





Meal Service Styles: CACFP Requirements

Meal Service Style	Definition	Requirement	Best Practices
<p><i>Pre-plated</i></p> 	<p>Staff put all components on the plate or into cups</p>	<p>Minimum serving size <u>must</u> be provided</p>	<p>Have plates/cups prepared prior to participants being seated</p> <p>Use scoop sizes or measuring cups</p> <p>Provide staff with summary sheets of how much to serve (i.e. 3 apple slices)</p>
<p><i>Family Style Dining</i></p> 	<p>Common serving dishes of each component is placed on the table</p> <p>Participants serve themselves</p>	<p>Minimum serving size must be available for each participant seated at the table</p> <p>Encourage participants to take all components in the minimum serving size, but do not require</p>	<p>Place components/ common serving dishes on table prior to participants being seated</p> <p>Use age-appropriate size bowls, utensils, tables, chairs</p>
<p><i>Combination of Pre-plated and Family Style Dining</i></p> 			<p>You may choose to combine these two meal services to better accommodate the participant's abilities or the food being served</p> <p>All meal components must be served</p> <p>Quantities placed on plates and in cups by staff must meet the minimum serving size</p> <p>Quantities available in the common serving dishes must provide minimum serving size for each participant seated at the table</p>
<p><i>Cafeteria Style Dining</i></p> 			<p>Participants move through a serving line and serve themselves food or staff serve the food</p> <p>Quantities taken by participants or served by staff must meet the minimum serving size</p> <p>All meal components must be served. Offer versus Serve (OvS) is allowed in the At-Risk Afterschool program only</p>