

Meal Service Styles: CACFP Requirements

Adult Daycare Centers

Meal Service Style	Definition	Requirement	Best Practices
<p style="text-align: center;"><i>Pre-plated</i></p> 	<p>Staff serve 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. 4 apple slices)</p>
<p style="text-align: center;"><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 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 appropriate size bowls, utensils, tables, chairs</p>
<p style="text-align: center;"><i>Combination of Pre-plated and Family Style Dining</i></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 style="text-align: center;"><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>Offer versus Serve (OvS) is allowed in Adult Day Care. Programs must indicate when a site will use OvS in the CACFP online contract on the Site Application page. See Guidance Memo 12 for more information.</p>		