



## Meal Pattern Requirements in the Child and Adult Care Food Program Webinar

- 1) Which of the following would be considered a reimbursable lunch?**
  - a) Plain hamburger on a bun, pickle, 2% milk
  - b) Spaghetti with sauce (no meat), pear, bread stick, whole milk
  - c) Chicken breast, dinner roll, carrot slices, broccoli, skim milk
  - d) Double cheese pizza, apple, mixed vegetables, root beer
  
- 2) How much milk must be served to a 3 year old at breakfast?**
  - a) 1/2 cup
  - b) 3/4 cup
  - c) 1 cup
  - d) Milk is not required for breakfast
  
- 3) Nuts or seeds may be used to meet no more than one-half of the meat/meat alternate requirements.**
  - a) True
  - b) False
  
- 4) What is the maximum number of meals per child that may be claimed for reimbursement in one day?**
  - a) As many as the center serves per day.
  - b) There are no limits.
  - c) 4 meals, as long as the child is in care for 8 hours or longer.
  - d) 3 meals, one of which must be a snack.
  
- 5) How much peanut butter needs to be served to an 8-year-old for lunch to meet the minimum serving size of the meat/meat alternate component.**
  - a) 4 Tablespoons
  - b) 3 Tablespoons
  - c) Enough to cover the bread well
  - d) Peanut butter can't be served for lunch
  
- 6) What is the required serving size for eggs if served for lunch to a 1-year-old?**
  - a) 1 egg
  - b)  $\frac{3}{4}$  egg
  - c)  $\frac{1}{2}$  egg
  - d) 1 year old children won't eat eggs

- 7) The serving sizes for cereal are exactly the same whether serving cold or hot cereal.**
- a) True
  - b) False
- 8) Breakfast must contain which of the following?**
- a) Fluid milk
  - b) Vegetable(s) or fruit(s) or juice
  - c) A whole-grain or enriched bread or bread alternate
  - d) All of the above
- 9) All CACFP menus must be maintained on file for how long after they are filed?**
- a) One month
  - b) Until the claim is paid
  - c) For three years beyond the year to which they pertain
  - d) Forever
- 10) If milk is served for snack, how much must be served to a 3-year-old?**
- a) As much as you think the child will drink
  - b) 1 cup
  - c) 3/4 cup
  - d) 1/2 cup
- 11) If a meat/meat alternate item is served for snack, how many ounces must be served to a 9-year-old?**
- a) 1/2 ounce
  - b) 1 ounce
  - c) 1-1/2 ounces
  - d) 2 ounces
- 12) Which of the following menus could not be served as a reimbursable snack in the CACFP?**
- a) Full Strength Juice and Fluid 1% Milk
  - b) A Meat/Meat Alternate and Fluid 1% Milk
  - c) A Meat/Meat Alternate and Whole-Grain Bread
  - d) Whole-Grain Bread and Vegetables
- 13) Which of the following is not an example of a meat alternate item?**
- a) Cheese
  - b) Eggs
  - c) Peanut Butter
  - d) Hominy

- 14) Two different fruit/vegetable items must be served for lunch.**
- a) True
  - b) False
- 15) Yogurt serving sizes are the same as the regular requirement of 1-2 ounces of meat alternate.**
- a) True
  - b) False
- 16) What is the required serving size for a bowl of hot cereal for a 2-year-old for breakfast?**
- a) 1 bowl
  - b) 1/3 cup, cooked
  - c) 1/4 cup, cooked
  - d) Children won't eat hot cereal
- 17) Dry beans or dry peas may be used as both the meat and the vegetable component in the same meal.**
- a) True
  - b) False
- 18) Which of the following is considered a "non-creditable" food?**
- a) French Fries
  - b) Poptarts
  - c) Yogurt
  - d) Pudding
- 19) Which of the following is not an example of a bread alternate item.**
- a) Biscuits
  - b) Macaroni
  - c) Tator Tots
  - d) Corn Grits
- 20) The Child and Adult Care Food Program (CACFP) is a Federal program that provides reimbursement for healthy meals and snacks to children in child care settings.**
- a) True
  - b) False

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Your Name

Local Agency Name

Date