❖ **GRAINS** –

Serve only WIC approved breakfast cereals or cereals that have less than 6 grams of sugar per 1 oz serving.

Serve at least one serving of Whole Grain rich food per day (100% whole grain or a blend of whole and enriched grain to make up 50% whole grain each day). Example: If you serve a plain bagel at breakfast, at lunch serve a whole-wheat bread or pasta.

Begin eliminating grain-based deserts (granola bars, cookies, graham crackers, pop tarts,) to reduce sugar in children's diets.

❖ **FRUITS & VEGETABLES** –

Serve 100% juice only once per day.

❖ **MEAT OR MEAT ALTERNATE** –

Serve real natural or processed cheese. Serving size must be doubled for cottage, ricotta, or cheese food/ spread.

Serve yogurt that has no more than 23 grams of sugar per serving. Four ounces of yogurt is equal to a 1 ounce serving of meat alternate.

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