



## **Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children**

### **Module 8: Menu Planning**

## **Resource List for Module 8**

This document contains the resources highlighted in the Connecticut State Department of Education's (CSDE) Bite Size Module 4.

Accepting Processed Product Documentation in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Accepting\\_Processed\\_Product\\_Documentation\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Accepting_Processed_Product_Documentation_CACFP.pdf)

Bite Size: Meeting the CACFP Meal Patterns for Children (CSDE's Meal Patterns for CACFP Child Care Programs webpage):

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

CACFP Best Practices (U.S. Department of Agriculture (USDA)):

[https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP\\_factBP.pdf](https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP_factBP.pdf)

CARE Connection: Planning Cycle Menus in Child Care (Institute of Child Nutrition):

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

Child Nutrition Recipe Box (Institute of Child Nutrition):

<https://theicn.org/cnr/b/>

Choking Prevention (CSDE's Food Safety for Child Nutrition Programs webpage):

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

Crediting Breakfast Cereals in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Cereals\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Cereals_CACFP.pdf)

Crediting Commercial Meat/Meat Alternate Products in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Commercial\\_MMA\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Commercial_MMA_CACFP.pdf)

Crediting Legumes in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Legumes\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Legumes_CACFP.pdf)

Crediting Nuts and Seeds in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Nuts\\_Seeds\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Nuts_Seeds_CACFP.pdf)

## Resource List for Module 8

Crediting Yogurt in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Yogurt\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Yogurt_CACFP.pdf)

Cycle Menus for Child Care: Preschoolers (Institute of Child Nutrition):

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

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

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

Farm to School – Preschool and Child Care (CSDE’s Farm to School webpage):

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

Grain Ounce Equivalents for the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain\\_Oz\\_Eq\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain_Oz_Eq_CACFP.pdf)

Grain-based Desserts in the CACFP – Handouts and webinars in English and Spanish (USDA):

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

Mealtime Memo (Institute of Child Nutrition):

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

Meeting the Whole Grain-rich Requirement for the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR\\_Requirement\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR_Requirement_CACFP.pdf)

Menu Planning (CSDE’s Meal Patterns for CACFP Child Care Programs webpage):

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

Menu Planning Basics: A Guide for CACFP Operators in Child Care (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/menu-planning-basics-cacfp/>

Menu Planning Forms (CSDE):

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

Module 8 Knowledge Check: Meal or No Meal (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/BiteSize/Bite\\_Size\\_Module\\_8\\_Meal\\_or\\_No\\_Meal\\_Knowledge\\_Check.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/BiteSize/Bite_Size_Module_8_Meal_or_No_Meal_Knowledge_Check.pdf)

Multicultural Child Care Recipes (USDA):

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

Recipes (CSDE’s Menu Planning for Child Nutrition Programs webpage):

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

Resource List for Menu Planning and Food Production in Child Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Resources\\_CACFP\\_Meal\\_Patterns.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Resources_CACFP_Meal_Patterns.pdf)

## Resource List for Module 8

**Bite Size** is the Connecticut State Department of Education's (CSDE) training program for CACFP child care facilities, including child care and Head Start centers, at risk afterschool care centers, emergency shelters, and family day care homes. Bite Size is a series of recorded training modules that provide information on the meal pattern components and crediting requirements of the CACFP meal patterns for children. Each module provides key information in 45 minutes or less. To access the Bite Size training modules and resources, visit the CSDE's [Meal Patterns for CACFP Child Care Programs](#) webpage.

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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](mailto:program.intake@usda.gov)

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