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| Refer to menu planning notes on page 2. | **Site:** |  | **Week of:** |  |

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| Breakfast 1, 2 | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Milk** (¾ cup):Low-fat (1%) or fat-free milk, unflavored **3** |  |  |  |  |  |
| **Vegetables, fruits, or both** (½ cup) 4, 5, 6 |  |  |  |  |  |
| Grains (½ ounce equivalent (oz eq)) 7, 8, 9, 10, 11  *Indicate “WGR” next to whole grain-rich (WGR) items* WGR or enriched bread or bread product, e.g., biscuit, roll, or muffin (½ oz eq 10); WGR, enriched, or fortified cooked breakfast cereal 11, cereal grains 12, or pasta (¼ cup); WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal 11 (½ cup flaked or round, ¾ cup puffed, or ⅛ cup granola); or any combination |  |  |  |  |  |
| Other foods *Do not credit* 13 |  |  |  |  |  |
| Lunch 2, 14 | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Milk** (¾ cup):Low-fat (1%) or fat-free milk, unflavored **3** |  |  |  |  |  |
| Meat/meat alternates (MMA) (1½ ounces) 15:Lean meat, poultry, or fish, cheese, alternate protein product (APP) 16 or tempeh 17 (1½ ounces); surimi 18 (4.4 ounces); tofu 19 (3.3 ounces or ⅜ cup); cottage cheese (⅜ cup); egg (½ large); cooked dry beans and peas 20 (⅜ cup); peanut butter (3 tablespoons); nuts and seeds 21 (¾ ounce = 50%); yogurt or soy yogurt 22 (¾ cup); or combination of any two foods |  |  |  |  |  |
| **Vegetables** (¼ cup) 4, 5 |  |  |  |  |  |
| **Fruits** (¼ cup) 5, 6 |  |  |  |  |  |
| Grains (½ oz eq) 7, 8, 9, 10, 11  *Indicate “WGR” next to WGR items* WGR or enriched bread or bread product, e.g., biscuit, roll, or muffin (½ oz eq 10); WGR, enriched, or fortified cooked breakfast cereal 11, cereal grains 12, or pasta (¼ cup); WGR, enriched, or fortified RTE breakfast cereal 11 (½ cup flaked or round, ¾ cup puffed, or ⅛ cup granola); or any combination |  |  |  |  |  |
| Other foods *Do not credit* 13 |  |  |  |  |  |
| **Snack 2, 21 Select 2 of 5** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 1. **Milk** (½ cup): Low-fat (1%) or fat-free milk, unflavored 3 |  |  |  |  |  |
| MMA (½ ounce) 15: Lean meat, poultry, or fish, cheese, APP 16 or tempeh 17 (½ ounce); surimi 18 (2 ounces); tofu 19 (1.1 ounce or ⅛ cup); cottage cheese (⅛ cup); egg (½ large); cooked dry beans and peas 20 (⅛ cup); peanut butter (1 tablespoon); nuts and seeds 21  (½ ounce); yogurt or soy yogurt 22 (¼ cup); or any combination |  |  |  |  |  |
| 1. **Vegetables** (½ cup) 4, 5 |  |  |  |  |  |
| 1. **Fruits** (½ cup) 5, 6 |  |  |  |  |  |
| Grains (½ oz eq) 7, 8, 9, 10, 11  *Indicate “WGR” next to WGR items* WGR or enriched bread or bread product, e.g., biscuit, roll, or muffin (½ oz eq 10); WGR, enriched, or fortified cooked breakfast cereal 11, cereal grains 12, or pasta (¼ cup); WGR, enriched, or fortified RTE breakfast cereal 11 (½ cup flaked or round, ¾ cup puffed, or ⅛ cup granola); or any combination |  |  |  |  |  |
| Other foods *Do not credit* 13 |  |  |  |  |  |

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| **Menu planning notes** |
| 1 Breakfast must include the minimum serving of all three components. MMA may substitute for the entire grains component at breakfast up to three times per week. A ½-ounce serving of MMA substitutes for ½ ounce equivalent of the grains component. For more information, visit the USDA’s webpage, [*Serving Meat and Meat Alternates at Breakfast.*](https://www.fns.usda.gov/tn/serving-meats-and-meat-alternates-breakfast)  2 Use the USDA’s [*Food Buying Guide for Child Nutrition Programs*](https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs)(FBG) to determine the amount of purchased food that meets the requirements. Commercial processed foods not listed in the FBG require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. For more information, refer to the CSDE’s resources, [*Using Child Nutrition (CN) Labels in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using_CN_labels_CACFP.pdf)*,* [*Using Product Formulation Statements in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using_Product_Formulation_Statements_CACFP.pdf)*,* and [*Accepting Processed Product Documentation in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Accepting_Processed_Product_Documentation_CACFP.pdf), and visit the “[Crediting Commercial Processed Products](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#CommercialProducts)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents) webpage. Foods made from scratch must have a recipe that documents the crediting information per serving. For more information, visit the “[Crediting Foods Made from Scratch](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#ScratchFoods)” section of the CSDE’s [[Crediting Foods in CACFP Child Care Programs](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents) Programs](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs) webpage.  3 Milk must be unflavored low-fat (1%) or fat-free milk. Favored milk cannot be served. For more information, visit the “[Milk Component](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Milk)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents) webpage.  