



Child Development Associates Nutrition Program

180 Otay Lakes Road,, Suite 300 • Bonita, California 91902 • (619) 427-4922

Dear Parent:

Welcome to Child Development Associates, Inc. Nutrition Program (CDA). CDA is a Child Care Food Program Sponsor and reimburses your provider for the meals she serves to the children in her care. Our program is funded through the U.S. Department of Agriculture (USDA) and the California Department of Education.

It is our goal to support your provider in offering nutritious meals to your child, as nutrition is a vital part of your child's health. Your child needs to eat well-balanced meals in order to meet his (her) daily energy needs and to help him (her) build a strong body and mind. We know that the good food habits he (she) develops will help him (her) prevent cavities, iron deficiency anemia, and obesity – all common nutritional problems in young children. CDA offers your provider on-going training each year in nutrition related subjects for young children. We are also required by federal regulation to visit your provider's home at least 3 times a year to support her in her efforts to provide nutritious food to your child.

We have encouraged your provider to post a menu of the meals that have been offered to your child throughout the day. This will not only allow you to see the variety of foods that your child receives but additionally provide you the opportunity to incorporate some of those same foods into your meals at home. On the reverse of this letter is the USDA Meal Pattern that your provider uses to serve the proper foods and portions to your child.

Your provider receives valuable nutrition training information from CDA. We encourage you to ask for a copy of the educational materials that she receives; it will help you and your child make healthy food choices. Additionally, we have a full time Nutritionist on staff. She is available to consult with our providers and parents regarding the children's nutrition issues (1-800-698-9798).

Please be aware that as a participant on CDA's Child Care Food Program your provider cannot request that you bring food to her facility for your child or charge a separate fee for the food she serves to your child.

Again, we welcome you and your child to CDA Nutrition Program. Please feel free to contact us at any time if you have questions about the program.

Sincerely,

Deborah Zaragoza
Nutrition Program Manager

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a discrimination complaint, write USDA Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call 202-720-5964 (voice and TDD). USDA is an equal opportunity provider and employer. To report program or discrimination complaints to the State, place call the Civil Rights Coordinator at (916) 445-5008 or (800) 952-5609.

CACFP MEAL PATTERN FOR OLDER CHILDREN

BREAKFAST	Ages one through two years	Ages three through five years	Ages six through twelve years
Milk, fluid	1/2 cup	3/4 cup	1 cup
Vegetable, fruit or full-strength (100%) juice	1/4 cup	1/2 cup	1/2 cup
Grains/breads (whole grain or enriched) bread or rolls, muffins, etc. or cold dry cereal (volume or weight, whichever is less) or cooked cereal, pasta, noodle products, or cereal grains	1/2 slice 1/2 serving 1/4 cup or 1/3 oz 1/4 cup	1/2 slice 1/2 serving 1/3 cup or 1/2 oz 1/4 cup	1 slice 1 serving 3/4 cup or 1 oz 1/2 cup
LUNCH OR SUPPER			
Milk, fluid	1/2 cup	3/4 cup	1 cup
Vegetable and or fruit (two or more kinds)	1/4 cup total	1/2 cup total	3/4 cup total
Grains/bread (whole grain or enriched) bread or rolls, muffins, etc. or cooked pasta, noodle products, or cereal grains	1/2 slice 1/2 serving 1/4 cup	1/2 slice 1/2 serving 1/4 cup	1 slice 1 serving 1/2 cup
Meat/meat alternates Lean meat, fish, or poultry (edible portion as served) or cheese (natural or processed) or cottage cheese or egg (large) or yogurt, plain or flavored, unsweetened or sweetened or cooked dried beans or dried peas ¹ or peanut butter, reduced-fat peanut butter, soynut butter or other nut or seed butters (1/2 of requirement only) or peanuts, soynuts, tree nuts, roasted peas, or seeds ² or an equivalent quantity of any combination of the above meat/meat alternate	1 oz 1 oz 1/4 cup or 2 oz 1/2 egg 1/2 cup 1/4 cup 2 Tbsp ⁽²⁾ 1/2 oz** ⁽²⁾	1 1/2 oz 1 1/2 oz 3/8 cup or 3 oz 3/4 egg 3/4 cup 3/8 cup 3 Tbsp ⁽²⁾ 3/4 oz** ⁽²⁾	2 oz 2 oz 1/2 cup or 4 oz 1 egg 1 cup 1/2 cup 4 Tbsp ⁽²⁾ 1 oz** ⁽²⁾
AM OR PM SUPPLEMENT (Select two of these four components)³			
Milk, fluid	1/2 cup	1/2 cup	1 cup
Vegetable, fruit, or full-strength (100%) juice	1/2 cup	1/2 cup	3/4 cup
Grains/breads (whole grain or enriched) bread or rolls, muffins, etc. or cold dry cereal (volume or weight, whichever is less) or cooked cereal, pasta, noodle products, or cereal grains	1/2 slice 1/2 serving 1/4 cup or 1/3 oz 1/4 cup	1/2 slice 1/2 serving 1/3 cup or 1/2 oz 1/4 cup	1 slice 1 serving 3/4 cup or 1 oz 1/2 cup
Meat/meat alternates Lean meat, fish, or poultry (edible portion as served) or cheese (natural or processed) or cottage cheese or egg (large) or yogurt, plain or flavored, unsweetened or sweetened ⁴ or cooked dried beans or dried peas* or peanut butter, reduced-fat peanut butter, soynut butter or other nut or seed butters or peanuts, soynuts, tree nuts, roasted peas, or seeds or an equivalent quantity of any combination of the above meat/meat alternates	1/2 oz 1/2 oz 1/8 cup or 1 oz 1/2 egg 1/4 cup 1/8 cup 1 Tbsp 1/2 oz	1/2 oz 1/2 oz 1/8 cup or 1 oz 1/2 egg 1/4 cup 1/8 cup 1 Tbsp 1/2 oz	1 oz 1 oz 1/4 cup or 2 oz 1/2 egg 1/2 cup 1/4 cup 2 Tbsp 1 oz

1. Dried beans or dried peas may be used as a meat alternate or vegetable component, but cannot be counted as both components in the same meal.
2. No more than 50% of the requirement shall be met with nuts or seeds or nut butters. Nuts, seeds or nut butters must be combined with another meat/meat alternate to fulfill the requirement. To determine combinations, 1 oz of nuts or seeds is equal to 1 oz of cooked lean meat, poultry, or fish. Roasted peas can count as a meat alternate or vegetable component, but cannot be counted as both in the same meal.
3. Juice cannot be served when milk is served as the only other component.
4. If yogurt is used as the meat alternate component in supplements, milk cannot be used to satisfy the second component requirement. Commercially added fruit or nuts in flavored yogurt cannot be used to satisfy the second component requirement in supplements.