


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


Module 8: Menu Planning



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




- 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



- 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

- Legumes credit as either MMA or vegetable, but not both in same meal



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


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Component Reminders

MMA

- Sugar limit for yogurt: ≤ 3.83 grams per ounce




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

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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 = ¼ ounce





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Component Reminders
FRUITS AND VEGETABLES

- Credit based on *volume* (cups) except

Food	Credit as	½ cup =
Dried fruits 	Twice volume	1 cup
Raw leafy greens 	Half volume	¼ 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 = ⅓ 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




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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 = ¼ ounce equivalent (oz eq)



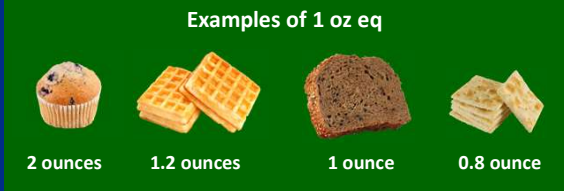
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Component Reminders
GRAINS

- 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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Component Reminders

GRAINS

- Two methods to determine oz eq
 - Minimum weight or volume in USDA's Exhibit A chart (refer to CSDE's Grain Ounce Equivalents for the CACFP)
 - 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



Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Milk % cup	1/2 cup unflavored low-fat milk	1/2 cup unflavored low-fat milk	1/2 cup unflavored low-fat milk	1/2 cup unflavored low-fat milk	1/2 cup unflavored low-fat milk
MMA % ounce	Clear gelatinous triangle 1/2 ounce unflavored fat-free	Chicken eggs, steady 1/2 ounce cooked dark chicken	Egg, any 1/2 cup hen's	Roast Turkey 1/2 ounce turkey	Ham/steak or fish 1/2 ounce ham/steak
Grains % ounce equivalent	1/2 ounce whole-wheat pasta WGR	1/2 ounce brown rice WGR	1/2 ounce whole-grain oatmeal WGR	1 ounce enriched oatmeal	1 ounce whole-wheat bun WGR
Vegetables % cup	Grated zucchini, 1/2 cup; chopped lettuce and 1/2 cup sliced carrots; 1/2 cup mild veggie salsa	1/2 cup steamed vegetables, carrots, celery, peppers, broccoli	1/2 cup sliced cucumbers	1/2 cup steamed broccoli	1/2 cup baked sweet potato wedges
Fruit % cup	1/2 cup mandarin oranges	1/2 cup pineapple slices in juice	1/2 cup dried strawberries	1/2 cup mandarin sweet potatoes VS	1/2 cup strawberries sliced
Other Foods (nonconventional)	2 responsive low-fat milk dressing			1 half-portion condiment	2 responsive sandwich or spread


WGR = Grains menu items that are whole-grain only.
VS = Vegetable substitution. Vegetables may substitute for the entire grain component at any lunch or supper.

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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 3-5: Week 1

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Milk % cup	1/2 cup unflavored low-fat milk	1/2 cup unflavored low-fat milk	1/2 cup unflavored low-fat milk	1/2 cup unflavored low-fat milk	1/2 cup unflavored low-fat milk
MMA % ounce	Clear gelatinous triangle 1/2 ounce unflavored fat-free	Chicken eggs, steady 1/2 ounce cooked dark chicken	Egg, any 1/2 cup hen's	Roast Turkey 1/2 ounce turkey	Ham/steak or fish 1/2 ounce ham/steak
Grains % ounce equivalent	1/2 ounce whole-wheat pasta WGR	1/2 ounce brown rice WGR	1/2 ounce whole-grain oatmeal WGR	1 ounce enriched oatmeal	1 ounce whole-wheat bun WGR
Vegetables % cup	Grated zucchini, 1/2 cup; chopped lettuce and 1/2 cup sliced carrots; 1/2 cup mild veggie salsa	1/2 cup steamed vegetables, carrots, celery, peppers, broccoli	1/2 cup sliced cucumbers	1/2 cup steamed broccoli	1/2 cup baked sweet potato wedges
Fruit % cup	1/2 cup mandarin oranges	1/2 cup pineapple slices in juice	1/2 cup dried strawberries	1/2 cup mandarin sweet potatoes VS	1/2 cup strawberries sliced
Other Foods (nonconventional)	2 responsive low-fat milk dressing			1 half-portion condiment	2 responsive sandwich or spread

