

Program requirements as outlined in this section.

(c) Each adult day care center shall comply with the recordkeeping requirements established in § 226.10(d), in paragraph (b) of this section and, if applicable, in § 226.15(e). Failure to maintain such records shall be grounds for the denial of reimbursement.

[53 FR 52591, Dec. 28, 1988, as amended by Amdt. 22, 55 FR 1378, Jan. 14, 1990; 61 FR 25554, May 22, 1996; 62 FR 23619, May 1, 1997; 64 FR 72261, Dec. 27, 1999; 67 FR 43493, June 27, 2002; 69 FR 53546, Sept. 1, 2004; 72 FR 41610, July 31, 2007]

#### § 226.20 Requirements for meals.

(a) Except as otherwise provided in this section, each meal served in the Program shall contain, as a minimum, the indicated food components:

(1) A breakfast shall contain: (i) Fluid milk as a beverage or on cereal, or used in part for each purpose;

(ii) Vegetable(s) or fruit(s) or full-strength vegetable or fruit juice, or any combination of these foods;

(iii) Whole-grain or enriched bread; or cornbread, biscuits, rolls, muffins, etc., made with whole-grain or enriched meal or flour; or whole-grain or enriched or fortified cereal; or cooked whole-grain or enriched pasta or noodle products such as macaroni, or cereal grains such as rice, bulgur, or corn grits; or any combination of these foods.

(2) Lunch shall contain: (i) Fluid milk as a beverage;

(ii)(A) Lean meat, poultry or fish; alternate protein products; or cheese; or an egg; or cooked dry beans or peas; or peanut butter; or any combination of these foods. These foods must be served in a main dish, or in a main dish and one other menu item, to meet this requirement. Cooked dry beans or dry peas may be used as the meat alternate or as part of the vegetable/fruit component but not as both food components in the same meal;

(B) Nuts and seeds and their butters listed in program guidance are nutritionally comparable to meat or other meat alternates based on available nutritional data. Acorns, chestnuts, and coconuts shall *not* be used as meat alternates due to their low protein content. Nut or seed meals or flours may

be used as an ingredient in a bread/bread alternate, but shall *not* be used as a meat alternate except as defined in this part under Appendix A: Alternate Foods for Meals, and in program guidance materials. As noted in paragraph (c)(2) of this section, nuts or seeds may be used to meet no more than one-half of the meat/meat alternate requirements. Therefore, nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement;

(C) Yogurt may be used to meet all or part of the meat/meat alternate requirement. Yogurt served may be either plain or flavored, unsweetened or sweetened. Noncommercial and/or non-standardized yogurt products, such as frozen yogurt, homemade yogurt, yogurt flavored products, yogurt bars, yogurt covered fruit and/or similar products shall not be credited. Four ounces (weight) or ½ cup (volume) of yogurt fulfills the equivalent of one ounce of the meat/meat alternate requirement in the meal pattern.

(iii) Two or more vegetables or fruits, or a combination of both. Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement;

(iv) Whole-grain or enriched bread; or cornbread, biscuits, rolls, muffins, etc., made with whole-grain or enriched meal or flour; or whole-grain or enriched pasta or noodle products such as macaroni, or cereal grains such as rice, bulgur, or corn grits; or any combination of these foods.

(3) Supper shall contain the food components and servings listed for lunch in § 226.20(a)(2), except that, for adult participants in adult day care centers, it does not require a serving of fluid milk.

(4) Snacks shall contain two of the following four components:

(i) Fluid milk as a beverage, or on cereal, or used in part for each purpose;

(ii) Meat or meat alternate. Nuts and seeds and their butters listed in program guidance are nutritionally comparable to meat or other meat alternates based on available nutritional data. Acorns, chestnuts, and coconuts are excluded and shall *not* be used as meat alternates due to their low protein content. Nut or seed meals or

flours shall *not* be used as a meat alternate except as defined in this part under Appendix A: Alternate Foods for Meals;

(iii) Vegetable(s) or fruit(s) or full-strength vegetable or fruit juice, or any combination of these foods. For children, juice may not be served when milk is served as the only other component;

(iv) Whole-grain or enriched bread; or cornbread, biscuits, rolls, muffins, etc., made with whole-grain or enriched meal or flour; or cooked whole-grain or enriched pasta or noodle products such as macaroni, or cereal grains such as rice, bulgar, or corn grits; or any combination of these foods.

