

Child and Adult Care Food Program (CACFP)

Meal Patterns for Children

Breakfast				
Food components ¹	Minimum quantities			
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ²
Milk, fluid ³ Age 1: Whole milk, unflavored Ages 2 and older: Low-fat (1%) or fat-free milk, unflavored	4 fluid ounces (fl oz) (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Vegetables, fruits, or portions of both ^{4,5,6}	¼ cup	½ cup	½ cup	½ cup
Grains ^{7,8,9,10,11} Whole grain-rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	½ ounce equivalent (oz eq) ¹¹	½ oz eq ¹¹	1 oz eq ¹¹	1 oz eq ¹¹
WGR, enriched, or fortified cooked breakfast cereal ¹² , cereal grain ¹³ , or pasta	¼ cup	¼ cup	½ cup	½ cup
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold) ¹²				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed	¾ cup	¾ cup	1¼ cups	1¼ cups
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup

◀ Refer below for important menu planning notes ▶

Menu planning notes for breakfast

- ¹ Breakfast must include the minimum serving of all three components. Use the USDA’s [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine the amount of purchased food that meets the requirements. Commercial processed foods not listed in the FBG require a Child Nutrition (CN) label or product formulation statement (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 Child Care 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 Child Care Programs](#) Programs webpage.
- ² This age group applies only to at-risk afterschool programs and emergency shelters. