





Meal Service Styles: CACFP Requirements

| Meal Service Style | Definition | Requirement | Best Practices |
|---|--|--|--|
| <p>Pre-plated</p>  | <p>Staff put all components on the plate or into cups</p> | <p>Minimum serving size per the CACFP meal pattern must be placed on plate and in cup</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>Family Style Dining</p>  | <p>Common serving dishes of each component is placed on the table</p> <p>Participants serve themselves</p> | <p>Minimum serving size per the CACFP meal pattern 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>Combination of Pre-plated and Family Style Dining</p>  | <p>These two meal services may be combined to better accommodate the participant's abilities or the foods being served</p> | <p>All meal components must be served:</p> <ul style="list-style-type: none"> When foods are served pre-plated: Quantities placed on plates and in cups by staff must meet the minimum serving size When foods are served family style: Quantities available in common serving dishes must provide minimum serving size for each participant seated at the table | |
| <p>Cafeteria Style Dining</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> | | |