

Sample Cold Breakfast Menus for Adult Day Care Centers in the Child and Adult Care Food Program

This document provides guidance and sample cold breakfast menus for adult day care centers that participate in the U.S. Department of Agriculture’s (USDA) Child and Adult Care Food Program (CACFP). These sample menus are based on the CACFP adult meal patterns, including the updates required by the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#).

For information on the CACFP adult meal patterns, visit the “[CACFP Adult Meal Patterns](#)” section of the Connecticut State Department of Education’s (CSDE) Meal Patterns for the Child and Adult Care Food Program webpage. For information on the crediting requirements, visit the CSDE’s [Crediting Foods in the Child and Adult Care Food Program](#) webpage and [Crediting Documentation for the Child Nutrition Programs](#) webpage.



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Overview of Breakfast Meal Pattern Requirements

The CACFP adult breakfast meal pattern requires minimum servings of three meal components, including 1 cup of unflavored low-fat (1%) or fat-free milk; ½ cup of vegetables, fruits, or both; and 2 ounce equivalents (oz eq) of grains. Each meal component must provide at least the minimum meal pattern serving.

CACFP menus may include additional foods or larger servings beyond the minimum requirements. Serve nutrient-dense foods that are appropriate to participants' nutrition needs.

Menu planners should consider the meal pattern requirements and recommendations below when planning CACFP menus. For guidance on crediting foods, refer to the CSDE's [Crediting Summary Charts for the Child and Adult Care Food Program](#) and visit the CSDE's [Crediting Foods in the Child and Adult Care Food Program](#) webpage and [Crediting Documentation for the Child Nutrition Programs](#) webpage.

Meats/meat alternates (MMA) component

- The MMA component is not required at breakfast but may substitute for the entire grains component up to three times per week. A 1-oz eq serving of the MMA component substitutes for 1 oz eq of the grains component.
- The serving size of MMA refers to 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 (such as combination entrees, deli meats, hot dogs, and sausages) require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. For more information, refer to the CSDE's resources, [Crediting Commercial Meat/Meat Alternate Products in the Child and Adult Care Food Program](#) and [Crediting Deli Meats in the Child and Adult Care Food Program](#).
- Nut and seed butters credit by volume (tablespoons) not weight. For more information, refer to the CSDE's resource, [Crediting Nuts and Seeds in the Child and Adult Care Food Program](#).
- Yogurt and soy yogurt cannot exceed 12 grams of added sugars per 6 ounces (no more than 2 grams of added sugars per ounce). For more information, refer to the CSDE's resource, [Crediting Yogurt in the Child and Adult Care Food Program](#).

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- The USDA's [CACFP best practices](#) recommend serving only lean meats, nuts, and beans, peas, and lentils; limiting processed meats to one serving per week; and serving only low-fat or reduced-fat natural cheese.

For more information, visit the "[Meats and Meat Alternates](#)" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

Fruits component and vegetables component

- Dried fruits credit as twice the volume served. For example, $\frac{1}{4}$ cup of raisins credits as $\frac{1}{2}$ cup of the fruits component.
- Raw leafy greens such as lettuce or spinach credit as half the volume served. For example, $\frac{1}{2}$ cup of lettuce credits as $\frac{1}{4}$ cup of the vegetables component.
- Pasteurized full-strength juice credits as either the vegetables component or fruits component at only one meal or snack per day. The juice limit includes fruit and vegetable juice, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. Before planning juice at snack, make sure that the other daily meals and snacks do not contain juice. For more information, refer to the CSDE's resources, [Crediting Juices in the Child and Adult Care Food Program](#) and [Crediting Smoothies in the Child and Adult Care Food Program](#).
- The USDA's [CACFP best practices](#) recommend serving whole fruits (fresh, frozen, canned, and dried) more often than juice.

