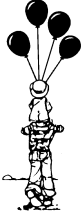


Solano Family & Children's Services



Key changes to the Child and Adult Meal Pattern

Starting October 1, 2017

- ✓ There is a separate vegetable and fruit component at lunch, supper and snack
- ✓ Juice may fulfill the entire vegetable component or fruit component at one meal or snack per day
- ✓ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce
- ✓ At least one serving of grains per day must be whole grain-rich
- ✓ Grain-based desserts do not count towards the grains requirement
- ✓ A meat/meat alternate may be used to meet the entire grains component at breakfast no more than three times per week
- ✓ Tofu and soy yogurts may be used to meet the meat/meat alternate component
- ✓ Unflavored, whole milk must be served to children 1 year old
- ✓ Unflavored low-fat (1%) or fat-free milk must be served to children 2yrs through adult
- ✓ Yogurt must contain no more than 23 grams of sugar per 6 ounces
- ✓ Deep fat-fried foods (cooked by submerging in hot oil or other fat) that are prepared on-site cannot be part of a reimbursable meal
- ✓ Day care homes must offer and make water available throughout the day to all children upon their request
- ✓ Parents and guardians may provide no more than one meal component of a reimbursable meal for infants and children with a non-disability dietary need