



# Meal Patterns, Infant meal patterns, Food Groups and Allergies

4-C CACFP FY2026 THIRD TRIMESTER REQUIRED ANNUAL TRAINING



# CACFP Meal Pattern Requirements

# Understanding CACFP Child Meal Patterns

## Quality and Nutrition Standards

At least one whole grain-rich item must be served every day.

Juice may only be served once per day to noninfant children.

Age-specific milk types maintain high nutrition quality.

## Compliance and Child Health

Following CACFP standards supports provider compliance and promotes children's healthy growth and development.

# Understanding CACFP Child Meal Patterns

## Breakfast

Meals must include 3 Components-

### Milk

Ages 1-2-      Need 4 fluid ounces of whole milk.

Ages 3-5-      Need 6 fluid ounces of Fat Free or 1% milk.

Ages 6-12-    Need 8 fluid ounces of Fat Free or 1% milk.

### Vegetables, Fruits, or a combination of both

Ages 1-2-      Need ¼ cup.

Ages 3-5-      Need ½ cup.

Ages 6-12-    Need ½ cup.

### Grains

Ages 1-2-      Need ½ oz eq.

Ages 3-5-      Need ½ oz eq.

Ages 6-12-    Need 1 oz eq.



# Understanding CACFP Child Meal Patterns



## Lunch and Supper- Meals must include 5 Components

### Milk

- Ages 1-2- Need 4 fluid ounces of whole milk.
- Ages 3-5- Need 6 fluid ounces of Fat Free or 1% milk.
- Ages 6-12- Need 8 fluid ounces of Fat Free or 1% milk.

### Meat/Meat Alternate

- Ages 1-2- Need 1 ounce.
- Ages 3-5- Need 1 ½ ounce.
- Ages 6-12- Need 2 ounces.

### Vegetables, Fruits, or a combination of both

(1Serving of vegetables and 1 serving of fruit or 2 servings of vegetables)

- Ages 1-2- Need 1/8 cup.
- Ages 3-5- Need 1/4 cup.
- Ages 6-12- Need ½ cup vegetables. Need ¼ cup fruit.

### Grains

- Ages 1-2- Need ½ oz eq.
- Ages 3-5- Need ½ oz eq.
- Ages 6-12- Need 1 oz eq.

# Understanding CACFP Child Meal Patterns



## Snack

Meals must include any 2 Components-

## Milk

Ages 1-2- Need 4 fluid ounces of whole milk.

Ages 3-5- Need 4 fluid ounces of Fat Free or 1% milk.

Ages 6-12- Need 8 fluid ounces of Fat Free or 1% milk.

## Meat/Meat Alternate

Ages 1-2- Need ½ ounce.

Ages 3-5- Need ½ ounce.

Ages 6-12- Need 1 ounce.

## Vegetables, Fruits, or a combination of both

(1 Serving of vegetables and 1 serving of fruit or 2 servings of vegetables)

Ages 1-2- Need ½ cup.

Ages 3-5- Need ½ cup.

Ages 6-12- Need ¾ cup.

## Grains

Ages 1-2- Need ½ oz eq.

Ages 3-5- Need ½ oz eq.

Ages 6-12- Need 1 oz eq.

# MEAL PATTERN RECAP



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1. How many servings of whole grain-rich foods should be served each day?

**ANSWER:**

**YOU MUST SERVE AT LEAST ONE WHOLE GRAIN-RICH SERVING PER DAY!**

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2. How many times a day can juice be served to a noninfant child?

**ANSWER:**

**JUICE MAY ONLY BE SERVED TO  
NONINFANT CHILDREN ONCE PER  
DAY!**

3. How many meal components should be served for breakfast?

**ANSWER:**

**3 MEAL COMPONENTS SHOULD BE SERVED FOR BREAKFAST- MILK, GRAINS, AND FRUIT OR VEGETABLES**



4. What serving size of vegetables does a child between the ages of 3 and 5 need for lunch?

**ANSWER:**

**A CHILD WHO IS BETWEEN THE AGES OF 3 AND 5 NEEDS  $\frac{1}{4}$  CUP SERVING OF VEGETABLES FOR LUNCH.**



# Infant Meal Pattern Requirements



A close-up photograph of a baby's face, focusing on the eyes and the mouth holding a white bottle. The baby has light blue eyes and is looking towards the camera. The background is a soft, out-of-focus grey.

# Feeding Infants in the CACFP

## **Infant Age Groups**

CACFP divides infants into birth to five months and six to eleven months groups, with tailored meal requirements for each.

## **Feeding Guidelines Birth to Five Months**

All meals and snacks include only 4-6 fluid ounces of breast milk, iron-fortified formula, or both; solid foods are not introduced at this stage.

## **Compliance and Safety**

Facilities must offer all meal components, avoid choking hazards, prohibit juice, and maintain documentation for compliance.



