



4-C Child and Adult Care Food Program

5 Odana Court, Madison WI 53719
608/271-5242 OR 1/800/292-2429
Fax 608/271/5380 foodprog@4-c.org

Dear Parents,

Your childcare provider participates in the Child & Adult Care Food Program (CACFP). This program is funded by the United States Department of Agriculture (USDA) and state sponsored by the Department of Public Instruction. It is designed to help childcare providers meet the nutritional needs of children in their care by reimbursing providers a portion of the cost of meals and snacks served. The CACFP requires that the childcare provider purchase the food to prepare, at no cost to you, and serve well-balanced meals and snacks following meal pattern requirements. There are special considerations for infants in care.

Community Coordinated Child Care, Inc. (4-C) serves as the required local sponsoring agency for eligible childcare providers in our service area. We provide training and consultation to providers as well as financial and administrative responsibilities for the program.

We ask your cooperation in providing the information required for your provider's participation in the Program by completing the Child Care Enrollment Form, with your provider. She/he will then return it to us.

If you would like additional information or have questions about the CACFP, please contact the 4-C Food Program office at the above numbers.

Sincerely,
Brienne Heidke
Health & Safety Services Manager

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Breakfast				
Must serve milk, vegetable or fruit, and either a grain or meat/meat alternate				
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (At-risk afterschool programs and emergency shelters)
Fluid Milk <ul style="list-style-type: none"> 1 year olds: Unflavored whole milk 2-5 year olds: Unflavored 1% or skim 6-18 year olds: Unflavored or flavored 1% or skim 	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)	1 cup (8 oz)
Vegetables or Fruits <i>(or portions of both)</i> <ul style="list-style-type: none"> Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day 	¼ cup	½ cup	½ cup	½ cup
Grains <ul style="list-style-type: none"> Must be whole grain-rich, enriched, or fortified At least one serving per day must be whole grain-rich Grain-based desserts are not creditable <i>(Refer to the CACFP Grains Chart)</i> Cereals must contain no more than 6 grams of sugar per dry ounce 				
Bread	½ slice	½ slice	1 slice	1 slice
Bread products such as biscuits, rolls, or muffins <i>Refer to the CACFP Grains Chart for options and serving sizes</i>	½ serving	½ serving	1 serving	1 serving
Cooked breakfast cereal, cereal grain, rice and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Ready-to-eat breakfast cereal (dry, cold)	¼ cup	1/3 cup	¾ cup	¾ cup
Meat/Meat Alternates <ul style="list-style-type: none"> Not required at breakfast, but may be served in place of the entire grain component a maximum of three times per week 				
Lean meat, poultry, or fish	½ oz	½ oz	1 oz	1 oz
Cheese (natural and process; soft and hard)	½ oz (⅛ cup shredded)	½ oz (⅛ cup shredded)	1 oz (¼ cup shredded)	1 oz (¼ cup shredded)
Cottage cheese, ricotta cheese, cheese spread, cheese food	1 oz (⅛ cup)	1 oz (⅛ cup)	2 oz (¼ cup)	2 oz (¼ cup)
Large egg	¼ egg	¼ egg	½ egg	½ egg
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup
Yogurt (regular and soy) <i>Must contain no more than 23 grams of total sugars per 6 ounces</i>	¼ cup (2 oz)	¼ cup (2 oz)	½ cup (4 oz)	½ cup (4 oz)
Peanut butter, soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
Peanuts, soy nuts, tree nuts or seeds	½ oz	½ oz	1 oz	1 oz
Tofu (commercially prepared) <i>2.2 oz. (1/4 cup) must contain at least 5 grams of protein</i>	⅛ cup (1.1 oz)	⅛ cup (1.1 oz)	¼ cup (2.2 oz)	¼ cup (2.2 oz)
Soy products or alternate protein products <i>Must meet the requirements in Appendix A to Part 226</i>	½ oz	½ oz	1 oz	1 oz

