

## 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 resources, *Calculation Methods for Grains Ounce Equivalents for the CACFP* and *How to Use the Ounce Equivalents Chart for 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.

# Sample Snack Menus for CACFP Adult Day Care Centers

## 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).

## Sample Snack Menus for CACFP Adult Day Care Centers

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

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

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|               |                     | Monday                                     | Tuesday                          | Wednesday   | Thursday                                   | Friday                                 |
|---------------|---------------------|--|----------------------------------|---|--|--|
| <b>Week 5</b> | <b>M</b><br>1 cup   |  |                                  |   |  |  |
|               | <b>MMA</b><br>1 oz  | Low-fat cottage cheese (¼ c)               | Peanut butter (2 Tbsp)           |   | Fruit and yogurt smoothie:<br>Yogurt (½ c) |  |
|               | <b>V</b><br>½ cup   |  | Carrot sticks (½ c)              |   |  |  |
|               | <b>F</b><br>½ cup   |  |                                  | Diced papaya (½ c)  | Pureed strawberries (½ c)                  | Sliced green grapes (½ c)              |
|               | <b>G</b><br>1 oz eq | Whole-grain puffed cereal (¾ c) <b>WGR</b> |                                  | Trail mix: Whole-grain cereal rounds (½ c) <b>WGR</b> , enriched pretzels (1 oz), and dried fruit |  | Enriched pretzel sticks (1 oz)         |
|               | <b>A</b>            | Crushed pineapple in juice (1 Tbsp)        |                                  | Peanuts (½ Tbsp)<br>Dried fruit (½ Tbsp)  |  |  |
|               | <b>O</b>            | Water                                      | Water                            | Water   | Water                                      | Water                                  |
| <b>Week 6</b> | <b>M</b><br>1 cup   |  |                                  |   | Unflavored low-fat milk (½ c)              |  |
|               | <b>MMA</b><br>1 oz  |  |                                  | Low-fat Greek yogurt (½ c)  | Almond butter (2 Tbsp)                     | Tuna salad (1 oz tuna)                 |
|               | <b>V</b><br>½ cup   | Sliced jicama (½ c)                        | Marinated broccoli florets (½ c) |   |  |  |
|               | <b>F</b><br>½ cup   |  | Plums (½ c)                      | Fruit salad: Oranges, bananas, sliced grapes, pineapple (½ c)                                     |  |  |
|               | <b>G</b><br>1 oz eq | Enriched bread sticks (1 oz)               |                                  |   | Whole-wheat bagel (1 oz) <b>WGR</b>        | Whole-grain crackers (1 oz) <b>WGR</b> |
|               | <b>A</b>            |  |                                  |   |  | Chopped tomatoes (¼ c)                 |
|               | <b>O</b>            | Low-fat dip (1 Tbsp)<br>Water              | Water                            | Water   | Water                                      | Water                                  |

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

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

## Sample Snack Menus for CACFP Adult Day Care Centers



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, 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\\_Snack.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Adult_Menu_Snack.pdf).

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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](mailto:program.intake@usda.gov)

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