(b) *What are the requirements for the infant meal pattern?*—(1) *Feeding meals to infants.* Meals served to infants ages birth through 11 months must meet the requirements described in paragraph (b)(6) of this section. Foods included in the infant meal must be of a texture and a consistency that are appropriate for the age of the infant being served. The foods must be served during a span of time consistent with the infant's eating habits. For those infants whose dietary needs are more individualized, exceptions to the meal pattern must be made in accordance with the requirements found in paragraph (h) of this section.

(2) *Breastmilk and iron-fortified formula.* Either breastmilk or iron-fortified infant formula, or portions of both, must be served for the entire first year. Meals containing breastmilk and meals containing iron-fortified infant formula supplied by the facility are eligible for reimbursement. However, infant formula provided by a parent (or guardian) and breastmilk fed directly by the infant's mother, during a visit to the facility, contribute to a reimbursable meal only when the facility supplies at least one component of the infant's meal.

(3) *Fruit juice.* Juice should not be offered to infants until they are 6 months of age and ready to drink from a cup. Feeding fruit juice only from a cup will help develop behaviors that may prevent early childhood caries. Fruit juice served as part of the meal pattern for infants 8 through 11 months must be full-strength.

(4) *Solid foods.* Solid foods of an appropriate texture and consistency are required only when the infant is developmentally ready to accept them. The facility should consult with the infant's parent (or guardian) in making the decision to introduce solid foods. Solid foods should be introduced one at a time on a gradual basis with the intent of ensuring the infant's health and nutritional well-being.

(5) *Infant meal pattern.* Infant meals must have, at a minimum, each of the food components indicated, in the amount that is appropriate for the infant's age. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered. In these situations, additional breastmilk must be offered if the infant is still hungry. Meals may include portions of breastmilk and iron-fortified infant formula as long as the total number of ounces meets, or exceeds, the minimum amount required of this food component. Similarly, to meet the component requirements for vegetables and fruit, portions of both may be served.

(i) *Birth through 3 months.* Only breastmilk or iron-fortified formula is required to meet the infant's nutritional needs.

(A) Breakfast—4 to 6 fluid ounces of breastmilk or iron-fortified infant formula.

(B) Lunch or supper—4 to 6 fluid ounces of breastmilk or iron-fortified infant formula.

(C) Snack—4 to 6 fluid ounces of breastmilk or iron-fortified infant formula.

(ii) *4 through 7 months.* Breastmilk or iron-fortified formula is required. Some infants may be developmentally ready for solid foods of an appropriate texture and consistency. Meals are reimbursable when facilities provide all of the components in the meal pattern that the infant is developmentally ready to accept.

(A) Breakfast—4 to 8 fluid ounces of breastmilk or iron-fortified infant formula; and 0 to 3 tablespoons of iron-fortified dry infant cereal.

(B) Lunch or supper—4 to 8 fluid ounces of breastmilk or iron-fortified

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infant formula; and 0 to 3 tablespoons of iron-fortified dry infant cereal; and 0 to 3 tablespoons of fruit or vegetable.

(C) *Snack*—4 to 6 fluid ounces of breastmilk or iron-fortified infant formula.

(iii) *8 through 11 months.* Breastmilk or iron-fortified formula and solid foods of an appropriate texture and consistency are required. Meals are reimbursable when facilities provide all of the components in the meal pattern that the infant is developmentally ready to accept.

(A) *Breakfast*—6 to 8 fluid ounces of breastmilk or iron-fortified infant formula; 2 to 4 tablespoons of iron-fortified dry infant cereal; and 1 to 4 tablespoons of fruit or vegetable.

(B) *Lunch or supper*—6 to 8 fluid ounces of breastmilk or iron-fortified infant formula; 2 to 4 tablespoons of

iron-fortified dry infant cereal; and/or 1 to 4 tablespoons of meat, fish, poultry, egg yolk, or cooked dry beans or peas; or ½ to 2 ounces (weight) of cheese; or 1 to 4 ounces (volume) of cottage cheese; or 1 to 4 ounces (weight) of cheese food or cheese spread; and 1 to 4 tablespoons of fruit or vegetable.

