

Sample Snack Menus for CACFP Adult Day Care Centers

This document provides guidance and sample snack menus for adult day care centers that participate in the U.S. Department of Agriculture's (USDA) CACFP. The specified servings meet or exceed the requirements of the *CACFP Meal Patterns for Adults* and are indicated in parentheses after each menu item.

The CACFP snack meal pattern for adults requires any two of the five components: 1 cup of unflavored low-fat (1%), unflavored fat-free milk, or flavored fat-free milk; 1 ounce of meat/meat alternates; ½ cup of vegetables; ½ cup of fruits; and 1 ounce equivalent (oz eq) of grains. Only one of the two snack components may be a creditable beverage such as milk or juice.

Each component must provide at least the minimum serving in the CACFP meal pattern. Snack menus may include additional foods or larger servings beyond the minimum requirements. Serve nutrient-dense foods that are appropriate to participants' nutrition needs.



For detailed guidance on the CACFP adult meal patterns, refer to the Connecticut State Department of Education's (CSDE) guide, *Meal Pattern Requirements for CACFP Adult Day Care Centers*. For additional resources, refer to the CSDE's *Resources for the CACFP Meal Patterns* and visit the CSDE's *Meal Patterns for CACFP Adult Care Centers* webpage.

Menu Planning Considerations for Snack

Consider the meal pattern requirements and recommendations below when planning CACFP snack menus. For detailed guidance on crediting foods, refer to the CSDE's *Crediting Summary Charts for CACFP Adult Meal Patterns* and visit the CSDE's *Crediting Foods in CACFP Adult Day Care Centers* webpage

- **Meat/meat alternates:** The serving refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. Nut and seed butters credit by volume (tablespoons) not weight. Yogurt cannot exceed 23 grams of total sugars per 6 ounces (3.83 grams per ounce). Commercial meat products with binders and extenders (such as deli meats, hot dogs, and sausage) and commercial combination foods (such as pizza and chicken nuggets) require a Child Nutrition (CN) label or product formulation statement (PFS) to determine crediting information. For more information on crediting meat/meat alternates, refer to the CSDE's resources, *Crediting Deli Meats in the CACFP* and *Crediting Commercial Meat/Meat Alternate Products in the CACFP*, and visit the "Meat/Meat Alternates Component" section of the CSDE's *Crediting Foods in CACFP Child Care Programs* webpage. The USDA's *CACFP Best Practices* 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.

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- **Fruits and vegetables:** Before planning juice at snack, check that the other meals and snacks that same day do not include juice. Pasteurized full-strength juice (including 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) credits as either the vegetables component or fruits component at only one meal or snack per day. The USDA's *CACFP Best Practices* recommends serving a vegetable or fruit for at least one of the two required snack components. For more information, refer to the CSDE's resources, *Crediting Juice in the CACFP* and *Crediting Smoothies in the CACFP*. Dried fruit credits as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of the fruits component. Raw leafy greens such as lettuce or spinach credit as half the volume served, e.g., ½ cup of raw leafy greens credits as ¼ cup of the vegetables component. For more information on crediting fruits and vegetables, visit the “[Fruits Component](#)” section and the “[Vegetables Component](#)” section of the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.
- **Grains:** Grain products and recipes must be made with creditable grains (whole grains, enriched grains, bran, and germ). At least one serving of grains per day must be whole-grain rich (WGR). The USDA's *CACFP Best Practices* recommends at least two servings of WGR grains per day. Cooked and ready-to-eat (RTE) breakfast cereals cannot exceed 6 grams of sugars per dry ounce. For more information, refer to the CSDE's resources, *How to Identify Creditable Grains in the CACFP*, *Crediting Breakfast Cereals in the CACFP*, *Crediting Whole Grains in the CACFP*, *Crediting Enriched Grains in the CACFP* and *Meeting the Whole Grain-rich Requirement for the CACFP*. Grains must meet the required weights (groups A-E) or volumes (groups H-I) in *Grain Ounce Equivalents for the CACFP* or provide the minimum creditable grains per serving. For more information, refer to the CSDE's resource, *Calculation Methods for Grain Ounce Equivalents in the CACFP*. Grain-based desserts (such as cookies, doughnuts, cereal bars, granola bars, pastries, cake, and brownies) do not credit. The CSDE recommends limiting sweet crackers (graham crackers and animal 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](#). For more information on crediting grains, visit the “[Grains Component](#)” section of the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.
- **Noncreditable foods:** Noncreditable foods cannot be served in place of the required components. Examples of noncreditable foods include potato chips, pudding, ice cream, gelatin, cream cheese, bacon, condiments (e.g., syrup, jam, ketchup, mustard, mayonnaise, and butter), and water. For more information, refer to the CSDE's resource, *Noncreditable Foods in CACFP Adult Day Care Centers*.
- **Water:** The USDA recommends serving water when snacks do not include milk or juice. Water does not credit in the CACFP adult meal patterns and cannot be offered in place of the required food components.

