

	MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES CHILD AND ADULT CARE FOOD PROGRAM	ISSUED	REVISED	CHAPTER	SECTION
	AT-RISK AFTER SCHOOL PROGRAMS POLICY & PROCEDURE MANUAL	7/1/03; 6/2011	2/12	7	7.2
CHAPTER Chapter 7. Meal Service		SUBJECT Meal Component Definitions			

Milk

Milk served in the CACFP to participants two years of age and older must be consistent with the most recent version of the Dietary Guidelines for Americans. Per the 2010 Dietary Guidelines, fluid milk served to participants 2 years of age and older *must be:* Fat-free (skim) or low-fat (1%) milk, fat-free (skim) or low-fat (1%) lactose reduced milk, fat-free (skim) or low-fat (1%) lactose free milk, fat-free (skim) or low-fat (1%) buttermilk, or fat-free (skim) or low-fat (1%) acidified milk. Milk served must be pasteurized fluid milk that meets State and local standards for milk, and may be flavored or unflavored.

Reconstituted dry milk does not fit the definition of fluid milk is not creditable.

Meat and Meat Alternates

Meat and meat alternates include lean meat, poultry, fish, cheese, egg, cooked dry beans or peas, nuts and seeds and their butters, alternate protein products or an equivalent quantity of any combination of these foods. Foods must be served in a main dish, or in a combination main dish (with up to two other components) to meet this requirement.

Nuts and seeds may fulfill no more than one-half of the meat/meat alternate requirement for lunch/supper for CACFP and all of the meat/meat alternate requirements for the snack for CACFP. Peanut butter cannot be served as the only meat/meat alternate component for the supper meal. **An additional meat/meat alternate component must be offered when peanut butter is served at lunch or supper.**

A menu item must provide a minimum of ¼ ounce (½ tablespoon) of meat or equivalent to be counted toward meeting any part of the meat/meat alternate requirement.

Vegetable protein products may be counted as meeting part of the meat and meat alternate requirement. Before using vegetable protein products, contact the Missouri Department of Health and Senior Services – Bureau of Community Food and Nutrition Assistance (MDHSS-BCFNA) for information and assistance on the preparation, serving, and crediting of these products.

Commercially processed foods such as breaded meat products, frozen pizza, ravioli, corndogs, or tamales cannot be counted toward fulfilling the meat/meat alternate unless the center has documentation of the composition of the processed product. Refer to Section 7 for information on processed food documentation.

Fruit/Vegetable

Vegetables and fruits are credited as served. Serving sizes, of at least 1/8 cup must be served to be credited towards the fruit/vegetable requirement. Less than 1/8 cup of vegetables or fruits must be considered flavorings or optional ingredients. In addition, garnishes, condiments, olives, pickles and relishes cannot be counted to meet the vegetable/fruit requirement. The minimum amount of any fruit or vegetable served must be 1/8 cup. At least two different fruits and/or vegetables must be served to meet the total (1/4 to 1/2 cup) requirement.

Juice must be 100% full-strength fruit or vegetable juice or juice blends, with no added sugar or sweeteners.

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

Bread

Foods that qualify as grains/breads in the CACFP are enriched or whole-grain products which includes bread, rolls, and quick breads, crackers and low moisture breads, pastas, cereal grains and breakfast cereals, and dumplings, pancakes, and miscellaneous bread products.

In order to be creditable, a bread or grain must:

1. Be whole-grain or enriched or made from whole-grain or enriched meal or flour, germ or bran; or if it is a cereal, the product must be whole-grain, enriched, or fortified.
2. Contain whole-grain and/or enriched flour and/or meal as specified on the label or according to the recipe; or must be enriched in preparation or processing and labeled enriched.
3. Must be provided in quantities specified in the Program Regulations and in minimum serving sizes as specified in program guidance.
4. Must serve the customary function of bread in a meal.

Enriched means the product conforms to the FDA's required levels of added iron, thiamin, riboflavin, niacin and folic acid.

Availability of Water

The Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296 established the requirement to make potable water available to children in the CACFP throughout the day *and at meal times*. At Risk After School Programs participating in the CACFP are required to make drinking water available to children to drink at their request but water does not have to be available for children to self-serve. While drinking water must be made available to children during meal times, it is not part of the reimbursable meal and may not be served in lieu of fluid milk.

Review the *Creditable Food Guide* at

<http://health.mo.gov/living/wellness/nutrition/foodprograms/cacfp/lawsregs.php> for specific food items.

References: Food Buying Guide for Child Nutrition Programs, U.S. Department of Agriculture, Food Nutrition Service, 2001
Creditable Foods Guide, MDHSS-BCFNA
7CFR226.20(a)
CACFP 20-2011, May 11, 2011