



Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children

Module 8: Menu Planning

CSDE
CONNECTICUT STATE DEPARTMENT OF EDUCATION

Connecticut State Department of Education
School Health, Nutrition and Family Services

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Bite Size Training Modules

- Module 1 Introduction to Bite Size and Meal Pattern Overview
- Module 2 Meal Pattern Documentation
- Module 3 Milk Component
- Module 4 Meat/Meat Alternates Component
- Module 5 Fruits Component
- Module 6 Vegetables Component
- Module 7 Part A: Grains Component – Crediting
Part B: Grains Component – Whole Grain-rich
Part C: Grains Component – Ounce Equivalents
- Module 8 Menu Planning**

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

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Menu Planning for the CACFP

- One of the *most important steps* for successfully managing the CACFP
- Menu influences *all aspects* of CACFP operations



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Meal Pattern Reminders

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CACFP Meal Patterns for Children

- 5 food components
 - Milk
 - Meat/meat alternates
 - Vegetables
 - Fruits
 - Grains
- Minimum serving for each meal and snack



Reimbursable meals = required components and minimum servings

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Meal Pattern Reminders

BREAKFAST



- Fruits and vegetables = 1 component
- Meat/meat alternates (MMA) not required
 - May substitute for grains up to 3 times per week

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Meal Pattern Reminders

LUNCH/ SUPPER



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- MMA must be served in *main dish* or main dish and one other item
- Nuts and seeds cannot credit for more than *half* of MMA component
- Vegetables may substitute for *entire* fruits component

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Meal Pattern Reminders

SNACK



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- Must be 2 *different* components
- Only 1 snack component can be creditable beverage
- **Recommendation:** Serve water when snack does not include milk or juice
- **CACFP Best Practices:** Serve vegetable or fruit for *at least 1* component

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Component Reminders

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Component Reminders

MILK



Age 1	• Whole milk, <i>unflavored</i>
Ages 2-5	• Low-fat (1%) milk, <i>unflavored</i> • Fat-free milk, <i>unflavored</i>
Ages 6 and older	• Low-fat (1%) milk, <i>unflavored or flavored</i> * • Fat-free milk, <i>unflavored or flavored</i> *

* CACFP Best Practices: Serve only *unflavored* milk

CACFP menus must identify the type of milk served

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Component Reminders

MMA



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Legumes_CACFP.pdf

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Component Reminders

MMA



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Yogurt_CACFP.pdf

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- Sugar limit for yogurt: ≤ 3.83 grams per ounce

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Component Reminders
MMA

- 1 ounce is not the same as 1 ounce of MMA



1 ounce cooked = 1 ounce MMA 1 ounce = ? MMA

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Component Reminders
MMA

- Commercial products require Child Nutrition (CN) label or product formulation statement (PFS)



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Commercial_MMA_CACFP.pdf

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Component Reminders
MMA

- Minimum creditable amount = $\frac{1}{4}$ ounce



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Component Reminders
FRUITS AND VEGETABLES

- Credit based on *volume* (cups) except

Food	Credit as	$\frac{1}{2}$ cup =
Dried fruits	Twice volume	1 cup
Raw leafy greens	Half volume	$\frac{1}{4}$ cup

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Component Reminders
FRUITS AND VEGETABLES

Juice limit

- Juice credits at only 1 meal or snack per day
 - 100 percent juice
 - Frozen 100 percent juice pops
 - Pureed fruits and vegetables in smoothies
 - Juice from canned fruit



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Component Reminders
FRUITS AND VEGETABLES

- Minimum creditable amount = $\frac{1}{8}$ cup



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Component Reminders
GRAINS

- At least **1 serving** of whole grain-rich (WGR) grains per day
- **CACFP Best Practices:** At least 2 servings per day

CACFP menus must document WGR grains



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR_Requirement_CACFP.pdf
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Component Reminders
GRAINS

