





Meal Service Styles: CACFP Requirements

Adult Daycare Centers

Meal Service Style	Definition	Requirement	Best Practices
<p style="text-align: center;">Pre-plated</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;">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 appropriate size bowls, utensils, tables, chairs</p>
<p style="text-align: center;">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 style="text-align: center;">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>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. Refer to the USDA Offer Versus Serve for ADC handout for OVS requirements.</p>		