Cheese Slices and Nut & Seed Butters

Large portions of nut/seed butters and cheese slices must be served to meet CACFP meal pattern serving size requirements for lunch and supper. This handout provides information on how much of each item to serve.

**CACFP Serving Size Requirements**

| Food Components and Food Items | Ages 1-2 | Ages 3-5 | Ages 6-12 | Ages 13-18
|--------------------------------|----------|----------|-----------|-----------
| Bread                          | ½ slice  | ½ slice  | 1 slice   | 1 slice   |

The serving size requirement for peanut and other nut and seed butters is shown below:
- The top picture for each age group below shows the required number of tablespoons on the minimum serving size requirement for bread.
- The bottom picture shows the same amount on twice the amount of bread, which is more likely to be served as a sandwich.

### 1-2 Year Olds

**Required Amounts:**
- 2 Tbsp. PB (1oz m/ma)
- ½ slice bread (min amt)
- 1 slice bread (2 grain servings)

### 3-5 Year Olds

**Required Amounts:**
- 3 Tbsp. PB (1 ½ oz m/ma)
- ½ slice bread (min amt)
- 1 slice bread (2 grain servings)

### 6-18 Year Olds

**Required Amounts:**
- 4 Tbsp. PB (2 oz m/ma)
- 1 slice bread (min amt)
- 2 slices bread (2 grain servings)

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If the above amount of peanut and other nut and seed butters is too much, serve less and serve another meat/meat alternate alongside (ex. string cheese, cottage cheese, beans or yogurt).

### Menu Ideas

- **Peanut Butter Sandwich**
  - Cottage Cheese & Peaches
  - Steamed Green Beans
  - Milk

- **Peanut Butter Sandwich**
  - Cheese Stick
  - Blueberries, Peas
  - Milk

- **Peanut Butter and Banana Sandwich**
  - Yogurt with Raspberries
  - Steamed Carrots
  - Milk

- **Peanut Butter Sandwich**
  - Bean Soup
  - Pineapple, Cauliflower
  - Milk
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**Cheese Slices**

**CREDITABLE:** Packages labeled as Natural or Pasteurized Processed Cheese

**NOT CREDITABLE:** Packages labeled as Imitation or Cheese Product

Packaged cheese slices are often less than 1 oz. (28 g) each; therefore, a sandwich with one slice of cheese will not be enough to meet meal pattern requirements. Follow the steps and example below to determine how many slices to include on a sandwich.

1. Use the Nutrition Facts label to find the Serving Size in grams (g) per cheese slice
2. Find the grams per slice from package in the chart below
3. Determine the # of slices to serve to each child per age group

<table>
<thead>
<tr>
<th>Grams/slice from pkg</th>
<th># of slices for each 1-2 y.o.</th>
<th># of slices for each 3-5 y.o.</th>
<th># of slices for each 6-18 y.o.</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-21</td>
<td>1.5</td>
<td>2.5</td>
<td>3</td>
</tr>
<tr>
<td>22-27</td>
<td>1.25</td>
<td>2</td>
<td>2.5</td>
</tr>
<tr>
<td>28</td>
<td>1</td>
<td>1.5</td>
<td>2</td>
</tr>
</tbody>
</table>

**Example**

1. 1 slice = 19g
2. Using the chart below, 19g is between 18-21 g
3. Serve the number of slices as specified for each age group in that row (see examples in colored boxes below)

- The top picture for each age group below shows the required number of cheese slices (19g) on the minimum serving size requirement for bread.
- The bottom picture shows the same number of cheese slices on twice the amount of bread, which is more likely to be served as a sandwich.

**Menu Ideas**

- Turkey & Cheese Tortilla
- Red Peppers
- Kiwi
- Milk
- Grilled Ham & Cheese Sandwich
- Cucumbers
- Watermelon
- Milk
- Cheese Sandwich
- Yogurt
- Strawberries
- Steamed Broccoli
- Milk

If the above amount of cheese is too much, serve less and serve another meat/meat alternate alongside (ex. cottage cheese, beans or yogurt) or add meat such as turkey or ham to the cheese sandwich.