

Florida Child Care Food Program (CCFP) Additional State Meal Pattern Requirements for Children

Vegetable or fruit or juice:

- Fruit juice must not be served more than once a day.
- Fresh, frozen, or canned vegetables and/or fruits (whole) must be served at least twice a week on the breakfast menu and twice a week on the snack menu.
Please note: For those centers that claim two snacks and one meal, instead of two meals and one snack, fresh, frozen or canned vegetables and/or fruits must be served at least twice a week *at each* snack time.
- Good vitamin A sources must be served a minimum of twice a week and must come from vegetables and fruits.
- Good vitamin C sources must be served daily and must come from vegetables and fruits or fruit juice.

Grains/breads:

- Prepackaged sweet grain/bread products must have enriched flour or meal or whole grains as the first ingredient listed on the package.
- No more than two sweet grain/bread breakfast items and no more than two sweet grain/bread snack items may be served per week (not to exceed four sweet items per week). Please note: Regardless of how many different types of snacks you offer (i.e. morning snack, afternoon snack, and evening snack) – your CCFP menu must not contain more than two sweet grain/bread snack items per week.
- Breakfast cereals (ready-to-eat) are creditable if the ingredient statement shows that the primary grain ingredient is whole grain, enriched flour or meal, bran, or germ and they contain 10 grams of sugar or less per serving as stated on the Nutrition Facts label.