(C) *Snack*—2 to 4 fluid ounces of breastmilk, iron-fortified infant formula, or full strength fruit juice; and 0 to ½ slice of crusty bread (if developmentally ready) or 0 to 2 cracker type products (if developmentally ready), which are made from whole-grain or enriched meal or flour, and suitable as a finger food for an infant.

(6) *Infant meal pattern table.* The minimum amounts of food components to serve to infants, as described in paragraph (b)(5) of this section, are:

**CHILD CARE INFANT MEAL PATTERN**

Type of meal service	Birth through 3 months	4 through 7 months	8 through 11 months
Breakfast .....	4–6 fluid ounces of formula <sup>1</sup> or breastmilk <sup>2,3</sup> .	4–8 fluid ounces of formula <sup>1</sup> or breastmilk <sup>2,3</sup> ; and. 0–3 tablespoons of infant cereal <sup>1,4</sup> .	6–8 fluid ounces of formula <sup>1</sup> or breastmilk <sup>2,3</sup> ; and 2–4 tablespoons of infant cereal <sup>1</sup> ; and 1–4 tablespoons of fruit or vegetable or both.
Lunch or Supper .....	4–6 fluid ounces of formula <sup>1</sup> or breastmilk <sup>2,3</sup> .	4–8 fluid ounces of formula <sup>1</sup> or breastmilk <sup>2,3</sup> ; and. 0–3 tablespoons of infant cereal <sup>1,4</sup> ; and. 0–3 tablespoons of fruit or vegetable or both <sup>4</sup> .	6–8 fluid ounces of formula <sup>1</sup> or breastmilk <sup>2,3</sup> ; and 2–4 tablespoons of infant cereal <sup>1</sup> ; and/or 1–4 tablespoons of meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½–2 ounces of cheese; or 1–4 ounces (volume) of cottage cheese; or 1–4 ounces (weight) of cheese food or cheese spread; and 1–4 tablespoons of fruit or vegetable or both.
Snack .....	4–6 fluid ounces of formula <sup>1</sup> or breastmilk <sup>2,3</sup> .	4–6 fluid ounces of formula <sup>1</sup> or breastmilk <sup>2,3</sup> .	2–4 fluid ounces of formula <sup>1</sup> , breastmilk <sup>2,3</sup> , or fruit juice <sup>5</sup> ; and 0–½ slice of bread <sup>4,6</sup> or 0–2 crackers <sup>4,6</sup> .

<sup>1</sup> Infant formula and dry infant cereal must be iron-fortified.  
<sup>2</sup> Breastmilk or formula, or portions of both, may be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months.  
<sup>3</sup> For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered if the infant is still hungry.  
<sup>4</sup> A serving of this component is required only when the infant is developmentally ready to accept it.  
<sup>5</sup> Fruit juice must be full-strength.  
<sup>6</sup> A serving of this component must be made from whole-grain or enriched meal or flour.

(c) *Meal patterns for children age one through 12 and adult participants.* When individuals over age one participate in the Program, the total amount of food authorized in the meal patterns set

forth below shall be provided in order to qualify for reimbursement.

(1) *Breakfast.* The minimum amount of food components to be served as

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breakfast as set forth in paragraph (a)(1) of this section are as follows:

Food components	Age 1 and 2	Age 3 through 5	Age 6 through 12 <sup>1</sup>	Adult participants
Milk, fluid .....	1/2 cup <sup>2</sup> .....	3/4 cup .....	1 cup .....	1 cup. <sup>2</sup>
Vegetables and Fruits or .....	1/4 cup .....	1/2 cup .....	1/2 cup .....	1/2 cup.
Full-strength vegetable or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.	1/4 cup .....	1/2 cup .....	1/2 cup .....	1/2 cup.
Bread and Bread Alternates <sup>3</sup>				
Bread or .....	1/2 slice .....	1/2 slice .....	1 slice .....	2 slices (servings).
Combread, biscuits, rolls, muffins, etc. <sup>4</sup> or .....	1/2 serving .....	1/2 serving .....	1 serving .....	2 servings.
Cold dry cereal <sup>5</sup> or .....	1/4 cup or 1/3 ounce.	1/3 cup or 1/2 ounce.	3/4 cup or 1 ounce.	1 1/2 cup or 2 ounces.
Cooked cereal or .....	1/4 cup .....	1/4 cup .....	1/2 cup .....	1 cup.
Cooked pasta or noodle products or .....	1/4 cup .....	1/4 cup .....	1/2 cup .....	1 cup.
Cooked cereal grains or an equivalent quantity of any combination of bread/bread alternate.	1/4 cup .....	1/4 cup .....	1/2 cup .....	1 cup.

