

# MEAL PATTERN REQUIREMENTS, FEEDING CHILDREN, AND PRODUCTION RECORDS

Child and Adult Care Food Program



Nevada Department of Education

Adapted from the Nebraska Department of Education-2008

## Purpose is to learn about:

- the meal pattern and portion sizes for age groups
- the required records to document the meals claimed for reimbursement

# Division of Responsibilities

Caregiver's jobs:

- Provide variety of nutritious foods
- Offer meals and snacks at regular times
- Set a good example

# Division of Responsibilities

Child's jobs:

- Decide what to eat
- Decide how much to eat

Almost all children learn to like  
almost all foods in time.

# Family Style Meal Service

## Advantages:

- Children develop motor skills
- Children regulate portion sizes
- Children practice table manners
- Adults serve as examples
- Family-like atmosphere

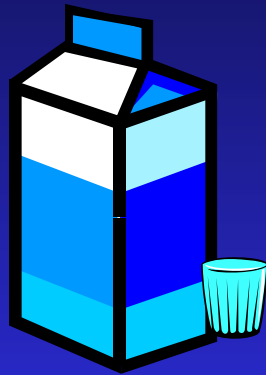








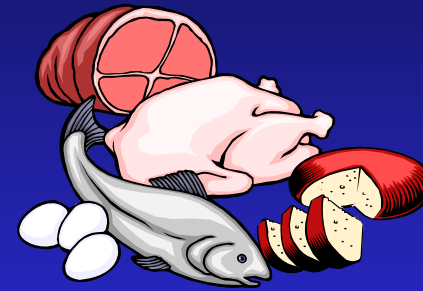
# Food Components



Milk



Fruit/Vegetable



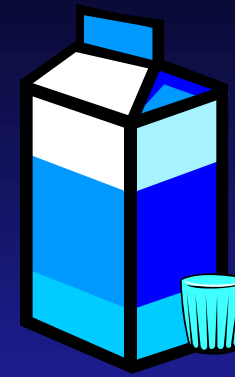
Meat/Meat  
Alternate



Grains/Breads

# MILK

- Must be fluid milk



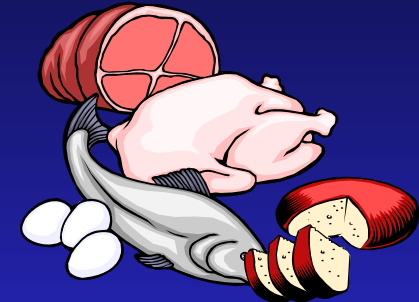
Whole milk is recommended for ages 1-2

Reduced fat milk is recommended for  
ages 3 and up

Milk can be flavored

# Meat/Meat Alternate

- Lean Meat
- Poultry
- Fish
- Cheese
- Eggs
- Yogurt
- Cooked dry beans or peas
- Peanut butter or other nut/seed butters
- Nuts or seeds

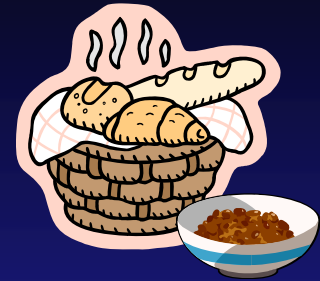


# Fruit/Vegetable

- Fruits
- Vegetable
- Full strength (100%) Juice



# Grains/Breads



Must be Whole-Grain or Enriched

- Bread
- Biscuit, roll or muffin
- Cooked cereal grains, such as rice, grits, or bulgur
- Pasta such as macaroni, noodles, etc.

# CACFP Meal Pattern Requirements

Meals:

Breakfast, Lunch/Supper, Snack

Age Groups:

1-2, 3-5, 6-12



# Breakfast

	1-2	3-5	6-12
Milk	1/2 cup	3/4 cup	1 cup
Juice/Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup
Grains/ Breads	1/2 serving	1/2 serving	1 serving

# Lunch/Supper

	1-2	3-5	6-12
Milk	½ cup	¾ cup	1 cup
Meat/Meat Alternate	1 ounce	1½ ounces	2 ounces
Fruits and/or Vegetables (2 or more)	¼ cup	½ cup	¾ cup
Grains/Breads	½ serving	½ serving	1 serving

# Snack

Choose two:	1-2	3-5	6-12
Milk	1/2 cup	1/2 cup	1 cup
Meat/Meat Alternate	1/2 ounce	1/2 ounce	1 ounce
Fruit/ Vegetable	1/2 cup	1/2 cup	3/4 cup
Grains/ Breads	1/2 serving	1/2 serving	1 serving

