

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

This document provides guidance and sample snack 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 Snack Meal Pattern Requirements

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

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 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](#).
- 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.

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Fruits component and vegetables component

- Dried fruits credit as twice the volume served. For example, 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. For example, ½ cup of lettuce credits as ¼ 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.
- 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"

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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.
- Only one of the two meal components at snack may be a creditable beverage, such as milk or juice.

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 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.

CACFP 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](#).

Offering water at snack

Water should be offered as a beverage when the snack menu does not include milk or juice. However, water does not credit toward the CACFP meal patterns and cannot be offered in place of the required meal components.

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Required Crediting Documentation

CACFP facilities 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 CACFP facilities 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](#).

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 Snack Menus for Adult Day Care Centers in the Child and Adult Care Food Program

Sample Snack Menus

This section contains ten sample snack menus. The servings in each menu provide 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 Snack Menus for Adult Day Care Centers in the Child and Adult Care Food Program

Week 1

Meal Pattern Contribution

Day 1

- | | |
|---|---|
| <ul style="list-style-type: none"> • Orange slices, ½ cup • Enriched corn muffin, 2 ounces • Water | <p>Fruits component, ½ cup
Grains component, 1 oz eq
None</p> |
|---|---|

Day 2

- | | |
|---|---|
| <ul style="list-style-type: none"> • <i>Yogurt and fruit parfait:</i>
Low-fat vanilla yogurt (no more than 2 grams of added sugars per ounce), ½ cup
Strawberries and blueberries, ½ cup • Whole-grain granola, 1 tablespoon • Water | <p>MMA component, 1 oz eq
Fruits component, ½ cup
None (additional food)
None</p> |
|---|---|

Day 3

- | | |
|--|--|
| <ul style="list-style-type: none"> • Cucumber slices, ½ cup • Whole-grain crackers WGR, 1 ounce • Low-fat dip, 1 tablespoon • Water | <p>Vegetables component, ½ cup
Grains component, 1 oz eq
None
None</p> |
|--|--|

Day 4

- | | |
|--|---|
| <ul style="list-style-type: none"> • Vegetable soup, ½ cup vegetables ¹ • Cantaloupe chunks, ½ cup • Water | <p>Vegetables component, ½ cup
Fruits component, ½ cup
None</p> |
|--|---|

Day 5

- | | |
|--|--|
| <ul style="list-style-type: none"> • <i>Ham and cheese roll-up:</i>
Ham, 1 ounce ²
Cheddar cheese, ¼ ounce
Whole-corn tortilla WGR, 1 ounce
Mustard or low-fat mayonnaise, 2 teaspoons • Water | <p>MMA component, ¾ oz eq
MMA component, ¼ oz eq
Grains component, 1 oz eq
None
None</p> |
|--|--|

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

Week 2

Meal Pattern Contribution

Day 1

- *Tossed salad with turkey:*
Diced turkey, 1¼ ounces ²
Lettuce, ½ cup ³
Tomatoes and cucumbers, ¼ cup
Enriched croutons, ¼ ounce
Italian dressing, 2 teaspoons
 - Water
- MMA component, 1 oz eq
Vegetables component, ¼ cup
Vegetables component, ¼ cup
None (additional food)
None
None

Day 2

- Sliced avocado, ½ cup
 - Whole-wheat toast **WGR**, 1 ounce
 - Water
- Vegetables component, ½ cup
Grains component, 1 oz eq
None

Day 3

- Sunflower butter, 2 tablespoons
 - Apple slices, ½ cup
 - Water
- MMA component, 1 oz eq
Fruits component, ½ cup
None

Day 4

- *Hummus pita pocket:*
Hummus made with ¼ cup chickpeas ¹
Shredded carrots, ⅛ cup
Whole-wheat pita half **WGR**, 1 ounce
 - Water
- MMA component, 1 oz eq
None (additional food)
Grains component, 1 oz eq
None

Day 5

- Cucumber slices, ¼ cup
 - Carrot sticks, ¼ cup
 - Low-fat dip, 1 tablespoon
 - Enriched pretzels, 1 ounce
 - Water
- Vegetables component, ¼ cup
Vegetables component, ¼ cup
None
Grains component, 1 oz eq
None

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

Week 3

Meal Pattern Contribution

Day 1

- | | |
|---|---|
| <ul style="list-style-type: none"> • Mixed berries, ½ cup • Soft whole-grain pretzel WGR, 1 ounce • Water | <p>Fruits component, ½ cup
Grains component, 1 oz eq
None</p> |
|---|---|

Day 2

- | | |
|---|--|
| <ul style="list-style-type: none"> • Low-fat cottage cheese, ¼ cup • Canned apricots in juice, ½ cup • Water | <p>MMA component, 1 oz eq
Fruits component, ½ cup
None</p> |
|---|--|

Day 3

- | | |
|---|--|
| <ul style="list-style-type: none"> • <i>Tortilla wrap:</i>
Refried beans, ¼ cup
Whole-grain tortilla WGR, 1 ounce
Diced tomato, 1 tablespoon
Shredded cheese, 1 tablespoon • Water | <p>MMA component, 1 oz eq
Grains component, 1 oz eq
None (additional food)
None (additional food)
None</p> |
|---|--|

Day 4

- | | |
|--|--|
| <ul style="list-style-type: none"> • <i>Carrot-pineapple-raisin salad</i> ¹:
Shredded carrots, ½ cup
Crushed pineapple, 1 tablespoon
Raisins, 2 teaspoons • Low-fat milk, unflavored, ½ cup | <p>Vegetables component, ½ cup
None (additional food)
None (additional food)
Milk component, 1 cup</p> |
|--|--|

Day 5

- | | |
|---|--|
| <ul style="list-style-type: none"> • Roasted cauliflower bites, ½ cup • Low-fat dip, 1 tablespoon • Honeydew melon, ½ cup • Water | <p>Vegetables component, ½ cup
None
Fruits component, ½ cup
None</p> |
|---|--|

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

Week 4

Meal Pattern Contribution

Day 1

- | | |
|---|--|
| <ul style="list-style-type: none"> • Part-skim Mozzarella cheese stick, 1 ounce • Sliced red grapes, ½ cup • Water | <p>MMA component, 1 oz eq
Fruits component, ½ cup
None</p> |
|---|--|

Day 2

- | | |
|--|---|
| <ul style="list-style-type: none"> • <i>Ants on a log:</i>
Peanut butter, 2 tablespoons
Celery sticks, ½ cup
Raisins, 1 tablespoon • Water | <p>MMA component, 1 oz eq
Vegetables component, ½ cup
None (additional food)
None</p> |
|--|---|

Day 3

- | | |
|--|---|
| <ul style="list-style-type: none"> • Corn and black bean salad, ½ cup ¹ • Whole-grain pita chips WGR, 1 ounce • Water | <p>Vegetables component, ½ cup
Grains component, 1 oz eq
None</p> |
|--|---|

Day 4

- | | |
|---|---|
| <ul style="list-style-type: none"> • <i>Pasta veggie salad</i> ¹:
Diced ham, 1¼ ounces ²
Enriched rotini pasta, ½ cup cooked
Diced carrots, broccoli, and tomatoes, ¼ cup • Water | <p>MMA component, 1 oz eq
Grains component, 1 oz eq
None (additional food)
None</p> |
|---|---|

Day 5

- | | |
|---|---|
| <ul style="list-style-type: none"> • Sliced kiwi, ½ cup • Whole-grain cornbread WGR, 1 ounce ¹ • Water | <p>Fruits component, ½ cup
Grains component, 1 oz eq
None</p> |
|---|---|

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

Week 5

Meal Pattern Contribution

Day 1

- | | |
|---|--|
| <ul style="list-style-type: none"> • Hummus made with ¼ cup chickpeas ¹ • Zucchini sticks, ¼ cup • Pepper strips, thinly sliced, ¼ cup • Water | <p>MMA component, 1 oz eq
Vegetables component, ¼ cup
Vegetables component, ¼ cup
None</p> |
|---|--|

Day 2

- | | |
|--|--|
| <ul style="list-style-type: none"> • Peanut butter, 2 tablespoons • Apple slices, ½ cup • Water | <p>MMA component, 1 oz eq
Fruits component, ½ cup
None</p> |
|--|--|

Day 3

- | | |
|--|---|
| <ul style="list-style-type: none"> • Diced papaya, ½ cup • <i>Trail mix:</i>
Whole-grain cereal rounds (no more than 6 grams of added sugars per dry ounce) WGR, 1 cup
Enriched mini pretzels, ¼ ounce
Dried fruit, ½ tablespoon • Water | <p>Fruits component, ½ cup

Grains component, 1 oz eq
Grains component, ¼ oz eq
None (additional food)
None</p> |
|--|---|

Day 4

- | | |
|---|---|
| <ul style="list-style-type: none"> • <i>Fruit and yogurt smoothie</i> ¹: • Yogurt (no more than 2 grams of added sugars per ounce), ½ cup • Pureed strawberries, ½ cup • Water | <p>MMA component, 1 oz eq

Fruits component, ½ cup
None</p> |
|---|---|

Day 5

- | | |
|---|---|
| <ul style="list-style-type: none"> • Sliced green grapes, ½ cup • Enriched crackers, 1 ounce • Water | <p>Fruits component, ½ cup
Grains component, 1 oz eq
None</p> |
|---|---|

