

CACFP Administrative Handbook

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4. Meal Guidelines

The goal of the CACFP is to improve the health and nutrition of children while developing good eating habits and supporting nutrition education. USDA reimburses child & adult care centers and day care homes participating in the CACFP for the meals served, not for individual foods. A meal is reimbursable if it contains those foods in the amounts outlined in the CACFP meal patterns.

Creditable Foods are those that may be counted toward meeting the requirements for a reimbursable meal. Foods are determined to be creditable based on the following factors:

- ◆ nutrient content
- ◆ customary function in a meal
- ◆ regulations governing Child Nutrition Programs (on quantity requirements and/or by definition)
- ◆ FDA's Standards of Identity
- ◆ USDA's standards for meat and meat alternates
- ◆ agreement with administrative policy decisions on the crediting of particular foods

Non-creditable foods are those foods that do not meet the above criteria. "Other" foods do not meet the requirements for any components in the meal patterns. Non-creditable foods may supply calories which help meet the energy needs of participants and may contribute additional protein, vitamins and minerals. They can be used to supplement the required meal components, to improve acceptability and to satisfy appetites.

Additional information regarding foods in the CACFP can be found at www.kn-eat.org, *Child & Adult Care Food Program, Guidance*. Resources include Crediting Foods, the Infant Feeding Guide, and the Menu Book for Centers.

Infant Meal Pattern

Minimum Requirements

	Breakfast	Lunch & Supper	Snack
Birth through 3 months	4-6 fluid ounces (fl. oz.) breast milk ¹ or formula ²	4-6 fl. oz. breast milk ¹ or formula ²	4-6 fl. oz. breast milk ¹ or formula ²
4 months through 7 months	4-8 fl. oz. breast milk ¹ or formula ² 0-3 tablespoons (tbsp.) infant cereal ³ (optional)	4-8 fl. oz. breast milk ¹ or formula ² 0-3 tbsp. infant cereal ³ (optional) 0-3 tbsp. fruit and/or vegetable (optional)	4-6 fl. oz. breast milk ¹ or formula ²
8 months through 11 months	6-8 fl. oz. breast milk or Formula ² 2-4 tbsp. infant cereal ³ 1-4 tbsp. fruit and/or vegetable	6-8 fl. oz. breast milk or Formula ² 2-4 tbsp. infant cereal ³ and/or 1-4 tbsp. meat, fish, poultry, egg yolk, or cooked dry beans or dry peas or ½-2 oz. cheese or 1-4 oz. cottage cheese, cheese food, or cheese spread 1-4 tbsp. fruit and/or vegetable	2-4 fl. oz. breast milk ¹ or Formula ² , or fruit juice ⁴ 0-½ slice bread or 0-2 crackers ⁵ (optional)

1. Meals containing only breast milk are reimbursable.
2. Iron-fortified infant formula.
3. Iron-fortified dry infant cereal.
4. 100% full-strength fruit juice.
5. Made from whole-grain or enriched meal or flour.

Infant Meal Information

All child care centers and family day care homes participating in the CACFP must offer CACFP meals to all eligible children who are enrolled for care in their facilities. This policy ensures that all children, including infants, who are enrolled for child care have access to CACFP meals.

The center or home must offer the infant a meal that complies with CACFP requirements. An infant's parent or guardian may decline what is offered and supply the infant's meals. The key factor is that the infant must be provided access to CACFP meals. The Infant Meal Offer Form (4-A) accepting or declining the formula and/or solids must be on file for each enrolled infant. The form must specify the formula(s) offered and be updated when change(s) occur.

A center or home may not avoid this obligation by stating that the infants are not "enrolled" in CACFP, or by citing a logistical or cost barrier to offering an infant meal. Decisions on offering CACFP meals must be based on whether the child is enrolled for care, not whether the child is enrolled for CACFP.

Breast Milk

Meals containing only breast milk are reimbursable for infants younger than 8 months of age. Meals served to infants 8 months of age and older, which require at least two components in addition to breast milk are eligible for reimbursement when the caregiver furnishes at least one of the other components.

Caregivers ensure that breast milk is stored and handled properly to prevent possible tainting or spread of disease. Breast milk given to the caregiver must be labeled with the child's name and date and care must be taken to ensure that each child receives only the breast milk supplied by his/her mother.

Caregivers may serve less than the minimum regulatory serving of breast milk to infants who regularly do not consume that amount of breast milk. However, if the full portion is not initially offered, the provider must offer additional breast milk if the infant is still hungry.