# Quiz-Breakfast

# 1 Egg & Cheese Omelet  
Link Sausage  
Whole Wheat Toast  
Milk

No Missing Fruit/Vegetable

# Quiz-Breakfast

# 2 English Muffin  
Orange Juice  
Milk

Yes

# Quiz-Breakfast

# 3 Cinnamon Roll  
Cantaloupe Cubes  
Milk

Yes

# Quiz-Lunch

#1 Roast Turkey  
Mashed Potatoes  
Steamed Broccoli  
Sliced Peaches  
Milk

No Missing Grain/Bread

# Quiz-Lunch

#2    Hamburger Pizza  
      Tossed Salad  
      Apple Wedges  
      Milk

Yes

# Quiz-Lunch

#3 Turkey Roll-up  
Macaroni and Cheese  
Mixed Fruit  
Milk

No Missing 2<sup>nd</sup> Fruit/Vegetable

# Quiz-Snack

#1 Apple Juice  
Carrots and Celery

No Missing 2<sup>nd</sup> component  
Both components are  
Fruit/Vegetable

# Quiz-Snack

#2 Frozen Juice Bars  
Milk

No Juice and milk together are not creditable at snack

# Quiz-Snack

#3 Vanilla Pudding  
Graham Crackers  
Milk

Yes



Mission Possible

# Important References

- The CACFP Food Chart
- Creditable and Non-creditable Food Lists
- Food Buying Guide for Child Nutrition Programs
- Child Nutrition (CN) Label
- Nutrition Facts Label
- Easy to Use Grains/Breads Chart
- Calculating Quantities
- Daily Production Record





### MEAT AND MEAT ALTERNATES

These guidelines apply to children ages 1 through 12 years and adults

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Cheeses: natural, processed	X		1-ounce serving equals 1-ounce meat alternate. This includes reduced fat, lite and non-fat varieties. Limit frequency.
Cheese substitutes	X		1-ounce serving equals 1-ounce meat alternate. This includes reduced fat, lite and non-fat varieties. Limit frequency.
Cheese food	X		2-ounce serving equals 1-ounce meat alternate. This includes reduced fat, lite and non-fat varieties. Limit frequency.
Cheese food substitute	X		2-ounce serving equals 1-ounce meat alternate. This includes reduced fat, lite and non-fat varieties. Limit frequency.
Cheese, imitation		X	There is no Standard of Identity on this product.
Cheese product		X	There is no Standard of Identity on this product.
Cheese spread	X		2-ounce serving equals 1-ounce meat alternate. This includes reduced fat, lite and non-fat varieties. Limit frequency.
Cheese spread substitute	X		2-ounce serving equals 1-ounce meat alternate. This includes reduced fat, lite and non-fat varieties. Limit frequency.
Cheese, cottage	X		2-ounce serving equals 1-ounce meat alternate. Limit frequency.
Cheese, ricotta	X		2-ounce serving equals 1-ounce meat alternate. Limit frequency.
Cheese sauce or soup, canned		X	There is no Standard of Identity on this product.
Cheese, powdered		X	There is no Standard of Identity on this product.

# Cheese Requirements at Lunch for 3-5 Year Olds

#1            2 ounces of cheese food

No            2 ounces count as only 1 ounce

#2            1½ oz. Mozzarella Cheese Stick

Yes

# Cheese Requirements at Lunch for 3-5 Year Olds

#3 Macaroni and Cheese made with powdered cheese

No Powdered cheese is not creditable.

#4 Cheese Sauce made with Velveeta™ Cheese

No Cheese Product is not creditable.

# Effective January 2005

- KRAFT® Singles cheese spread and cheese foods have been changed to a "Pasteurized Prepared Cheese Product".
- Pasteurized Prepared Cheese Product is not creditable in CACFP.

## Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
<b>BEEF GROUND fresh or frozen<sup>7,8</sup> (continued)</b>					
<b>Beef, Ground, fresh or frozen<sup>7,8</sup></b> <i>no more than 26% fat</i> <i>(Like IMPS #136)</i>	Pound	11.5	1 oz cooked lean meat	8.7	1 lb AP = .72 lb cooked, drained lean meat
	Pound	7.68	1-1/2 oz cooked lean meat	13.1	
<b>Beef, Ground, fresh or frozen<sup>7,8</sup></b> <i>no more than 24% fat</i> <i>(Like IMPS #136)</i>	Pound	11.6	1 oz cooked lean meat	8.7	1 lb AP = 0.73 lb cooked, drained lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.9	
<b>Beef, Ground, fresh or frozen<sup>7,8</sup></b> <i>no more than 20% fat</i> <i>Includes USDA Commodity</i> <i>(Like IMPS #136)</i>	Pound	11.8	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked, drained lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.7	
<b>Beef, Ground, fresh or frozen<sup>7,8</sup></b> <i>no more than 15% fat</i> <i>(Like IMPS #136)</i>	Pound	12.0	1 oz cooked lean meat	8.4	1 lb AP = 0.75 lb cooked, drained lean meat
	Pound	8.00	1-1/2 oz cooked lean meat	12.5	
<b>Beef, Ground, fresh or frozen<sup>7,8</sup></b> <i>no more than 10% fat</i> <i>(Like IMPS #136)</i>	Pound	12.1	1 oz cooked lean meat	8.3	1 lb AP = 0.76 lb cooked, drained lean meat
	Pound	8.10	1-1/2 oz cooked lean meat	12.4	

### SHORT FORM – A MEAL COMPLIANCE GUIDE

Side A

	Food As Purchased <b>FRUITS AND VEGETABLES</b>	Purchase Unit	Serving per Purchase Unit	Serving Size	Comments
<b>CANNED</b>	FRUITS - Undrained - All types	#10 can	48	1/4 cup	All varieties unless noted
	FRUITS - Drained - All types	#10 can	34		All varieties unless noted
	JUCES - Full strength - 100% Juice	46 oz. can	23		
	VEGETABLES - Drained -All types	#10 can	38		
	TOMATOES -In juice	#10 can	47		whole, crushed, diced
	TOMATO PASTE	#10 can	192		1 T. paste = ¼ cup
	TOMATO PUREE	#10 can	96		2 T. puree = ¼ cup
	TOMATO SAUCE	#10 can	50		
	SOUP - Tomato and Vegetable only	46 oz. can	11		1 cup soup = ¼ cup veg.
	SPAGHETTI SAUCE or SALSA <i>Commodity</i>	#10 can	48		Commercial brands do not credit
<b>FRESH</b>	APPLES - Medium = 125-138 count	lb.	13	½ apple = ½ cup fruit	
	BANANAS - Medium = 100-120 count	lb.	7	1 banana = ½ cup fruit	
	GRAPES - Seedless	lb.	10	7 large grapes = ¼ cup	
	MELONS	lb.	6	1 lb. = 1 3/8 c. ready to eat	
	ORANGES - Small = 138 count	lb.	6	1 orange =1/2 c fruit/juice	
	CABBAGE - Shredded w/o Dressing	lb.	24		
	CARROT - Sticks	lb.	15	3 - 4"x 1/2" strips =1/4 c	
	CARROT - Baby	lb.	13	¼ cup =1.3 oz. about 8	
	CELERY - Sticks	lb.	12	3 - 1/2"x 4" strips =1/4 c	
	LETTUCE - Cleaned and Cored	lb.	29	Ready-to-serve	
	LETTUCE - Salad Mix w/o Dressing	lb.	26	Ready-to-serve	
	POTATOES -With skin	lb.	10	3 med./lb.	
	TOMATOES	lb.	8	3-4 med. /lb	
	TOMATOES - CHERRY	lb.	12	3 cherry tomatoes = ¼ cup	
<b>FROZEN</b>	FRUITS - All types	lb.	7	Peaches, cherries, strawberries	
	POTATOES - French Fries, regular/crinkle cut	lb.	14	About 5 fries = ¼ cup	
	POTATOES - French Fries, shoestring cut	lb.	16	About 7 fries = ¼ cup	
	POTATOES - Tater Tots	lb.	12	About 4 regular sized tots = ¼ c	
	POTATOES - Wedges w/skin	lb.	10		
	POTATOES – Hash brown patty, prebrowned	lb.	7	1 patty = ¼ c.	
	VEGETABLES - Small uniform pieces	lb.	10	Com, peas, carrots, green beans	
	VEGETABLES - All others	lb.	9	Broccoli, cauliflower	
<b>DRIED</b>	POTATOES – Flakes, granules	lb.	50		
	POTATOES – Sliced, diced	lb.	44		