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

Week 6

Meal Pattern Contribution

Day 1

- | | |
|---|--|
| <ul style="list-style-type: none"> • Jicama sticks, ¼ cup • Zucchini sticks, ¼ cup • Enriched bread sticks, 1 ounce • Low-fat Ranch dressing, 1 tablespoon • Water | <p>Vegetables component, ¼ cup</p> <p>Vegetables component, ¼ cup</p> <p>Grains component, 1 oz eq</p> <p>None</p> <p>None</p> |
|---|--|

Day 2

- | | |
|--|---|
| <ul style="list-style-type: none"> • Marinated broccoli florets, ½ cup • Plums, ½ cup • Water | <p>Vegetables component, ½ cup</p> <p>Fruits component, ½ cup</p> <p>None</p> |
|--|---|

Day 3

- | | |
|---|--|
| <ul style="list-style-type: none"> • Greek Yogurt (no more than 2 grams of added sugars per ounce), ½ cup • Fresh fruit salad: oranges, bananas, grapes, and pineapple • Water | <p>MMA component, 1 oz eq</p> <p>Fruits component, ½ cup</p> <p>None</p> |
|---|--|

Day 4

- | | |
|--|---|
| <ul style="list-style-type: none"> • Low-fat milk, unflavored, ½ cup • Whole-wheat bagel WGR, 1 ounce • Almond butter, 1 tablespoon • Water | <p>Milk component, 1 cup</p> <p>Grains component, 1 oz eq</p> <p>None (additional food)</p> <p>None</p> |
|--|---|

Day 5

- | | |
|--|--|
| <ul style="list-style-type: none"> • Tuna salad, 1 ounce tuna fish • Whole-grain crackers WGR, 1 ounce • Water | <p>MMA component, 1 oz eq</p> <p>Grains component, 1 oz eq</p> <p>None</p> |
|--|--|

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

Week 7

Meal Pattern Contribution

Day 1

- | | |
|---|---|
| <ul style="list-style-type: none"> • Watermelon chunks, ½ cup • Enriched soft pretzel, 1 ounce • Water | <p>Fruits component, ½ cup
Grains component, 1 oz eq
None</p> |
|---|---|

Day 2

- | | |
|--|---|
| <ul style="list-style-type: none"> • Cottage cheese, ¼ cup • Whole-grain puffed cereal (no more than 6 grams of added sugars per ounce) WGR, 1¼ cups • Water | <p>MMA component, 1 oz eq

Grains component, 1 oz eq
None</p> |
|--|---|

Day 3

- | | |
|---|--|
| <ul style="list-style-type: none"> • Low-fat milk, unflavored, ½ cup • Enriched pumpkin cranberry muffin, 1 ounce | <p>Milk component, 1 cup
Grains component, 1 oz eq</p> |
|---|--|

Day 4

- | | |
|--|---|
| <ul style="list-style-type: none"> • <i>Garden salad</i>¹:
Lettuce, 1 cup³
Tomatoes, cucumbers, and carrots, ⅛ cup
Shredded cheese, 1 ounce
Low-fat Italian dressing, 1 tablespoon • Water | <p>Vegetables component, ½ cup
Vegetables component, ⅛ cup
MMA component, 1 oz eq
None (additional food)
None</p> |
|--|---|

Day 5

- | | |
|--|---|
| <ul style="list-style-type: none"> • <i>Berry-peach yogurt parfait</i>¹:
Vanilla yogurt (no more than 2 grams of added sugars per ounce), ½ cup
Seasonal berries, ¼ cup
Diced peaches, ¼ cup
Crumbled graham crackers, 1 tablespoon • Water | <p>MMA component, 1 oz eq
Fruits component, ¼ cup
Fruits component, ¼ cup
None (additional food)
None</p> |
|--|---|

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

Week 8

Meal Pattern Contribution

Day 1

- Pita bread triangles, 1 ounce
- Monterey Jack cheese, 1 ounce
- Vegetable salsa, 1/8 cup
- Water

Grains component, 1 oz eq
MMA component, 1 oz eq
None (additional food)
None

Day 2

- Lentil soup with 1/4 cup lentils ¹
- Pineapple chunks, 1/2 cup
- Water

MMA component, 1 oz eq
Fruits component, 1/2 cup
None

Day 3

- Marinated diced cucumber-tomato salad, 1/2 cup
- Whole-grain roll **WGR**, 1 ounce
- Water

Vegetables component, 1/2 cup
Grains component, 1 oz eq
None

Day 4

- Sliced strawberries, 1/2 cup
- Enriched biscuit, 1 ounce
- Water

Fruits component, 1/2 cup
Grains component, 1 oz eq

Day 5

- Chicken salad, 1 ounce cooked chicken ¹
- Whole-grain crackers **WGR**, 1 ounce
- Water