A meal containing breast milk and formula is reimbursable as long as the total number of ounces offered to the infant meets or exceeds the minimum amount for the formula/breast milk component as specified in the CACFP infant meal pattern.

A parent may request that the caregiver continue feeding their child breast milk after 12 months of age. Breast milk after 12 months of age does not require a medical statement.

Iron-Fortified Infant Formula

Infant Formula means any iron-fortified formula intended for dietary use solely as a food for normal, healthy infants. Infant formula, as served, must be in liquid state at the recommended dilution. The formula must state "with iron" or "iron-fortified." Low iron formula does not meet the meal pattern and requires a completed CACFP Meal Modification Form (4-B) to be served for reimbursement. The Meal Modification Form must be signed by a recognized medical authority and must specify the substitution of the low iron formula.

Participating centers or day care homes must choose a commonly accepted and USDA-approved iron-fortified infant formula and indicate this choice on each Infant Meal Offer Form (4-A). Sponsors may refer to the Iron Fortified Infant Formula List (4-C) to choose a formula to offer. The decision regarding which formula to feed an infant is one for the baby's doctor and parents/guardian to make together. A parent/guardian may choose to decline the offered formula and supply another formula.

Formula, served to a child who is 12 months old, is reimbursable during a one-month transition stage. Formula served to a child who is 13 months and older is not reimbursable unless a CACFP Meal Modification Form (4-B) is on file.

Infant Solid Foods

The first addition after breast milk and/or formula is generally dry iron-fortified infant cereal, diluted to a very thin consistency. As the infant's development progresses, the amount of liquid decreases and the consistency of the cereal is thicker. Next, infants eat fruit and vegetables that are cooked to a soft state and pureed. As the infant's mouth skills progress, the foods should increase in thickness and lumpiness (mashed and eventually diced). As the infant approaches 12 months of age, the infant may be eating "table" foods or cooked foods cut into small pieces.

Developmentally Ready

In the meal pattern, the portions for solid foods are listed as 0-3 tablespoons for ages 4 through 7 months. The solid foods are optional in this age group and should be served when the infant is developmentally ready. The decision to introduce solid foods should be made in consultation with the parent. Once the infant is developmentally ready and consistently receiving solid foods of appropriate texture and consistency, that component is no longer optional in the meal pattern.

Cow's Milk (Whole, Low fat or Skim)

Cow's milk is not an option for reimbursable meals for infants under one year of age. Infants cannot be switched to cow's milk and claimed for reimbursement without a CACFP Meal Modification Form (4-B) on file. The statement must be signed by a recognized medical authority and must specify the substitution.

Claiming Infant Meals

Infant meals do not have to be claimed. If the facility chooses not to claim infant meals on CACFP, the only documentation that must be on file is the Infant Meal Offer Form (4-A). If infant meals are not claimed, infants do not count in the Income Eligibility Categories for centers.

If infant meals are claimed for reimbursement, they must be documented. All components offered to each infant should be documented for each meal daily. The Daily Infant Meal Record (4-D) or the Individual Weekly Infant Meal Record (4-E) is used to determine if meals can be claimed for reimbursement.

Caregivers can be reimbursed for meals containing only infant formula (birth through 7 months), whether supplied by the caregiver or by the parent.

When an infant is developmentally ready for one or more infant solid food items and the parent or guardian requests that the infant be served solid foods, the caregiver is responsible for serving the component(s) to the infant. When the caregiver purchases the developmentally-ready foods, the meal can be claimed.

If the parent declines the offer of formula and provides formula for the infant, meals may be claimed when the caregiver provides the meal component(s).

If the parent declines both the formula and infant food provided by the caregiver and chooses to provide all meal components for the infant the meal may not be claimed.

When a mother comes to the center/home to nurse her own child, reimbursement cannot be claimed unless the center/home is providing another component of the meal.

When a center employee nurses her own child at the facility and the child is enrolled for care, reimbursement may be claimed for those meals. When a family day care home provider breastfeeds her own child and meets all other criteria to claim her own child(ren), the meal is reimbursable.

A breastfed infant (birth through 7 months) may be claimed for reimbursement if the parent provides the breast milk and the caregiver feeds the bottle to the infant.

A breastfed infant (8 through 11 months) may be claimed when the caregiver supplies the other components of the meal pattern. If the parent supplies the breast milk and the components, the caregiver cannot claim the meal.

Infant meals containing table food may be reimbursed with the following stipulations: the infant must receive formula or breast milk through 11 months, iron-fortified infant cereal must be served as required by CACFP, and table foods may be introduced and served for components as the infant becomes developmentally ready for table food.

