

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

**Program Year 2025-26 (October 1, 2025, through September 30, 2026)**

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

## 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,  $\frac{1}{4}$  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 raw leafy greens 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.
- 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 resource, [Crediting Breakfast Cereals in the Child and Adult Care Food Program](#).

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.

### **Noncreditable foods**

Noncreditable foods cannot be served in place of the required meal 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 the Child and Adult Care Food Program](#).

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### 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 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 must have a standardized recipe that documents the crediting information per serving. 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 document 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 in parentheses after each menu item.

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

| Day | Milk<br>1 cup | MMA<br>1 oz eq  | Vegetables<br>½ cup                           | Fruits<br>½ cup   | Grains<br>1 oz eq                                      | Additional<br>foods   |
|-----|---------------|---|---|---|--|---|
| 1   |               |   |   | Orange<br>slices<br>(½ cup)                                     | Enriched<br>corn muffin<br>(2 ounces)                  |   |
| 2   |               | Yogurt and<br>fruit parfait:<br>Low-fat<br>vanilla yogurt<br>with ≤ 2<br>grams of<br>added sugars<br>per ounce<br>(½ cup) |   | Sliced<br>strawberries<br>(¼ cup)<br><br>Blueberries<br>(¼ cup) |  | Whole-grain<br>granola<br>(1<br>tablespoon)   |
| 3   |               |   | Cucumber<br>slices<br>(½ cup)                 |   | Whole-<br>grain<br>crackers<br>(1 ounce)<br><b>WGR</b> | Low-fat dip<br>(1<br>tablespoon)  |
| 4   |               |   | Vegetable<br>soup with<br>½ cup<br>vegetables | Cantaloupe<br>chunks<br>(½ cup)                                 |  |   |
| 5   |               | Ham<br>(¾ ounce)<br>and cheese<br>(½ ounce)<br>roll-up  |   |   | Whole-corn<br>tortilla<br>(1 ounce)<br><b>WGR</b>      | Shredded<br>lettuce (⅓<br>cup)<br><br>Mustard<br>(1 teaspoon)<br>or low-fat<br>mayonnaise<br>(1 teaspoon) |

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

### Week 2

| Day | Milk<br>1 cup | MMA<br>1 oz eq                                 | Vegetables<br>½ cup   | Fruits<br>½ cup         | Grains<br>1 oz eq                                | Additional<br>foods   |
|-----|---------------|--|---|-------------------------|--|---|
| 1   |               | Diced turkey<br>(1¼ ounce)                     | Tossed salad:<br>Lettuce<br>(½ cup) with<br>tomatoes<br>and<br>cucumbers<br>(¼ cup) |                         |  | Enriched<br>croutons<br>(¼ ounce)<br><br>Low-fat<br>dressing<br>(1<br>tablespoon) |
| 2   |               |  | Sliced<br>avocado<br>(½ cup)  |                         | Whole-<br>wheat toast<br>(1 ounce)<br><b>WGR</b> |   |
| 3   |               | Sunflower<br>butter<br>(2<br>tablespoons)      |   | Apple slices<br>(½ cup) |  |   |
| 4   |               | Hummus pita<br>pocket:<br>chickpeas<br>(¼ cup) |   |                         | Whole-<br>wheat pita<br>(1 ounce)<br><b>WGR</b>  | Shredded<br>carrots<br>(1<br>tablespoon)  |
| 5   |               |  | Cucumber<br>slices<br>(¼ cup)<br><br>Carrot sticks<br>(¼ cup)                       |                         | Enriched<br>pretzels<br>(1 ounce)                | Low-fat dip<br>(1<br>tablespoon)  |



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### Week 3

| Day | Milk<br>1 cup | MMA<br>1 oz eq                                | Vegetables<br>½ cup  | Fruits<br>½ cup                           | Grains<br>1 oz eq                                      | Additional<br>foods   |
|-----|---------------|---|--|---|--|---|
| 1   |               |   |  | Mixed berries<br>(½ cup)                  | Soft whole-grain<br>pretzel<br>(1 ounce)<br><b>WGR</b> |   |
| 2   |               | Low-fat<br>cottage<br>cheese<br>(¼ cup)       |  | Canned<br>apricots in<br>juice<br>(½ cup) |  |   |
| 3   |               | Tortilla wrap:<br>Refried<br>beans<br>(¼ cup) |  |   | Whole-grain<br>tortilla<br>(1 ounce)<br><b>WGR</b>     | Diced tomato<br>(⅛ cup)<br><br>Shredded<br>cheese (1<br>tablespoon) |
| 4   |               |   | Carrot-<br>pineapple-<br>raisin salad:<br>Shredded<br>carrots<br>(½ cup) |   |  | Crushed<br>pineapple<br>(⅛ cup)<br><br>Raisins<br>(1 teaspoon)      |
| 5   |               |   | Roasted<br>cauliflower<br>bites<br>(½ cup)                               | Honeydew<br>melon<br>(½ cup)              |  | Low-fat dip<br>(1<br>tablespoon)                                    |

