# USDA Meal Plans for the Adult Care Food Program

## Lesson 3 Overview

### Time

30 minutes

### Purpose

To have a working knowledge of the USDA meal plans for the Adult Day Care Food Program (CACFP)

### Objectives

At the conclusion of this lesson, employees will be able to:

- State the CACFP meal components for breakfast, lunch, supper, and supplemental food
- Identify if meals served follow the CACFP meal plans

### Definitions

**CACFP**: Child and Adult Care Food Program

### Materials

- Current copy of CACFP regulations
- Trays of meals served at the adult day care center. (Use actual food, food models, or photos of food. One or two trays should include all the meal components and correct portion sizes of the CACFP meal plans. One or two trays should omit some of the meal components, and one or two trays should contain incorrect portion sizes.)
- Flipchart and markers
- Handout 1: Icebreaker
- Lesson Evaluation
- Answer key for Lesson Evaluation
Lesson 3 Overview (cont.)

Activities
Activity 1: Icebreaker. The purpose of the icebreaker is to determine if employees know the components and portion sizes of the USDA meal plans for the Adult Care Food Program. Set up a display of trays of meals that would be served at the adult day care center. Use actual food, food models, or photos of food. Display one or two trays that include all of the meal components and correct portion sizes of the CACFP meal plans, one or two trays that omit some of the meal components, and one or two trays that include incorrect portion sizes of the meal components. Number each tray. If food models or photos are used, write the portion sizes of each food on a card and place it on the tray. Ask the employees to use Handout 1 to identify the type of meal (breakfast, lunch, supper, or supplemental food) and determine if all the components and portion sizes are correct. Discuss the results.

Evaluation
Use the Lesson Evaluation to assess the employees’ knowledge of the concepts presented in this lesson.

References
Lesson 3 Content

Activity 1: Icebreaker

Tell:
Look at each tray of food and write down the type of meal it is (breakfast, lunch, supper, or supplemental food) on Handout 1. Next, determine if the meal components and portion sizes are correct or incorrect and check the appropriate box on Handout 1. If the components or portion sizes are incorrect, write down the problem.

Discuss: The employees’ responses.

Introduction

Tell: CACFP meal plans include a list of food components from which to plan a menu.

The required food components are different for each meal.

Note: The materials needed for Activity 1 are a copy of Handout 1 for each employee, and trays of meals served at the adult day care center. Use actual food, food models, or photos of food. Display:
- One or two trays that include all of the meal components and correct portion sizes of the CACFP meal plans
- One or two trays that omit some of the meal components
- One or two trays that include incorrect portion sizes of the meal components

Number each tray. If food models or photos are used, write the portion sizes of each food on a card and place it on the tray. Set up the trays as a display. The purpose of Activity 1 is to determine if employees know the components and portion sizes of the USDA meal plans for the Adult Care Food Program.
Lesson 3 Content (cont.)

Meal Plan for Breakfast

<table>
<thead>
<tr>
<th>Food Component</th>
<th>Portion</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>1 cup(^1)</td>
<td>Milk, fluid</td>
</tr>
<tr>
<td>Vegetables, Fruit, or Juice</td>
<td>½ cup ½ cup</td>
<td>Vegetable(s) and/or fruit(s) or Full-strength vegetable or fruit juice or an equivalent quantity of any combination of vegetables(s), fruits(s), and juice</td>
</tr>
<tr>
<td>Grains/ Breads(^2)</td>
<td>2 slices (servings) 2 servings 1½ cups or 2 oz 1 cup 1 cup 1 cup</td>
<td>Bread or Cornbread, biscuits, rolls, muffins, etc.(^3) or Cold dry cereal(^4) or Cooked cereal or Cooked pasta or noodle products or Cooked cereal grains or an equivalent quantity of any combination of bread/bread alternates</td>
</tr>
</tbody>
</table>

\(^1\) A cup means a standard measuring cup.

\(^2\) Bread, pasta, or noodle products, and cereal grains shall be whole-grain or enriched; cornbread, biscuits, rolls, muffins, etc. shall be made with whole-grain or enriched meal or flour; cereal shall be whole-grain or enriched or fortified.

\(^3\) Serving size and equivalents are published in guidance materials by FNS.

\(^4\) The portion can be either volume (cup) or weight (oz), whichever is less.

Tell: The meal plan for breakfast includes:

<table>
<thead>
<tr>
<th>Description</th>
<th>Portion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>1 cup(^1)</td>
</tr>
<tr>
<td>Vegetables, Fruit, or Juice</td>
<td>½ cup ½ cup</td>
</tr>
<tr>
<td>Grains/ Breads(^2)</td>
<td>2 slices (servings) 2 servings 1½ cups or 2 oz 1 cup 1 cup 1 cup</td>
</tr>
</tbody>
</table>

Note: Have a current copy of the CACFP regulations available when going over the meal components for breakfast, lunch, supper, and supplemental food. Also, use a flipchart, if necessary.

