

Special Diet Statement For USDA Food Program

The child listed below is a participant on the USDA Child Care Food Program (CACFP), sponsored by Heartland Child Nutrition, Inc. His/her child care provider is required to serve the child according to the CACFP Meal Pattern, as printed on the back of this form. Please indicate exceptions to these requirements for this child.

Child's Name _____ Birth Date: _____

Physicians Name _____ Today's Date: _____

Child Care Provider's Name _____












Foods to eliminate from diet Example: cow's milk	Foods to substitute Example: soy milk
Other dietary instructions	
Is this diet adjustment due to a disability?* yes no allergy? yes no food intolerance? yes no	
Signature of Medical Authority** _____	
Telephone _____	
<small>* Disability defined as a person who has a physical or mental impairment which substantially limits one or more major life activities including caring for oneself, eating, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning & working. ** Recognized medical authorities: MD, PA, RD, NP.</small>	



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USDA CACFP Meal Pattern Requirements

Meal	Food Served	Age 1 through 2	Age 3 through 5	Age 6 through 12
Breakfast	 Juice ¹ or Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup
	 Bread (whole grain or enriched) or	1/2 slice	1/2 slice	1 slice
	Cereal , Cold enriched or whole-grain or	1/4 cup	1/3 cup	3/4 cup
	Hot Cooked Cereal or	1/4 cup	1/4 cup	1/2 cup
	Pasta or Noodles or Grains	1/4 cup	1/4 cup	1/2 cup
	 Milk ²	1/2 cup	3/4 cup	1 cup
Snack (Serve 2 of the 4 groups)	 Juice ¹ or Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup
	 Bread (whole grain or enriched) or	1/2 slice	1/2 slice	1 slice
	Cornbread or Biscuit or Roll or Muffin or	1/2 serving	1/2 serving	1 serving
	Cold dry cereal or	1/4 cup	1/3 cup	3/4 cup
	Hot cooked cereal or Pasta or Noodles or Grains	1/4 cup	1/4 cup	1/2 cup
	 Meat or Poultry or Fish or Cheese or	1/2 oz.	1/2 oz.	1 oz.
	Eggs ³ or	1/2 egg	1/2 egg	1/2 egg
	Peanut Butter or	1 Tbsp.	1 Tbsp.	2 Tbsp.
	Cooked Dry Beans or Dry Peas or	1/8 cup	1/8 cup	1/4 cup
	Nuts and/or Seeds ⁴ or	1/2 oz.	1/2 oz.	1 oz.
	Yogurt	2 oz.	2 oz.	4 oz.
	 Milk ²	1/2 cup	1/2 cup	1 cup
	Lunch/Supper	 Meat or Poultry or Fish or Cheese or	1 oz.	1-1/2 oz.
Eggs or		1/2 egg	3/4 egg	1 egg
Peanut Butter or		2 Tbsp.	3 Tbsp.	4 Tbsp.
Cooked Dry Beans or Dry Peas or		1/4 cup	3/8 cup	1/2 cup
Nuts and/or Seeds ⁴ or		1/2 oz.	3/4 oz.	1 oz.
Yogurt		4 oz.	6 oz.	8 oz.
 Choose two different vegetables and/or fruits to equal the following portions...		1/4 cup	1/2 cup	3/4 cup
 Bread (whole grain or enriched) or		1/2 slice	1/2 slice	1 slice
Combread or Biscuit or Roll or Muffin or		1/2 serving	1/2 serving	1 serving
Cold dry cereal or		1/4 cup	1/3 cup	3/4 cup
Hot cooked cereal or Pasta or Noodles or Grains		1/4 cup	1/4 cup	1/2 cup
 Milk ²		1/2 cup	3/4 cup	1 cup

¹ Fruit or vegetable juice must be 100% juice. Juice cannot be served when milk is the only other component for snack.

² The American Academy of Pediatrics recommends that children drinking cow's milk be served whole milk until the age of 2.

Infant Meal Requirements	
Birth through 3 Months	
Breakfast	4-6 oz. IFIF or Breast Milk
Lunch/Supper	4-6 oz. IFIF or Breast Milk
Snack	4-6 oz. IFIF or Breast Milk
4 through 7 Months	
Breakfast	4-8 oz. IFIF or Breast Milk 1-3 Tbsp. IFIC (Optional)*
Lunch/Supper	4-8 oz. IFIF or Breast Milk 1-3 Tbsp. IFIC (Optional)* 1-3 Tbsp. Fruit/Vegetable (Optional)*
Snack	4-6 oz. IFIF or Breast Milk Optional: Crackers/Bread
8 to 12 Months	
Breakfast	6-8 oz. IFIF or Breast Milk 2-4 Tbsp. IFIC 1-4 Tbsp. Fruit and/or Vegetable
Lunch/Supper	6-8 oz. IFIF or Breast Milk 2-4 Tbsp. IFIC; and/or 1-4 Tbsp. meat, fish, poultry, egg yolk; OR cooked dry beans/peas; OR 1-4 oz. cottage cheese or cheese food or cheese spread OR 1-4 Tbsp. Yogurt 1-4 Tbsp. Fruit and/or Vegetable
Snack	2-4 oz. IFIF or Breast Milk or Fruit Juice Optional: Crackers/Bread

* Upon parental request, optional foods (IFIC, Fruit/Veg.) must be provided by the child care provider.