For more information, visit the "[Fruits](#)" section and the "[Vegetables](#)" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

Grains component

- At least one serving of grains per day must be whole grain-rich (WGR). The USDA's [CACFP best practices](#) recommend at least two servings of WGR grains per day. To meet the CACFP WGR criteria, foods must contain at least 50 percent whole grains and the remaining grain ingredients must be enriched, bran, or germ. For more information, refer to the CSDE's [Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program](#) and visit "[Whole Grain-rich Requirement](#)" in the "Grains" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

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- To credit as the required oz eq, the serving of grain products and recipes must provide either: 1) the required serving weight (groups A-E) or volume (groups H-I) in the USDA's Exhibit A chart (refer to the CSDE's resources, [Grain Ounce Equivalents Chart for the Child and Adult Care Food Program](#) and [How to Use the Grain Ounce Equivalents Chart for the Child and Adult Care Food Program](#)); or 2) the minimum creditable grains per serving (refer to the CSDE's resources, [Calculation Methods for Grains Ounce Equivalents for the Child and Adult Care Food Program](#) and [When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program](#)). For more information, visit "[Serving Requirements](#)" in the "Grains" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.
- Grain-based desserts do not credit. 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 allowed but the CSDE recommends limiting them to no more than twice per week between all meals and snacks. For more information, visit the USDA's [Grain-based Desserts in the Child and Adult Care Food Program](#) webpage,
- Breakfast cereals must be WGR, enriched, or fortified and cannot exceed 6 grams of added sugars per dry ounce. For more information, refer to the CSDE's resources, [Crediting Breakfast Cereals in the Child and Adult Care Food Program](#), [Worksheet for Crediting Cooked Breakfast Cereals in the CACFP](#), and [Worksheet for Crediting Ready-to-eat \(RTE\) Breakfast Cereals in the CACFP](#).

For more information, visit the "[Grains](#)" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

Milk component

- The CACFP adult meal patterns require low-fat (1%) or fat-free milk, either unflavored or flavored. The USDA's [CACFP best practices](#) recommend serving only unflavored milk.

For more information, visit the "[Milk](#)" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

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Noncreditable foods

Noncreditable foods are foods and beverages that do not count toward the meal components for reimbursable meals and snacks in the CACFP adult meal patterns. They include:

- foods and beverages served in amounts too small to credit, i.e., less than $\frac{1}{4}$ oz eq for the grains component and MMA component and less than $\frac{1}{8}$ cup for the fruits component and vegetables component; and
- foods and beverages that do not belong to any meal component, such as potato chips, pudding, ice cream, gelatin, cream cheese, bacon, condiments (e.g., syrup, jam, ketchup, mustard, mayonnaise, and butter), and water.

Adult day care centers may serve certain noncreditable foods in addition to the meal components to add variety, help improve acceptability of meals and snacks, and satisfy appetites. Examples include maple syrup on pancakes, salad dressing on tossed greens, and condiments such as ketchup or mustard on sandwiches and other entrees.

CACFP funds cannot be used to purchase noncreditable foods, except for condiments served with creditable foods, and herbs and spices used to prepare and enhance the flavor of meals. For example, CACFP funds cannot be used to purchase grain-based desserts, gelatin, pudding, or canned cream soups. For more information, refer to the CSDE's resource, [Noncreditable Foods in the Child and Adult Care Food Program](#).

Required Crediting Documentation

Adult day care centers must be able to document that CACFP menus provide the minimum portion of each required meal component. Menu planners must use the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine how foods credit and the amount that provides the required meal pattern serving.

Commercial processed foods not listed in the FBG require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. The USDA requires that adult day care centers must verify PFS forms for accuracy prior to purchasing, serving, and claiming the product in reimbursable meals and snacks. For information on crediting documentation for processed foods, refer to the CSDE's resources, [Using Child Nutrition \(CN\) Labels in the Child and Adult Care Food Program](#), [Using Product Formulation Statements in the Child and Adult Care Food Program](#), and [Accepting Processed Product Documentation in the Child and Adult Care Food Program](#).