MMA component, 1 oz eq
Grains component, 1 oz eq
None

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

Week 9

Meal Pattern Contribution

Day 1

- | | |
|---|---|
| <ul style="list-style-type: none"> • Pineapple slices, ½ cup • Whole-grain bagel WGR, 1 ounce • Light cream cheese, ½ tablespoon • Water | <p>Fruits component, ½ cup</p> <p>Grains component, 1 oz eq</p> <p>None</p> <p>None</p> |
|---|---|

Day 2

- | | |
|--|---|
| <ul style="list-style-type: none"> • Marinated chickpea salad, ½ cup chickpeas • Enriched pretzels, 1 ounce • Water | <p>Vegetables component, ½ cup</p> <p>Grains component, 1 oz eq</p> <p>None</p> |
|--|---|

Day 3

- | | |
|---|--|
| <ul style="list-style-type: none"> • Sliced kiwi, ½ cup • Whole-grain flaked cereal (no more than 6 grams of added sugars per ounce) WGR, 1 cup • Water | <p>Fruits component, ½ cup</p>
<p>Grains component, 1 oz eq</p> <p>None</p> |
|---|--|

Day 4

- | | |
|---|--|
| <ul style="list-style-type: none"> • Almond butter, 2 tablespoons • Frozen banana, ½ cup • Water | <p>MMA component, 1 oz eq</p> <p>Fruits component, ½ cup</p> <p>None</p> |
|---|--|

Day 5

- | | |
|---|---|
| <ul style="list-style-type: none"> • Herbed cottage cheese, ¼ cup • Celery sticks, ¼ cup • Cucumber slices, ¼ cup • Water | <p>MMA component, 1 oz eq</p> <p>Vegetables component, ¼ cup</p> <p>Vegetables component, ¼ cup</p> <p>None</p> |
|---|---|

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

Week 10

Meal Pattern Contribution

Day 1

- Hard-boiled egg, ½ large
- Whole-grain roll **WGR**, 1 ounce
- Water

MMA component, 1 oz eq
Grains component, 1 oz eq
None

Day 2

- Sliced cherry tomatoes, ½ cup
- Diced pears, ½ cup
- Water

Vegetables component, ½ cup
Fruits component, ½ cup
None

Day 3

- Refried beans, ¼ cup
- Vegetable salsa, ⅛ cup
- Whole-corn tortilla chips **WGR**, 1 ounce
- Water

Vegetables component, ¼ cup
Vegetables component, ⅛ cup
Grains component, 1 oz eq
None

Day 4

- Low-fat milk, unflavored, ½ cup
- Broccoli florets, ¼ cup
- Red pepper strips, thinly sliced, ¼ cup
- Ranch dip, 1 tablespoon

Milk component, 1 cup
Vegetables component, ¼ cup
Vegetables component, ¼ cup
None

Day 5

- Peanut butter, 2 tablespoons
- Whole-wheat bagel **WGR**, 1 ounce
- Water

MMA component, 1 oz eq
Grains component, 1 oz eq
None

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

Menu Planning Notes

- ¹ 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.
- ² The oz eq of MMA per serving is different for each type of deli meat. This meal pattern contribution is an example. CACFP sponsors must determine the product's oz eq of MMA per serving based on the USDA's [Food Buying Guide for Child Nutrition Programs](#) (if the deli meat is listed) or the manufacturer's specific crediting documentation for each product. Deli meats with added liquids, binders, or extenders require a PFS to credit toward the MMA component. For more information, refer to the CSDE's resource, [Crediting Deli Meats in the Child and Adult Care Food Program](#).
- ³ Raw leafy greens credit as half the volume served.

Resources

[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

[Cycle Menus for Child Care: Preschoolers](#) (Institute of Child Nutrition):

<https://theicn.org/resources/1575/cycle-menus-for-child-care-preschoolers/118740/cycle-menus-for-child-care-preschoolers.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>

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

[Menu Planning](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>

[Menu Planning Basics: A Guide for CACFP Operators in Child Care](https://theicn.org/icn-resources-a-z/menu-planning-basics-cacfp) (Institute of Child Nutrition):
<https://theicn.org/icn-resources-a-z/menu-planning-basics-cacfp>

[Recipes for Child Nutrition Programs](https://portal.ct.gov/sde/nutrition/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>

[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

[Serving Snacks in the CACFP](https://www.fns.usda.gov/tn/serving-snacks-cacfp) (USDA):
<https://www.fns.usda.gov/tn/serving-snacks-cacfp>

[Snack Inspiration](https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/snack_inspiration.pdf) (Wisconsin Department of Public Instruction):
https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/snack_inspiration.pdf

[Snacks](https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/menu-planning#Snacks) ("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#Snacks>

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

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_snack.pdf.



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

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