Spring Cycle Menu for Ages 3-5: Week 1

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Milk % cup	1/2 cup unflavored low-fat milk	1/2 cup unflavored low-fat milk	1/2 cup unflavored low-fat milk	1/2 cup unflavored low-fat milk	1/2 cup unflavored low-fat milk
MMA % ounce	Clear gelatinous triangle 1/2 ounce unflavored fat-free	Chicken eggs, steady 1/2 ounce cooked dark chicken	Egg, any 1/2 cup hen's	Roast Turkey 1/2 ounce turkey	Ham/steak or fish 1/2 ounce ham/steak
Grains % ounce equivalent	1/2 ounce whole-wheat pasta WGR	1/2 ounce brown rice WGR	1/2 ounce whole-grain oatmeal WGR	1 ounce enriched oatmeal	1 ounce whole-wheat bun WGR
Vegetables % cup	Grated zucchini, 1/2 cup; chopped lettuce and 1/2 cup sliced carrots; 1/2 cup mild veggie salsa	1/2 cup steamed vegetables, carrots, celery, peppers, broccoli	1/2 cup sliced cucumbers	1/2 cup steamed broccoli	1/2 cup baked sweet potato wedges
Fruit % cup	1/2 cup mandarin oranges	1/2 cup pineapple slices in juice	1/2 cup dried strawberries	1/2 cup mandarin sweet potatoes VS	1/2 cup strawberries sliced
Other Foods (nonconventional)	2 responsive low-fat milk dressing			1 half-portion condiment	2 responsive sandwich or spread

WGR = Grains menu items that are whole-grain only.
VS = Vegetable substitution. Vegetables may substitute for the entire grain component at any lunch or supper.

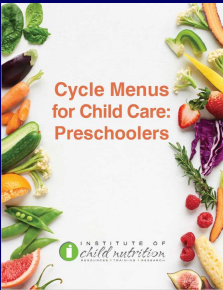
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ICN Resource

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>

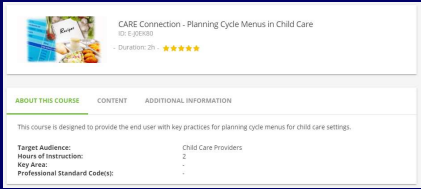
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ICN Resource

CARE Connection: Planning Cycle Menus in Child Care

Online training



<https://theicn.doceboas.com/learn/course/external/view/elearning/S1/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/tn/standardized-recipes-cacfp>

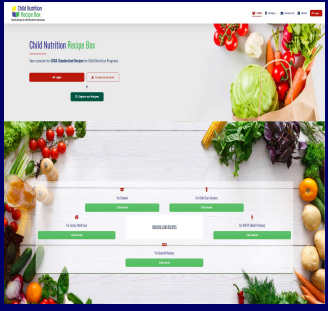
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ICN Resource

Child Nutrition Recipe Box

Searchable database of all USDA recipes




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

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CSDE Webpage



<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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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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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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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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2 – Strive for Balance

- Balance flavors in appealing ways




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Menu Makeover: Balance

Lunch Menu	
Baked lemon-pepper chicken	
Spicy red potatoes	➔
Coleslaw	
Brown rice	Garden salad
Unflavored low-fat milk	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	→ Potato wedges Sliced strawberries
Diced potatoes	
Fruit cocktail	
Whole-grain roll	
Unflavored low-fat milk	



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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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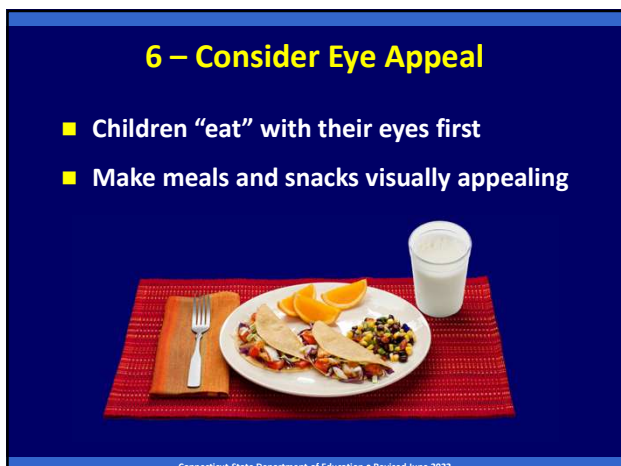
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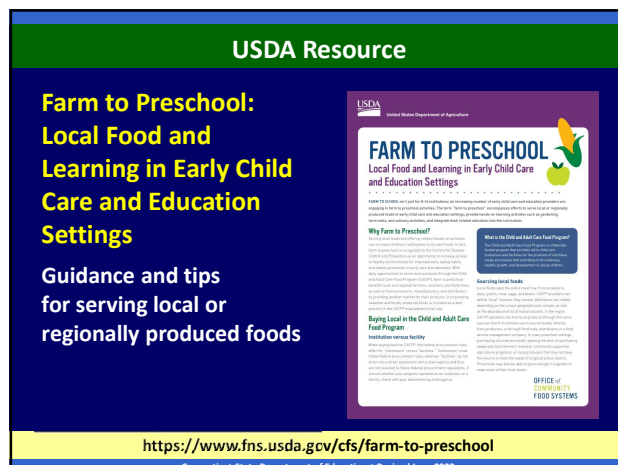
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CSE Webpage

