

A Guide to Serving

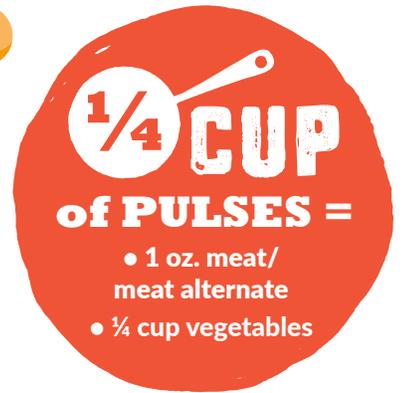
PULSES

in the Child and Adult Care Feeding Program (CACFP)

What are pulses?

Pulses, or “beans and peas” as defined in CACFP, include black beans, garbanzo beans, lentils, kidney beans, mature lima beans, navy beans, pinto beans and split peas.

These pulses may credit as a meat/meat alternate or a vegetable, but they may not credit as both in the same meal.

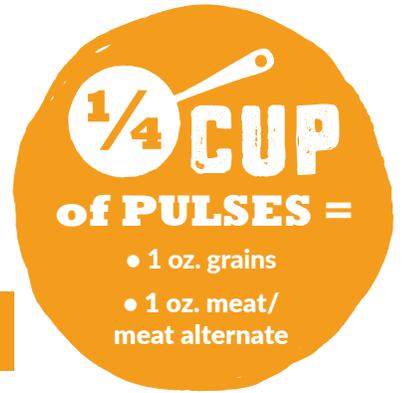


1/4 CUP
of PULSES =

- 1 oz. meat/meat alternate
- 1/4 cup vegetables

Breakfast

Start the day strong – pulses provide protein and fiber to keep your participants full. At breakfast, meat/meat alternate may be used up to 3 times per week in place of the grain requirement. One-ounce meat/meat alternate (or 1/4 cup pulses) may be used in place of 1 oz. of grains.



1/4 CUP
of PULSES =

- 1 oz. grains
- 1 oz. meat/meat alternate

Breakfast Meal Pattern for Children and Adults

	Ages 1-2	Ages 3-5	Ages 6-18	Adults
 Grain	1/2 oz.	1/2 oz.	1 oz.	2 oz.
 Fruits and Vegetables	1/4 cup	1/2 cup	1/2 cup	1/2 cup



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Lunch and Supper

Pulses can help you add variety to your menu throughout the day. The possibilities are endless – soup, bean burgers, salads, tacos and more! Pulses are a plant-based addition that satisfy the eating patterns of all your participants, including vegan and vegetarian children and adults.

1/4 CUP of PULSES =

- 1 oz. meat/meat alternate
- 1/4 cup vegetables

Lunch and Supper Meal Pattern for Children and Adults

	Infants 6-11 mo.	Ages 1-2	Ages 3-5	Ages 6- 18	Adults
Meat/Meat Alternate	0-4 Tbsp.	1 oz.	1.5 oz.	2 oz.	2 oz.
Fruits and Vegetables	0-2 Tbsp.	1/8 cup	1/4 cup	1/2 cup	1/2 cup

Snack

Pair hummus with whole grain crackers or carrot sticks for a tasty snack! To credit as a reimbursable meal, choose another one of the five categories to serve with your favorite pulse. Pulses may credit as a vegetable or meat/meat alternate at snack.

1/4 CUP of PULSES =

- 1 oz. meat/meat alternate
- 1/4 cup vegetables

Snack Meal Pattern for Children and Adults

	Ages 1-5	Ages 6-18	Adults
Meat/Meat Alternate	1/2 oz.	1 oz.	1 oz.
Vegetables	1/2 cup	3/4 cup	1/2 cup



For inspiration and quantity recipes to help you serve more pulses in your program visit us online at usapulses.org

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