

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.

Peanut and other Nut and Seed Butters

CACFP Serving Size Requirements


| Lunch and Supper | | | | |
|--|----------|----------|-----------|---|
| All five components required for a reimbursable meal | | | | |
| Food Components and Food Items | Ages 1-2 | Ages 3-5 | Ages 6-12 | Ages 13-18 (At-risk afterschool programs and emergency shelters) |
| Peanut butter, soy nut butter or other nut or seed butters | 2 Tbsp | 3 Tbsp | 4 Tbsp | 4 Tbsp |
| 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)



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 |

Cheese Slices and Nut & Seed Butters

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.

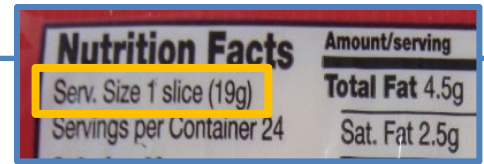
Steps

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

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)

| Grams/slice from pkg | # of slices for each 1-2 y.o. | # of slices for each 3-5 y.o. | # of slices for each 6-18 y.o. |
|----------------------|-------------------------------|-------------------------------|--------------------------------|
| 18-21 | 1.5 | 2.5 | 3 |
| 22-27 | 1.25 | 2 | 2.5 |
| 28 | 1 | 1.5 | 2 |



- 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.

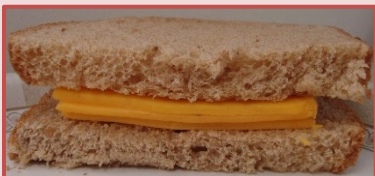
1-2 Year Olds

Required Amounts:
1.5 slices of cheese (1 oz. m/ma)

½ slice bread (min amt)



1 slice bread (2 grain servings)



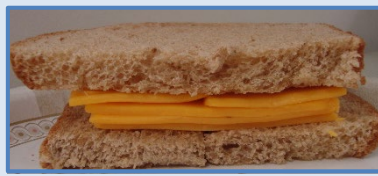
3-5 Year Olds

Required Amounts:
2.5 slices of cheese (1 ½ oz. m/ma)

½ slice bread (min amt)



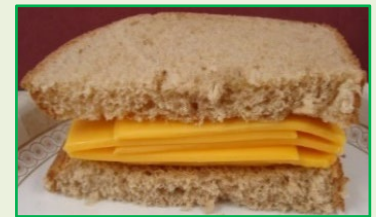
1 slice bread (2 grain servings)



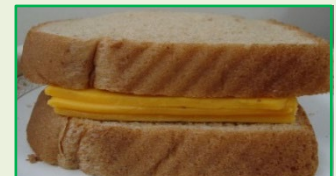
6-18 Year Olds

Required Amounts:
3 slices of cheese (2 oz. m/ma)

1 slice bread (min amt)



2 slices bread (2 grain servings)



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.

Menu Ideas

Turkey & Cheese
Tortilla
Red Peppers
Kiwi
Milk

Grilled Ham &
Cheese Sandwich
Cucumbers
Watermelon
Milk

Grilled Cheese
Hummus
Celery
Orange Slices
Milk

Cheese Sandwich
Yogurt
Strawberries
Steamed Broccoli
Milk