

Preschool Meal Pattern



NEW Child and Adult Care Food Program (CACFP) Meal Pattern Requirements for SBP & NSLP





SFAs will be able to...

- Determine if they need to implement the New CACFP/Preschool meal pattern
- Define “Co-mingling”
- Understand the New CACFP/Preschool meal pattern requirements
- Accurately claim Preschool Meals
- Identify additional training staff may need in order to comply with the meal pattern requirements



Does your SFA Need to Implement the New Preschool Meal Pattern?

- All SFAs serving meals and snacks to preschool students are required to follow the NEW preschool meal pattern
- SFAs must implement the NEW preschool meal pattern requirements on the 1st operating day of the 2018-2019 SY
- There is Flexibility for Co-Mingled Students, however!
 - Schools that serve meals to preschoolers and K-5 students in the same service area at the same time may choose to follow the grade-appropriate meal patterns for each grade group or serve the K-5 meal pattern

Flexibility for Co-Mingled Preschool and K-5 Students

- USDA memo SP 37-2017
 - allows for flexibility when schools serve meals to preschool students and K-5 or K-8 students in the same service area at the same time
 - this flexibility allows the schools to serve the K-5 or K-8 meal pattern to preschool students that are co-mingled

School Meal	Co-Mingling of Preschool students with K-5	Co-mingling of Preschool students with K-8
Breakfast	Follow K-5 Meal Pattern CFR 220.5 (Form 95)	Follow K-8 Meal Pattern CFR 220.8 (Form 95)
Lunch	Follow K-5 Meal Pattern CFR 210.10 (Form 101)	Follow K-8 Meal Pattern CFR 210.10 (Form 101)

Offer versus Serve

- The Preschool Meal Pattern requires **Serve Only**
- The final rule removed the option to use offer versus serve (OVS) for meals served to children 1 through 4 years old in the NSLP and SBP





Family Style (Optional)

- Allows children to serve themselves from communal platters of food with assistance from supervising adults.
- Allows children to:
 - Make choices in selecting foods
 - Share in group eating situations
 - Develop good eating habits
 - Improve gross motors skills
 - Introduce new foods
- Requirements for Family Style
 - A sufficient amount of prepared food placed on each table to provide the full required portions of each of the components (7 CFR 226.20(c)(1) and (2)).
 - Preschool students must take at least $\frac{1}{4}$ cup of vegetable or fruit.
 - The supervising adults are responsible for actively encouraging each child to serve themselves the full required portion of each food component of the meal pattern using the appropriate serving tool.
 - Seconds meals can not be claimed for reimbursement.



Breakfast Preschool Meal Pattern

Breakfast Reimbursable Meal requires all three components (3 out of 3)	Minimum Portion Requirement Age 3-5
Milk	$\frac{3}{4}$ cup or 6 oz
Vegetable/Fruit	$\frac{1}{2}$ cup
Grains	$\frac{1}{2}$ oz eq



Lunch Preschool Meal Pattern

Lunch Reimbursable Meal requires all five components (5 out of 5)	Minimum Portion Requirement Age 3-5
Milk	$\frac{3}{4}$ cup or 6 oz
Meats/Meat Alternate	1 $\frac{1}{2}$ oz
Vegetables	$\frac{1}{4}$ cup
Fruits	$\frac{1}{4}$ cup
Grains	$\frac{1}{2}$ oz eq

NSLP and CACFP Meal Pattern Differences:



Milk

NSLP Meal Pattern

- Required to offer at least two varieties of milk
 - All fluid milk must be fat-free or low-fat
 - Milk must be unflavored or flavored

CACFP/Preschool Meal Pattern

- Not Required to offer variety of milk
 - Unflavored Nonfat or Low-fat
 - Flavored Milk NOT allowed

NSLP and CACFP Meal Pattern Differences:

Meat/Meat Alternate

NSLP Meal Pattern

- Breakfast only; substitute 1 ounce equivalent meat/meat alternate for 1 ounce equivalent grains after 1 ounce equivalent grain requirement is met
- No sugar limit for yogurt; sugar is limited by the weekly calorie limitation set by the dietary specifications

CACFP/ Preschool Meal Pattern

- Breakfast only; substitute the entire grain component with a Meat/Meat Alternate a maximum of **3** times per week
- Yogurt must contain no more than 23 grams of sugar per 6 ounces



NSLP and CACFP Meal Pattern Differences:

Fruit/Vegetable

NSLP Meal Pattern

- No more than half of the fruit or vegetable offerings may be in the form of juice
- Vegetable weekly subgroup requirement

