

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 \(English , Spanish \)](#)
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