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)
Fluid Milk <ul style="list-style-type: none"> • 1 year olds: Unflavored whole milk • 2-5 year olds: Unflavored 1% or skim • 6-18 year olds: Unflavored or flavored 1% or skim 	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)	1 cup (8 oz)
Meat/Meat Alternates				
Lean meat, poultry, or fish	1 oz	1½ oz	2 oz	2 oz
Cheese (natural and processed; soft and hard)	1 oz (¼ cup shredded)	1½ oz (¾ cup shredded)	2 oz (½ cup shredded)	2 oz (½ cup shredded)
Cottage cheese, ricotta cheese, cheese spread, cheese food	2 oz (¼ cup)	3 oz (¾ cup)	4 oz (½ cup)	4 oz (½ cup)
Large egg	½ egg	¾ egg	1 egg	1 egg
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter, soy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp
Peanuts, soy nuts, tree nuts or seeds <ul style="list-style-type: none"> - May be used to meet no more than ½ the M/MA serving size - Must be combined with another M/MA to meet the full minimum serving size 	½ oz = 50%	¾ oz = 50%	1 oz = 50%	1 oz = 50%
Yogurt (regular and soy) <i>Must contain no more than 23 grams of total sugars per 6 ounces</i>	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)	1 cup (8 oz)
Tofu (commercially prepared) <i>2.2 oz. (¼ cup) must contain at least 5 grams of protein</i>	¼ cup (2.2 oz)	¾ cup (3.3 oz)	½ cup (4.4 oz)	½ cup (4.4 oz)
Soy products or alternate protein products <i>Must meet the requirements in Appendix A to Part 226</i>	1 oz	1½ oz	2 oz	2 oz
Vegetables				
<ul style="list-style-type: none"> • May replace fruit, but must offer two different vegetables • Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day 	⅛ cup	¼ cup	½ cup	½ cup
Fruits				
<ul style="list-style-type: none"> • Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day 	⅛ cup	¼ cup	¼ cup	¼ cup
Grains				
<ul style="list-style-type: none"> • Must be whole grain-rich, enriched, or fortified • At least one serving per day must be whole grain-rich • Grain-based desserts are not creditable (Refer to the CACFP Grains Chart) • Cereals must contain no more than 6 grams of sugar per dry ounce 				
Bread	½ slice	½ slice	1 slice	1 slice
Bread products, such as biscuits, rolls, or muffins <i>Refer to the CACFP Grains Chart for options and serving sizes</i>	½ serving	½ serving	1 serving	1 serving
Rice, pasta, grains, and/or cooked cereals	¼ cup	¼ cup	½ cup	½ cup

Snack				
Must serve 2 of the 5 components. Only 1 of the 2 components may be a beverage.				
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (At-risk afterschool programs and emergency shelters)
Fluid Milk <ul style="list-style-type: none"> • 1 year olds: Unflavored whole milk • 2-5 year olds: Unflavored 1% or skim • 6-18 year olds: Unflavored or flavored 1% or skim 	½ cup (4 oz)	½ cup (4 oz)	1 cup (8 oz)	1 cup (8 oz)
Meat/Meat Alternates				
Lean meat, poultry, or fish	½ oz	½ oz	1 oz	1 oz
Cheese (natural and processed; soft and hard)	½ oz (⅛ cup shredded)	½ oz (⅛ cup shredded)	1 oz (¼ cup shredded)	1 oz (¼ cup shredded)
Cottage cheese, ricotta cheese, cheese spread, cheese food	1 oz (⅛ cup)	1 oz (⅛ cup)	2 oz (¼ cup)	2 oz (¼ cup)
Large egg	½ egg	½ egg	½ egg	½ egg
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup
Peanut butter, soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
Peanuts, soy nuts, tree nuts or seeds	½ oz	½ oz	1 oz	1 oz
Yogurt (regular and soy) <i>Must contain no more than 23 grams of total sugars per 6 ounces</i>	¼ cup (2 oz)	¼ cup (2 oz)	½ cup (4 oz)	½ cup (4 oz)
Tofu (commercially prepared) <i>2.2 oz. (1/4 cup) must contain at least 5 grams of protein</i>	⅛ cup (1.1 oz)	⅛ cup (1.1 oz)	¼ cup (2.2 oz)	¼ cup (2.2 oz)
Soy products or alternate protein products <i>Must meet the requirements in Appendix A to Part 226</i>	½ oz	½ oz	1 oz	1 oz
Vegetables				
• Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day	½ cup	½ cup	¾ cup	¾ cup
Fruits				
• Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day	½ cup	½ cup	¾ cup	¾ cup
Grains				
<ul style="list-style-type: none"> • Must be whole grain-rich, enriched, or fortified • At least one serving per day must be whole grain-rich • Grain-based desserts are not creditable (<i>Refer to the CACFP Grains Chart</i>) • Cereals must contain no more than 6 grams of sugar per dry ounce 				
Bread	½ slice	½ slice	1 slice	1 slice
Bread products, such as biscuits, rolls, crackers, or muffins <i>Refer to the CACFP Grains Chart for options and serving sizes</i>	½ serving	½ serving	1 serving	1 serving
Cooked breakfast cereal, cereal grain, rice and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Ready-to-eat breakfast cereal (dry, cold)	¼ cup	1/3 cup	¾ cup	¾ cup