- Grain-based desserts do not credit

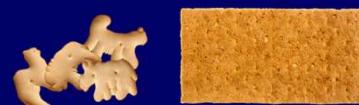


<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>
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Component Reminders
GRAINS

- **Recommendation for sweet crackers:** No more than twice per week between all CACFP meals and snacks



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Crackers_CACFP.pdf
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Component Reminders
GRAINS

- Sugar limit for breakfast cereals: ≤ 6 grams per ounce



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Cereals_CACFP.pdf
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Component Reminders
GRAINS

- Minimum creditable amount = $\frac{1}{4}$ ounce equivalent (oz eq)



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Grains_CACFP.pdf
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Component Reminders
GRAINS

- 1 oz eq is not the same as 1 ounce

Examples of 1 oz eq

 2 ounces	 1.2 ounces	 1 ounce	 0.8 ounce
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https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Grains_CACFP.pdf
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Component Reminders

GRAINS



Two methods to determine oz eq

1. **Minimum weight or volume in USDA's Exhibit A chart** (refer to CSDE's *Grain Ounce Equivalents for the CACFP*)
2. **Creditable grains per serving** (requires PFS)

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain_Calculation_CACFP_Oz_Eq.pdf

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Requirements for CACFP Menus

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CACFP Menu of Record

- Meal pattern components
- Serving sizes



ABC Child Care Center Lunch Menu for Ages 5-8: November 8-12				
Meal Pattern	Monday	Tuesday	Wednesday	Thursday
Meals ½ cup	½ cup refried beans ½ cup refried beans ½ cup refried beans	½ cup refried beans ½ cup refried beans ½ cup refried beans	½ cup refried beans ½ cup refried beans ½ cup refried beans	½ cup refried beans ½ cup refried beans ½ cup refried beans
Milk ½ cup				
MHM ½ ounces	Clear protein (milk) ½ ounces reduced-fat cheese			
Grains ½ ounce equivalent	½ ounce whole-grain tortilla WGR	½ ounce brown rice WGR	½ ounce whole-grain tortilla WGR	½ ounce whole-grain tortilla WGR
Vegetables	Ground beef ½ cup whole grain tortilla ½ cup shredded carrots ½ cup cold veggie salsa	Ground beef ½ cup whole grain tortilla ½ cup shredded carrots ½ cup cold veggie salsa	Ground beef ½ cup whole grain tortilla ½ cup shredded carrots ½ cup cold veggie salsa	Ground beef ½ cup whole grain tortilla ½ cup shredded carrots ½ cup cold veggie salsa
Fruits	½ cup mandarin oranges	½ cup pineapple tidbits in juice	½ cup dried strawberries	½ cup dried strawberries
Other foods (noncreditable)	2 tablespoons low-fat plain yogurt		1 tablespoon cottage cheese	2 tablespoons low-fat or natural yogurt

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Requirements for CACFP Menus

- Meet CACFP meal patterns
- Follow basic menu planning principles
- Indicate date of meal service
- Indicate **specific foods** served for each meal and snack
 - Type of milk
 - WGR foods
 - Substitutions



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Requirements for CACFP Menus

- Maintain crediting documentation
 - Recipes for foods made from scratch
 - CN label or PFS for commercial processed products



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Accepting_Processed_Product_Documentation_CACFP.pdf

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Best Practices for Menu Planning

1

Use cycle menus (at least 4 weeks)



