

	MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES CHILD AND ADULT CARE FOOD PROGRAM		ISSUED	REVISED	CHAPTER	SECTION
	Sponsoring Organizations of Homes POLICY & PROCEDURE MANUAL		12/90	6/12	10	10.3
CHAPTER Chapter 10. Meal Pattern			SUBJECT Component Definitions			

Milk

Milk served in the CACFP must be consistent with the most recent version of the Dietary Guidelines for Americans, which recommends that participants two years of age and older consume only fat-free (skim) or low-fat (1%) fluid milk. *Whole milk and reduced-fat (2%) milk may not be served to participants over two years of age.*

Fluid milk served to participants two years of age and older must be: fat-free (skim) or low-fat (1%), fat-free or low-fat lactose reduced milk, fat-free or low-fat lactose free milk, fat-free or low-fat buttermilk, or fat-free or low-fat acidified milk. Milk served must be pasteurized fluid milk that meets State and local standards, and may be flavored or unflavored.

The Dietary Guidelines for Americans do not address milk served to children under the age of two. Children under two (12 months through 23 months) should be served unflavored, whole fluid milk. Infants from birth through 11 months of age must be served iron-fortified infant formula or breastmilk.

Reconstituted dry milk is not creditable as fluid milk.

Non-dairy Beverages

If children cannot consume fluid milk due to medical or other special dietary needs, other than a disability, non-dairy beverages may be served in lieu of fluid milk. Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk.

Parents or guardians may request in writing non-dairy milk substitutions, as described above, without providing a medical statement. As an example, if a parent has a child who follows a vegan diet, the parent can submit a written request to the child's caretaker asking that soy milk be served in lieu of cow's milk. The written request must identify the medical or other special dietary need that restricts the diet of the child. Such substitutions are at the option and the expense of the facility. The requirements related to milk or food substitutions for a participant who has a medical disability and who submits a medical statement signed by a licensed physician remain unchanged.

Meat

Meat and meat alternates include lean meat, poultry or fish, cheese, egg, cooked dry beans or peas, or nuts and seeds and their butters except for acorn, chestnut and coconut, or an equivalent quantity of any combination of these foods. Foods must be served in a main dish, or in a main dish and one item, to meet this requirement.

Vegetable protein products may be counted as meeting part of the meat and meat alternate requirement. Before using vegetable protein products, contact MDHSS-CFNA for information and assistance on the preparation, serving, and crediting of these products.

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 component for the lunch/supper meal.

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

Fruit/Vegetable

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, should not be counted to meet the vegetable/fruit requirement. The minimum amount of any fruit or vegetable served is 1/8 cup.

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

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

Bread

Bread and bread alternates include 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 bread alternate 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.
- 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.
- Must be provided in quantities specified in the Regulations and in minimum serving sizes as specified in program guidance.
- Must serve the customary function of bread in a meal.

Fortified products have had iron, thiamine, riboflavin, and niacin added to the product.