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Foods made from scratch require a recipe that documents the crediting information per serving. The USDA recommends using standardized recipes because they ensure accurate meal component contributions and document that menus meet the meal pattern requirements. The USDA defines a standardized recipe as one that has been tried, adapted, and retried at least three times and has been found to produce the same good results and yield every time when the exact procedures are used with the same type of equipment and the same quantity and quality of ingredients.

For information on standardized recipes, refer to the Institute of Child Nutrition's [Recipe Standardization Guide for the Child and Adult Care Food Program](#) and visit the "[Standardized Recipes](#)" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

Additional guidance is available on the CSDE's [Crediting Documentation for the Child Nutrition Programs](#) webpage. Training on the requirements for CN labels and PFS forms is available in Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products, of the CSDE's training program, [What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs](#).

Sample Breakfast Menus

This section contains five sample cold breakfast menus. The servings in each menu meet at least the minimum requirements of the CACFP adult meal patterns and are indicated after each menu item.

Notes for the numbers indicated after some menu items are located at the end of the sample menus (refer to "[Menu Planning Notes](#)" in this document).

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 adult day care center, and the recipes and preparation techniques used by CACFP staff. 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 "[Required Crediting Documentation](#)" in this document).

Sample Cold Breakfast Menus for Adult Day Care Centers in the Child and Adult Care Food Program

Week 1

Meal Pattern Contribution

Day 1

- Unflavored low-fat milk, 1 cup
- Low-fat yogurt (no more than 2 grams of added sugars per ounce), 1 cup
MMA substitute
- Mixed berries, ½ cup

Milk component, 1 cup

Grains component, 2 oz eq
Vegetables/fruits component, ½ cup

Day 2

- Unflavored low-fat milk, 1 cup
- *Cheese roll-up:*
Whole-wheat tortilla **WGR**, 2 ounces
Low-fat cheese, 1 ounce
- Pineapple chunks, ½ cup

Milk component, 1 cup

Grains component, 2 oz eq
None (additional food)
Vegetables/fruits component, ½ cup

Day 3

- Unflavored low-fat milk, 1 cup
- Whole-grain bagel **WGR**, 2 ounces
- Green grapes, ½ cup

Milk component, 1 cup
Grains component, 2 oz eq
Vegetables/fruits component, ½ cup

Day 4

- Unflavored low-fat milk, 1 cup
- Whole-grain puffed cereal (no more than 6 grams of added sugars per dry ounce), 1¼ cups **WGR**
- Enriched biscuit, 1 ounce
- Banana, ½ cup

Milk component, 1 cup

Grains component, 1 oz eq
Grains component, 1 oz eq
Vegetables/fruits component, ½ cup

Day 5

- Unflavored low-fat milk, 1 cup
- Enriched blueberry muffin, 4 ounces
- Diced apricots, ¼ cup¹

Milk component, 1 cup
Grains component, 2 oz eq
Vegetables/fruits component, ½ cup

Sample Cold Breakfast Menus for Adult Day Care Centers in the Child and Adult Care Food Program

Week 2

Meal Pattern Contribution

Day 1

- Unflavored low-fat milk, 1 cup
- Low-fat cottage cheese, ½ cup
MMA substitute
- Pineapple tidbits in juice, ½ cup

Milk component, 1 cup
Grains component, 2 oz eq
Vegetables/fruits component, ½ cup

Day 2

- Unflavored low-fat milk, 1 cup
- Whole-grain round cereal (no more than 6 grams of added sugars per dry ounce) **WGR**, 2 cups
- Blueberries, ½ cup

Milk component, 1 cup
Grains component, 2 oz eq
Vegetables/fruits component, ½ cup

Day 3

- Unflavored low-fat milk, 1 cup
- *Yogurt-fruit parfait:*
Vanilla Greek yogurt (no more 2 grams of added sugars per ounce), 1 cup
MMA substitute
Sliced strawberries, ¼ cup
Diced peaches, ¼ cup