Tell: All three components must be served if the meal is to count as a reimbursable breakfast meal.

Note: Under the Offer versus Serve meal service option, adult participants may decline one of the four food items (one serving of milk, one serving of vegetable and/or fruit, and two servings of bread or bread alternate) required at breakfast (7 CFR, part 226.21, page 242).
Lesson 3 Content (cont.)

Meal Plan for Lunch 7 CFR, part 226.20, p. 236

Tell: The meal plan for lunch includes:

<table>
<thead>
<tr>
<th>Food Component</th>
<th>Portion</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>1 cup¹</td>
<td>Milk, fluid</td>
</tr>
<tr>
<td>Vegetables, Fruit, or Juice</td>
<td>1 cup total</td>
<td>Vegetable(s) and/or fruit(s)</td>
</tr>
<tr>
<td>Grains/ Breads²</td>
<td>2 slices (servings) 1 cup 1 cup</td>
<td>Bread or Cornbread, biscuits, rolls, muffins, etc.³ or Cooked pasta or noodle products or Cooked cereal grains or an equivalent quantity of any combination of bread/bread alternates</td>
</tr>
<tr>
<td>Meat or Meat Alternate</td>
<td>2 oz 2 oz 2 oz 1 ½ cup 4 Tbsp 1 oz 8 oz or 1 cup</td>
<td>Lean meat or poultry or fish⁴ or Alternate protein products⁵ or Cheese or Egg (large) or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds⁶,⁷ or Yogurt, plain or flavored, unsweetened or sweetened, or an equivalent quantity of any combination of meat/meat alternates</td>
</tr>
</tbody>
</table>

¹A cup means a standard measuring cup.
²Bread, pasta, or noodle products, and cereal grains shall be whole-grain or enriched; cornbread, biscuits, rolls, muffins, etc. shall be made with whole-grain or enriched meal or flour; cereal shall be whole-grain or enriched or fortified.
³Serving size and equivalents are published in guidance materials by FNS.
⁴This means the edible portion of cooked lean meat or poultry or fish.
⁵They must meet the requirements in appendix A of 7 CFR, part 226.20.
⁶Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch requirement.
⁷Tree nuts and seeds that may be used as meat alternates are listed in program guidance.

Tell: All four components must be served if the meal is to count as a reimbursable lunch meal.

Note: Under the Offer versus Serve meal service option, adult participants may decline two of the six food items (one serving of milk, two servings of vegetable and/or fruit, two servings of bread or bread alternate, and one serving of meat or meat alternate) required at lunch (7 CFR, part 226.21, page 242).
Lesson 3 Content (cont.)

Meal Plan for Supper 7 CFR, part 226.20, p. 238

Tell: The meal plan for supper includes:

<table>
<thead>
<tr>
<th>Food Component</th>
<th>Portion</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables, Fruit, or Juice</td>
<td>1 cup (^1) total</td>
<td>Vegetable(s) and/or fruit(s)</td>
</tr>
<tr>
<td>Grains/ Breads(^2)</td>
<td>2 slices (servings)</td>
<td>Bread or</td>
</tr>
<tr>
<td></td>
<td>2 servings 1 cup</td>
<td>Cornbread, biscuits, rolls, muffins, etc.(^3) or Cooked pasta or noodle products or Cooked cereal grains or an equivalent quantity of any combination of bread/bread alternates</td>
</tr>
<tr>
<td></td>
<td>2 oz 1 oz ½ cup 4 Tbsp</td>
<td>Lean meat or poultry or fish(^4) or Alternate protein products(^5) or Cheese or Egg (large) or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds(^6,7) or Yogurt, plain or flavored, unsweetened or sweetened, or an equivalent quantity of any combination of meat/meat alternates</td>
</tr>
<tr>
<td>Meat or Meat Alternate</td>
<td>8 oz or 1 cup</td>
<td></td>
</tr>
</tbody>
</table>

\(^1\)A cup means a standard measuring cup.
\(^2\)Bread, pasta, or noodle products, and cereal grains shall be whole-grain or enriched; cornbread, biscuits, rolls, muffins, etc. shall be made with whole-grain or enriched meal or flour; cereal shall be whole-grain or enriched or fortified.
\(^3\)Serving size and equivalents are published in guidance materials by FNS.
\(^4\)This means the edible portion of cooked lean meat or poultry or fish.
\(^5\)They must meet the requirements in appendix A of 7 CFR, part 226.20.
\(^6\)Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch requirement.
\(^7\)Tree nuts and seeds that may be used as meat alternates are listed in program guidance.

Tell: All three components must be served if the meal is to count as a reimbursable supper meal. Notice that milk is not a required component, but centers are encouraged to offer it.