4 Thevegetables component includes fresh vegetables, frozen vegetables, canned vegetables, rehydrated dried vegetables, and pasteurized 100 percent full-strength vegetable juice. Vegetables credit based on volume (cups), except raw leafy greens such as lettuce and spinach credit as half the volume served, e.g., 1 cup of lettuce credits as ½ cup of the vegetables component. A serving of cooked vegetables must be drained. Dried vegetables (such as potato flakes and dried soup mix) credit based on their rehydrated volume and require a PFS. The USDA’s [*CACFP Best Practices*](https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP_factBP.pdf)recommends that child care menus include at least one serving per week of each vegetable subgroup (dark green, red/orange, beans and peas (legumes), starchy, and other). For more information, refer to the CSDE’s resource, [*Vegetable Subgroups in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Vegetable_Subgroups_CACFP.pdf), and visit the “[Vegetables Component](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Vegetables)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents) webpage.  5 Pasteurized full-strength juice credits as either the vegetables component or fruits component at only one meal or snack per day. Juice includes fruit and vegetable juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice. For more information, refer to the CSDE’s resources, [*Crediting Juice in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Juice_CACFP.pdf) and [*Crediting Smoothies in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Smoothies_CACFP.pdf)*.* The USDA’s [*CACFP Best Practices*](https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP_factBP.pdf)recommends serving whole fruits (fresh, frozen, canned, and dried) more often than juice.  6 The fruits component includes fresh fruit; frozen fruit; dried fruit; canned fruit in juice, water, or light syrup; and pasteurized 100 percent full-strength fruit juice. The creditable serving of canned fruit in 100 percent juice may include the juice but cannot include water or syrup. Fruits credit based on volume (cups), except dried fruits credit as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of the fruits component. For more information, visit the “[Fruits Component](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Fruits)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents) webpage.  7 Grain products and recipes must be made with creditable grains (whole grains, enriched grains, bran, and germ). For information on identifying creditable grains, refer to the CSDE’s resources, [*How to Identify Creditable Grains in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Identify_Creditable_Grains_CACFP.pdf)*,* [*Crediting Whole Grains in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Whole_Grains_CACFP.pdf), and [*Crediting Enriched Grains in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Enriched_Grains_CACFP.pdf)*,* and visit the “[Grains Component](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Grains)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents) webpage. Determine CACFP crediting information for commercial grain products and recipes using the CSDE’s worksheets, [*Child Care Worksheet 1: Crediting Commercial Grains in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFP_Child_Care_Worksheet1_Crediting_Commercial_Grains.xlsx), [*Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFP_Child_Care_Worksheet4_Crediting_Grains_Family_Size_Recipes.xlsx)*,* and[*Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFP_Child_Care_Worksheet5_Crediting_Grains_Quantity_Recipes.xlsx)*.* For more information, visit the “[Grains Component](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Grains)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents) webpage.  8 At least one serving of grains per day must be WGR. The USDA’s [*CACFP Best Practices*](https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP_factBP.pdf)recommends at least two servings of WGR grains per day. WGR foods for the CACFP contain at least 50 percent whole grains and the remaining grain ingredients are enriched, bran, or germ. For more information, refer to the CSDE’s [*Guide to Meeting the Whole Grain-rich Requirement for the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR_Requirement_CACFP.pdf)and visit the “[Whole Grain-rich Requirement](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#WGR)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents) webpage.  9 Grain based desserts do not credit as the grains component. Examples include cookies, piecrusts in sweet pies, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies. Sweet crackers such as graham crackers and animal crackers are not grain-based desserts. However, the CSDE recommends limiting sweet crackers to no more than twice per week between all meals and snacks. For more information, visit the USDA’s webpage, [Grain-based Desserts in the CACFP](https://www.fns.usda.gov/tn/grain-based-desserts-cacfp). |
| **Menu planning notes**, *continued* |
| 10 Grain products and recipes must meet the required weights (groups A-E) or volumes (groups H-I) in [*Grain Ounce Equivalents for the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain_Oz_Eq_CACFP.pdf)or provide the minimum creditable grains per serving. For more information, refer to the CSDE’s resource, [*Calculation Methods for Grains Ounce Equivalents for the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain_Calculation_CACFP_oz_eq.pdf)and[*How to Use the Grain Ounce Equivalents Chart for the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/How_to_Use_Grain_Ounce_Equivalents_Chart_CACFP.pdf)*,* and visit the “[Ounce Equivalents](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#OunceEquivalents)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs) webpage.  