Serving sizes of less than 1/8 cup (2 tablespoons) may not be counted toward the fruit/vegetable requirement.  
 NE Department of Education - Adapted from the Food Buying Guide for Child Nutrition Programs: 2002

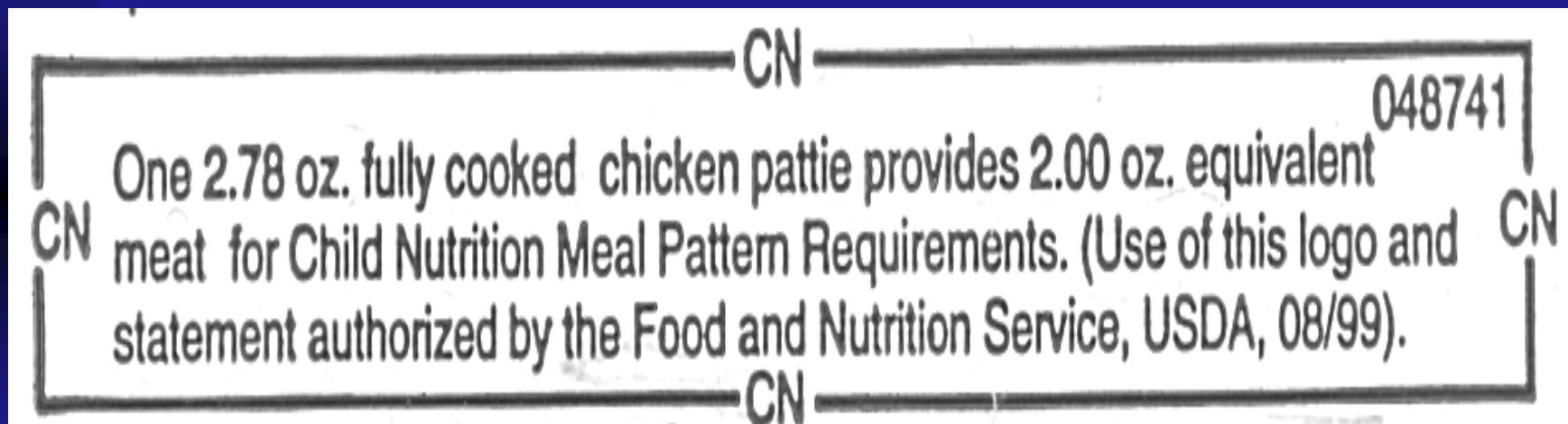
### SHORT FORM – A MEAL COMPLIANCE GUIDE

Side B

	Food As Purchased MEAT/MEAT ALTERNATES	Purchase Unit	Servings per Purchase Unit	Serving Size	Comments	
<b>CANNED</b>	BEEF or PORK - In natural juices	29 oz. can	14	1 ounce	Boneless	
	CHICKEN – Boned in broth	29 oz. can	20		Drained	
	TUNA - Chunk	66½ oz. can	50		Drained	
<b>FRESH OR FROZEN</b>	<b>RAW</b>					
	BEEF - Ground	lb.	11.8		No more than 20% fat	
	PORK – Ground	lb.	11.5			
	PORK – Fresh Ham/Roast/Shoulder–boneless	lb.	9			
	CHICKEN or TURKEY – Ground	lb.	11.2			
	CHICKEN - Fresh/Frozen - whole w/skin	lb.	5.8			
	TURKEY - Roast or Roll – boneless	lb.	10.5			
	BEEF Roast – Boneless	lb.	10			
	<b>PRECOOKED</b>					
	BEEF - Breaded patties or nuggets	lb.	8			
	CHICKEN - Breaded patties or nuggets	lb.	8			
	FISH PORTIONS – Battered or breaded	lb.	8			
	PORK - Breaded patties or nuggets	lb.	8			
	<b>COOKED MEATS</b>					
	DELI - Style meats for sandwiches	lb.	16			
HAM – Mild cured –boneless	lb.	13				
FRANKS	lb.	16				
PRECOOKED - Unbreaded meat portions	lb.	16				
<b>MEAT ALTERNATES</b>	BEANS - Assorted Canned	#10 can	36		kidney, chili, lima, navy ¼ cup = 1 oz.	
	CHEESE – Cheddar, Mozzarella, American	lb.	16		4 c. = 1 lb.	
	CHEESE - Cottage or Ricotta	lb.	8		¼ cup = 1 oz.	
	CHEESE - Food, Spread	lb.	8		2 oz. = 1 oz. meat/meat alt.	
	EGGS - Fresh, Large	Each	2		½ egg = 1 oz.	
	EGGS – Frozen	lb.	18		1 lb. = 9 large eggs	
	NUTS and SEEDS - Shelled	lb.	16		Max. – 50% of requirement	
	PEANUT BUTTER	lb./ #10 can	14 / 97		2 Tbsp. = 1 oz.	
	YOGURT - Plain or flavored	lb.	4		½ c. or 4 fl.oz. = 1 oz. meat alt.	

