



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

Module 6: Vegetables Component

Knowledge Check: Meal Pattern Requirements for Fruits and Vegetables at Lunch and Supper

The [CACFP lunch and supper meal pattern](#) for ages 3-5 requires $\frac{1}{4}$ cup of the vegetables component and $\frac{1}{4}$ cup of the fruits component. Do the planned servings for fruits and vegetables below meet the meal pattern requirements for ages 3-5 at lunch or supper?

Planned servings	Meets requirements?	Explanation
$\frac{1}{4}$ cup of red grapes $\frac{1}{4}$ cup of peaches in fruit juice	<input type="checkbox"/> Yes <input type="checkbox"/> No	
$\frac{1}{4}$ cup of green beans $\frac{1}{8}$ cup of dried fruit	<input type="checkbox"/> Yes <input type="checkbox"/> No	
$\frac{1}{4}$ cup of diced carrots $\frac{1}{4}$ cup of green peas	<input type="checkbox"/> Yes <input type="checkbox"/> No	
$\frac{1}{4}$ cup of canned corn $\frac{1}{4}$ cup of spinach salad	<input type="checkbox"/> Yes <input type="checkbox"/> No	

Knowledge Check: Meal Pattern Requirements for Fruits and Vegetables at Lunch and Supper

Planned servings	Meets requirements?	Explanation
$\frac{1}{4}$ cup of cooked spinach $\frac{1}{4}$ cup of mixed vegetables	<input type="checkbox"/> Yes <input type="checkbox"/> No	
$\frac{1}{4}$ cup of pureed strawberries in a smoothie $\frac{1}{4}$ cup of vegetable juice	<input type="checkbox"/> Yes <input type="checkbox"/> No	
$\frac{1}{4}$ cup of orange juice $\frac{1}{4}$ cup of mashed sweet potatoes	<input type="checkbox"/> Yes <input type="checkbox"/> No	
$\frac{1}{4}$ cup of broccoli florets $\frac{1}{4}$ cup of broccoli florets	<input type="checkbox"/> Yes <input type="checkbox"/> No	
$\frac{1}{2}$ cup of carrot-raisin salad that contains $\frac{1}{4}$ cup of shredded carrots and $\frac{1}{8}$ cup of raisins	<input type="checkbox"/> Yes <input type="checkbox"/> No	

For more information on the CACFP meal pattern requirements for vegetables and fruits, visit the [Vegetables Component for CACFP Child Care Programs](#) section and the [Fruits Component for CACFP Child Care Programs](#) section of the Connecticut State Department of Education's (CSDE) Crediting Foods in CACFP Child Care Programs webpage.

Knowledge Check: Meal Pattern Requirements for Fruits and Vegetables at Lunch and Supper

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.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

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%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.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

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of age, ancestry, color, criminal record (in state employment and licensing), gender identity or expression, genetic information, intellectual disability, learning disability, marital status, mental disability (past or present), national origin, physical disability (including blindness), race, religious creed, retaliation for previously opposed discrimination or coercion, sex (pregnancy or sexual harassment), sexual orientation, veteran status or workplace hazards to reproductive systems, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes.

Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Coordinator (ADA), Connecticut State Department of Education, 450 Columbus Boulevard, Suite 505, Hartford, CT 06103, 860-807-2071, levy.gillespie@ct.gov.