<sup>1</sup>Children ages 13 through 18 must be served minimum or larger portion sizes specified in this section for children ages 6 through 12.

<sup>2</sup>For purposes of the requirements outlined in this subsection, a cup means a standard measuring cup.

<sup>3</sup>Bread, pasta or noodle products, and cereal grains, shall be whole grain or enriched; combread, biscuits, rolls, muffins, etc., shall be made with whole grain or enriched meal or flour; cereal shall be whole grain or enriched or fortified.

<sup>4</sup>Serving sizes and equivalents to be published in guidance materials by FNS.

<sup>5</sup>Either volume (cup) or weight (ounces) whichever is less.

(2) *Lunch.* The minimum amount of as set forth in paragraph (a)(2) of this food components to be served as lunch section are as follows:

Food components	Age 1 and 2	Age 3 through 5	Age 6 through 12 <sup>1</sup>	Adult participants
Milk, fluid .....	1/2 cup <sup>2</sup> .....	3/4 cup .....	1 cup .....	1 cup <sup>2</sup> .
Vegetables and Fruits <sup>3</sup>				
Vegetables(s) and/or fruit(s) .....	1/4 cup total .....	1/2 cup total .....	3/4 cup total .....	1 cup total.
Bread and Bread Alternates <sup>4</sup>				
Bread or .....	1/2 slice .....	1/2 slice .....	1 slice .....	2 slices (servings).
Combread, biscuits, rolls, muffins, etc. <sup>5</sup> or .....	1/2 serving .....	1/2 serving .....	1 serving .....	2 servings.
Cooked pasta or noodle products or .....	1/4 cup .....	1/4 cup .....	1/2 cup .....	1 cup.
Cooked cereal grains or an equivalent quantity of any combination of bread/bread alternate.	1/4 cup .....	1/4 cup .....	1/2 cup .....	1 cup.
Meat and Meat Alternates				
Lean meat or poultry or fish <sup>6</sup> or .....	1 ounce .....	1 1/2 ounces .....	2 ounces .....	2 ounces.
Alternate protein products <sup>7</sup> or .....	1 ounce .....	1 1/2 ounces .....	2 ounces .....	2 ounces.
Cheese or .....	1 ounce .....	1 1/2 ounces .....	2 ounces .....	2 ounces.
Egg (large) or .....	1/2 .....	3/4 .....	1 .....	1.
Cooked dry beans or peas or .....	1/4 cup .....	3/8 cup .....	1/2 cup .....	1/2 cup.
Peanut butter or soybean butter or other nut or seed butters or .....	2 tablespoons .....	3 tablespoons .....	4 tablespoons .....	4 tablespoons.
Peanuts or soybeans or tree nuts or seeds <sup>8</sup> or ...	1/2 ounce <sup>9</sup> =50% .....	3/4 ounce <sup>9</sup> =50% .....	1 ounce <sup>9</sup> =50% .....	1 ounce <sup>9</sup> =50%.
Yogurt, plain or flavored, unsweetened or sweetened or an equivalent quantity of any combination of the above meat/meat alternates.	4 ounces or 1/2 cup.	6 ounces or 3/4 cup.	8 ounces or 1 cup.	8 ounces or 1 cup.

<sup>1</sup>Children ages 13 through 18 must be served minimum or larger portion sizes specified in this section for children ages 6 through 12.

<sup>2</sup>For purposes of the requirements outlined in this subsection, a cup means a standard measuring cup.

<sup>3</sup>Serve 2 or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

<sup>4</sup>Bread, pasta or noodle products, and cereal grains, shall be whole grain or enriched; combread, biscuits, rolls, muffins, etc., shall be made with whole grain or enriched meal or flour.

