



Updated CACFP Meal Pattern

Early Implementation Options

The Texas Department of Agriculture allows sites and sponsors to implement five changes in the new meal pattern as early as October 1, 2016. Implementation of the entire meal pattern is required on October 1, 2017.

The U.S. Department of Agriculture (USDA) established a new meal pattern for the Child and Adult Care Food Program (CACFP) that goes into effect October 1, 2017. The Texas Department of Agriculture is exercising the option to allow early implementation of certain meal pattern changes as allowed by regulation. TDA recognizes the nutritional benefits of these meal pattern options and the greater flexibility they represent to providers. Therefore, TDA is providing Texas CACFP sites the choice to begin implementing any combination of five allowances as early as October 1, 2016. Meals that include these allowances can be claimed as a reimbursable meal. [Please contact your regional Education Service Center for technical assistance.](#)

1. BREASTFEEDING ON-SITE

Reimbursement for meals may be claimed when a breastfeeding mother comes to the child care center or day care home and directly breastfeeds her child.

2. NUTRIENT-RICH FOODS FOR INFANTS

Yogurt, whole eggs, and ready-to-eat (RTE) cereals are allowable in the infant meal pattern with restrictions on sugar in yogurts and cereals.

3. MEAT/MEAT ALTERNATES IN PLACE OF GRAINS

Meat/meat alternates may be served to fulfill the grains requirement at breakfast, a maximum of three times per week.

4. TOFU AND SOY YOGURT PRODUCTS ALLOWED AS MEAT ALTERNATES

Tofu and soy yogurt are allowed to meet all or part of the meat/meat alternates component.

5. YOGURT IN PLACE OF MILK FOR ADULTS

A serving of yogurt may be used to meet the equivalent of 8 ounces of fluid milk in the CACFP adult meal pattern once per day when yogurt is not served as a meat alternate in the same meal.



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