Fall Cycle Menu for Ages 5-8: Week 1

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Meals ½ cup	½ cup refried beans ½ cup refried beans ½ cup refried beans	½ cup refried beans ½ cup refried beans ½ cup refried beans	½ cup refried beans ½ cup refried beans ½ cup refried beans	½ cup refried beans ½ cup refried beans ½ cup refried beans	½ cup refried beans ½ cup refried beans ½ cup refried beans
MHM ½ ounces	Ham and egg (whole egg) ½ ounces reduced-fat cheese	Ham and egg (whole egg) ½ ounces reduced-fat cheese	Ham and egg (whole egg) ½ ounces reduced-fat cheese	Ham and egg (whole egg) ½ ounces reduced-fat cheese	Ham and egg (whole egg) ½ ounces reduced-fat cheese
Grains ½ ounce equivalent	½ ounce whole-grain tortilla WGR				
Vegetables	Ground beef ½ cup whole grain tortilla ½ cup shredded carrots ½ cup cold veggie salsa	Ground beef ½ cup whole grain tortilla ½ cup shredded carrots ½ cup cold veggie salsa	Ground beef ½ cup whole grain tortilla ½ cup shredded carrots ½ cup cold veggie salsa	Ground beef ½ cup whole grain tortilla ½ cup shredded carrots ½ cup cold veggie salsa	Ground beef ½ cup whole grain tortilla ½ cup shredded carrots ½ cup cold veggie salsa
Fruits	½ cup mixed berries				
Other foods (noncreditable)	2 tablespoons low-fat plain yogurt				

WGR = Grain items items that are whole grain-rich.
VS = Vegetable substitutes. Vegetables may substitute for the entire grain component or any beans or legumes.

Spring Cycle Menu for Ages 5-8: Week 1

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Meals ½ cup	½ cup refried beans ½ cup refried beans ½ cup refried beans	½ cup refried beans ½ cup refried beans ½ cup refried beans	½ cup refried beans ½ cup refried beans ½ cup refried beans	½ cup refried beans ½ cup refried beans ½ cup refried beans	½ cup refried beans ½ cup refried beans ½ cup refried beans
MHM ½ ounces	Ham and egg (whole egg) ½ ounces reduced-fat cheese	Ham and egg (whole egg) ½ ounces reduced-fat cheese	Ham and egg (whole egg) ½ ounces reduced-fat cheese	Ham and egg (whole egg) ½ ounces reduced-fat cheese	Ham and egg (whole egg) ½ ounces reduced-fat cheese
Grains ½ ounce equivalent	½ ounce whole-grain tortilla WGR				
Vegetables	Ground beef ½ cup whole grain tortilla ½ cup shredded carrots ½ cup cold veggie salsa	Ground beef ½ cup whole grain tortilla ½ cup shredded carrots ½ cup cold veggie salsa	Ground beef ½ cup whole grain tortilla ½ cup shredded carrots ½ cup cold veggie salsa	Ground beef ½ cup whole grain tortilla ½ cup shredded carrots ½ cup cold veggie salsa	Ground beef ½ cup whole grain tortilla ½ cup shredded carrots ½ cup cold veggie salsa
Fruits	½ cup mixed berries				
Other foods (noncreditable)	2 tablespoons low-fat plain yogurt				

WGR = Grain items items that are whole grain-rich.
VS = Vegetable substitutes. Vegetables may substitute for the entire grain component or any beans or legumes.

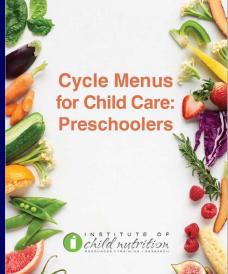
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ICN Resource

Cycle Menus for Child Care: Preschoolers

- Four seasonal 4-week cycle menus for ages 3-5
- Can be adapted for other age groups



<https://theicn.org/resources/1575/cycle-menus-for-child-care-preschoolers/118740/cycle-menus-for-child-care-preschoolers.pdf>

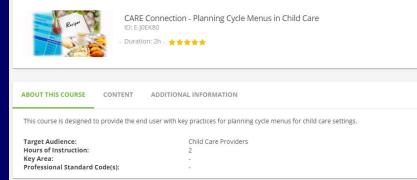
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ICN Resource

