





# Meal Service Styles: CACFP Requirements

Meal Service Style	Definition	Requirement	Best Practices
<p style="text-align: center;"><b>Pre-plated</b></p> 	<p>Staff put all components on the plate or into cups</p>	<p>Minimum serving size of each component, per the CACFP meal pattern, <b>must</b> 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 style="text-align: center;"><b>Family Style Dining</b></p> 	<p>Common serving dishes of each component is placed on the table</p> <p>Participants serve themselves</p>	<p>Minimum serving size of each component, per the CACFP meal pattern, <b>must</b> 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 style="text-align: center;"><b>Combination of Pre-plated and Family Style Dining</b></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"> <li>• When foods are served <b>pre-plated</b>: Quantities placed on plates and in cups by staff must meet the minimum serving size</li> <li>• When foods are served <b>family style</b>: Quantities available in common serving dishes must provide the minimum serving size for each participant seated at the table</li> </ul>
<p style="text-align: center;"><b>Cafeteria Style Dining</b></p> 			<p>Participants move through a serving line and serve themselves food or staff serve the food</p> <p>All meal components must be served, and quantities taken by participants or served by staff must meet the minimum serving size</p> <p><i>Offer versus Serve (OvS) is not allowed in child care centers, head start programs, outside of school hours centers, or emergency shelters. OVS is only allowed for CACFP Adult Day Care and At-Risk Afterschool programs</i></p>