11 Breakfast cereals cannot contain more than 6 grams of sugars per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). For more information, refer to the CSDE’s resource, [*Crediting Breakfast Cereals in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Cereals_CACFP.pdf). Determine CACFP crediting information for breakfast cereals using the CSDE’s worksheets, [*Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFP_Child_Care_Worksheet2_Crediting_RTE_Breakfast_Cereals.xlsx)and [*Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFP_Child_Care_Worksheet3_Crediting_Cooked_Cereals.xlsx)*.*  12 Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, rice, wheat berries, and rolled wheat.  13 “Other” foods do not credit toward the CACFP meal patterns. Examples include condiments (e.g., ketchup, margarine, syrup, and jam), bacon, cream cheese, potato chips, pudding, ice cream, and gelatin. For more information, refer to the CSDE’s resource, [*Noncreditable Foods in CACFP Child Care Programs*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Noncreditable_Foods_CACFP.pdf).  14 Lunch must include the minimum serving of all five components. Vegetables may substitute for the entire fruits component at lunch and supper. If lunch or supper includes two servings of vegetables, they must be different kinds.  15 A serving of the MMA component is the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, fillers, or other ingredients. Commercial processed products require a CN label or PFS to credit. For more information, refer to the CSDE’s resources, [*Crediting Commercial Meat/Meat Alternates in the CACFP*](http://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Commercial_MMA_CACFP.pdf) and [*Crediting Deli Meats in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Deli_CACFP.pdf), and visit the “[Meat/Meat Alternates Component](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#MMA)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs) webpage. The USDA’s [*CACFP Best Practices*](https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP_factBP.pdf)recommends serving only lean meats, nuts, and legumes; limiting processed meats to one serving per week; and serving only low-fat or reduced-fat natural cheese..  16 APPs must meet the requirements in [appendix A](https://www.ecfr.gov/cgi-bin/text-idx?SID=4c211a738d6109939c6054a6286ac109&mc=true&node=pt7.4.226&rgn=div5#ap7.4.226_127.a) of the CACFP regulations (7 CFR 226). For more information, refer to the CSDE’s resource, [*Requirements for Alternate Protein Products in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/APP_Requirements_CACFP.pdf).  17 For a 1-ounce serving of tempeh to credit as 1 ounce of MMA, the product’s ingredients must include only soybeans (or other legumes), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs. Tempeh products that contain other ingredients require a CN label or PFS to document crediting information.  18 Surimi seafood is a pasteurized, ready-to-eat, restructured seafood product usually made from pollock (fish). A CN label or PFS is required for commercial products that indicate a different crediting amount.  19 Tofu must contain at least 5 grams of protein in 2.2 ounces (¼ cup) to credit as 1 ounce of MMA. For more information, refer to the CSDE’s resource, [*Crediting Tofu and Tofu Products in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Tofu_CACFP.pdf).  20 Cooked dry beans and peas (legumes) credit as either the MMA component or the vegetables component but one serving cannot credit as both components in the same meal. For more information, refer to the CSDE’s resource, [*Crediting Legumes in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Legumes_CACFP.pdf)*.*  21 Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts. Nuts and seeds cannot credit for more than half of the MMA component at lunch or supper. They must be combined with another meat/meat alternate to meet the total requirement. **Note:** Children younger than 4 are at the highest risk of choking. The USDA recommends that any nuts or seeds served to young children are in a prepared food and are ground or finely chopped. For more information, refer to the CSDE’s resource, [*Crediting Nuts and Seeds in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Nuts_Seeds_CACFP.pdf).  22 Yogurt and soy yogurt cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce)*.* For more information, refer to the CSDE’s resource, [*Crediting Yogurt in the CACFP*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Yogurt_CACFP.pdf)*.*  23 Snack must include the minimum serving of two of the five components. Only one of the two snack components may be a creditable beverage, such as milk or juice. The USDA’s [*CACFP Best Practices*](https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP_factBP.pdf) recommends serving a vegetable or fruit for at least one of the two required snack components. |

For more information on the CACFP meal patterns for children, refer to the CSDE’s guide, , [*Meal Pattern Requirements for CACFP Child Care Programs*](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Guide_CACFP_Meal_Patterns.pdf), and visit the CSDE’s [Meal Patterns for CACFP Child Care Programs](https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs) and [Crediting Foods in CACFP Child Care Programs](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs) webpages or contact the [CACFP staff](http://portal.ct.gov/SDE/Nutrition/CACFP-Contact) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This form is available at <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Forms/MenuForm/‌Menu_Form_CACFP_breakfast_lunch_snack_ages_3-5.docx>.



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