CARE Connection: Planning Cycle Menus in Child Care

Online training



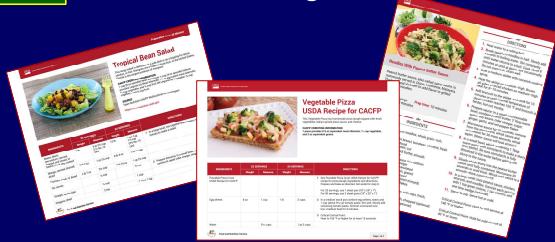
<https://theicn.docebosaas.com/learn/course/external/view/elearning/51/care-connection-planning-cycle-menus-in-child-care>

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Best Practices for Menu Planning

2 Use USDA's recipes for Child Nutrition Programs



<https://www.fns.usda.gov/tr/standardized-recipes-cacfp>

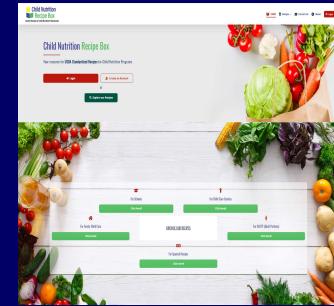
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ICN Resource

Child Nutrition Recipe Box

Searchable database of all USDA recipes



<https://theicn.org/cnrb/>

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CSDE Webpage

Menu Planning for Child Nutrition Programs

Overview

[School Nutrition Programs | CACFP | SFSP](#)

The resources below provide guidance on planning, preparing, and promoting healthy meals that meet the USDA meal pattern requirements for schools and institutions participating in the U.S. Department of Agriculture's (USDA) Child Nutrition Programs. For more resources, review the CSDE's Resource List for Menu Planning and Food Production.

[Meal Patterns](#) | [Meal Pattern Components](#) | [Meal Modifications for Special Diets](#)
[Menu Planning](#) | [Promoting Healthy Food Choices](#) | [Recipes](#)

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning#Recipes>

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Best Practices for Menu Planning

3 Follow USDA's CACFP Best Practices



https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP_factBP.pdf

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Menu Planning Principles

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Menu Planning Principles for the CACFP



1. Focus on good nutrition
2. Strive for balance
3. Emphasize variety
4. Add contrast
5. Think about color
6. Consider eye appeal

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2 – Strive for Balance

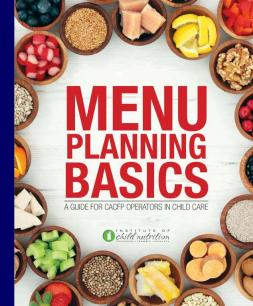
- Balance flavors in appealing ways

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ICN Resource

Menu Planning Basics: A Guide for CACFP Operators in Child Care
General information for planning nutritious CACFP menus (English and Spanish)



<https://theicn.org/icn-resources-a-z/menu-planning-basics-cacfp/>
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1 – Focus on Good Nutrition

- Include a variety of whole grains
- Provide more whole fruits and vegetables than juice
- Reduce processed foods
- Offer more dried beans, peas, and lentils (legumes)

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Menu Makeover: Balance

Lunch Menu

Baked lemon-pepper chicken
Spicy red potatoes
Coleslaw
Brown rice
Unflavored low-fat milk

Garden salad
Sliced peaches



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2 – Strive for Balance

- Balance flavors in appealing ways
- Use herbs and spices to balance flavors
- Balance high-fat with low-fat foods

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Example: Balancing High-fat Foods



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3 – Emphasize Variety



- Offer a variety of foods in different forms and combinations throughout week
- Vary main dish entrees
- Include different forms of food prepared in a variety of ways
- Include small amount of new or unfamiliar food periodically

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4 – Add Contrast

- Use foods with different textures to enhance taste and appearance
- Vary types of foods on menu
- Use pleasing combinations of sizes and shapes of foods

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Menu Makeover: Contrast

Lunch Menu

- Diced turkey
- Diced potatoes
- Fruit cocktail
- Whole-grain roll
- Unflavored low-fat milk



Makeover

- Potato wedges
- Sliced strawberries



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5 – Think About Color

- Use a variety of color combinations
- Incorporate fruits and vegetables
- Use colorful foods with foods that have little or no color
- Sprinkle herbs and spices on top of food for added color