Milk component, 1 cup
Grains component, 2 oz eq
Vegetables/fruits component, ¼ cup
Vegetables/fruits component, ¼ cup

Day 4

- Unflavored low-fat milk, 1 cup
- Enriched banana bread, 4 ounces
- Almond butter, 1 tablespoon
- Applesauce, ½ cup

Milk component, 1 cup
Grains component, 2 oz eq
None (additional food)
Vegetables/fruits component, ½ cup

Day 5

- Unflavored low-fat milk, 1 cup
- Whole-wheat roll **WGR**, 2 ounces
- Orange slices, ½ cup
- Margarine or jelly, 2 teaspoons

Milk component, 1 cup
Grains component, 2 oz eq
Vegetables/fruits component, ½ cup
None

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Week 3

Meal Pattern Contribution

Day 1

- | | |
|---|---|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, 1 cup • Hard-boiled egg, 1 large MMA substitute • Cantaloupe cubes, ½ cup | <p>Milk component, 1 cup</p> <p>Grains component, 2 oz eq</p> <p>Vegetables/fruits component, ½ cup</p> |
|---|---|

Day 2

- | | |
|---|---|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, 1 cup • <i>Cold quinoa fruit salad</i>²:
Cooked quinoa WGR, 1 cup
Diced grapes, bananas, peaches,
strawberries, ½ cup
Honey yogurt sauce, 2 tablespoons | <p>Milk component, 1 cup</p> <p>Grains component, 2 oz eq</p> <p>Vegetables/fruits component, ½ cup</p> <p>None</p> |
|---|---|

Day 3

- | | |
|--|---|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, 1 cup • Whole-wheat roll WGR, 2 ounces • Low-fat cheese, 1 ounce • Diced fresh pears, ½ cup | <p>Milk component, 1 cup</p> <p>Grains component, 2 oz eq</p> <p>None (additional food)</p> <p>Vegetables/fruits component, ½ cup</p> |
|--|---|

Day 4

- | | |
|---|---|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, 1 cup • Enriched buttermilk biscuit, 2 ounces • Sliced ham, ½ ounce • Clementine, ½ cup | <p>Milk component, 1 cup</p> <p>Grains component, 2 oz eq</p> <p>None (additional food)</p> <p>Vegetables/fruits component, ½ cup</p> |
|---|---|

Day 5

- | | |
|---|---|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, 1 cup • Whole-grain granola cereal (no more than 6 grams of added sugars per dry ounce) WGR, ½ cup • Sliced cherries, ½ cup | <p>Milk component, 1 cup</p> <p>Grains component, 2 oz eq</p> <p>Vegetables/fruits component, ½ cup</p> |
|---|---|

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Week 4

Meal Pattern Contribution

Day 1

- Unflavored low-fat milk, 1 cup
- Enriched corn muffin **WGR**, 3 ounces
- Banana slices, ½ cup

Milk component, 1 cup
Grains component, 2 oz eq
Vegetables/fruits component, ½ cup

Day 2

- Unflavored low-fat milk, 1 cup
- Cheddar cheese, 2 ounces **MMA substitute**
- Apple slices, ½ cup

Milk component, 1 cup
Grains component, 2 oz eq
Vegetables/fruits component, ½ cup

Day 3

- Unflavored low-fat milk, 1 cup
- *Cold pancake roll-up:*
Whole-grain pancake **WGR**, 3 ounces
Diced strawberries, ½ cup
Syrup, 1 teaspoon

Milk component, 1 cup

Grains component, 2 oz eq
Vegetables/fruits component, ½ cup
None

Day 4

- Unflavored low-fat milk, 1 cup
- Whole-grain puffed cereal (no more than 6 grams of added sugars per dry ounce), 1¼ cups
- Enriched bran muffin (2 ounces)
- Honeydew melon, ½ cup