CACFP/Preschool Meal Pattern

- Juice is limited to once per day
- No vegetable subgroup requirement
- A second and different vegetable may be served in placed of a fruit



NSLP and CACFP Meal Pattern Differences

Grain

NSLP Meal Pattern

- All grains served must be whole grain-rich SY 2018-2019
- No sugar limit, however, calorie, sodium, and saturated fat, limitations are set by the dietary specification

CACFP/Preschool Meal Pattern

- Whole grain-rich must be served once a day
- Breakfast cereal must contain no more than 6 grams of sugar per dry ounce

NSLP and CACFP Meal Pattern Differences:

Grain-Based Desserts

NSLP Meal Pattern

- Grain-Based desserts may count towards grain requirement in breakfast and up to 2 oz eq per week for lunch

CACFP/ Preschool Meal Pattern

- Grain-Based desserts **Do Not** count towards grain requirement
 - Sweet Pie Crust
 - Donuts
 - Sweet Rolls
 - Toaster Pastries
 - Cake
 - Brownies
- Graham Crackers may count towards a Grain Requirement




Accurate Claiming for Preschool

- Preschool information must be recorded in the Schedule A under the Site Details section of the the Application Packet
- Meal Counting
 - All meals must be counted at the point of service (POS), including any meals served in the classroom, when the child is served the meal in its entirety
 - Morning count for breakfast and lunch is **not an acceptable** POS and cannot be used to claim reimbursement because the child is not receiving the meal at that time
 - Failure to comply will result in complete recalculation of meals from the beginning of the school year

Required Training

- Anyone who serves the preschoolers must be trained in:
 - Civil Rights
 - Collection and Accountability
- The “And Justice For All” Poster must be visible for all in each service area
 - Email Lissette Pion at Lissette.pion@ag.nj.gov for additional posters



The poster features the Statue of Liberty in a green-tinted image. The text 'AND JUSTICE FOR ALL' is prominently displayed in white, bold, sans-serif font. Above the text is the USDA logo and the text 'United States Department of Agriculture'. Below the text is a row of white stars on a green background.

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Form AD-475-A—Assisted Poster/ Revised December 2015

Atache complementario al Formulario AD-475-A / Revisado diciembre 2015



Quiz Time

- If a teacher or aide goes into the cafeteria for lunch and picks up the Pre-K lunches, then returns to the classroom with their lunches, which meal pattern would be used?
- The Pre-K meal pattern must be used because the Pre-K students are eating in separate service areas from the other elementary students.



Quiz Time

- If that same teacher or aide is responsible for meal counting, at what point does she/he count the meals claimed for reimbursement?
- She/he must count the meals claimed for reimbursement at the Point of Service.



Quiz Time

- Why is it important for Meal Counting and Claiming to occur at the Point of Service and not based on attendance or morning counts?
- It is important because counting meals at the point of service ensures accurate claims for counting. The morning count is not an accurate claim for meals because the morning count may differ from the actual amount of meals served which may cause an inaccurate claim for reimbursement.



Quiz Time

- We have a Grab-and-Go Breakfast and Pre-K through 5 students grab the breakfast in the cafeteria and go to their classroom to eat. Which Meal Pattern can the Pre-K students follow and why?
- The Pre-K students are required to follow the Preschool Meal Pattern. However, flexibility can be used if there is no distinction between the grades. The Pre-K students can follow the K-5 Meal Pattern because all grades are grabbing their meals at the same time in the same service area.
 - RULE OF THUMB: If you **cannot** distinguish the difference between the Pre-K and K-5 students in the same service area at the same time, then flexibility may be used.



Quiz Time

- In the morning, we serve breakfast in the cafeteria and Pre-K thru 2nd eat together before the bell. At lunch the Pre-K students have the first lunch in the cafeteria and 1st and 2nd grade have the second lunch in the cafeteria. Which meal pattern is required for these Pre-K students?
- The Pre-K students are required to follow the Preschool Meal Pattern. However, we can use flexibility for breakfast and a K-5 meal pattern can be used because the students are co-mingled, eating at the same time in the same service area. There is no distinction between the grades. For lunch, the Pre-K students eat in the same service area but not at the same time as the other grades. Therefore, there is no flexibility and the Pre-K Meal Pattern must be used for lunch.