# Feeding Infants in the CACFP

## Feeding Guidelines Six to Eleven Months

### Breakfast, Lunch, and Dinner

6-8 fluid ounces of breast milk, iron-fortified formula, or both

And

0-1/2 oz eq of Iron Fortified Cereal

Or

0-4 tablespoons Meat/Meat Alternate

And

0-2 tablespoons Vegetable or Fruit or a combination of both



# Feeding Infants in the CACFP

## Feeding Guidelines Six to Eleven Months

### Snack

2-4 fluid ounces of breast milk, iron-fortified formula, or both

### And

0-1/2 oz eq of Iron Fortified Cereal/Alternate

### And

0-2 tablespoons Vegetable or Fruit or a combination of both

# INFANT MEAL PATTERN RECAP



1. What component is required for an infant from birth to 5 months old for all meals and snacks?

**ANSWER:**

**THE ONLY COMPONENT REQUIRED FOR ALL MEALS AND SNACKS FOR AN INFANT FROM BIRTH TO 5 MONTHS OF AGE IS BREAST MILK OR IRON FORTIFIED FORMULA.**



2. How many meal components are required for infants 6 months to 11 months of age for all meals and snacks?

**ANSWER:**

**ALL MEALS AND SNACKS FOR INFANTS 6 MONTHS TO 11 MONTHS OF AGE REQUIRE 3 MEAL COMPONENTS TO BE SERVED.**



# Food Groups and Crediting Foods





# Creditable Foods and Best Practices

## Creditable Fruits and Vegetables

Fruits and vegetables must meet CACFP standards and can be fresh, frozen, canned or dried. Two vegetables served must be from different subgroups.

## Meat and Meat Alternates

Includes lean meats, poultry, fish, eggs, beans, yogurt, cheese, tofu, and nut butters, with limits on sugar and fat.

## Grains and Sugar Limits

Grains must be whole grain-rich or enriched; grain-based desserts do not count.

Yogurt must have less than 12 grams of sugar per 6 ounces and cereals must have less than 6 grams of sugar per dry ounce to meet CACFP added sugar limits.

## Milk

Serve only unflavored milk to all participants, including children six and older, to reduce sugar intake.

## Best Practices for Meals

Encourage variety, limit processed foods, focus on nutrient density, and comply with crediting rules to promote healthy eating.

# FOOD GROUPS AND CREDITING FOODS RECAP



1. In what ways can fruits and vegetables be served to meet CACFP standards?

**ANSWER:**

**FRUITS AND VEGETABLES MUST BE FRESH, FROZEN, CANNED, OR DRIED TO MEET CACFP STANDARDS.**



2. If a 6 ounce serving of yogurt contains 22 grams of sugar is it creditable in the CACFP?

ANSWER:

NO. YOGURT MUST CONTAIN LESS THAN 12 GRAMS OF SUGAR PER 6 OUNCES TO BE MEET ADD SUGAR LIMITS IN THE CACFP.



### 3. Should you serve flavored milk to children of any age group?

ANSWER:

**NO. IT IS BEST PRACTICE TO SERVE UNFLAVORED MILK TO ALL PARTICIPANTS, INCLUDING CHILDREN 6 AND OLDER TO REDUCE SUGAR INTAKE AND PROMOTE HEALTHY EATING HABITS.**

# Food Allergies and Special Diets



# Managing Allergies Safely in CACFP

## Understanding Allergies vs Intolerances

Food allergies trigger immune responses and can be life-threatening, unlike intolerances which cause digestive discomfort only.

## Documentation and Compliance

CACFP requires documentation for meal modifications: parent preference form for approved non-dairy milk substitute and physician notes for severe allergies.

## Safe Practices and Staff Training


Proper food labeling, cross-contact prevention, staff training, and open family communication ensure allergy safety in childcare settings.

## Special Care for Infants

Infants require cautious introduction to new foods and confirmation from parents about prior safe exposure at home. The Infant Solid Food Readiness form should be filled out by the parent.