CACFP Infant Meal Pattern

CACFP infant meal pattern age groups encourage delaying the introduction of solid food until the infant is 6 months. However, the age when solid foods are introduced will depend on the infant. Infants develop at different rates - some infants are ready to consume solid foods before 6 months of age and others are ready after 6 months of age.

Food amounts listed in the meal pattern begin with zero (0) because USDA recognizes that not all infants are developmentally ready to eat solid foods at a certain age. It does not mean serving the food is optional. Once an infant is developmentally ready to eat solid foods, including infants younger than 6 months, programs are required to offer them to the infant.

Breakfast / Lunch / Supper	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	6-8 fluid ounces breastmilk, iron fortified infant formula, or portions of both; AND <i>(One or more items from the following*)</i> 0-4 tablespoons iron fortified infant cereal; OR 0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas); OR 0-2 ounces of cheese; OR 0-4 ounces (volume) of cottage cheese or yogurt AND 0-2 tablespoons vegetable, fruit or a combination of both <i>(no juice)</i>
Snack	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	2-4 fluid ounces breastmilk, iron fortified infant formula, or portions of both; AND <i>(One or more items from the following)</i> 0-½ slice bread; OR 0-2 crackers; OR 0-4 tablespoons iron fortified infant cereal or ready-to-eat breakfast cereal AND 0-2 tablespoons vegetable, fruit, or a combination of both <i>(no juice)</i>

**Grain items (i.e. bread, pancakes, waffles, breakfast cereal, etc.) are not creditable foods at breakfast, lunch and supper in the infant meal pattern. They cannot be served in place of IFIC.*

Additional Requirements
<ul style="list-style-type: none"> • Breastfed infants who consume less than the minimum amount of breastmilk per feeding may be served less than the minimum with additional breastmilk offered later if the infant will consume more. • Yogurt must contain no more than 23 grams of total sugars per 6 ounces. • Grains served at snack must be whole grain-rich, enriched meal, or enriched flour. • Breakfast cereals served at snack must contain no more than 6 grams of sugar per dry ounce

Building For the Future

This facility participates in the Child and Adult Care Food Program (CACFP), a Federal program that provides healthy meals and snacks to children receiving child care, participating in afterschool programs, or residing in homeless shelters.

Each day, more than 2.6 million children participate in the CACFP across the country. Participating facilities are reimbursed for serving nutritious meals which meet USDA requirements. The program plays a vital role in improving the quality of child care, afterschool programs, and homeless shelters, and making it more affordable for low-income families.

Meals Participating facilities must follow meal requirements established by USDA.

Breakfast	Lunch or Supper	Snacks (Two of the five groups:)
Milk Fruit or Vegetable Grains Meat or meat alternate (in place of entire grain max of 3 times/week)	Milk Meat or meat alternate Grains Fruit Vegetable Or 2 Vegetables	Milk Meat or meat alternate Grains Fruit Vegetable

Participating Facilities

Many different facilities operate CACFP and share the common goal of bringing nutritious meals and snacks to participants. Participating facilities include:

- **Child Care Centers:** Licensed or approved public or private nonprofit child care centers, Head Start programs, and some for-profit centers
- **Family Day Care Homes:** Licensed or certified private homes
- **Afterschool Programs:** Centers in low-income areas providing free meals and snacks to school-age children and youth
- **Homeless Shelters:** Emergency shelters providing food services to homeless children

Eligibility

State agencies reimburse facilities that offer services to the following participants:

- children age 12 and under,
- migrant children age 15 and younger, and
- youths through age 18 in afterschool programs in needy areas and homeless shelters

Contact

Information

If you have questions about the CACFP, please contact one of the following:

Participating Agency Contact Information	State Agency Contact Information
Brianne Heidke 4-C Health & Safety Services Manager 5 Odana Court Madison WI 53719 608/271-5242 foodprog@4-c.org	Amanda Kane, RD, Director Community Nutrition Programs Wisconsin Department of Public Instruction P.O. Box 7841 Madison, WI. 53707-7841 608-267-9129



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