<sup>5</sup>Serving sizes and equivalents to be published in guidance materials by FNS.

<sup>6</sup>Edible portion as served.

<sup>7</sup>Must meet the requirements in appendix A of this part.

<sup>8</sup>Tree nuts and seeds that may be used as meat alternates are listed in program guidance.

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<sup>9</sup>No more than 50% of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry, or fish.

(3) *Supper*. The minimum amount of as set forth in paragraph (a)(3) of this section are as follows:

Food components	Age 1 and 2	Age 3 through 5	Age 6 through 12 <sup>1</sup>	Adult participants
Milk, fluid .....	½ cup <sup>2</sup> .....	¾ cup <sup>2</sup> .....	1 cup .....	None.
Vegetables and Fruits <sup>3</sup>				
Vegetables(s) and/or fruit(s) .....	¼cup total .....	½ cup total .....	¾ cup total .....	1 cup total.
Bread and Bread Alternates <sup>4</sup>				
Bread or .....	½ slice .....	½ slice .....	1 slice .....	2 slices (servings). <sup>5</sup>
Cornbread, biscuits, rolls, muffins, etc. <sup>5</sup> or .....	½ serving .....	½ serving .....	1 serving .....	2 servings.
Cooked cereal grains or an equivalent quantity of any combination of bread/bread alternate.	¼ cup .....	¼ cup .....	½ cup .....	1 cup.
Meat and Meat Alternates				
Lean meat or poultry or fish <sup>6</sup> or .....	1 ounce .....	1½ ounces .....	2 ounces .....	2 ounces.
Alternate protein products <sup>7</sup> or .....	1 ounce .....	1½ ounces .....	2 ounces .....	2 ounces.
Cheese or .....	1 ounce .....	1½ ounces .....	2 ounces .....	2 ounces.
Egg (large) or .....	½ .....	¾ .....	1 .....	1.
Cooked dry beans or peas or .....	¼ cup .....	¾ cup .....	½ cup .....	½ cup.
Peanut butter or soynut butter or other nut or seed butters or.	2 tablespoons .....	3 tablespoons .....	4 tablespoons .....	4 tablespoons.
Peanuts or soynuts or tree nuts or seeds <sup>8</sup> or ...	½ ounce <sup>9</sup> =50% .....	¾ ounce <sup>9</sup> =50% .....	1 ounce <sup>9</sup> =50% ...	1 ounce <sup>9</sup> =50%.
Yogurt, plain or flavored, unsweetened or sweetened or an equivalent quantity of any combination of the above meat/meat alternates.	4 ounces or ½ cup.	6 ounces or ¾ cup.	8 ounces or 1 cup.	8 ounces or 1 cup.

<sup>1</sup> Children ages 13 through 18 must be served minimum or larger portion sizes specified in this section for children ages 6 through 12.

<sup>2</sup> For purposes of the requirements outlined in this subsection, a cup means a standard measuring cup.

<sup>3</sup> Serve 2 or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

<sup>4</sup> Bread, pasta or noodle products, and cereal grains, shall be whole grain or enriched; cornbread, biscuits, rolls, muffins, etc., shall be made with whole grain or enriched meal or flour.

<sup>5</sup> Serving sizes and equivalents to be published in guidance materials by FNS.

<sup>6</sup> Edible portion as served.

<sup>7</sup> Must meet the requirements in appendix A of this part.

<sup>8</sup> Tree nuts and seeds that may be used as meat alternates are listed in program guidance.

<sup>9</sup> No more than 50% of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry, or fish.

(4) *Snack*. The minimum amounts of following four components. (For children, juice may not be served when milk is served as the only other component.)

Food components	Age 1 and 2	Age 3 through 5	Age 6 through 12 <sup>1</sup>	Adult participants <sup>1</sup>
<b>MILK</b>				
Milk, fluid .....	½ cup <sup>2</sup> .....	½ cup .....	1 cup .....	1 cup.
<b>VEGETABLES AND FRUIT</b>				
Vegetable(s) and/or fruit(s) or .....	½ cup .....	½ cup .....	¾ cup .....	½ cup.
Full-strength vegetable or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.	½ cup .....	½ cup .....	¾ cup .....	½ cup.