Quiz Time

- A Pre-K student orders a peanut butter and jelly sandwich for lunch. Since it is serve only, the meal comes with a sandwich that has 1 tablespoon of peanut butter, a small apple, ½ cup of peas, and a 6oz carton of low-fat white milk. Would this be a reimbursable meal under the CACFP/Preschool Meal Pattern?
- No, the portion for peanut/nut butter is 3 tablespoons for children aged 3-5 to meet the minimum portion size of meat/meat alternate and that amount may be a choking hazard for this age group. Therefore, best practice meals with nut butters should be supplemented with another meat/meat alternate to meet at least the minimum portion required by age and meal pattern requirement.



References

- SNEARS
 - Click “Preschool Meal Pattern” link under “Resources”
- USDA links
 - Child and Adult Care Food Program
 - <https://www.fns.usda.gov/cacfp/meals-and-snacks>
 - <https://www.fns.usda.gov/guidance-fy19-updated-cacfp-meal-patterns-and-updated-nslp-and-sbp-infant-and-preschool-meal>
 - <https://www.fns.usda.gov/cacfp/offer-versus-serve-and-family-style-meals-child-and-adult-care-food-program>
 - <https://www.fns.usda.gov/cacfp/grain-requirements-cacfp-qas>
 - Institute of Child Nutrition
 - <https://theicn.org/cacfp>

Form #389 : Preschool and Older Grade Meal Pattern Requirements: Comparison Chart

Meal Pattern Requirement	Preschool Meal Pattern (1 through 4 year olds)	Older Grade Group Meal Patterns
Milk Fat Content	<ul style="list-style-type: none"> • 1 year olds: whole milk • 2-4 year olds: low-fat or fat-free milk 	Must be low-fat or fat-free
Flavored Milk	Not allowed	Allowed ; must be fat-free (exemptions provided for school year 2017-2018)
Non-dairy beverages	Allowed; must be nutritionally equivalent to cow's milk per 210.10(d)(3)	Allowed; must be nutritionally equivalent to cow's milk per 210.10(d)(3)
Vegetables & Fruit Components	<ul style="list-style-type: none"> • Vegetables and fruit are one component at breakfast • Vegetables and fruits are two separate components at lunch and afterschool snack 	<ul style="list-style-type: none"> • Only the fruit component is required at breakfast; vegetables may be offered in place of fruits as long as 2 cups per week of under consumed vegetables (dark green, red/orange, beans and peas, or other vegetables) are included on the weekly breakfast menu • Vegetables and fruits are two separate components at lunch • Vegetables and fruit are one component at afterschool snack
Vegetables & Fruit Juice Limit	Yes; may count towards the entire vegetable and fruit component no more than once per day	Yes; may count towards no more than half of the vegetables or fruits offered over the week
Whole grain-rich requirement	Yes; must serve at least one whole grain-rich grain per day	Yes; all grains offered must be whole grain-rich (exemptions provided for school year 2017-2018)
Grain-based desserts	Not allowed	Allow up to 2 ounce equivalents of grain-based desserts per week at lunch
Breakfast cereal sugar limit	Yes ; must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sugar per 100 grams of dry cereal)	No sugar limit ; sugar is limited by the weekly calorie limitation set by the dietary specifications

Meal Pattern Requirement	Preschool Meal Pattern (1 through 4 year olds)	Older Grade Group Meal Patterns
Tofu as a meat/meat alternate	Allowed	Allowed
Yogurt (including soy yogurt) sugar limit as a meat/meat alternate	Yes ; must contain no more than 23 grams of sugar per 6 ounces	No sugar limit ; sugar is limited by the weekly calorie limit set by the dietary specifications
Meat/meat alternates <u>at breakfast</u>	Allowed; may substitute meat/meat alternate for the entire grain component no more than 3 times per week	Allowed; may substitute 1 ounce equivalent meat/meat alternate for 1 ounce equivalent grains after the minimum daily grains requirement is met
Dietary Specifications	Sugar limits on breakfast cereal and yogurt (see above)	<ul style="list-style-type: none"> • Meals must, on average, meet weekly limits for calories, saturated fat, and sodium • Food products served in meals must contain zero grams of trans fat
Meal service option: Offer Versus Serve	Not allowed	Required for high schools in NSLP; optional for lower grades and in the SBP
Meal service option: Family Style Meal Service	Allowed	Allowed



Thank You for Attending the Preschool Meal Pattern Webinar

- This webinar will count toward hours of professional standards training: 2
 - **Key Area: Nutrition**
 - **Learning Topic: Menu Planning**
- **Topic Code: 1110 USDA Nutrition Requirements**
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Questions?