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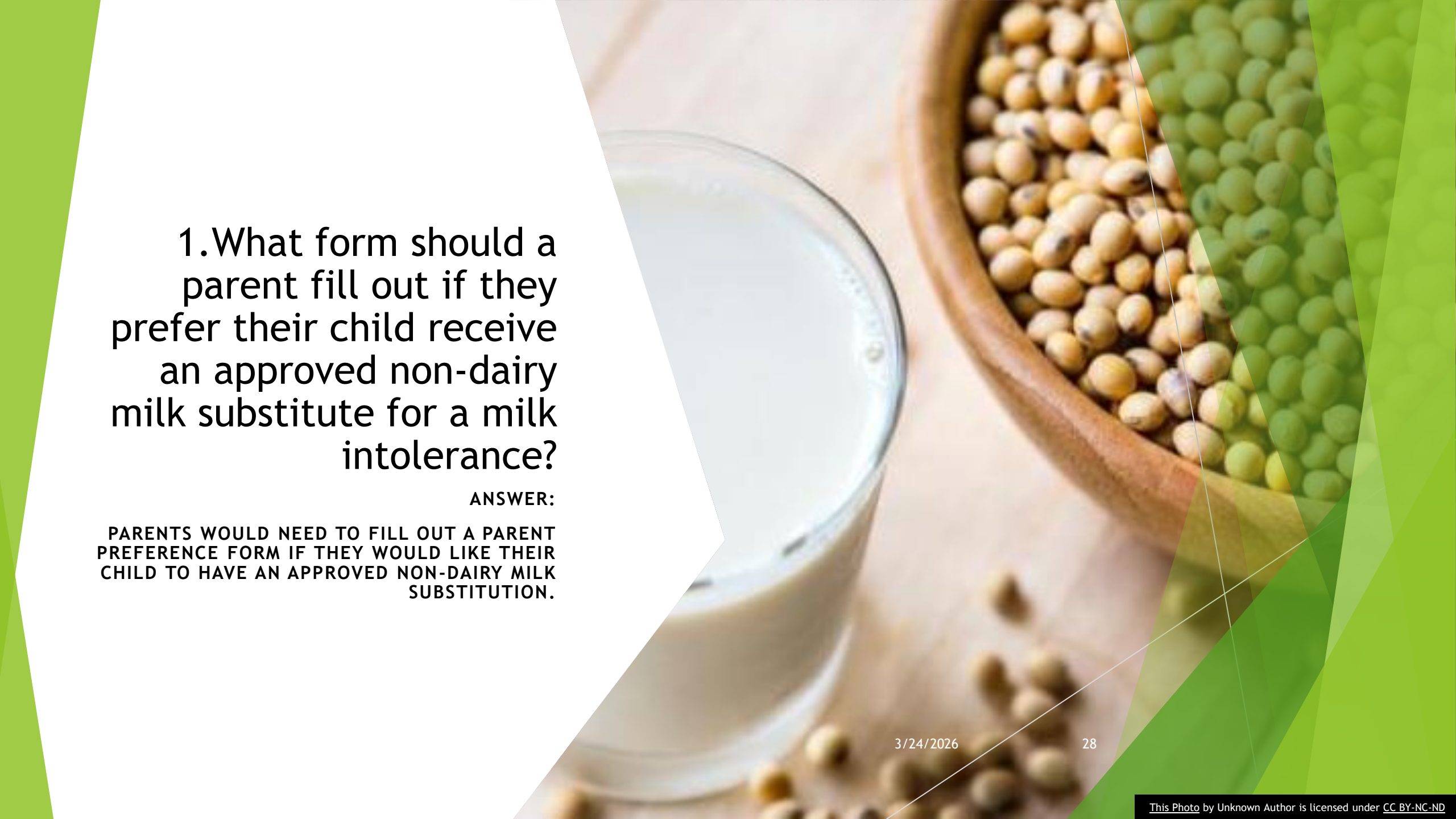




# FOOD ALLERGIES AND SPECIAL DIETS RECAP

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A glass of white soy milk sits on a wooden surface next to a wooden bowl filled with yellow soybeans and green peas. The background is a soft-focus wooden surface with scattered soybeans. The image is overlaid with a white geometric shape on the left and a green geometric shape on the right.

1. What form should a parent fill out if they prefer their child receive an approved non-dairy milk substitute for a milk intolerance?

**ANSWER:**

**PARENTS WOULD NEED TO FILL OUT A PARENT PREFERENCE FORM IF THEY WOULD LIKE THEIR CHILD TO HAVE AN APPROVED NON-DAIRY MILK SUBSTITUTION.**

2. If a child has a milk allergy and needs to have a non-dairy milk that is not on the approved substitution list what would the parent need to provide?

ANSWER:

PARENTS WOULD NEED TO HAVE A PHYSICIANS NOTE THAT LIST THE SPECIFIC NON-DAIRY MILK SUBSTITUTE THAT THE CHILD MAY HAVE. THE PHYSICIAN STATEMENT WOULD NEED TO BE UPDATED YEARLY.



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# Code Word: Apples



4-C Community Coordinated Child Care

CACFP Third Trimester Required Annual Provider Training

Date Completed: \_\_\_\_\_ Training Hours: 1 hour

Training Topics Covered: Meal Patterns, Infant Meal Patterns, Food

Groups and Allergies \_\_\_\_\_

Provider Number: \_\_\_\_\_

Provider Name: \_\_\_\_\_

Location of Training: Webinar/ Printout/ In-person (Circle One)

Code word: \_\_\_\_\_

Provider Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Don't forget to complete and turn in your provider training form with the code word to receive credit!