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Menu Makeover: Color



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Menu Makeover: Color



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6 – Consider Eye Appeal

- Children “eat” with their eyes first
- Make meals and snacks visually appealing



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Menu Planning Considerations

- Reduce choking risk



<https://portal.ct.gov/SDE/Nutrition/Food-Safety-for-Child-Nutrition-Programs/Documents#ChokingPrevention>

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Menu Planning Considerations

- Reduce choking risk
- Incorporate seasonal and local foods



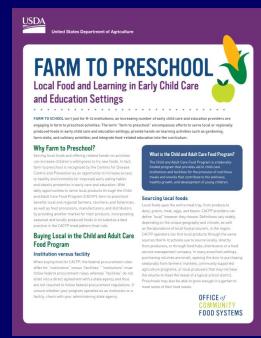
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USDA Resource

Farm to Preschool: Local Food and Learning in Early Child Care and Education Settings

Guidance and tips for serving local or regionally produced foods



<https://www.fns.usda.gov/cfs/farm-to-preschool>

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CSE Webpage

Farm to School

Documents/Forms

General | Nutrition Education | **Preschool and Child Care** 

General | Nutrition Education | Recipes | School Gardens

General

- A Look at Connecticut Agriculture (Connecticut Agricultural Education Foundation)
- Connecticut Farm to School Resources (CDE)
- Community Food System Action Plan to School (CDE)
- Community Food Systems Fact Sheets (CDE)
- Community Legislation for Farm to School Program and Connecticut-Grown for Connecticut Kids Week (Section 22-38d of the Connecticut General Statutes)
- Connecticut-Grown Participating Farmers (Connecticut Department of Agriculture)
- Eat Smart—Farm Fresh! A Guide to Buying and Serving Locally-Grown Produce in School Meals (USDA)
- Farm to Child Nutrition Programs Planning Guide (USDA)

<https://portal.ct.gov/SDE/Nutrition/Farm-to-School/Documents#Preschool>

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USDA Resource

Multicultural Child Care Recipes

40 recipes from different cultures and regions (English and Spanish)

View • Search/Filter

Resource Type

Resource Materials

Related Content

View All Recipes

The 40 recipes in the Train Nutrition collection will all the themes from different cultures and regions in child care menus. Available in print or, PDF, and Microsoft Word. Download them in English and Spanish. See also Child Nutrition Recipe Box at the [Child Nutrition Recipe Box](#).



<https://www.fns.usda.gov/tn/recipes-cacfp>

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Menu Planning Considerations

- Reduce choking risk
- Incorporate seasonal foods
- Think about each season's climate
- Focus on regional food preferences
- Plan for holidays and special occasions



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ICN Resource

Mealtimes Memo

- Monthly food themes and national food days
- Seasonal foods and recipes
- Fun food facts



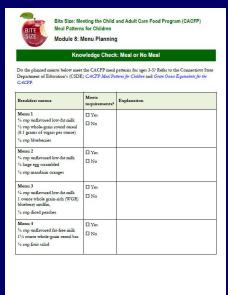
<https://theicn.org/icn-resources-a-z/mealtimes-memo/>

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Knowledge Check: Meal or No Meal

Indicate if the planned menu meets the CACFP meal pattern for ages 3-5



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/BiteSize/Bite_Size_Knowledge_Check_Module_8_Meal_or_No_Meal.pdf

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CACFP Breakfast Meal Pattern for Ages 3-5

Food Components	Minimum Serving
Milk (M)	¾ cup
Vegetables/fruits (VF)	½ cup
Grains (G) *	½ oz eq

* Meat/meat alternates may substitute for grains up to 3 times per week

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Breakfast Menu 1

	$\frac{3}{4}$ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/> M: $\frac{3}{4}$ cup
	$\frac{1}{2}$ cup	Whole-grain round cereal (6.1 grams of sugars per ounce)	<input type="checkbox"/> G: None Exceeds sugar limit
	$\frac{1}{2}$ cup	Blueberries	<input checked="" type="checkbox"/> VF: $\frac{1}{2}$ cup