The caregiver must always offer the infant a complete, developmentally appropriate meal. The caregiver is required to provide at least one of the components in at least the minimum quantities specified in the meal pattern in order for the meal to be reimbursable.

Child & Adult Care Meal Pattern

BREAKFAST

Age:	1-2	3-5	6-12	Adults
Fluid milk ¹	½ cup	¾ cup	1 cup	1 cup
Juice or fruit or vegetable	¼ cup	½ cup	½ cup	½ cup
Grains/bread ² or cold dry cereal ³ or cooked cereal	½ slice (½ serving) ¼ cup (1/3 oz.) ¼ cup	½ slice (½ serving) 1/3 cup (½ oz.) ¼ cup	1 slice (1 serving) ¾ cup (1 oz.) ½ cup	2 servings (2 slices) 1 ½ cup (2 oz.) 1 cup

SNACK

Select two of the following four components. Juice may not be served when milk is served as the only other component.				
Age:	1-2	3-5	6-12	Adults
Fluid milk ¹	½ cup	½ cup	1 cup	1 cup
Juice or fruit or vegetable	½ cup	½ cup	¾ cup	½ cup
Meat ⁵ or meat alternate or yogurt	½ oz. 2 oz. (¼ cup)	½ oz. 2 oz. (¼ cup)	1 oz. 4 oz. (½ cup)	1 oz. 4 oz. (½ cup)
Grains/bread ²	½ slice (½ serving)	½ slice (½ serving)	1 slice (1 serving)	1 slice (1 serving)

LUNCH/SUPPER

Age:	1-2	3-5	6-12	Adults
Fluid milk ¹	½ cup	¾ cup	1 cup	1 cup (Lunch only)
Meat ⁵ or poultry ⁵ or fish ⁵ or cheese or meat alternate	1 oz.	1 ½ oz.	2 oz.	2 oz.
Vegetables and/or fruit ⁴	¼ cup (Total)	½ cup (Total)	¾ cup (Total)	1 cup (Total)
Grains/bread ²	½ slice (½ serving)	½ slice (½ serving)	1 slice (1 serving)	2 slices (2 servings)

1. Fat-free and low fat milk are to be served to CACFP participants who are 2 years and older (1%, ½%, or skim). Fluid milk served to participants who are 1-year-old (12 months thru 23 months) may be any fat content.
2. An equivalent serving of an acceptable bread product such as cornbread, biscuits, rolls, muffins, etc., made of enriched meal or flour or whole grain, or a serving of cooked enriched or whole grain rice or macaroni or pasta products.
3. Either volume (cup) or weight (oz.), whichever is less.
4. Serve 2 or more sources of fruit(s) and/or vegetable(s). Full-strength fruit or vegetable juice may be counted to meet not more than one-half of this requirement.
5. Edible portion as served.

Meal Service Guidelines

Centers and day care homes participate in the CACFP by serving one or more of the following meal types: breakfast, lunch, supper and snack. Reimbursement is limited to no more than two meals and one snack or two snacks and one meal per day per participant, unless otherwise noted.

Mealtime should be a relaxed, pleasant experience for all participants. Adequate time must be allowed to serve and eat the meal. Participants should be encouraged, but not forced to eat. Encouragement may be offered verbally and also by setting an example. If participants lose interest or dawdle, give them a reasonable time to eat – about 30 minutes – then quietly but firmly remove their food.

Preparation and Services

Meals must be prepared and served in accordance with the following guidelines:

- ◆ Minimum required portions for children and adults must be prepared and available
- ◆ All meal components must be served
- ◆ All meals and snacks claimed for reimbursement must be consumed on the premises with the exception of meal/snacks prepared at the facility and taken on a field trip or picnic
- ◆ Meals and snacks must be served on an appropriate plate or napkin (cannot be directly on the table, picnic blanket, etc.)
- ◆ The dining area is conducive to good eating habits (i.e., child-size table and chairs, appropriate eating utensils, etc.)

Family Style Meal Service

The CACFP provides nutritious meals to children and helps them develop good eating habits which they will retain in later years. Both of these nutritional goals can be effectively pursued through family style meal services.

Family style meal service allows participants to serve themselves from common platters of food with assistance from the supervising adult(s). This method requires that sufficient amounts of prepared foods be placed on each table so the minimum portion of each food component is available for all participants and supervising adults at the table. Each participant must take some amount of each required component. This allows participants to make choices in selecting the size of the servings. When the full required portion is not initially taken, supervising adults must actively encourage the participant to accept the full portion during the course of the meal. The food leftover from each table may not be re-used because of the potential for contamination.

