

October is finally here! It's time to officially make the switch to the New Meal Pattern! We have been busy training, teaching, and preparing for this moment, and while we know there will be a few bumps in the road, we are 100% confident that CDA Providers will do an amazing job making this transition as smooth as possible. We are committed to your success and available to assist you throughout the learning process. Please visit our website often to stay up-to-date on new information regarding the Meal Pattern and to view our helpful training materials. Lastly, remember that you are not alone. Every CACFP provider in the nation is going through this with us, so take heart and take a deep breath! We're in this together!

New Meal Pattern Reminders

Infants:

- » **Juice** is not reimbursable for infants under the age of 1.
- » **Breakfast cereals** (ready-to-eat) such as Cheerios are now reimbursable for infants 6-11 months old at snack time.
- » **Yogurt** is reimbursable at breakfast, lunch, and dinner for infants 6 - 11 months old.
- » **Whole eggs** are reimbursable for infants 6 - 11 months.
- » **Breastfed infants**- Providers may claim an infant's meal when the mother comes to the home to breastfeed their child while in care (must claim the meal consistent with the time frame in which the child is fed. Ex: Fed at 1pm, claimed for L).
- » **Solid foods** are required when an infant is developmentally ready (check in with parents before offering solid foods).

Older Children:

- » **Juice** is limited to 1 serving per day *per facility*.
- » **Milk** offered to 1 year olds must be *whole milk* in order to be reimbursable. Children 2 years and older may only be offered 1% or fat-free milk.
- » **Grain-based desserts** are no longer reimbursable. Cookies, sweet pie crusts, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cake or cupcakes, and brownies may not be claimed.
- » **Graham and animal crackers** remain allowable and may be claimed at snack time.
- » **Breakfast cereal** must contain *6 grams of sugar or less* per dry ounce (view the allowable cereal list on our website).
- » **Yogurt** must contain *23 grams or less* of sugar per 6 ounce serving.
- » **Eggs** or other meat/meat alternates may be claimed for reimbursement in place of the entire grain component at breakfast up to 3 times per week.

New Meal Pattern Reminders

- » **Whole Grain** or whole grain-rich bread/bread alternates must be offered at least once per day per facility (Cheerios, oatmeal, whole wheat bread, brown rice, quinoa, and whole wheat tortillas are all examples of whole grain items).
- » **A vegetable and a fruit** or 2 different vegetables must be offered in equal portions at lunch and dinner in order for that meal to be reimbursable. Additionally, a fruit and a vegetable may be offered at snack time as your choice of 2 components (Ex: ½ cup apple wedges and ½ cup baby carrots for a 5yr old).
- » **Tofu & soy yogurt** may be served as a meat/meat alternate (qualifying products only; visit our website for details).
- » **Minute Menu KidKare** is now the only way to claim online. If you currently have menu templates set up in WebKids or KidKare, check them to ensure they meet the requirements for the new Meal Pattern.

Egg Muffins

Ingredients:

- 7 eggs
- 2-3 Tbsp. milk
- Veggies for filling, diced
- Salt & pepper to taste
- 12 cup muffin tin



Directions:

Preheat oven to 375°. Lightly oil the muffin tin using pan spray. In a med-size bowl, whisk the eggs, milk, and salt & pepper. Divide your veggie fillings evenly into the muffin tin using a ¼ cup measuring cup. Ladle enough egg mixture in each cup to come to the top. Sprinkle with a pinch of grated cheese if desired. Bake for 15-20 minutes. A few ideas to get you started are broccoli and onions with a sprinkle of cheddar cheese on top; tomatoes & green onions; or black beans and fresh pico de gallo. Serve with fresh fruit.