Reimbursable meal? No

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Breakfast Menu 2

	$\frac{3}{4}$ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/> M: $\frac{3}{4}$ cup
	$\frac{1}{2}$ large	Scrambled egg	<input checked="" type="checkbox"/> G: 1 oz eq MMA substitution: $\frac{1}{2}$ egg = 1 oz eq grains
	$\frac{1}{2}$ cup	Mandarin oranges	<input checked="" type="checkbox"/> VF: $\frac{1}{2}$ cup

Reimbursable meal? Yes

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Breakfast Menu 3

	$\frac{3}{4}$ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/> M: $\frac{3}{4}$ cup
	1 ounce	WGR blueberry muffin	<input checked="" type="checkbox"/> G: $\frac{1}{2}$ oz eq Group D: 1 ounce = $\frac{1}{2}$ oz eq
	$\frac{1}{2}$ cup	Diced peaches	<input checked="" type="checkbox"/> VF: $\frac{1}{2}$ cup

Reimbursable meal? Yes

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Breakfast Menu 4

	$\frac{3}{4}$ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/> M: $\frac{3}{4}$ cup
	1 $\frac{1}{2}$ ounce	Whole-grain cereal bar	<input type="checkbox"/> G: None Grain-based desserts do not credit
	$\frac{1}{2}$ cup	Fruit salad	<input checked="" type="checkbox"/> VF: $\frac{1}{2}$ cup

Reimbursable meal? No

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CACFP Lunch/Supper Meal Pattern for Ages 3-5

Food Components	Minimum Serving
Milk (M)	$\frac{3}{4}$ cup
Meat/meat alternates (MMA)	1 $\frac{1}{2}$ ounces
Vegetables (V)	$\frac{1}{4}$ cup
Fruits (F) *	$\frac{1}{4}$ cup
Grains (G)	$\frac{1}{2}$ oz eq

* Vegetables may substitute for entire fruits component

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Lunch/Supper Menu 1

	$\frac{3}{4}$ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/> M: $\frac{3}{4}$ cup
	1 $\frac{1}{2}$ ounces	Tuna salad	<input type="checkbox"/> MMA: ?
	$\frac{1}{2}$ ounce	Whole-wheat pita triangles	<input checked="" type="checkbox"/> G: $\frac{1}{2}$ oz eq Group B: $\frac{1}{2}$ ounce = $\frac{1}{2}$ oz eq
	$\frac{1}{2}$ cup	Garden salad ($\frac{1}{2}$ cup lettuce and $\frac{1}{2}$ cup tomatoes and carrots)	<input checked="" type="checkbox"/> V: $\frac{1}{2}$ cup
	$\frac{1}{2}$ cup	Sliced red grapes	<input checked="" type="checkbox"/> F: $\frac{1}{2}$ cup

Reimbursable meal? No

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Lunch/Supper Menu 2

	$\frac{1}{4}$ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/> M: $\frac{1}{4}$ cup
	1 $\frac{1}{2}$ ounces	Soft taco	<input checked="" type="checkbox"/> MMA: 1 $\frac{1}{2}$ ounces
	$\frac{1}{2}$ ounce	• Cooked beef	<input checked="" type="checkbox"/>
	$\frac{1}{2}$ ounce	• Enriched tortilla	<input checked="" type="checkbox"/> G: $\frac{1}{2}$ oz eq Group B: $\frac{1}{2}$ ounce = $\frac{1}{2}$ oz eq
	$\frac{1}{4}$ cup	• Tomato	<input checked="" type="checkbox"/> V: $\frac{1}{4}$ cup
	$\frac{1}{8}$ cup	• Lettuce	<input type="checkbox"/> None (extra food)
	$\frac{1}{4}$ cup	Apple slices	<input checked="" type="checkbox"/> F: $\frac{1}{4}$ cup