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Crediting Documentation

CACFP adult day care centers must be able to document that snack menus provide the required food components and quantities. Use the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG) to determine the amount of purchased food that meets the required serving for each meal pattern component. Commercial processed foods not listed in the FBG require a CN label or PFS to document crediting information. For more information, refer to the CSDE's resources, *Using Child Nutrition (CN) Labels in the CACFP*, *Using Product Formulation Statements in the CACFP*, and *Accepting Processed Product Documentation in the CACFP*, and visit the "Crediting Commercial Processed Products" section of the CSDE's *Crediting Foods in CACFP Adult Day Care Centers Programs* 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" section of the CSDE's *Crediting Foods in CACFP Adult Day Care Centers Programs* webpage.

Abbreviations for Sample Menus

M = Milk component

MMA = Meat/meat alternates

V = Vegetables component

F = Fruits component

G = Grains component

WGR = Whole grain-rich

Not credited:

A = Additional creditable food (not full serving)

O = Other food (noncreditable)

c = cup

Tbsp = tablespoon

tsp = teaspoon

oz = ounce

oz eq = ounce equivalent

Note: The CSDE's sample menus are intended for informational purposes and do not guarantee compliance with the CACFP adult meal patterns. Crediting information for local menus will vary depending on the types of foods purchased by the CACFP adult day care center and the recipes and preparation techniques used. CACFP adult day care centers are responsible for ensuring that their menus meet the CACFP adult meal patterns and maintaining appropriate crediting documentation on file (refer to "Crediting Documentation" above).

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	M 1 cup					
	MMA 1 oz		Yogurt and fruit parfait: Low-fat vanilla yogurt ($\frac{1}{2}$ c)			Ham ($\frac{1}{2}$ oz) and cheese ($\frac{1}{2}$ oz) roll-up
	V $\frac{1}{2}$ cup			Cucumber slices ($\frac{1}{2}$ c)	Vegetable soup ($\frac{1}{2}$ cup vegetables)	
	F $\frac{1}{2}$ cup		Sliced strawberries ($\frac{1}{4}$ c) Blueberries ($\frac{1}{4}$ c)		Cantaloupe chunks ($\frac{1}{2}$ c)	
	G 1 oz eq	Enriched corn muffin ($1\frac{1}{2}$ oz)		Whole-grain crackers (1 oz) WGR		Whole-corn tortilla (1 oz) WGR
	A		Whole-grain granola (2 Tbsp) WGR			Shredded lettuce ($\frac{1}{8}$ c)
	O	Water	Water	Low-fat dip (1 Tbsp) Water	Water	Mustard (1 tsp) or low-fat mayonnaise (1 tsp) Water
Week 2	M 1 cup					
	MMA 1 oz	Diced turkey (1 oz)		Sunflower butter (2 Tbsp)	Hummus ($\frac{1}{4}$ c chickpeas) pita with shredded carrots	
	V $\frac{1}{2}$ cup	Tossed salad: Lettuce ($\frac{1}{2}$ c) with tomatoes and cucumbers ($\frac{1}{4}$ c)	Sliced avocado ($\frac{1}{2}$ c)			Cucumber slices ($\frac{1}{4}$ c) Carrot slices ($\frac{1}{4}$ c)
	F $\frac{1}{2}$ cup			Apple slices ($\frac{1}{2}$ c)		
	G 1 oz eq		Whole-wheat toast (1 oz) WGR		Whole-wheat pita (1 oz) WGR	Enriched pretzels (1 oz)
	A	Enriched croutons ($\frac{1}{4}$ oz)			Shredded carrots ($\frac{1}{8}$ c)	
	O	Low-fat dressing (1 Tbsp) Water	Water	Water	Water	Low-fat dip (1 Tbsp) Water

