Meal Service Considerations for Pre-K or Head Start Programs

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CACFP Director; School Support Director

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**State Board of Education**  STRATEGIC PLAN GOALS

1. **ALL** Students Proficient and Showing Growth in All Assessed Areas

2. **EVERY** Student Graduates from High School and is Ready for College and Career

3. **EVERY** Child Has Access to a High-Quality Early Childhood Program

4. **EVERY** School Has Effective Teachers and Leaders

5. **EVERY** Community Effectively Uses a World-Class Data System to Improve Student Outcomes

6. **EVERY** School and District is Rated “C” or Higher
VISION

To create a world-class educational system that gives students the knowledge and skills to be successful in college and the workforce, and to flourish as parents and citizens.

MISSION

To provide leadership through the development of policy and accountability systems so that all students are prepared to compete in the global community.
OCN is poised to support MDE’s strategic goal to increase access to high quality early Childhood Programs by ensuring every child has access to nutritious, age – appropriate meals.
Multiple Program Options

There are different programs that serve 0-4 year old child in schools

- Head Start
- Pre K Classrooms
- Blended Program
Reimbursements

Which federal program is paying for the meals?

- **NSLP/SBP**
  - Students must be enrolled in the School District

- **CACFP**
  - Students must be enrolled in a Head Start or Child Care Center

*Note: Each federal program has different regulations, requirements for monitoring, etc.*
Head Start Programs

- Generally cannot claim Head Start under NSLP/SBP because
  - Children not enrolled in SD (do not have an MSIS #)
  - Head Start Regulations require meals to be served family style
- Head Start Agency will need to apply under CACFP and claim meals
- SFA and Head Start will need to execute the Agreement to Furnish Foods for CACFP
Some early childhood programs choose to purchase meals from SFAs

• SFA does not seek reimbursement for these meals
• Should have an agreement with program for provision of meals
• Treat as any other catering contract
• SFAs would invoice program for meals provided
Meal Pattern

What Meal Pattern do I use?

- Meal pattern is the same for CACFP programs and NSLP/SBP Pre-K
- If SFA is providing meals for a licensed Child Care Center – district is required to follow all meal requirements set forth by MSDH’s Bureau of Child Care Licensure
• Pre-K Kids enrolled in School District
• Can claim reimbursement under NSLP/SBP
• Meal Pattern is determined by whether or not Pre-K students are “comsingled” with other elementary students
Flexibility for Co-Mingled Pre-K (NSLP/SBP)

Co-mingled: **Same Service Area at the Same Time**

- If students are co-mingled, schools can serve meals to Pre-K students using the K-5 grade group.
- If students are not co-mingled, schools must serve the Pre-K Meal Pattern.
- If you are delivering meals to Pre-K classrooms, that does NOT meet the definition of comingled.

FNS strongly encourages schools to find ways to serve grade-appropriate meals to Pre-K and K-5 students to best address their nutritional needs.
The Reviewer will be watching to ensure that groups are in fact co-mingled.

Some schools think they are co-mingled, but they aren’t!

**DO NOT** just say that your students are co-mingled to avoid following the Pre-K meal pattern

The Reviewer will be checking to ensure that the Pre-K meal pattern is followed if it is required.

If you are doing it incorrectly, we will see it on AR!
Production Books

Each program requires a different production book

- NSLP/SBP – “Red Book”
- CACFP – “CACFP Menu Book”

Production records are required if the SFA is seeking reimbursement from the SA for meals served.

Menu/production records must be kept/completed where food is produced
Monitoring

How will my program be monitored?

• NSLP/SBP – through administrative review (3 year cycle)

• CACFP – 3 times per year by the Head Start organization; at least once every 36 months by the SA
Agreement to Furnish Food Service for the CACFP

• This agreement is required when CACFP Program participants receive meals from a SFA or FSMC

• Agreement should be board approved

• Estimate Costs based on SFA’s “plate” costs
CACFP / Pre-K Meal Pattern

Meal Pattern
The US Department of Agriculture (USDA) updated the National School Lunch Program (NSLP) and School Breakfast Program (SBP) Pre-K requirements to align with the revised requirements for the Child and Adult Care Food Program (CACFP) effective October 1, 2017.

The Pre-K meal pattern for the NSLP and SBP is outlined in Title 7, Code of Federal Regulations, sections 210.10 and 220.8, which states that schools serving lunch and breakfast to children ages one through four under the NSLP and SBP must comply with the Pre-K meal pattern.
Milk Restrictions

• Flavored Milk is NOT allowed!
• Only 1% (unflavored) or Fat-free (unflavored) is allowed
Juice Restrictions

Juice May Not Be Served More than Once Per Day!

Breakfast  Lunch  Snack
Grain Requirements

One Whole Grain Rich (WGR) serving of grain per day is required
Dessert Restrictions

• Grain-based desserts are not allowed!