Refer to Child Nutrition (CN) Labels for portion size and meal pattern contribution, if available.

# CN Label





**GRAINS/BREADS  
FOR THE  
CHILD AND ADULT CARE FOOD PROGRAM<sup>1,2</sup>**

Exhibit A

Group A	Minimum Serving Size for Group A
Bread type coating Bread sticks (hard) Chow mein noodles Crackers - saltines and snack crackers Croutons Pretzels (hard) Stuffing – (dry) Note: weights apply to bread in stuffing	6 - 12 year old children and adult participants: 1 serving = 20 gm or 0.7 oz  1 - 5 year old children: ½ serving = 10 gm or 0.4 oz
Group B	Minimum Serving Size for Group B
Bagels Batter type coating Biscuits Breads (white, wheat, whole wheat, French, Italian) Buns (hamburger, hotdog) Crackers - graham (all shapes), animal crackers Egg roll skins English muffins Pita bread - white, wheat, whole wheat Pizza crust Pretzels (soft) Rolls - white, wheat, whole wheat, potato Tortillas - wheat or corn Tortilla chips - wheat or corn Taco shells	6 - 12 year old children and adult participants: 1 serving = 25 gm or 0.9 oz  1 - 5 year old children: ½ serving = 13 gm or 0.5 oz
Group C	Minimum Serving Size for Group C
Cookies <sup>3</sup> - plain Cornbread Corn muffins Croissants Pancakes Pie crust - dessert pies <sup>3</sup> , fruit turnovers, <sup>4</sup> meat/meat alternate pies Waffles	6 - 12 year old children and adult participants: 1 serving = 31 gm or 1.1 oz  1 - 5 year old children: ½ serving = 16 gm or 0.6 oz

<b>Group D</b>	<b>Minimum Serving Size for Group D</b>
Doughnuts <sup>4</sup> (cake and yeast, raised, unfrosted) Granola bars <sup>4</sup> (plain) Muffins (all except corn) Sweet rolls <sup>4</sup> (unfrosted) Toaster pastry <sup>4</sup> (unfrosted)	6 - 12 year old children and adult participants: 1 serving = 50 gm or 1.8 oz  1 - 5 year old children: $\frac{1}{2}$ serving = 25 gm or 0.9 oz
<b>Group E</b>	<b>Minimum Serving Size for Group E</b>
Cookies <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts <sup>4</sup> (cake and yeast, raised, frosted or glazed) French toast Grain Fruit Bars <sup>4</sup> Granola Bars <sup>4</sup> (with nuts, raisins, chocolate pieces and/or fruit) Sweet Rolls <sup>4</sup> (frosted) Toaster Pastry <sup>4</sup> (frosted)	6 - 12 year old children and adult participants: 1 serving = 63 gm or 2.2 oz  1 - 5 year old children: $\frac{1}{2}$ serving = 31 gm or 1.1 oz
<b>Group F</b>	<b>Minimum Serving Size for Group F</b>
Cake <sup>3</sup> (plain, unfrosted) Coffee cake <sup>4</sup>	6 - 12 year old children and adult participants: 1 serving = 75 gm or 2.7 oz  1 - 5 year old children: $\frac{1}{2}$ serving = 38 gm or 1.3 oz
<b>Group G</b>	<b>Minimum Serving Size for Group G</b>
Brownies <sup>3</sup> (plain) Cake <sup>3</sup> (all varieties, frosted) Cereal Bars <sup>3</sup>	6 - 12 year old children and adult participants: 1 serving = 115 gm or 4 oz  1 - 5 year old children: $\frac{1}{2}$ serving = 58 gm or 2 oz
<b>Group H</b>	<b>Minimum Serving Size for Group H</b>
Barley Breakfast cereals (cooked) <sup>5,6</sup> Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodles only) Rice (enriched white or brown)	6 - 12 year old children and adult participants: 1 serving = cooked: 2 cup dry: 25 gm or 0.9 oz  1 - 5 year old children: $\frac{1}{2}$ serving = cooked: 1/4 cup dry: 13 gm or 0.5 oz
<b>Group I</b>	<b>Minimum Serving Size for Group I</b>
Ready to eat breakfast cereal (cold/dry) <sup>5,6</sup>	6 - 12 year old children and adult participants: 1 serving = 1 oz or 3/4 cup, whichever is less  1 - 5 year old children: $\frac{1}{2}$ serving = .5 oz or 1/3 cup, whichever is less