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	M 1 cup				Unflavored low-fat milk (1 c)	
	MMA 1 oz		Low-fat cottage cheese (1/4 c)	Tortilla wrap: Refried beans (1/4 c) and shredded cheese (1/8 oz)		
	V 1/2 cup				Carrot-pineapple-raisin salad: Shredded carrots (1/2 cup)	Roasted cauliflower bites (1/2 c)
	F 1/2 cup	Mixed berries (1/2 c)	Canned apricots in juice (1/2 c)			Honeydew melon (1/2 c)
	G 1 oz eq	Soft whole-grain pretzel (1 oz) WGR		Whole-grain tortilla (1 oz) WGR		
	A			Diced tomato (1/8 c)	Crushed pineapple (1/8 cup) Raisins (1 tsp)	
	O	Water	Water	Water		Low-fat dip (1 oz) Water
Week 4	M 1 cup					
	MMA 1 oz	Part-skim Mozzarella cheese stick (1 oz)	Ants on a log: Peanut butter (2 Tbsp)		Pasta veggie salad: Ham (1 oz)	
	V 1/2 cup		Carrot sticks (1/4 c) Celery sticks (1/4 c)	Corn and black bean salad (1/2 c)		
	F 1/2 cup	Red grapes (1/2 c)				Sliced kiwi (1/2 c)
	G 1 oz eq			Whole-grain pita chips (1 oz)	Enriched rotini pasta (1/2 c)	Whole-grain cornbread (1 oz) WGR
	A		Raisins (1 Tbsp)		Diced vegetables: Carrots, broccoli, and tomatoes (1/4 c)	
	O	Low-fat dressing (1 Tbsp) Water	Water	Water	Water	Water

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	M 1 cup					
	MMA 1 oz	Low-fat cottage cheese ($\frac{1}{4}$ c)	Peanut butter (2 Tbsp)		Fruit and yogurt smoothie: Yogurt ($\frac{1}{2}$ c)	
	V $\frac{1}{2}$ cup		Carrot sticks ($\frac{1}{2}$ c)			
	F $\frac{1}{2}$ cup			Diced papaya ($\frac{1}{2}$ c)	Pureed strawberries ($\frac{1}{2}$ c)	Sliced green grapes ($\frac{1}{2}$ c)
	G 1 oz eq	Whole-grain puffed cereal ($\frac{3}{4}$ c) WGR		Trail mix: Whole-grain cereal rounds ($\frac{1}{2}$ c) WGR , enriched pretzels (1 oz), and dried fruit		Enriched pretzel sticks (1 oz)
	A	Crushed pineapple in juice (1 Tbsp)		Peanuts ($\frac{1}{2}$ Tbsp) Dried fruit ($\frac{1}{2}$ Tbsp)		
	O	Water	Water	Water	Water	Water
Week 6	M 1 cup				Unflavored low-fat milk ($\frac{1}{2}$ c)	
	MMA 1 oz			Low-fat Greek yogurt ($\frac{1}{2}$ c)	Almond butter (2 Tbsp)	Tuna salad (1 oz tuna)
	V $\frac{1}{2}$ cup	Sliced jicama ($\frac{1}{2}$ c)	Marinated broccoli florets ($\frac{1}{2}$ c)			
	F $\frac{1}{2}$ cup		Plums ($\frac{1}{2}$ c)	Fruit salad: Oranges, bananas, sliced grapes, pineapple ($\frac{1}{2}$ c)		
	G 1 oz eq	Enriched bread sticks (1 oz)			Whole-wheat bagel (1 oz) WGR	Whole-grain crackers (1 oz) WGR
	A					Chopped tomatoes ($\frac{1}{4}$ c)
	O	Low-fat dip (1 Tbsp) Water	Water	Water	Water	Water

