

University of Nebraska - Lincoln

DigitalCommons@University of Nebraska - Lincoln

Historical Materials from University of
Nebraska-Lincoln Extension

Extension

1994

NF94-203 Reimbursable Food Components in Nebraska's Child and Adult Care Food Program Meal Pattern

Darlene Martin

Follow this and additional works at: <https://digitalcommons.unl.edu/extensionhist>



Part of the [Agriculture Commons](#), and the [Curriculum and Instruction Commons](#)

Martin, Darlene, "NF94-203 Reimbursable Food Components in Nebraska's Child and Adult Care Food Program Meal Pattern" (1994). *Historical Materials from University of Nebraska-Lincoln Extension*. 423. <https://digitalcommons.unl.edu/extensionhist/423>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Historical Materials from University of Nebraska-Lincoln Extension by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.



NebFact



Published by Cooperative Extension, Institute of Agriculture and Natural Resources,
University of Nebraska-Lincoln

Reimbursable Food Components in Nebraska's Child and Adult Care Food Program Meal Pattern

Darlene Martin, Extension Nutrition Specialist

The Child and Adult Care Food Program (CACFP) is administered by the Nebraska Department of Education to ensure that well-balanced meals are served and that good eating habits are taught in child-care settings. The meal pattern requirements are based on four components (grains/bread; meat/meat alternates; fruits and vegetables; and fluid milk) with specific serving sizes for specific age groups. The following information will help you understand what constitutes each component of the meal pattern.

Grains/Bread

The meal patterns for breakfast, lunch or supper contain a bread/grain requirement in the amount specified for each age group. A grain/bread also may be served as one of the two components of a snack.

Bread and grain products are an important dietary source of iron, thiamin, niacin, riboflavin and often fiber. Bread and grains served in the CACFP must meet the following criteria to be creditable:

- Must be whole-grain or enriched or made from whole-grain or enriched meal or flour; or if it is a cereal, the product must be whole-grain, enriched, or fortified.
- The product (as specified by the label or according to the recipe) must be whole-grain and/or enriched flour/meal; or the product must be enriched in preparation or processing and labeled "enriched."
- Must be provided in quantities meeting minimum meal pattern requirements or specified in the regulations.

Meat and Meat Alternates

CACFP regulations require that a lunch or supper contain the amount of meat or meat-alternate specified in the meal pattern for each age group. You may use a serving of meat or meat alternate as one of the two components of a snack.

Meat and meat alternates include lean meat, poultry or fish; cheese; eggs; cooked dry beans or peas; nuts and seeds and their butters (except for acorn, chestnut and coconut); or an equivalent quantity of any combination of these foods. These foods must be served in a main dish, or in a main dish and one other item.

Nuts and seeds may fulfill no more than one-half of the meat/meat alternate requirement for lunch/supper and all of the meat/meat alternate requirements for the supplemental food (snack).

To be counted toward meeting any part of the meat/meat alternate requirement, a menu item must provide a minimum of 1/4-ounce of cooked lean meat or equivalent.

Fruits and Vegetables

A breakfast shall contain a serving of vegetable(s) or fruit(s) or full-strength vegetable or fruit juice, or an equivalent quantity of any combination of these foods.

Both lunch and supper shall contain two or more vegetables or fruits, or a combination of both. Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

To be creditable, a juice must be 100 percent full-strength juice.

Cooked dry beans or peas may be counted as a vegetable or as a meat alternate, but not as both in the same meal.

A serving of vegetable or fruit may be credited as one component of the required two components of a snack. However, juice may not be credited as one of the components of a snack when milk is served as the only other component.

Vegetables and fruits are credited as served. Small amounts (less than 1/8 cup) of vegetables and fruits used for flavorings or as optional ingredients, such as garnishes, may not be counted to meet the fruit/vegetable requirement. These small amounts generally are not controlled, and it is hard to determine the contribution to the meal. For a fruit/vegetable to be credited as a meal component, there must be at least 1/8 cup serving per participant. Any amount less than 1/8 cup is considered a garnish.

Vegetables or fruits served as a combination item – e.g., fruit cocktail, succotash, peas and carrots, mixed vegetables, etc. – may be credited to meet only one of the two required components for lunch and supper.

All condiments and seasonings are not creditable food items; they serve only to flavor the meal.

Home canned products are not creditable because of health and safety reasons.

Milk

CACFP regulations require that to be eligible for reimbursement, each breakfast, lunch or supper must include fluid milk served as a beverage, or on cereal. "Milk" includes pasteurized fluid types of

unflavored or flavored whole milk, reduced fat, low-fat or light milk, fat-free or nonfat milk, or cultured buttermilk which meet state and local standards for such milk. However, in the meal pattern for infants (8 months to 1 year old), reimbursable components are breast milk, iron-fortified infant formula and whole fluid milk. All milk should contain vitamins A and D at levels specified by the Food and Drug Administration and be consistent with state and local standards for such milk.

At breakfast the serving of fluid milk may be served as a beverage, used on cereal, or used in part for each purpose. Both lunch and supper shall contain a serving of fluid milk as a beverage. Milk used in puddings, sauces, gravies, etc. is **not** creditable because it does not meet the CACFP definition of milk.

Fluid milk may be served, but is not required, at snack. If milk is one of the two components served for a snack, it must be fluid milk as a beverage or used on cereal, or used in part for each purpose. Milk may not be credited for snacks when either juice or yogurt is served as the only other component. Refer to the CACFP meal pattern for quantity requirements.

For more information on how to qualify for reimbursement contact: Nebraska Department of Education – Nutrition Services. Telephone: (402) 471-2488; (800) 731-2233.

***File: NF203 under: FOODS AND NUTRITION
B-3, Meal Planning
Revised November 1998***

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Elbert C. Dickey, Director of Cooperative Extension, University of Nebraska, Institute of Agriculture and Natural Resources.

University of Nebraska Cooperative Extension educational programs abide with the non-discrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.