

USDA Meal Guidelines as of October 1, 2017
From Child and Adult Care Food Program Meal Patterns

Breakfast Requirements

- Fluid Milk
- Vegetables, fruit or both
- Grains



Lunch and Supper Requirements

- Fluid Milk
- Meat or meat alternatives
- Vegetables
- Fruits (or a second vegetable)
- Grains

<https://www.fns.usda.gov>



Snack Requirements (2 of 5 components)

- Fluid Milk
- Meat or meat alternatives
- Vegetables
- Fruits
- Grains

<https://www.fns.usda.gov/cacfp/meals-and-snacks>

Notes

- 100% juice may count as a fruit/vegetable component. Juice may only be served once per day.
- Fruit leather/snacks must be 100% fruit to count as a fruit component.
- A vegetable component may be served in place of the fruit component at lunch or supper.
- The fruit component cannot replace the vegetable component at lunch or supper.
- Mixed vegetables, vegetable garnishes, and mixed fruits only count as one component.
- Vegetable straws, chips, popcorn and condiments are not considered components.
- Dry beans and peas count as either a meat alternative or a vegetable.
- Immature beans, such as lima beans, green peas, or string beans are vegetables.
- Meat alternatives may include: soy products, cheese, yogurt, eggs, nut and seed butters.
- Meat or meat alternatives may be served in place of the entire grains component at breakfast.
- The grains component includes foods made from wheat, rice, oats, barley, corn meal, or cereal grains. Examples include breads, muffins, pasta, oatmeal, cereals, tortillas and crackers.
- Breading on meat products does not count as a grain component.
- Grain-based desserts (i.e. cakes, cookies, and breakfast/granola bars) do not count as components.
- Combination foods with multiple components that have been packaged together or combined during the cooking process count to meet up to two different components.
- Foods that might be served together, but do not meet the definition of combination foods can count for up to 3 components (i.e. hamburgers, sandwiches, cereal and milk with added fruit).
- Foods served should be prepared appropriately for the eating and chewing abilities of children. For children under four, hot dogs should be finely chopped or quartered lengthwise and hard, raw foods (i.e. baby carrots) and round foods (i.e. grapes) should be chopped or quartered lengthwise.
- All required components should be served together.

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