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 7	M 1 cup			Unflavored low-fat milk (1 c)		
	MMA 1 oz	Pumpkin seeds (1 oz)	Hummus (¼ c chickpeas)		Shredded low-fat cheese (1 oz)	Berry-peach yogurt parfait: Low-fat yogurt (½ c)
	V ½ cup		Zucchini sticks (¼ c) Pepper strips (¼ c)		Garden salad: Lettuce (½ c), tomatoes, cucumbers, and carrots (¼ c)	
	F ½ cup	Watermelon chunks (½ c)				Seasonal berries (¼ c) Diced peaches (¼ c)
	G 1 oz eq			Enriched pumpkin cranberry muffin (2 oz) WGR		
	A					
	O	Water	Water		Low-fat Italian dressing (1 Tbsp) Water	Crumbled graham crackers (1 Tbsp) Water
Week 8	M 1 cup					
	MMA 1 oz	Pita bread triangles: Low-fat cheese (1 oz)				Chicken salad (1 oz cooked chicken)
	V ½ cup		Roasted chickpeas (½ c)	Marinated diced cucumber- tomato salad (½ c)		
	F ½ cup		Pineapple chunks (½ c)		Strawberry shortcake: Sliced strawberries (½ c)	
	G 1 oz eq	Whole-wheat pita bread (1 oz) WGR		Whole-grain roll (1 oz) WGR	Enriched biscuit (1 oz)	Whole-wheat pita pocket (1 oz) WGR
	A	Veggie salsa (⅙ c)				Shredded lettuce (⅙ c) ⁵ Diced tomato (⅙ c)
	O	Low-fat dressing (1 Tbsp) Water	Water	Water	Whipped cream (2 Tbsp) Water	Low-fat dip (1 Tbsp) Water

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	M 1 cup					
	MMA 1 oz				Almond butter (2 Tbsp)	Herbed cottage cheese (¼ c)
	V ½ cup		Marinated three-bean salad (½ c)			Celery sticks and cucumber slices (½ c)
	F ½ cup	Pineapple slices (½ c)		Sliced kiwi (½ c)	Frozen banana (½ c)	
	G 1 oz eq	Whole-grain bagel (1 oz) WGR	Enriched pretzels (1 oz)	Whole-grain puffed cereal (¾ c) WGR		
	A					Whole-grain crackers (½ oz) WGR
	O	Light cream cheese (½ Tbsp) Water	Water	Water	Water	Water
Week 10	M 1 cup					
	MMA 1 oz	Hard-boiled egg (½ large)				Peanut butter (2 Tbsp)
	V 1 cup		Cherry tomatoes (½ c)		Roasted green beans (½ c)	
	F ½ cup		Diced pears (½ c)	Refried beans and salsa (½ cup)	Apple slices (½ c)	
	G 1 oz eq	Whole-grain roll (1 oz) WGR		Whole-corn tortilla chips (1 oz) WGR		Whole-wheat bagel (1 oz) WGR
	A					
	O	Low-fat dressing (1 Tbsp) Water	Water	Water	Water	Low-fat dip (1 Tbsp) Water

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Resources

CACFP Meal Patterns for Adults (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Adult_Meal_Pattern_CACFP.pdf

Crediting Foods in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers>

Crediting Summary Charts for the CACFP Adult Meal Patterns (CSDE):

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

Meal Pattern Requirements for CACFP Adult Day Care Centers (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Guide_CACFP_Meal_Patterns_Adults.pdf

Meal Patterns for CACFP Adult Care Centers (CSDE webpage)

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

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 for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers/Related-Resources#MenuPlanning>

Recipes for Child Nutrition Programs (CSDE's Meal Patterns for CACFP Child Care Programs webpage):

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

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

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

Resources for the CACFP Meal Patterns (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Resources_CACFP_Meal_Pattern.pdf

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For more information on the CACFP adult meal patterns, refer to the CSDE's guide, *Meal Pattern Requirements for CACFP Adult Day Care Centers*, and visit the [Meal Patterns for CACFP Adult Day Care Centers](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages, or contact the [CACFP staff](#) at the Connecticut State Department of Education, School Health, Nutrition and Family Services, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Adult_Menu_Snack.pdf.

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Office of the Assistant Secretary for Civil Rights
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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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