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### Week 4

| Day | Milk<br>1 cup | MMA<br>1 oz eq  | Vegetables<br>½ cup                        | Fruits<br>½ cup        | Grains<br>1 oz eq  | Additional<br>foods  |
|-----|---------------|---|--|------------------------|--|--|
| 1   |               | Part-skim<br>Mozzarella<br>cheese stick<br>(1 ounce)  |  | Red grapes<br>(½ cup)  |  |  |
| 2   |               | Ants on a log:<br>Peanut butter<br>(2<br>tablespoons) | Celery<br>sticks<br>(½ cup)                |                        |  | Raisins (1<br>tablespoon)  |
| 3   |               |   | Corn and<br>black bean<br>salad<br>(½ cup) |                        | Whole-<br>grain pita<br>chips<br>(1 ounce)<br><b>WGR</b> |  |
| 4   |               | Pasta veggie<br>salad: Ham<br>(1¼ ounces)             |  |                        | Enriched<br>rotini pasta<br>(½ cup)                      | Diced<br>vegetables:<br>Carrots,<br>broccoli, and<br>tomatoes<br>(¼ cup) |
| 5   |               |   |  | Sliced kiwi<br>(½ cup) | Whole-<br>grain<br>cornbread<br>(2 ounces)<br><b>WGR</b> |  |

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### Week 5

| Day | Milk<br>1 cup | MMA<br>1 oz eq  | Vegetables<br>½ cup  | Fruits<br>½ cup                | Grains<br>1 oz eq   | Additional<br>foods           |
|-----|---------------|---|--|--------------------------------|---|-------------------------------|
| 1   |               | Hummus<br>(¼ cup chickpeas)   | Zucchini sticks<br>(¼ cup)<br><br>Pepper strips<br>(¼ cup) |                                |   |                               |
| 2   |               | Peanut butter<br>(2 tablespoons)  | Carrot sticks<br>(½ cup)                                   |                                |   |                               |
| 3   |               |   |  | Sliced papaya<br>(½ cup)       | Trail mix (cereal, pretzels, dried fruit): Whole-grain cereal rounds with ≤ 6 grams added sugars per dry ounce (½ cup) <b>WGR</b> and enriched pretzels (½ ounce) | Dried fruit<br>(½ tablespoon) |
| 4   |               | Fruit and yogurt smoothie:<br>Yogurt with ≤ 2 grams of added sugars per ounce (½ cup) |  | Pureed strawberries<br>(½ cup) |   |                               |
| 5   |               |   |  | Sliced green grapes<br>(½ cup) | Brown rice cakes<br>(1 ounce)   |                               |

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### Week 6

| Day | Milk<br>1 cup                      | MMA<br>1 oz eq  | Vegetables<br>½ cup  | Fruits<br>½ cup  | Grains<br>1 oz eq                               | Additional<br>foods                      |
|-----|------------------------------------|---|--|--|---|--|
| 1   |                                    |   | Jicama sticks<br>(¼ cup)<br><br>Zucchini sticks<br>(¼ cup) |  | Enriched bread sticks<br>(1 ounce)              | Low-fat Ranch dressing<br>(1 tablespoon) |
| 2   |                                    |   | Marinated broccoli florets<br>(½ cup)                      | Plums<br>(½ cup)   |   |  |
| 3   |                                    | Low-fat Greek yogurt with<br>≤ 2 grams of added sugars per ounce<br>(½ cup) |  | Fruit salad: oranges, bananas, sliced grapes, pineapple<br>(½ cup) |   |  |
| 4   | Unflavored low-fat milk<br>(1 cup) |   |  |  | Whole-wheat bagel<br>(1 ounce)<br><b>WGR</b>    | Almond butter<br>(1 tablespoon)          |
| 5   |                                    | Tuna salad<br>(1 ounce tuna)  |  |  | Whole-grain crackers<br>(1 ounce)<br><b>WGR</b> |  |

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### Week 7

| Day | Milk<br>1 cup                            | MMA<br>1 oz eq   | Vegetables<br>½ cup  | Fruits<br>½ cup   | Grains<br>1 oz eq  | Additional<br>foods                                 |
|-----|--|--|--|---|--|---|
| 1   |  |  |  | Watermelon<br>chunks<br>(½ cup)                                   | Enriched<br>soft pretzel<br>(½ ounce)  |   |
| 2   |  | Low-fat<br>cottage<br>cheese<br>(¼ cup)  |  |   | Whole-<br>grain<br>puffed<br>cereal with<br>≤ 6 grams<br>added<br>sugars per<br>dry ounce<br>(¾ cup)<br><b>WGR</b> |   |
| 3   | Unflavored<br>low-fat<br>milk<br>(1 cup) |  |  |   | Enriched<br>pumpkin<br>cranberry<br>muffin<br>(1 ounce)  |   |
| 4   |  | Shredded<br>low-fat<br>cheese<br>(1 ounce)   | Garden<br>salad:<br>Lettuce<br>(½ cup),<br>tomatoes,<br>cucumbers,<br>and carrots<br>(¼ cup) |   |  | Low-fat Italian<br>dressing<br>(1<br>tablespoon)    |
| 5   |  | Berry-peach<br>yogurt parfait:<br>Low-fat yogurt<br>with ≤ 2<br>grams of<br>added sugars<br>per ounce<br>(½ cup) |  | Seasonal<br>berries<br>(¼ cup)<br><br>Diced<br>peaches<br>(¼ cup) |  | Crumbled<br>graham<br>crackers<br>(1<br>tablespoon) |