Plated Meal Service

Meals or components plated by staff must contain the minimum serving size. Servings in excess of minimum requirements can sometimes result in food waste. However, enough food for seconds should be available.

Offer Versus Serve Option in Adult Day Care

The “offer versus serve” meal service option is available for adult day care centers (only) participating in CACFP. All of the required food items must be offered with each meal. However, this option allows the adult program participant to decline items that are served, without the reimbursement of the meal being affected as long as certain guidelines are followed. Those guidelines include:

- ◆ At breakfast, participants may decline one serving of the four food items (one serving of milk, one serving of fruit and/or vegetable and two servings of bread or grains).
- ◆ At lunch, participants may decline two servings of the six food items (one serving of milk, two servings of fruits and/or vegetables, two servings of bread or grains, and one serving of meat or meat alternate).
- ◆ At supper, participants may decline two servings of the five food items (two servings of fruits and/or vegetables, two servings of bread or grains, and one serving of meat or meat alternate).
- ◆ “Offer versus serve” is not available for snack as the snack meal pattern only requires two food items.
- ◆ All food items chosen by the participant to eat should be served in the required portions.

Share Table Variance

Sponsors of CACFP Area Eligible Programs, Outside School Hours Programs and Drop-in licensed school age programs may use a “share table” option. Share tables may be used for unopened packaged food items that participants do not consume. Sponsors may operate within share table guidelines when the Request for Share Table Variance (4-F) is approved by KSDE. A copy of the approved variance should be available at each approved site.

Meal Times

Meal service times must be in accordance with the following guidelines:

- ◆ **Scheduling Meal Times** – Two hours must elapse between the beginning of one meal service and the beginning of another, except that four hours must elapse between the service of a lunch and supper when no snack is served between lunch and supper.
- ◆ **Breakfast** – The service of a breakfast must end before 10:00 a.m.
- ◆ **Supper** – In all facilities, the service of a supper shall begin no earlier than 5:30 p.m. and no later than 7:00 p.m. and end no later than 8:00 p.m.

Area Eligible Programs may serve supper at any time after school. Two hours must elapse between the beginning of one meal service and the beginning of another.

Meals Prepared By a Vendor or Contractor

A facility may contract with a food service management company, a hospital, a restaurant, a school, or another center to obtain meals. If meals are prepared by a vendor or contractor, a CACFP meal contract must be completed and submitted to KSDE. Contracts and corresponding documentation can be found at www.kn-eat.org, *Child & Adult Care Food Program, Forms, Meal Contracts*.

Refer to *Chapter 7, Financial Management* for specific information regarding the procurement of contracts.

Special Situations

Variations may be approved by FNS for meals on an experimental or continuing basis where there is evidence that such variations are nutritionally sound and are necessary to meet ethnic, religious, economic or physical needs. When special situations arise, contact KSDE to obtain approval prior to meal service.

Commercially Prepared or Ready-to-Eat Foods

Most prepared foods are not creditable in the CACFP. The amount of each ingredient is not provided on the nutrition label and therefore, the facility will not be able to document that the food item meets the quantity and creditability requirements of the CACFP. For example, the label on a quart of potato salad, purchased at the deli counter, does not provide the weight of the potato portion of the salad but the weight of all ingredients. This applies to frozen, ready-to-eat, deli, and other items that are commercially-prepared by the grocery store.

Purchasing prepared foods that have a Child Nutrition (CN) Label are creditable in the CACFP based upon the information provided on the CN Label. The CN Label clearly identifies the contribution of a product toward the meal pattern requirements. The facility must keep on file a copy of the CN Label for those products they are using. For information on the Child Nutrition (CN) label, refer to the **Crediting Foods** handbook located at www.kn-eat.org, *Child and Adult Care Food Program, Guidance, Crediting Foods*.

Purchased single-ingredient food items may be creditable. When the edible portion can be easily determined, such as deli-sliced turkey breast or sliced cheddar cheese, the item can be included as part of a reimbursable meal.

Emergency Supply of Milk

If emergency conditions prevent a facility from temporarily obtaining and serving milk, contact KSDE prior to meal service for approval of the service of breakfasts, lunches or suppers without milk during the emergency period.

