# Meal Service Styles: CACFP Requirements

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