

# CACFP BOOT CAMP MEAL PATTERN

June 12, 2025



## Let's Break it Down!

Serving reimbursable meals begins with a solid understanding of the CACFP meal pattern. We'll explore each meal component - fruits, vegetables, grains, meats/meat alternates and milk - so you can confidently serve meals that meet program requirements.

*Available on demand for attendees through June 26, 2025.  
Earn 6 hours of CEUs.*

### Topics Include:

- » Milk in the CACFP
- » Grains in the CACFP
- » Meats & Meat Alternates in the CACFP
- » Fruits in the CACFP
- » Vegetables in the CACFP
- » On Demand: Using the Food Buying Guide for Menu Development

**\$149\***

Register today at [cacfp.org/meal-pattern](https://cacfp.org/meal-pattern)

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All times listed are Eastern

11:00 am - 12:00 pm

## Milk in the CACFP

Milk is a star player in the CACFP meal pattern. It's required at breakfast, lunch and supper—and may even make a guest appearance at snack. This nutrient-rich beverage provides essential nutrients that support healthy growth and development in children.

- Learn which types of milk are allowed in the CACFP, how much to serve, and when.
- Discover why milk is a key part of a balanced meal.
- Take away best practices for serving milk and creative ways to include it in your menus.

*Isabel Ramos-Lebron, MS, RDN, LD, National CACFP Association*

12:15 pm - 1:15 pm

## Grains in the CACFP

Grains are a key part of the CACFP meal pattern, providing the energy kids need to learn, play and grow. From whole grain-rich bread to pasta, knowing what counts and how much to serve is essential for meeting meal pattern requirements.

- Learn how to properly credit grains, including serving sizes and ounce equivalents.
- Differentiate between whole grains and enriched grains and how to meet the CACFP whole grain-rich requirement.
- Understand how to determine if ready-to-eat breakfast cereals are creditable and meet added sugar limits.

*Melinda Nguyen, MS, RDN, LD, National CACFP Association*

1:30 pm - 2:30 pm

## Meats & Meat Alternates in the CACFP

Meats and meat alternates provide the protein kids need to grow, stay strong and stay full longer. From chicken and eggs to yogurt and beans, there are plenty of ways to serve protein-packed meals.

- Explore the different types of meats and meat alternates that credit in the CACFP and how much to serve.
- Learn the required serving sizes and serving methods for meats/meat alternates.
- Apply best practices for incorporating a variety of meats and meat alternates into balanced meals.

*Isabel Ramos-Lebron, MS, RDN, LD, National CACFP Association*

## Meet Our Speakers



### Isabel Ramos-Lebron, MS, RDN, LD

Senior Nutrition Education Specialist  
National CACFP Association

Isabel is bilingual and dedicated to serving the CACFP and SFSP communities through nutrition education, program operations support and promoting access to nutritious foods. She has a strong background in working with low-income communities of various cultures through graduate research projects and when previously employed at a nonprofit food bank for eight years. Isabel has a Master of Science in Nutritional Sciences from Rutgers University and completed her dietetic internship through Aramark.



### Melinda Nguyen, MS, RDN, LD

Nutrition Education Specialist  
National CACFP Association

Melinda is dedicated to showing her passion for nutrition education by developing creative ways to reinforce knowledge. She began her career in Massachusetts by obtaining her Master's in Food and Nutrition from Framingham State University. She worked at Head Start planning meals for toddlers then moved to Texas to work for Whole Foods Market as a Recipe Data Specialist before taking on a role with a State agency. Melinda joined NCA's education team in 2025.



### Brittany Gorman, MPH, RDN

Nutritionist  
USDA Food and Nutrition Services

Brittany is the project lead for the Food Buying Guide for Child Nutrition Programs (FBG) and works on technical assistance resources for program operators. She has over eight years of experience with CNP working in various roles at the local and federal level. She holds an MPH from the University of Massachusetts, Amherst.

**“This is the best information I have gotten since working in a kitchen. It's exactly what I needed.”**

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**2:45 pm - 3:45 pm**

## Fruits in the CACFP

Fruit not only adds color and sweetness to a meal but provides essential nutrients too! Whether fresh, frozen, canned or dried they provide the vitamins and fiber that growing children need.

- Explore the different forms of fruits allowed in the CACFP and how much to serve.
- Learn the required serving sizes and serving methods to ensure compliance.
- Consider best practices to adding fruits to meals and how they support healthy growth.

*Melinda Nguyen, MS, RDN, LD, National CACFP Association*



**4:00 pm - 5:00 pm**

## Vegetables in the CACFP

Vegetables provide essential vitamins, minerals and fiber to support growing bodies. But getting kids excited about eating them? That's where strategy and creativity come in. We'll focus on practical, easy-to-implement ways to serve vegetables in the CACFP meal pattern.

- Identify the different types of vegetables required in the CACFP and how to meet serving size guidelines.
- Understand the nutritional benefits of vegetables and their role in child development.
- Apply strategies to encourage children to try vegetables during mealtimes.

*Isabel Ramos-Lebron, MS, RDN, LD, National CACFP Association*

## ON DEMAND

### Using the Food Buying Guide for Menu Development

Unlock the full potential of the USDA's Food Buying Guide (FBG) for Child Nutrition Programs. Learn how to access the FBG, create an account and utilize its tools to plan nutritious, compliant and cost-effective meals. We'll guide you through the FBG yield tables, meal components and selecting the right food items for your recipes. Don't miss this chance to streamline your meal planning and ensure dietary guidelines are met with ease!

*Brittany Gorman, MPH, RDN, USDA Food and Nutrition Service*

## Registration Rates & Deadlines

### Member Pricing:

**\$149 Standard Registration**

\$199 Late Registration Starting June 5

### Non-member Pricing:

**\$199 Standard Registration**

\$249 Late Registration Starting June 5

**“I just really enjoyed this day.  
There was so much great  
information given and I'm very  
appreciative of everyone doing  
this for all of us. Thank you!”**

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## Schedule At-a-Glance by Time Zone

Thursday, June 12

11:00 am - 5:00 pm Eastern

Eastern	Central	Mountain	Pacific	Session
11:00 am - 12:00 pm	10:00 am - 11:00 am	9:00 am - 10:00 am	8:00 am - 9:00 am	Milk in the CACFP
12:15 pm - 1:15 pm	11:15 am - 12:15 pm	10:15 am - 11:15 am	9:15 am - 10:15 am	Grains in the CACFP
1:30 pm - 2:30 pm	12:30 pm - 1:30 pm	11:30 am - 12:30 pm	10:30 am - 11:30 am	Meats & Meat Alternates in the CACFP
2:45 pm - 3:45 pm	1:45 pm - 2:45 pm	12:45 pm - 1:45 pm	11:45 am - 12:45 pm	Fruits in the CACFP
4:00 pm - 5:00 pm	3:00 pm - 4:00 pm	2:00 pm - 3:00 pm	1:00 pm - 2:00 pm	Vegetables in the CACFP

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