# Snack

Choose two	1-2	3-5	6-12
Milk	½ cup	½ cup	1 cup
Meat/Meat Alternate	½ ounce	½ ounce	1 ounce
Fruit/ Vegetable	½ cup	½ cup	¾ cup
<b>Grains/ Breads</b>	<b>½ serving</b>	<b>½ serving</b>	<b>1 serving</b>

# How many crackers equal a CACFP serving?

Resources needed:

- Grains/Bread List
- Nutrition Facts Label from Package of Crackers

For the answer, fill in the blanks

Grain/Bread List Serving Weight: \_\_\_\_\_

Divided by

Label Serving Weight: \_\_\_\_\_

Multiplied by

# Crackers in Label Serving \_\_\_\_\_

Equals

# Crackers for CACFP Serving: \_\_\_\_\_

## Resource One: Grains/Bread List

### Group A: Crackers

Ages 6-12--One serving equals 20 grams

Ages 1-5--1/2 serving equals 10 grams

## Resource Two: Nutrition Facts Label:

### Nutrition Facts

Serving Size 11 crackers (31 g)

Servings Per Container About 6

Ages 6-12:

Grain/Bread List Serving Weight: 20 grams

Divided by

Label Serving Weight: 31 grams

Multiplied by

# Crackers in Label Serving: 11

Equals

# Crackers for CACFP Serving: 8 (round up)

Ages 1-5:

Grain/Bread List Serving Weight: 10 grams

Divided by

Label Serving Weight: 31 grams

Multiplied by

# Crackers in Label Serving: 11

Equals

# Crackers for CACFP Serving: 4 (round up)

# Example at bottom of Page 19:

Resource One: Nutrition Facts Label  
Nutrition Facts  
Serving Size 5 crackers (15 g)  
Servings Per Container About 23

Resource Two: Grains/Bread List  
Group A: Crackers  
Ages 6-12--One serving equals 20 grams  
Ages 1-5--1/2 serving equals 10 grams

Ages 6-12:

Grain/Bread List Serving Weight: 20 grams

Divided by

Label Serving Weight: 15 grams

Multiplied by

# Crackers in Label Serving: 5

Equals

# Crackers for CACFP Serving: 7 (round up)

Ages 1-5:

Grain/Bread List Serving Weight: 10 grams

Divided by

Label Serving Weight: 15 grams

Multiplied by

# Crackers in Label Serving: 5

Equals

# Crackers for CACFP Serving: 4 (round up)

# Food Item: Animal Crackers

## Calculating Quantities

Age Group	# Eating	Multiply	Required Ounces	Total
1-2	12	X	.5 oz.	6
3-5	15	X	.5 oz.	7.5
6-12	10	X	.9 oz.	9
Staff	7	X	.9 oz.	6.3
Total Ounces Needed				28.8

How many 16 ounce boxes  
are needed?

Divide the total ounces needed by the  
number of ounces in a box:

28.8 divided by 16 equals 1.8 boxes

You must buy 2 16-ounce boxes of  
Animal Crackers

# Planning the rest of the snack:

Snack Choose two	1-2	3-5	6-12
Milk	½ cup	½ cup	1 cup
Meat/Meat Alternate	½ ounce	½ ounce	1 ounce
<b>Fruit/ Vegetable</b>	<b>½ cup</b>	<b>½ cup</b>	<b>¾ cup</b>
Grains/Breads	½ serving	½ serving	1 serving

# Food Item: Bananas

## Calculating Quantities

Age Group	# Eating	Multiply	# $\frac{1}{4}$ cups	Total
1-2	12	X	2	24
3-5	15	X	2	30
6-12	10	X	3	30
Staff	7	X	3	21
Total $\frac{1}{4}$ Cups Needed				105

# How many pounds of bananas are needed?

Find bananas on the Short Form:

