

DIFFERENCES IN CACFP AND NSLP/SBP

EFFECTIVE OCTOBER 1, 2017

CACFP

FLUID MILK

- Unflavored whole milk must be served to 1 year olds
- Unflavored low-fat or fat-free milk must be served to children 2 through 5 years old



FRUITS

- At lunch/supper a fruit and a vegetable or two different vegetables are required
- Juice is limited to once per day over all eating occasions



VEGETABLES

- At lunch/supper a fruit and a vegetable or two different vegetables are required
- Juice is limited to once per day over all eating occasions
- Vegetable subgroups are not required (is recommended as best practice)



GRAINS

- At least one serving per day, across all eating occasions, must be whole-grain rich
- Grain-based desserts do not count towards the grains requirement
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce
- At breakfast, M/MA may be used to meet the entire grains requirement-a maximum of 3X a week
- Beginning October 1, 2019 ounce equivalents will be used to determine the quantity of the creditable grain



MEAT/MEAT ALTERNATES (M/MA)

- Yogurt must contain no more than 23 grams of total sugars per 6 ounces
- At breakfast, M/MA May be used to meet the entire grains requirement-a maximum of 3X a week



NSLP/SBP

FLUID MILK

- Unflavored low-fat, unflavored or flavored fat-free milk can be offered to kindergarten and older

FRUITS

- Juice may be offered at all eating occasions

VEGETABLES

- Juice may be offered at all eating occasions
- Vegetable subgroups are required

GRAINS

- All grains must be whole-grain rich
- Grain-based desserts are allowed within weekly limits at lunch; no restrictions at breakfast
- No sugar restrictions for cereals
- In the breakfast meal pattern only
May substitute 1 oz. M/MA for 1 oz. eq. of grains after the minimum daily grains requirement is met on the week's menu

MEAT/MEAT ALTERNATES (M/MA)

- No sugar restrictions for yogurt
- In the breakfast meal pattern only
May substitute 1 oz. M/MA for 1 oz. eq. of grains after the minimum daily grains requirement is met on the week's menu

ADDITIONAL UPDATES

CACFP REGULATIONS ONLY

- Meal patterns are based on daily (not weekly) requirements
- No offer vs serve
- No requirement for choice of milk
- Frying is not allowed as a way of preparing foods on-site
- Extends offer versus serve to at-risk afterschool programs
- For vegetables and fruits, the total serving size must be served at each meal service



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.

SquareMeals.org