Food components	Age 1 and 2	Age 3 through 5	Age 6 through 12 <sup>1</sup>	Adult participants <sup>1</sup>
<b>BREAD AND BREAD ALTERNATES<sup>3</sup></b>				
Bread or .....	1/2 slice .....	1/2 slice .....	1 slice .....	1 slice (serving).
Cornbread, biscuits, rolls, muffins, etc. <sup>4</sup> or .....	1/2 serving .....	1/2 serving .....	1 serving .....	1 serving.
Cold dry cereal <sup>5</sup> .....	1/4 cup or .....	1/3 cup or .....	3/4 cup or .....	3/4 cup or.
	1/3 ounce .....	1/2 ounce .....	1 ounce .....	1 ounce.
Cooked pasta or noodle products or .....	1/4 cup .....	1/4 cup .....	1/2 cup .....	1/2 cup.
Cooked cereal or grains or an equivalent quantity of any combination of bread/bread alternates.	1/4 cup .....	1/4 cup .....	1/2 cup .....	1/2 cup.
<b>MEAT AND MEAT ALTERNATES</b>				
Lean meat or poultry or fish <sup>6</sup> or .....	1/2 ounce .....	1/2 ounce .....	1 ounce .....	1 ounce.
Alternate protein products <sup>7</sup> or .....	1/2 ounce .....	1/2 ounce .....	1 ounce .....	1 ounce.
Cheese or .....	1/2 ounce .....	1/2 ounce .....	1 ounce .....	1 ounce.
Egg (large) <sup>8</sup> or .....	1/2 egg .....	1/2 egg .....	1/2 egg .....	1/2 egg.
Cooked dry beans or peas or .....	1/8 cup .....	1/8 cup .....	1/4 cup .....	1/4 cup.
Peanut butter or soynut butter or other nut or seed butters or.	1 tablespoon ...	1 tablespoon ...	2 tablespoons	2 tablespoons.
Peanuts or soynuts or tree nuts or seeds <sup>9</sup> or .....	1/2 ounce .....	1/2 ounce .....	1 ounce .....	1 ounce.
Yogurt, plain or flavored, unsweetened or sweetened, or an equivalent quantity of any combination of meat/meat alternates.	2 ounces or 1/4 cup.	2 ounces or 1/4 cup.	4 ounces or 1/2 cup.	4 ounces or 1/2 cup.

<sup>1</sup> Children ages 13 through 18 must be served minimum or larger portion sizes specified in this section for children ages 6 through 12.  
<sup>2</sup> For purposes of the requirements outlined in this subsection, a cup means a standard measuring cup.  
<sup>3</sup> Bread, pasta or noodle products, and cereal grains shall be whole-grain or enriched; cornbread, biscuits, rolls, muffins, etc. shall be made with whole-grain or enriched meal or flour; cereal shall be whole-grain or enriched or fortified.  
<sup>4</sup> Serving size and equivalents to be published in guidance materials by FNS.  
<sup>5</sup> Either volume (cup) or weight (ounce), whichever is less.  
<sup>6</sup> Edible portion as served.  
<sup>7</sup> Must meet the requirements in Appendix A of this part.  
<sup>8</sup> One-half egg meets the required minimum amount (one ounce or less) of meat alternate.  
<sup>9</sup> Tree nuts and seeds that may be used as meat alternates are listed in program guidance.

(d) *Additional food.* To improve the nutrition of participating children over 1 year of age additional foods may be served with each meal as follows:

(1) *Breakfast.* Include as often as practical one-half egg; or a 1-ounce serving (edible portion as served) of meat, poultry or fish; or 1-ounce of cheese; or 2 tablespoons of peanut butter; or 4 oz. of yogurt; or an equivalent quantity of any combination of these foods. Additional foods may be served as desired.

(2) *Lunch, supper or supplemental food.* Additional foods may be served as desired.

(e) *Temporary unavailability of milk.* If emergency conditions prevent an institution normally having a supply of milk from temporarily obtaining milk deliveries, the State agency may approve the service of breakfasts, lunches, or suppers without milk during the emergency period.

