

	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	10.4
CHAPTER Chapter 10. Meal Pattern			SUBJECT Types of Meal Service			

Unitized

Under the unitized method of meal service, each child receives at least the minimum serving size of each meal component on their plate. All meal components must be served at the same time.

Family Style

Under the family style method of meal service, each child receives a portion of each meal component. Replenishments of each meal component are readily available at each table. Family style meal service is allowable for CACFP if:

- Enough food is placed on each table to provide minimum portions of the family style components for all children at the table and to accommodate program adults supervising meal service at the table if they eat with the children;
- Some amount of each required component is served to each child and at least the minimum regulatory portion is offered to the child; and
- When the full regulatory portion is not initially served to the child, participating supervising adults must assume the responsibility of asking the child if they would like the full portion during the course of the meal.

Any food placed on the table may not be reused or served as a leftover at a later time. Food which has been prepared, but not placed on the table may be reused if properly stored and reheated to at least 165 degrees Fahrenheit. Milk should be poured just before the meal service begins and not sit longer than 15 minutes before children begin eating.

With both meal types specified above, all food items must be placed on a child's plate in order to ensure that a reimbursable meal or supplement is served. If the child is not served all required components, the meal may not be claimed for reimbursement. See Section 10.5 for exceptions to the required service of all meal components.

Availability of Water

The Healthy Hunger Free Kids Act of 2010 established the requirement that drinking water be made available to children, as nutritionally appropriate. Throughout the day, including at meal times, water should be made available to children to drink upon their request, but 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.