Milk component, 1 cup

Grains component, 1 oz eq
Grains component, 1 oz eq
Vegetables/fruits component, ½ cup

Day 5

- Unflavored low-fat milk, 1 cup
- Whole-wheat English muffin **WGR**, 2 ounces
- Sunflower butter, 2 tablespoons
- Sliced peaches, ½ cup

Milk component, 1 cup
Grains component, 2 oz eq
None (additional food)
Vegetables/fruits component, ½ cup

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Week 5

Meal Pattern Contribution

Day 1

- Unflavored low-fat milk, 1 cup
Milk component, 1 cup
- Whole-grain flaked cereal (no more than 6 grams of added sugars per dry ounce) **WGR**, 2 cups
Grains component, 2 oz eq
- Orange slices, ½ cup
Vegetables/fruits component, ½ cup

Day 2

- Unflavored low-fat milk, 1 cup
Milk component, 1 cup
- Cinnamon cottage cheese, ½ cup
MMA substitute
Grains component, 2 oz eq
- Red grapes, ½ cup
Vegetables/fruits component, ½ cup

Day 3

- Unflavored low-fat milk, 1 cup
Milk component, 1 cup
- *Peach-mango smoothie*²:
Low-fat yogurt (no more than 2 grams of added sugars per ounce), 1 cup
MMA substitute
Pureed peaches, ¼ cup
Pureed mangos, ¼ cup
Grains component, 2 oz eq
Vegetables/fruits component, ¼ cup
Vegetables/fruits component, ¼ cup

Day 4

- Unflavored low-fat milk, 1 cup
Milk component, 1 cup
- *Apple roll-up*:
Whole-grain tortilla, 2 ounces
Diced apples, ½ cup
Almond butter, 1 tablespoon
Grains component, 2 oz eq
Vegetables/fruits component, ½ cup
None (additional food)

Day 5

- Unflavored low-fat milk, 1 cup
Milk component, 1 cup
- Enriched pumpkin-cranberry bread, 4 ounces
Grains component, 2 oz eq
- Cantaloupe cubes, ½ cup
Vegetables/fruits component, ½ cup

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Menu Planning Notes

- ¹ Dried fruits credit as twice the volume served.
- ² The meal pattern contribution per serving must be documented with a Child Nutrition (CN) label or PFS for commercial products and a recipe for foods made from scratch. For more information, refer to the CSDE's resources, [Using Child Nutrition \(CN\) Labels in the Child and Adult Care Food Program](#) and [Using Product Formulation Statements in the Child and Adult Care Food Program](#), and visit the "[Standardized Recipes](#)" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

Resources

[Breakfast](#) ("Menu Planning" section of CSDE's Meal Patterns for the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/menu-planning#Breakfast>

[Crediting Documentation for the Child Nutrition Programs](#) (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs>

[Crediting Foods in the Child and Adult Care Food Program](#) (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program>

[Crediting Summary Charts for the Child and Adult Care Food Program](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/crediting_summary_charts_cacfp.pdf

[Meal Patterns for the Child and Adult Care Food Program](#) (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program>

[Menu Planning](#) (CSDE's Meal Patterns for the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/menu-planning>

[Recipes for Child Nutrition Programs](#) (CSDE's Menu Planning for Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/menu-planning/recipes-for-child-nutrition-programs>

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[Resources for the Child and Adult Care Food Program Meal Patterns](https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/resources_cacfp_meal_patterns.pdf) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/resources_cacfp_meal_patterns.pdf

For more information, visit the CSDE's [Meal Patterns for the Child and Adult Care Food Program](#) webpage and [Crediting Foods in the Child and Adult Care Food Program](#) webpage or contact the [CACFP staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 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_cacfp_breakfast_cold.pdf.



Sample Cold Breakfast Menus for Adult Day Care Centers in the Child and Adult Care Food Program

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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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