



Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children

Module 6: Vegetables Component

Answer Key for Knowledge Check: Meal Pattern Requirements for Fruits and Vegetables at Lunch and Supper

The [CACFP lunch and supper meal pattern](#) for ages 3-5 requires $\frac{1}{4}$ cup of the vegetables component and $\frac{1}{4}$ cup of the fruits component. Do the planned servings for fruits and vegetables below meet the meal pattern requirements for ages 3-5 at lunch or supper?

Planned servings	Meets requirements?	Explanation
$\frac{1}{4}$ cup of red grapes $\frac{1}{4}$ cup of peaches in fruit juice	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	This menu includes two servings of the fruits component. The lunch and supper meal pattern requires one serving of the fruits component and one serving of the vegetables component, or two different servings of vegetables. (Vegetables may substitute for the entire fruits component at any lunch or supper).
$\frac{1}{4}$ cup of green beans $\frac{1}{8}$ cup of dried fruit	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	The $\frac{1}{4}$ cup of green beans credits as the full serving of the vegetables component. The $\frac{1}{8}$ -cup serving cup of mixed dried fruit credits as the full serving of the fruits component. Dried fruits credit as twice the volume served.
$\frac{1}{4}$ cup of diced carrots $\frac{1}{4}$ cup of green peas	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	This menu includes two different servings of vegetables. Vegetables may substitute for the entire fruits component at any lunch or supper, as long as the vegetable servings are two different kinds. The $\frac{1}{4}$ cup of diced carrots credits as the full serving of the vegetables component. The $\frac{1}{4}$ cup of green peas substitutes for the entire serving of the fruits component.
$\frac{1}{4}$ cup of canned corn $\frac{1}{4}$ cup of spinach salad	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	While vegetables may substitute for the fruits component at any lunch or supper, they must substitute for the entire serving. This meal does not provide the minimum amount. While the $\frac{1}{4}$ cup of corn credits as the full vegetable component, the $\frac{1}{4}$ cup of spinach salad credits as only $\frac{1}{8}$ cup, which does not substitute for the full $\frac{1}{4}$ -cup serving of the fruits component. Raw leafy greens credit as half the volume served.

Answer Key for Knowledge Check: Meal Pattern Requirements for Fruits and Vegetables at Lunch and Supper

Planned servings	Meets requirements?	Explanation
<p>¼ cup of cooked spinach</p> <p>¼ cup of mixed vegetables</p>	<p><input checked="" type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p>	<p>This menu includes two different servings of vegetables. Vegetables may substitute for the entire fruits component at any lunch or supper. The ¼ cup of cooked spinach credits as the full serving of the vegetables component. The ¼ cup of mixed vegetables substitutes for the full serving of the fruits component.</p>
<p>¼ cup of pureed strawberries in a smoothie</p> <p>¼ cup of vegetable juice</p>	<p><input type="checkbox"/> Yes</p> <p><input checked="" type="checkbox"/> No</p>	<p>Juice credits as either the vegetables component or the fruits component at only one meal or snack per day. This meal contains two servings of juice because pureed fruits and vegetables in smoothies credit as juice. Lunch and supper cannot contain a smoothie and juice as the only servings of the fruits component and vegetables component. At least one serving must always be a whole fruit or vegetable.</p>
<p>¼ cup of orange juice</p> <p>¼ cup of mashed sweet potatoes</p>	<p><input checked="" type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p>	<p>The ¼ cup of orange juice credits as the full serving of the fruits component. The ¼ cup of mashed sweet potatoes credits as the full serving of the vegetables component. Since this meal contains juice, the CACFP facility cannot credit juice as either the fruits component or the vegetable component at any other meal or snack that same day.</p>
<p>¼ cup of broccoli florets</p> <p>¼ cup of broccoli florets</p>	<p><input type="checkbox"/> Yes</p> <p><input checked="" type="checkbox"/> No</p>	<p>This menu includes two servings of the same vegetable. Vegetables may substitute for the entire fruits component at any lunch or supper, but the servings of vegetables must be two different kinds.</p>
<p>½ cup of carrot-raisin salad that contains ¼ cup of shredded carrots and ⅛ cup of raisins</p>	<p><input checked="" type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p>	<p>Fruit and vegetable mixtures may credit as both the fruits component and the vegetables component if the fruits and vegetables can be easily identified, and the serving contains at least ⅛ cup of vegetable and at least ⅛ cup of fruit. The ¼ cup of shredded carrots credits as the full serving of the vegetables component. The ⅛ cup of raisins credits as ¼ cup of the fruits component, which is the full serving for ages 3-5. Dried fruits credit as twice the volume served. The CACFP facility must have a recipe on file that documents the crediting contribution per serving.</p>

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For more information on the CACFP meal pattern requirements for vegetables and fruits, visit the [Vegetables Component for CACFP Child Care Programs](#) section and the [Fruits Component for CACFP Child Care Programs](#) section of the Connecticut State Department of Education's (CSDE) Crediting Foods in CACFP Child Care Programs webpage.

Bite Size is the Connecticut State Department of Education's (CSDE) training program for CACFP child care facilities, including child care and Head Start centers, at risk afterschool care centers, emergency shelters, and family day care homes. Bite Size is a series of recorded training modules that provide information on the meal pattern components and crediting requirements of the CACFP meal patterns for children. Each module provides key information in 45 minutes or less. To access the Bite Size training modules and resources, visit the CSDE's [Meal Patterns for CACFP Child Care Programs](#) webpage.

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