<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)

<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

Mealtime Memo

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

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




	¾ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/>	M: ¾ cup
	½ cup	Whole-grain round cereal (6.1 grams of sugars per ounce)	<input checked="" type="checkbox"/>	G: None Exceeds sugar limit
	½ cup	Blueberries	<input checked="" type="checkbox"/>	VF: ½ cup

Reimbursable meal? No

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Breakfast Menu 2




	¾ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/>	M: ¾ cup
	½ large	Scrambled egg	<input checked="" type="checkbox"/>	G: 1 oz eq MMA substitution: ½ egg = 1 oz eq grains
	½ cup	Mandarin oranges	<input checked="" type="checkbox"/>	VF: ½ cup

Reimbursable meal? Yes

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Breakfast Menu 3




	¾ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/>	M: ¾ cup
	1 ounce	WGR blueberry muffin	<input checked="" type="checkbox"/>	G: ½ oz eq Group D: 1 ounce = ½ oz eq
	½ cup	Diced peaches	<input checked="" type="checkbox"/>	VF: ½ cup

Reimbursable meal? Yes

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Breakfast Menu 4

	¾ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/>	M: ¾ cup
	1½ ounce	Whole-grain cereal bar	<input checked="" type="checkbox"/>	G: None Grain-based desserts do not credit
	½ cup	Fruit salad	<input checked="" type="checkbox"/>	VF: ½ cup

Reimbursable meal? No

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CACFP Lunch/Supper Meal Pattern for Ages 3-5






Food Components	Minimum Serving
Milk (M)	¾ cup
Meat/meat alternates (MMA)	1½ ounces
Vegetables (V)	¼ cup
Fruits (F) *	¼ cup
Grains (G)	½ oz eq

* Vegetables may substitute for entire fruits component

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Lunch/Supper Menu 1




	¾ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/>	M: ¾ cup
	1½ ounces	Tuna salad	<input checked="" type="checkbox"/>	MMA: ?
	½ ounce	Whole-wheat pita triangles	<input checked="" type="checkbox"/>	G: ½ oz eq Group B: ½ ounce = ½ oz eq
	½ cup	Garden salad (¼ cup lettuce and ¼ cup tomatoes and carrots)	<input checked="" type="checkbox"/>	V: ½ cup
	¼ cup	Sliced red grapes	<input checked="" type="checkbox"/>	F: ¼ cup

Reimbursable meal? No

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Lunch/Supper Menu 2




	¼ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/>	M: ¼ cup
	1½ ounces	Soft taco • Cooked beef	<input checked="" type="checkbox"/>	MMA: 1½ ounces
	½ ounce	• Enriched tortilla	<input checked="" type="checkbox"/>	G: ½ oz eq <i>Group B: ½ ounce = ½ oz eq</i>
	¼ cup	• Tomato	<input checked="" type="checkbox"/>	V: ¼ cup
	¼ cup	• Lettuce	<input checked="" type="checkbox"/>	None (extra food)
	¼ cup	Apple slices	<input checked="" type="checkbox"/>	F: ¼ cup

Reimbursable meal? Yes

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Lunch/Supper Menu 2





	¼ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/>	M: ¼ cup
	1½ ounces	Soft taco • Cooked beef	<input checked="" type="checkbox"/>	MMA: 1½ ounces
	½ ounce	• Enriched tortilla	<input checked="" type="checkbox"/>	G: ½ oz eq <i>Group B: ½ ounce = ½ oz eq</i>
	¼ cup	• Tomato	<input checked="" type="checkbox"/>	V: ¼ cup
	¼ cup	• Lettuce	<input checked="" type="checkbox"/>	None (extra food)
	¼ cup	Apple slices	<input checked="" type="checkbox"/>	F: ¼ cup