Reimbursable meal? Yes

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Lunch/Supper Menu 2

	$\frac{1}{4}$ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/> M: $\frac{1}{4}$ cup
	1 $\frac{1}{2}$ ounces	Soft taco	<input checked="" type="checkbox"/> MMA: 1 $\frac{1}{2}$ ounces
	$\frac{1}{2}$ ounce	• Cooked beef	<input checked="" type="checkbox"/>
	$\frac{1}{2}$ ounce	• Enriched tortilla	<input checked="" type="checkbox"/> G: $\frac{1}{2}$ oz eq Group B: $\frac{1}{2}$ ounce = $\frac{1}{2}$ oz eq
	$\frac{1}{4}$ cup	• Tomato	<input checked="" type="checkbox"/> V: $\frac{1}{4}$ cup
	$\frac{1}{8}$ cup	• Lettuce	<input type="checkbox"/> None (extra food)
	$\frac{1}{4}$ cup	Apple slices	<input checked="" type="checkbox"/> F: $\frac{1}{4}$ cup

Reimbursable meal? Yes

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Lunch/Supper Menu 3

	$\frac{1}{4}$ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/> M: $\frac{1}{4}$ cup
	$\frac{1}{4}$ cup	Chili	<input checked="" type="checkbox"/> MMA: 1 ounce
	$\frac{1}{2}$ ounce	• Kidney beans	<input checked="" type="checkbox"/>
	$\frac{1}{2}$ ounce	• Shredded cheese	<input type="checkbox"/> MMA: $\frac{1}{2}$ ounce
	$\frac{1}{4}$ cup	• Tomato sauce	<input checked="" type="checkbox"/> V: $\frac{1}{4}$ cup
	1 ounce	Enriched corn muffin	<input checked="" type="checkbox"/> G: $\frac{1}{2}$ oz eq Group C: 1 ounce = $\frac{1}{2}$ oz eq
	$\frac{1}{4}$ cup	Green pepper strips	<input checked="" type="checkbox"/> F: $\frac{1}{4}$ cup Vegetable substitution

Reimbursable meal? Yes

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Lunch/Supper Menu 4

	$\frac{1}{4}$ cup	Unflavored fat-free milk	<input checked="" type="checkbox"/> M: $\frac{1}{4}$ cup
	1 $\frac{1}{2}$ ounces	Diced baked chicken	<input checked="" type="checkbox"/> MMA: 1 $\frac{1}{2}$ ounces
	$\frac{1}{4}$ cup	Brown rice	<input checked="" type="checkbox"/> G: $\frac{1}{2}$ oz eq Group H: $\frac{1}{2}$ cup = $\frac{1}{2}$ oz eq
	$\frac{1}{4}$ cup	Steamed broccoli	<input checked="" type="checkbox"/> V: $\frac{1}{4}$ cup
	$\frac{1}{4}$ cup	Butternut squash	<input checked="" type="checkbox"/> F: $\frac{1}{4}$ cup Vegetable substitution

Reimbursable meal? es

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CACFP Snack Meal Pattern for Ages 3-5

Food Components <i>Choose any 2</i>	Minimum Serving
Milk (M)	$\frac{1}{2}$ cup
Meat/meat alternates (MMA)	$\frac{1}{2}$ ounce
Vegetables (V)	$\frac{1}{2}$ cup
Fruits (F)	$\frac{1}{2}$ cup
Grains (G)	$\frac{1}{2}$ oz eq

* Only 1 component may be a creditable beverage

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Snack Menu 1

	$\frac{1}{2}$ cup	Orange juice *	<input checked="" type="checkbox"/> F: $\frac{1}{2}$ cup
	$\frac{1}{2}$ ounce	Whole-grain crackers	<input checked="" type="checkbox"/> G: $\frac{1}{2}$ oz eq Group A: 0.4 ounce = $\frac{1}{2}$ oz eq

