

USDA Links and Resources

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Updated Meal Standards Charts

- [Infants](#)
- [Children](#)
- [Adults](#)

One-Page Summaries of the Updated Meal Standards

- Infants ([English](#), [Spanish](#))
- Children and Adults ([English](#), [Spanish](#))
- Best Practices ([English](#), [Spanish](#))

CACFP Meal Pattern Training Tools

- Choose Yogurts That Are Lower in Added Sugars ([English](#), [Spanish](#))
- Choose Breakfast Cereals That Are Lower in Added Sugars ([English](#), [Spanish](#))
- Serving Milk in the CACFP ([English](#), [Spanish](#))
- Growing A Healthier Future With the CACFP ([English](#), [Spanish](#))