Reimbursable meal? Yes

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Lunch/Supper Menu 3






	¼ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/>	M: ¼ cup
	¼ cup	Chili • Kidney beans	<input checked="" type="checkbox"/>	MMA: 1 ounce
	½ ounce	• Shredded cheese	<input checked="" type="checkbox"/>	MMA: ½ ounce
	¼ cup	• Tomato sauce	<input checked="" type="checkbox"/>	V: ¼ cup
	1 ounce	Enriched corn muffin	<input checked="" type="checkbox"/>	G: ¼ oz eq <i>Group C: 1 ounce = ¼ oz eq</i>
	¼ cup	Green pepper strips	<input checked="" type="checkbox"/>	F: ¼ cup <i>Vegetable substitution</i>

Reimbursable meal? Yes

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Lunch/Supper Menu 4

	¼ cup	Unflavored fat-free milk	<input checked="" type="checkbox"/>	M: ¼ cup
	1½ ounces	Diced baked chicken	<input checked="" type="checkbox"/>	MMA: 1½ ounces
	¼ cup	Brown rice	<input checked="" type="checkbox"/>	G: ¼ oz eq <i>Group H: ¼ cup = ¼ oz eq</i>
	¼ cup	Steamed broccoli	<input checked="" type="checkbox"/>	V: ¼ cup
	¼ cup	Butternut squash	<input checked="" type="checkbox"/>	F: ¼ cup <i>Vegetable substitution</i>

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)	¼ cup
Meat/meat alternates (MMA)	½ ounce
Vegetables (V)	¼ cup
Fruits (F)	¼ cup
Grains (G)	¼ oz eq

* Only 1 component may be a creditable beverage

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Snack Menu 1

	½ cup	Orange juice *	<input checked="" type="checkbox"/>	F: ½ cup
	½ ounce	Whole-grain crackers	<input checked="" type="checkbox"/>	G: ¼ oz eq <i>Group A: 0.4 ounce = ¼ oz eq</i>




* Juice cannot credit at any other meal or snack

Reimbursable snack? Yes

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Snack Menu 2



	¼ cup	<ul style="list-style-type: none"> Trail mix Mixed dried fruit 	<input checked="" type="checkbox"/> F: ½ cup <i>Dried fruits credit as twice volume served</i>
	½ cup	<ul style="list-style-type: none"> Whole-grain round cereal (5 grams of sugars per ounce) 	<input checked="" type="checkbox"/> G: ½ oz eq <i>Group I: ½ cup round cereal = ½ oz eq</i>
	½ cup	Water	<input checked="" type="checkbox"/> None

Reimbursable snack? Yes

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Snack Menu 3

	½ cup	Unflavored low-fat milk	<input checked="" type="checkbox"/> M: ½ cup Beverage
	¼ cup pureed strawberries	Strawberry-peach smoothie	<input checked="" type="checkbox"/> Second Beverage *
	¼ cup pureed peaches		

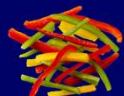
* Only one snack component may be a creditable beverage

Reimbursable snack? No

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Snack Menu 4



	½ cup	Pepper strips	<input checked="" type="checkbox"/> V: ½ cup
	½ cup	Diced watermelon	<input checked="" type="checkbox"/> F: ½ cup

Reimbursable snack? Yes

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Snack Menu 5

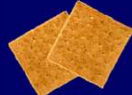

	½ cup	Spinach salad	<input checked="" type="checkbox"/> V: ¼ cup <i>Raw leafy greens credit as half the volume served</i>
	½ ounce	Cheese cubes	<input checked="" type="checkbox"/> MMA: ½ ounce

Reimbursable snack? No

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Snack Menu 6

	½ ounce	Graham crackers *	<input checked="" type="checkbox"/> G: ½ oz eq <i>Group B: ½ ounce = ½ oz eq</i>
	½ cup	Unflavored fat-free milk	<input checked="" type="checkbox"/> M: ½ 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

Meal Patterns for CACFP Child Care Programs

Overview | Documents/Forms | Related Resources | Laws/Regulations | Contact

Related Resources

- Crediting Foods | Meal Service | **Menu Planning**

Crediting Foods in CACFP Child Care Programs

- Crediting Commercial Processed Products (CSDE's Crediting Foods in CACFP Child Care Programs webpage)
- Crediting Foods Prepared on Site (CSDE's Crediting Foods in CACFP Child Care Programs webpage)
- Crediting Foods for CACFP Child Care Programs (CSDE webpage)
- Crediting Handbook for the Child and Adult Care Food Program (USDA)
- CSDE Operational Memo No. 7A, 9C-16 and 9A-16 - Requirements for Documenting CACFP Meal Pattern Contribution of Processed Foods

<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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To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20Complaint-Form-0508-0002-508-11-28-17F.pdf> from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

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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