

Early Implementation Allowances

3: Meat/Meat Alternates in Place of Grains for Breakfast



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

- One ounce of meat/ meat alternates is equal to one ounce equivalent of grains.

NOTE: one ounce equivalent of grains for CACFP does not take effect until October 1, 2019.

Therefore continue to use Exhibit A in the Food Buying Guide for Child Nutrition Programs. For each **full serving** of grain under Group A – Group H, substitute 1 ounce of meat/meat alternate. For each 1/2 grain serving, then substitute 1/2 ounce meat/meat alternate.

Example: 1 slice whole wheat toast = 1 ounce meat/meat alternate
1/2 slice whole wheat toast = 1/2 ounce meat/meat alternate

For more information about meat/meat alternates and grain ounce equivalents, visit the Food Buying Guide for Child Nutrition Programs

Why is This Important?

Additional options of nutrient-rich foods may be served during breakfast as part of a reimbursable meal, such as eggs, cheese, beans, legumes, yogurt, peanut butter, and other meat/meat alternates.



Additional Resources:

USDA Food and Nutrition Service, Nutrition Standards for CACFP Meals and Snacks:

<http://www.fns.usda.gov/cacfp/meals-and-snacks>

Food Buying Guide for Child Nutrition Programs:

<http://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