Note: Under the Offer versus Serve meal service option, adult participants may decline two of the five food items (two servings of vegetables and/or fruit, two servings of bread or bread alternate, and one serving of meat or meat alternate) required at supper (7 CFR, part 226.21, page 242).
**Tell:** The meal plan for supplemental food (snack) includes:

<table>
<thead>
<tr>
<th>Food Component (Serve Two Required Components)</th>
<th>Portion</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grains/Breads</strong></td>
<td>1 slice (serving)</td>
<td>Bread or</td>
</tr>
<tr>
<td>1 serving</td>
<td>Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal or Cooked pasta or noodle products or Cooked cereal grains or an equivalent quantity of any combination of bread/bread alternates</td>
<td></td>
</tr>
<tr>
<td>¾ cup or 1 oz</td>
<td>Lean meat or poultry or fish or Alternate protein products or Cheese or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds or Yogurt, plain or flavored, unsweetened or sweetened, or an equivalent quantity of any combination of meat/meat alternates</td>
<td></td>
</tr>
<tr>
<td>½ cup</td>
<td>1 oz</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 oz</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ egg</td>
<td></td>
</tr>
<tr>
<td></td>
<td>¼ cup</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 Tbsp</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 oz</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4 oz or</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup</td>
<td></td>
</tr>
</tbody>
</table>

1A cup means a standard measuring cup.
2Bread, pasta, or noodle products, and cereal grains shall be whole-grain or enriched; cornbread, biscuits, rolls, muffins, etc. shall be made with whole-grain or enriched meal or flour; cereal shall be whole-grain or enriched or fortified.
3Serving size and equivalents are published in guidance materials by FNS.
4The portion can be either volume (cup) or weight (oz), whichever is less.
5This means the edible portion of cooked lean meat or poultry or fish.
6They must meet the requirements in appendix A of 7 CFR, part 226.20.
7One-half egg meets the required minimum amount (1 oz or less) of meat alternate.
8Tree nuts and seeds that may be used as meat alternates are listed in program guidance.

**Tell:** Select two of four components for a reimbursable supplemental food or snack.
Lesson 3 Content (cont.)

Food Groupings

Note: Have a current copy of the CACFP regulations available when going over the food groups. Also, use a flipchart if necessary.

**Tell:** The following is some information about the food groups for CACFP meals.

**Milk**
- All fluid milk is allowed.
- Participants are encouraged to drink milk for protein, calcium, and B vitamins.
- Milk also provides fluid.
- Milk is a required meal component for the breakfast meal and the lunch meal.
- Milk is not a required component at the supper meal.
- The portion size is 1 cup.

**Fruits and Vegetables**
- Cooked or raw fruits, vegetables, or juices are allowed in this group.
- Starchy vegetables, such as potatoes, are included in this grouping.
- Juices must be served full strength.
- Remember that some participants may have difficulty chewing raw fruits and vegetables, those with skins, or hard seeds.
- Fruits and vegetables provide vitamin A, vitamin C, and fiber.
- Fruit and vegetable juices provide fluid to the diet.
- Fruits and/or vegetables are a required food component for the breakfast, lunch, and supper meals.
- Fruits and/or vegetables may be served as one of the two meal components for a snack.
- The portion sizes for fruits and vegetables are ½ cup at breakfast, 1 cup at lunch, 1 cup at supper, and ½ cup at snack.
Lesson 3 Content (cont.)

Lesson Evaluation

**Note:** The material needed is a copy of the Lesson Evaluation for each employee. Go over the directions with the employees before having them answer the questions.

**Discuss:** Employees’ responses.
Handout 1
Icebreaker

**Directions:** Look at each tray of food and write down the type of meal it is. Next, determine if the meal components are served correctly or incorrectly and check the appropriate box. If served incorrectly, state the problem.

**Tray 1**
Meal:
☐ Meal components are served correctly.
☐ Meal components are not served correctly.
The problem with the tray is:

**Tray 2**
Meal:
☐ Meal components are served correctly.
☐ Meal components are not served correctly.
The problem with the tray is:

**Tray 3**
Meal:
☐ Meal components are served correctly.
☐ Meal components are not served correctly.
The problem with the tray is:

**Tray 4**
Meal:
☐ Meal components are served correctly.
☐ Meal components are not served correctly.
The problem with the tray is:
Lesson Evaluation

Directions: Select “T” if a statement is true and “F” if it is false.

T  F  1. Milk is a required food component for breakfast, lunch, and supper.

T  F  2. Fruit punch counts as a serving of fruit juice if it contains 25% real fruit juice.

T  F  3. The correct portion for meat or meat alternate at lunch is 2 oz.

T  F  4. The correct portion for milk served at breakfast is 1 cup.
Lesson Evaluation: Answer Key

**Directions:** Select “T” if a statement is true and “F” if it is false.

1. Milk is a required food component for breakfast, lunch, and supper.

   *Reason: Milk is a required component for breakfast and lunch. Milk may be served as one of the components for supplemental food.*

2. Fruit punch counts as a serving of fruit juice if it contains 25% real fruit juice.

   *Reason: All fruit and vegetable juice must be full-strength 100% juice.*

3. The correct portion for meat or meat alternate at lunch is 2 oz.

4. The correct portion for milk served at breakfast is 1 cup.