One pound equals  $7\frac{1}{4}$  cup servings

105 divided by 7 equals 15 pounds of bananas

You must purchase 15 pounds of bananas

# Menu for Lunch:

Spaghetti with Meat Sauce

Peas

Peaches

Milk

Lunch/ Supper	1-2	3-5	6-12
Milk	½ cup	¾ cup	1 cup
<b>Meat/Meat Alternate</b>	<b>1 ounce</b>	<b>1½ ounces</b>	<b>2 ounces</b>
Fruits and/or Vegetables (2 or more)	¼ cup	½ cup	¾ cup
Grains/Breads	½ serving	½ serving	1 serving

# Food Item: Ground Beef

Age Group	# Eating	Multiply	Ounces Needed	Total
1-2	12	X	1	12
3-5	15	X	1.5	22.5
6-12	10	X	2	20
Staff	7	X	2	14
Total Ounces Needed				68.5

# How many pounds of Ground Beef are needed?

Find Ground Beef on the Short Form:

One pound of raw ground beef equals 11.8 ounces of cooked meat

68.5 divided by 11.8 equals 5.8 pounds of raw ground beef

You must prepare 6 pounds of ground beef.

	1-2	3-5	6-12
Lunch/Supper			
Milk	1/2 cup	3/4 cup	1 cup
Meat/ Meat Alternate	1 ounce	1 1/2 ounces	2 ounces
<b>Fruits and/or Vegetables (2 or more)</b>	<b>1/2 cup</b>	<b>1/2 cup</b>	<b>3/4 cup</b>
Grains/Breads	1/2 serving	1/2 serving	1 serving

# Total amount of fruit/vegetable needed

Age Group	# Eating	Multiply	# $\frac{1}{4}$ cups	Total
1-2	12	X	1	12
3-5	15	X	2	30
6-12	10	X	3	30
Staff	7	X	3	21
Total $\frac{1}{4}$ Cups Needed				93

## Two fruit/vegetable choices:

Total $\frac{1}{4}$ - cups	$\div$	Two Choices required	= half of $\frac{1}{4}$ cups
93	$\div$	2	46.5

Using the Short Form, determine how much of each fruit/vegetable is needed.

# How many pounds of Frozen Peas are needed?

$\frac{1}{2}$ of needed servings	$\div$	Servings per Purchase Unit	Purchase Units Needed
46.5	$\div$	10	4.65 lbs.

You would prepare 5 pounds of peas.

# How many #10 cans of Peaches are needed?

½ of needed servings	÷	Servings per Purchase Unit	Purchase Units Needed
46.5	÷	34	1.36 #10 cans

You would open 2 #10 cans of peaches and use the leftovers at another meal.

Lunch/Supper	1-2	3-5	6-12
<b>Milk</b>	<b>1/2 cup</b>	<b>3/4 cup</b>	<b>1 cup</b>
Meat/ Meat Alternate	1 ounce	1 1/2 ounces	2 ounces
Fruits and/or Vegetables (2 or more)	1/2 cup	1/2 cup	3/4 cup
Grains/Breads	1/2 serving	1/2 serving	1 serving

# How much milk is needed?

Age Group	# Eating	Multiply	# ½ cups	Total
1-2	12	X	1	12
3-5	15	X	1.5	22.5
6-12	10	X	2	20
Staff	7	X	2	14
Total ½ Cups Needed				68.5

# How many gallons of milk are needed?

One gallon equals 16 cups or 32 one-half cups.

Total $\frac{1}{2}$ cups	$\div$	Servings per Purchase Unit	Purchase Units Needed
68.5	$\div$	32	2.14 gallons

You will need to purchase 3 gallons of milk.

Lunch/ Supper	1-2	3-5	6-12
Milk	½ cup	¾ cup	1 cup
Meat/ Meat Alternate	1 ounce	1½ ounces	2 ounces
Fruits and/or Vegetables (2 or more)	½ cup	½ cup	¾ cup
<b>Grains/ Breads</b>	<b>½ serving</b>	<b>½ serving</b>	<b>1 serving</b>

# How much Spaghetti is needed?

Age Group	# Eating	Multiply	Ounces	Total
1-2	12	X	0.5	6
3-5	15	X	0.5	7.5
6-12	10	X	0.9	9
Staff	7	X	0.9	6.3
Total Ounces Needed				28

# How many pounds of Spaghetti are needed?

Total ounces	÷	Ounces in a Pound	Pounds Needed
28.8	÷	16	1.8 lbs.