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### Week 8

| Day | Milk<br>1 cup | MMA<br>1 oz eq                                     | Vegetables<br>½ cup  | Fruits<br>½ cup   | Grains<br>1 oz eq   | Additional<br>foods                    |
|-----|---------------|--|--|---|---|--|
| 1   |               | Low-fat<br>cheese<br>(1 ounce)                     |  |   | Whole-<br>wheat pita<br>bread<br>triangles<br>(1 ounce)<br><b>WGR</b> | Vegetable<br>salsa<br>(⅓ cup)          |
| 2   |               |  | Lentil salad<br>(½ cup) with<br>diced<br>tomatoes<br>(⅓ cup) and<br>shredded<br>carrots<br>(⅓ cup) | Pineapple<br>chunks<br>(½ cup)                                |   |  |
| 3   |               |  | Marinated<br>diced<br>cucumber-<br>tomato<br>salad<br>(½ cup)                                      |   | Whole-<br>grain roll<br>(1 ounce)<br><b>WGR</b>                       |  |
| 4   |               |  |  | Strawberry<br>shortcake:<br>Sliced<br>strawberries<br>(½ cup) | Enriched<br>biscuit<br>(1 ounce)                                      | Whipped<br>cream<br>(2<br>tablespoons) |
| 5   |               | Chicken<br>salad<br>(1 ounce<br>cooked<br>chicken) |  |   | Whole-<br>grain<br>crackers<br>(1 ounce)<br><b>WGR</b>                |  |

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### Week 9

| Day | Milk<br>1 cup | MMA<br>1 oz eq                         | Vegetables<br>½ cup                                   | Fruits<br>½ cup                | Grains<br>1 oz eq  | Additional<br>foods                        |
|-----|---------------|--|---|--------------------------------|--|--|
| 1   |               |  |   | Pineapple<br>slices<br>(½ cup) | Whole-<br>grain bagel<br>(1 ounce)<br><b>WGR</b>   | Light cream<br>cheese<br>(½<br>tablespoon) |
| 2   |               |  | Marinated<br>chickpea<br>salad<br>(½ cup)             |                                | Enriched<br>pretzels<br>(1 ounce)  |  |
| 3   |               |  |   | Sliced kiwi<br>(½ cup)         | Whole-<br>grain<br>puffed<br>cereal with<br>≤ 6 grams<br>added<br>sugars per<br>dry ounce<br>(1¼ cups)<br><b>WGR</b> |  |
| 4   |               | Almond<br>butter<br>(2<br>tablespoons) |   | Frozen<br>banana<br>(½ cup)    |  |  |
| 5   |               | Herbed<br>cottage<br>cheese<br>(¼ cup) | Celery<br>sticks and<br>cucumber<br>slices<br>(½ cup) |                                |  |  |

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### Week 10

| Day | Milk<br>1 cup                            | MMA<br>1 oz eq                      | Vegetables<br>½ cup   | Fruits<br>½ cup        | Grains<br>1 oz eq   | Additional<br>foods                       |
|-----|--|-------------------------------------|---|------------------------|---|---|
| 1   |  | Hard-boiled<br>egg<br>(½ large)     |   |                        | Whole-<br>grain roll<br>(1 ounce)<br><b>WGR</b>           |   |
| 2   |  |                                     | Sliced<br>cherry<br>tomatoes<br>(½ cup)                               | Diced pears<br>(½ cup) |   |   |
| 3   |  |                                     | Refried<br>beans<br>(¾ cup)<br><br>Salsa<br>(⅓ cup)                   |                        | Whole-corn<br>tortilla<br>chips<br>(1ounce)<br><b>WGR</b> |   |
| 4   | Unflavored<br>low-fat<br>milk<br>(1 cup) |                                     | Broccoli<br>florets<br>(¼ cup)<br><br>Red pepper<br>strips<br>(¼ cup) |                        |   | Low-fat<br>Ranch dip<br>(1<br>tablespoon) |
| 5   |  | Peanut butter<br>(2<br>tablespoons) |   |                        | Whole-<br>wheat<br>bagel<br>(1 ounce)<br><b>WGR</b>       |   |



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

### 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](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>

Resources for the Child and Adult Care Food Program Meal Patterns (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/resources\\_cacfp\\_meal\\_patterns.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/resources_cacfp_meal_patterns.pdf)

Serving Snacks in the CACFP (USDA):

<https://www.fns.usda.gov/tn/serving-snacks-cacfp>

Snack Inspiration (Wisconsin Department of Public Instruction):

[https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/snack\\_inspiration.pdf](https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/snack_inspiration.pdf)

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](https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult_menu_cacfp_snack.pdf).

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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/ad-3027.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](mailto:program.intake@usda.gov)

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