Farm Fresh Foods

Raw milk is not creditable in the CACFP. Regulations require service of pasteurized milk. Milk may be purchased directly from a farm if it is pasteurized and meets state and local health standards. Vitamins A and D must be present in levels which are consistent with federal, state and local standards.

Raw eggs or farm fresh eggs may not be served in the CACFP.

Home Processed and Custom Processed Foods

Home canned foods may not be served in the CACFP because they may contain clostridium botulinum, a dangerous organism which can produce an extremely potent toxin in canned food.

For safety reasons, game such as venison, squirrel, rabbit, etc. is not creditable in the CACFP unless inspected and approved by the appropriate state or federal agency. Home-caught fish is not creditable because it can be a safety hazard due to the danger of pollution and contamination. Home-slaughtered meat is not creditable.

Inspected processed meat is allowed for CACFP use. Farm-raised meats (beef, pork, poultry, and/or rabbit) and meat purchased over-the counter in a locker plant facility is allowable if it is slaughtered and processed in an **inspected (Kansas or USDA) facility** and sold with the marks of the Kansas or USDA inspection legend, complete with the required labeling applied. State inspected meat products can only be sold in Kansas. Therefore, if a Kansas child or adult care facility purchased product w/ the Missouri inspection legend then it would be in violation of the law.

Custom processed meat is not allowable in the CACFP. While custom slaughter plants are registered and inspected annually, they produce a product for the livestock owners use only. This meat cannot be donated or sold to others. Packages from custom facilities are clearly marked "Not for Sale".

Parent Supplied Treats/Food

If a participant brings their own food to a center or home, such meals may not be claimed for reimbursement. During celebrations, parent provided treats may be served occasionally but not in place of the required components. Treats should be served after the meal to help eliminate food waste and provide examples of good eating habits.

Picnics and Field Trips

Picnics or cold meals are acceptable as long as all required components are documented and served. However, cold meals should not be served on a regular basis.

Restaurant Food

Meals purchased from “fast food” or other restaurants cannot be claimed for CACFP reimbursement. Documentation of the meal patterns, quantity, and creditability requirements would be difficult to obtain and may be inaccurate.

Although restaurant meals may not be claimed for reimbursement, a sponsor may choose to take participants to a restaurant occasionally at their expense or the participant’s expense.

Water Availability

Facilities are required to make drinking water available to children. Throughout the day, water should be available upon request. The water may be available in a variety of ways including having water pitchers and cups set out or simply providing water to a child when requested. The water does not have to be available for children to self-serve.

Caregivers should not serve young children too much water before and during meal times. Excess water consumption may lead to meal displacement and reduce the amount of food and milk consumed by the children. Water may **not** be served in lieu of fluid milk.

Water should be served with snacks when no other beverage is being served. Outside of meal times, water should be provided in lieu of other high calorie, sweetened beverages (sports drinks, juice, etc.).

When safe water is not readily available in a facility, purchasing water for the children to consume is considered a reasonable and allowable CACFP cost.

This requirement does not apply to adult day care centers, though those facilities are encouraged to ensure drinking water is available to participants.

Participants with Special Dietary Needs

Federal Child Nutrition Program regulations:

- ◆ **Require** modifications to the standard meal requirements for participants who are considered disabled and whose disability restricts their diets; and
- ◆ **Permit** modifications for other participants who are not disabled but who are unable to consume regular program meals because of medical or other special dietary needs.

The center or day care home is not required to provide meal substitutions other than for disabilities. However, the sponsor MAY choose to provide substitutions to accommodate religious or ethnic preferences. Unlike meal substitutions for medical reasons, substitutions provided for any other reason must meet all requirements of the CACFP Meal Pattern.

Meal Substitutions for Disabilities

Centers and day care homes are required to make substitutions or modifications to the meal requirements for those participants with disabilities who are unable to consume the meals offered to non-disabled participants.

Disabled person is defined as any person who has a "physical or mental impairment which substantially limits one or more major life activities, has a record of such impairment, or is regarded as having such impairment." Major life activities are defined as "functions such as caring for one's self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning and working."

A licensed physician determines whether a participant has a disability that restricts his or her diet on an individual basis. The CACFP Meal Modification Form (4-B) would be completed by the participant's physician and shall identify:

- ◆ The individual's disabling condition and an indication how the disability restricts the participant's diet
- ◆ The major life activity affected by the condition
- ◆ The food or foods to be omitted from the participant's diet and the food or choice of foods that must be substituted

The CACFP Meal Modification Form (4-B) should be updated on an annual basis, however, meal modifications will continue until a licensed physician requests that the modifications be changed or stopped. Meal modifications should not be made unless the statement with the required information is on file.