• However, schools have the flexibility to occasionally serve grain-based desserts for celebrations or other special occasions as an additional food item that is not part of a reimbursable meal.
What is a grain-based dessert?

<table>
<thead>
<tr>
<th>Grain-Based Desserts (Not Reimbursable in the CACFP):</th>
<th>Not Grain-Based Desserts (Reimbursable in the CACFP):</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Brownies</td>
<td>• Banana bread, zucchini bread, and other quick breads</td>
</tr>
<tr>
<td>• Cakes, including coffee cake and cupcakes</td>
<td>• Cereals that meet the sugar limit and are whole grain-rich, enriched, and/or fortified</td>
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<tr>
<td>• Cereal bars, breakfast bars, and granola bars</td>
<td>• Cornbread</td>
</tr>
<tr>
<td>• Cookies, including vanilla wafers</td>
<td>• Crackers, all types</td>
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<tr>
<td>• Doughnuts, any kind</td>
<td>• French Toast</td>
</tr>
<tr>
<td>• Fig rolls/bars/cookies and other fruit-filled rolls/</td>
<td>• Muffins</td>
</tr>
<tr>
<td>bars/cookies</td>
<td>• Pancakes</td>
</tr>
<tr>
<td>• Gingerbread</td>
<td>• Pie crusts of savory pies, such as vegetable pot</td>
</tr>
<tr>
<td>• Ice cream cones</td>
<td>pie and quiche</td>
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<tr>
<td>• Marshmallow cereal treats</td>
<td>• Plain croissants</td>
</tr>
<tr>
<td>• Pie crusts of dessert pies, cobblers, and fruit</td>
<td>• Plain or savory pita chips</td>
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<tr>
<td>turnovers</td>
<td>• Savory biscotti, such as those made with cheese,</td>
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<tr>
<td>• Sweet bread puddings</td>
<td>vegetables, herbs, etc.</td>
</tr>
<tr>
<td>• Sweet biscotti, such as those made with fruits,</td>
<td>• Savory bread puddings, such as those made with</td>
</tr>
<tr>
<td>chocolate, icing, etc.</td>
<td>cheese, vegetables, herbs, etc.</td>
</tr>
<tr>
<td>• Sweet croissants, such as chocolate-filled</td>
<td>• Savory rice puddings, such as those made with</td>
</tr>
<tr>
<td>• Sweet pita chips, such as cinnamon-sugar flavored</td>
<td>cheese, vegetables, herbs, etc.</td>
</tr>
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<td>• Sweet rice puddings</td>
<td>• Savory scones, such as those made with cheese,</td>
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<td>• Sweet scones, such as those made with fruits, icing,</td>
<td>vegetables, herbs, etc.</td>
</tr>
<tr>
<td>etc.</td>
<td>• Teething biscuits, crackers, and toasts</td>
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<tr>
<td>• Sweet rolls, such as cinnamon rolls</td>
<td>• Tortillas and tortilla chips</td>
</tr>
<tr>
<td>• Toaster pastries</td>
<td>• Waffles</td>
</tr>
</tbody>
</table>
Cereal served to Pre-K children must not contain more than 6 grams (g) of sugar in 1 dry ounce (oz).
Yogurt Restrictions

Yogurt served to Pre-K children must not have more than 23 g of sugar per 6 oz.
• OVS is **NOT ALLOWED** in the Pre-K Meal Pattern!

• All components must be on each tray.
Fruit & Vegetable Distinctions

- Breakfast: fruit and/or vegetable are one component
- Lunch: fruit and vegetable are separate components
- No Vegetable Subgroups!
Breakfast Meats

A meat/meat alternate may be substituted for the entire grain component at breakfast no more than three times per week for preschool children.
Frying Restrictions

Deep-Fat Frying (fully submerged) is **NOT** allowed as a way of preparing foods **on-site**.

SFA can, however, Sauté, Pan-Fry or Stir Fry with a small amount of hot oil over medium/high heat.
Most of you will want to focus on the 3-5 years columns, as we don’t tend to see many 1-2-year-olds in School Settings.

Chart Available at:
https://www.fns.usda.gov/tn/serving-school-meals-preschoolers
Pro Tip: Involve school district personnel (Pre-K Teachers) when you provide your staff with Pre-K Meal Pattern Training!
FAQs
When Pre-K students not enrolled in District

- Working with a third party (like a Head Start)
- Third party is claiming meals
- You are invoicing third party for meals you provide
When/Why do I have to get menus approved by MSDH?

Licensed Childcare Centers must have menus approved by MSDH
Questions
This institution is an equal opportunity provider.

Full Non-Discrimination Statement link:
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For Today’s Session

- Agreement to Furnish Food in the CACFP
- Breakfast Meal Pattern (CACFP)
- Lunch Meal Pattern (CACFP)
- Grain-Based Desserts