(f) *Continuing unavailability of milk.* The inability of an institution to obtain a supply of milk on a continuing basis shall not bar it from participation in the Program. In such cases, the

State agency may approve service of meals without milk, provided that an equivalent amount of canned, whole dry or nonfat dry milk is used in the preparation of the components of the meal set forth in paragraphs (a)(1), (2) and (3) of this section.

(g) *Statewide substitutions.* In American Samoa, Puerto Rico, Guam, the Virgin Islands, the Trust Territory of the Pacific Islands, and the Northern Mariana Islands the following variations from the meal requirements are authorized: A serving of a starchy vegetable, such as yams, plantains, or sweet potatoes may be substituted for the bread requirements.

(h) *Individual substitutions.* Substitutions may be made in food listed in paragraphs (b) and (c) of this section if individual participants are unable, because of medical or other special dietary needs, to consume such foods. Substitutions because of medical needs shall be made only when supported by a statement from a recognized medical authority which includes recommended alternate foods.

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(i) *Special variations.* FNS may approve variations in the food components of the meals on an experimental or a continuing basis in any institution where there is evidence that such variations are nutritionally sound and are necessary to meet ethnic, religious, economic, or physical needs.

(j) *Meal planning.* Institutions shall plan for and order meals on the basis of current participation trends, with the objective of providing only one meal per participant at each meal service. Records of participation and of ordering or preparing meals shall be maintained to demonstrate positive action toward this objective. In recognition of the fluctuation in participation levels which makes it difficult to estimate precisely the number of meals needed and to reduce the resultant waste, any excess meals that are ordered may be served to participants and may be claimed for reimbursement, unless the State agency determines that the institution has failed to plan and prepare or order meals with the objective of providing only one meal per participant at each meal service.

(k) *Time of meal service.* State agencies may require any institution or facility to allow a specific amount of time to elapse between meal services or require that meal services not exceed a specified duration.

(l) *Sanitation.* Institutions shall ensure that in storing, preparing, and serving food, proper sanitation and health standards are met which conform with all applicable State and local laws and regulations. Institutions shall ensure that adequate facilities are available to store food or hold meals.

(m) *Donated commodities.* Institutions shall efficiently use in the Program any foods donated by the Department and accepted by the institution.

(n) *Plentiful foods.* Institutions shall, insofar as practical, purchase and efficiently use in the Program foods designated as plentiful by the Department.

(o) *Additional provision.* The State agency may allow institutions which serve meals prepared in schools participating in the National School Lunch and School Breakfast Programs to substitute the meal pattern requirements

of the regulations governing those Programs (7 CFR part 210 and 7 CFR part 220, respectively) for the meal pattern requirements contained in this section.

(p) *Family-style meal service.* Meals may be served in a family-style setting.

(q) *Offer versus serve.* (1) Each adult day care center shall offer its adult participants all of the required food servings as set forth in paragraph (c)(1), (c)(2) and (c)(3) of this section. However, at the discretion of the adult day care center, adult participants may be permitted to decline:

(i) *One of the four* food items (one serving of milk, one serving of vegetable and/or fruit, and two servings of bread or bread alternate) required at breakfast;

(ii) *Two of the six* food items (one serving of milk, two servings of vegetable and/or fruit, two servings of bread or bread alternate, and one serving of meat or meat alternate) required at lunch;

(iii) *Two of the five* food items (two servings of vegetables and/or fruit, two servings of bread or bread alternate, and one serving of meat or meat alternate) required at supper.

(2) The price of a reimbursable meal shall not be affected if an adult participant declines a food item.

[47 FR 36527, Aug. 20, 1982; 48 FR 40197, Sept. 16, 1983]

EDITORIAL NOTE: For FEDERAL REGISTER citations affecting § 226.20, see the List of CFR Sections Affected, which appears in the Finding Aids section of the printed volume and at [www.fdsys.gov](http://www.fdsys.gov).

### § 226.21 Food service management companies.

(a) Any institution may contract with a food service management company. An institution which contracts with a food service management company shall remain responsible for ensuring that the food service operation conforms to its agreement with the State agency. All procurements of meals from food service management companies shall adhere to the procurement standards set forth in § 226.22. Public institutions shall follow applicable State or local laws governing bid