Meal Substitutions for Food Allergies or Intolerances

A center or day care home may, at its discretion, make substitutions for individual participants who are not disabled/handicapped but are unable to consume a food item because of medical or other special dietary needs. Such substitutions may only be made when supported by a CACFP Meal Modification Form (4-B) signed by a medical authority. In these cases, the medical authority may be a licensed physician (MD or DO), physician's assistant (PA) or advanced registered nurse practitioner (ARNP).

For participants **without** disabilities the CACFP Meal Modification Form (4-B) shall include ALL of the following:

- ◆ An indication that the medical or other special dietary need restricts the participant's diet
- ◆ The food or foods to be omitted from the participant's diet
- ◆ The food or choice of foods that may be substituted

If the parent/guardian provides the meal substitute(s), the center or day care home may claim the meal for reimbursement when at least one component of the meal is provided by the facility. However, all components served must meet meal pattern and creditability requirements.

The CACFP Meal Modification Form (4-B) should be updated on an annual basis, however, meal modifications will continue until the medical authority requests that the modifications be changed or stopped. Meal modifications should not be made unless the statement with the required information is on file.

Religious Exemption

Facilities may be exempted from the meal requirements of Child Nutrition Programs for religious reasons. For example, Jewish facilities may be exempted from the requirement that milk be served with meals. Seventh Day Adventist centers may be allowed to serve meat analogues. For approval, contact KSDE.

CACFP regulations do not require a center or home to meet individual requests for special diets for religious reasons. However, the facility may choose to work with participants/guardians to meet such needs. Meals with substitutions for religious reasons must meet all CACFP requirements to be claimed for reimbursement.

Vegetarian Meals

Vegetarian meals may be served and claimed for reimbursement if they meet the meal pattern requirements. Meat alternates that are creditable in the CACFP include:

- ◆ cheese (natural, process, cheese food, and cheese spread)
- ◆ cottage cheese and ricotta cheese
- ◆ eggs
- ◆ cooked dry beans and peas
- ◆ peanut butter
- ◆ nuts

Meat analogues, 100 percent vegetable protein products and soy products such as tofu, are not creditable in the CACFP except as noted in the Religious Exemption section above.

Milk and Milk Substitutions

Fat-free and low fat milk must be served to CACFP participants who are 2 years and older. Fat-free milk is identified as “skim” milk. Low fat milk is identified as “1%” or “1/2%”. Milk may be flavored or unflavored. The requirement includes participants in care at adult day care centers. Meals served to participants 2 years of age and older that include reduced fat (2%) or whole milk are not reimbursable. It is the responsibility of the sponsor and KSDE to ensure that the correct type of milk is being served when conducting on-site visits.

2 Years and Older (24 Months and Older)

Fluid milk served in CACFP to participants 2 years of age and older must be:

- ◆ fat-free or low fat milk, or
- ◆ fat-free or low fat lactose reduced milk, or
- ◆ fat-free or low fat lactose free milk, or
- ◆ fat-free or low fat buttermilk, or
- ◆ fat-free or low fat acidified milk, and
- ◆ flavored or unflavored

1-Year-Olds (12 Months Through 23 Months)

Fluid milk served in CACFP to participants who are 1-year-old may be:

- ◆ any fat content (whole, reduced fat, low fat, or fat-free)
- ◆ flavored or unflavored

Fluid Milk Substitutions

For participants with a **disability** which is properly documented on the CACFP Meal Modification Form (4-B) and signed by a licensed physician, the facility is required to provide the items designated on the modification form. A milk substitute can be served if specified on the CACFP Meal Modification Form (4-B) and the meal can be claimed for reimbursement.

Fluid milk substitutes may be served in lieu of fluid milk due to **medical or other special dietary needs** which are not a disability, such as lactose intolerance. Fluid milk substitutes must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients. A list of approved non-dairy beverages, “Fluid Milk Substitutions in the Child Nutrition Programs: Non-Dairy Beverages Meeting USDA Substitution Criteria”, is maintained at www.kn-eat.org, *Child and Adult Care Food Program, What’s New*. Only the items from the official list may be used. If a fluid milk substitution is served that is **not** on the official list, the meal is not reimbursable on the CACFP. Juice is not a substitution for milk.

Parents or adult participants may request a fluid milk substitution, as described above. Parts A and D of the CACFP Meal Modification Form (4-B) must be completed. The facility is not required to provide a parent/participant request for a fluid milk substitution.