You would probably purchase 2 pounds of Spaghetti.

# Daily Production Records

Production Records are a tool to help:

1. Know how much food to purchase;
2. Know how much food to prepare; and
3. Reduce food waste.

# Completing the Production Record

- Write the date-month, day and year
- Record the planned number of meals
- Record the menu for each meal that will be claimed
- Record the amount of food actually prepared for each meal

**DAILY PRODUCTION RECORD**

Day & Date: \_\_\_\_\_

**NUMBER OF MEALS PLANNED**

AGES	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	SUPPER	EVENING SNACK
1 and 2 years						
3 through 5						
6 through 12						
Staff/Adults						

MEAL PATTERN	MENU	FOOD DESCRIPTION	QUANTITY PREPARED
<b>BREAKFAST</b> Milk, Fluid Juice or Fruit or Vegetable Grains/Breads (including cereal)	① ② ③		① _____ gal. ② ③
<b>MORNING SNACK</b> (Select 2 different components) Milk, Fluid Juice or Fruit or Vegetable Meat or Meat Alternate Grains/Breads	① ②		① ②
<b>LUNCH</b> Milk, Fluid Meat or Meat Alternate Vegetables and/or Fruits (two or more)  Grains/Breads	① ② ③ ④ ⑤		① _____ gal. ② ③ ④ ⑤
<b>AFTERNOON SNACK</b> (Select 2 different components) Milk, Fluid Juice or Fruit or Vegetable Meat or Meat Alternate Grains/Breads	① ②		① ②
<b>SUPPER</b> Milk, Fluid Meat or Meat Alternate Vegetables and/or Fruits (two or more)  Grains/Breads	① ② ③ ④ ⑤		① _____ gal. ② ③ ④ ⑤
<b>EVENING SNACK</b> (Select 2 different components) Milk, Fluid Juice or Fruit or Vegetable Meat or Meat Alternate Grains/Breads	① ②		① ②

# Record the snack and document the quantities:

Meal Pattern	Menu	Food Description	Quantity Prepared
<b>MORNING SNACK</b> (Select 2 different components) Milk, Fluid Juice or Fruit or Vegetable Meat or Meat Alternate Grains/Breads	① Animal Crackers  ② Bananas	Graham Animals	① 2 pounds  ② 15 pounds

# Record lunch and document the quantities:

Meal Pattern	Menu	Food Description	Quantity Prepared
<b>LUNCH</b>			
Milk, Fluid	① Milk	1% milk	① <u>2 ¼</u> gal.
Meat or Meat Alternate	② Spaghetti Sauce with Meat	Ground Beef	② 6 pounds
Vegetables and/or Fruits (two or more)	③ Peas	Frozen Peas	③ 5 pounds
	④ Peaches	Canned Peaches	④ 1 ½ # 10 cans
Grains/Breads	⑤ Spaghetti		⑤ 2 pounds

# Potpourri

1. Children must be in care for meals to be claimed.
2. Combination dishes may credit for up to 2 different components.
3. Children's medical needs must be met.
4. Recipes must be recorded.
5. Leftovers should be recorded.

# True or False?

- |                                 |       |
|---------------------------------|-------|
| 1. Popcorn and Juice            | False |
| 2. Bacon as meat                | False |
| 3. 16 cups rather than 1 gallon | False |
| 4. Canned nacho cheese sauce    | False |
| 5. Yogurt and Milk              | False |

# True or False?

- |                                  |       |
|----------------------------------|-------|
| 6. Potatoes are a vegetable      | True  |
| 7. Cookies count at supper       | False |
| 8. Refused item for family style | True  |
| 9. All foods served at same time | True  |
| 10. Doughnuts count at lunch     | False |

# 11. Items not documented?

MEAL PATTERN	MENU	FOOD DESCRIPTION	QUANTITY PREPARED
<b>LUNCH</b> Milk, Fluid Meat or Meat Alternate Vegetables and/or Fruits (two or more)  Grains/Breads	① Milk ② Hot Dogs  ③ Green Beans  ④ Pears  ⑤ Buns	1% milk All Beef  Canned  Canned	① <u>  2  </u> gal. ② 45 dogs  ③ 2 cans  ④ 1 ½ # 10 cans  ⑤ 45 buns

What is the weight of the hot dogs?

What size are the cans of green beans?

What is the weight of the buns?

# Questions or Comments?

- Call us at 702-486-6472 in the Las Vegas office.