* Juice cannot credit at any other meal or snack

Reimbursable snack? Yes

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Snack Menu 2

	$\frac{1}{2}$ cup	• Mixed dried fruit	<input checked="" type="checkbox"/> F: $\frac{1}{2}$ cup <i>Dried fruits credit as twice volume served</i>
	$\frac{1}{2}$ cup	• Whole-grain round cereal (5 grams of sugars per ounce)	<input checked="" type="checkbox"/> G: $\frac{1}{2}$ oz eq <i>Group I: $\frac{1}{2}$ cup round cereal = $\frac{1}{2}$ oz eq</i>
	$\frac{1}{2}$ cup	Water	<input type="checkbox"/> None

Reimbursable snack? Yes

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Snack Menu 3

	$\frac{1}{2}$ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/> M: $\frac{1}{2}$ cup Beverage
	$\frac{1}{4}$ cup pureed strawberries $\frac{1}{4}$ cup pureed peaches	Strawberry-peach smoothie	<input type="checkbox"/> Second Beverage *

*** Only one snack component may be a creditable beverage**

Reimbursable snack? No

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Snack Menu 4

	$\frac{1}{2}$ cup	Pepper strips	<input checked="" type="checkbox"/> V: $\frac{1}{2}$ cup
	$\frac{1}{2}$ cup	Diced watermelon	<input checked="" type="checkbox"/> F: $\frac{1}{2}$ cup

Reimbursable snack? Yes

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Snack Menu 5

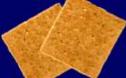
	$\frac{1}{2}$ cup	Spinach salad	<input type="checkbox"/> V: $\frac{1}{4}$ cup <i>Raw leafy greens credit as half the volume served</i>
	$\frac{1}{2}$ ounce	Cheese cubes	<input checked="" type="checkbox"/> MMA: $\frac{1}{2}$ ounce

Reimbursable snack? No

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Snack Menu 6

	$\frac{1}{2}$ ounce	Graham crackers *	<input checked="" type="checkbox"/> G: $\frac{1}{2}$ oz eq <i>Group B: $\frac{1}{2}$ ounce = $\frac{1}{2}$ oz eq</i>
	$\frac{1}{2}$ cup	Unflavored fat-free milk	<input checked="" type="checkbox"/> M: $\frac{1}{2}$ cup

*** Limit sweet crackers: No more than 2 times per week**

Reimbursable snack? Yes

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More Resources

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CSDE Webpage

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#MenuPlanning>

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Meal Patterns for CACFP Child Care Programs

Related Resources

Menu Planning

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#MenuPlanning>

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CSDE Menu Planning Forms

At-risk Supper and Snack

- Snack Ages 6-18
- Snack and Supper Ages 6-18
- Supper Ages 6-18

Breakfast, Lunch, and Snack

- Ages 1-2
- Ages 3-5
- Ages 6-12

Breakfast and Snack

- Breakfast and AM/PM Snack Ages 3-5
- Breakfast and PM Snack Ages 3-5
- Breakfast and PM Snack Ages 6-12

Emergency Shelters

- AM, PM, and Evening Snack Ages 6-18
- AM Snack, PM Snack, and Evening Snack Ages 1-2, 3-5, and 6-18
- Breakfast, Lunch, and Supper Ages 1-2, 3-5, and 6-18
- Breakfast, Lunch, and Supper Ages 6-18

Lunch and Snack

- Lunch and AM/PM Snack Ages 3-5

Snack

- AM /PM Ages 1-2
- AM /PM Ages 3-5
- AM /PM Ages 3-5 (2 weeks)

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Documents#MenuForms>

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CSDE Resource

Resource List for Menu Planning and Food Production in Child Nutrition Programs

Sample CACFP menus and menu planning resources

https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Menu_Planning.pdf

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Thank you for participating in Bite Size!



<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

<https://portal.ct.gov/SDE/Nutrition/CACFP-Contact>

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1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

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