

	REQUIRED HEALTHY CHILD MEAL PATTERN CHANGES	RECOMMENDED HEALTHY CHILD MEAL PATTERN CHANGES
Milk	<ul style="list-style-type: none"> • Children ages 1-5 must be served only unflavored milk. • For children 1-2 years of age, the milk must be whole. • For children 2-18 years of age, the milk must be fat-free or low-fat (1%) • The menu must specify the type of milk served. 	<ul style="list-style-type: none"> • Unflavored fat-free or low-fat (1%) milk is recommended for school-age children.
Vegetable/ Fruit	<ul style="list-style-type: none"> • No more than one serving of juice may be served per day. 	<ul style="list-style-type: none"> • Vegetables and fruits should be fresh, frozen, or canned and prepared with no added sugar, salt or fat. • At least one of the two servings of vegetable/fruit required at lunch and supper should be a vegetable. • One or more servings of vegetable/fruit per day should be high in vitamin C. • Three or more servings of vegetable/fruit per week should be high in vitamin A. • Three or more servings of vegetable/fruit per week should be fresh.
Grains/ Breads	<ul style="list-style-type: none"> • Sweet-grain products and sweet cereals may not be served at lunch or supper. • No more than two servings of sweet-grain products and/or sweet cereals may be served per week. • Sweet-grain products are specified in the Grains/Breads section of the Crediting Foods in CACFP under the "Not Recommended but Allowed" and "Not Allowed" pages. They include doughnuts, pastries, Pop-Tarts®, toaster pastries, granola bars, breakfast bars, muffins, cookies, cakes and brownies. • Sweet cereals are those that contain more than 6 grams of sugar per adult serving. 	<ul style="list-style-type: none"> • All breads and cereals served should be whole grain. To be considered whole grain, the first ingredient listed on the nutrition label should be whole grain, not enriched.

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Meat/Meat Alternate	<ul style="list-style-type: none"> • Yogurt must be fat-free or low-fat and prepared without artificial sweeteners. 	<ul style="list-style-type: none"> • Meat and meat alternates (chicken, turkey, beef, pork, lamb, fish, and/or vegetable proteins) should be lean or low-fat. • Meat and meat alternates should be prepared without adding extra fat. • No more than one serving of processed or high-fat meat should be served per week. This includes hot dogs, chicken nuggets, fish sticks, fried chicken, Vienna sausages, corn dogs and/or cold cuts. • No more than one serving of cheese should be served per week, unless the cheese is low-fat.
Other	<ul style="list-style-type: none"> • Water must be served with snack if neither of the two required components is a beverage. Water is not counted as a snack component. • The menu must specify when water is served at snack. 	