



Florida Child Care Food Program Nutrition Requirements

Meal Pattern Component	USDA Requirement	Florida Policy/Recommendation
Fruits and Vegetables	Allows fruit juice to be served every day at every meal	Limits juice to no more than one serving per day
Fruits and Vegetables	Fruit and/or vegetable and/or juice is required at breakfast	Whole fruits (fresh, frozen, or canned) and/or vegetables (fresh, frozen, or canned) must be served at least twice per week at breakfast
Fruits and Vegetables	Allowed, but not required at snack time	Whole fruits (fresh, frozen, or canned) and/or vegetables (fresh, frozen, or canned) must be served at least twice per week at snack time
Fruits and Vegetables	Does not specify vitamin or mineral content	<p>Requires good (at least 10% of DRI) source of vitamin C be served daily and must come from fruits, vegetables, or fruit juice</p> <p>Requires good (at least 10% of DRI) source of vitamin A be served at least twice per week and must come from fruits or vegetables</p>
Grains/Breads	Allows sweet grain/bread items (such as pastries and cookies) every day at breakfast and snack	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 more than four sweet items per week)
Grains/Breads	Allows all ready-to-eat cereals	Only ready-to-eat breakfast cereals containing 10 grams of sugar or less per serving as stated on Nutrition Facts Label are allowed
Milk	Does not differentiate the type of milk to be served	Does not currently require, but does strongly encourage, low fat or fat free milk for healthy children aged 2 and older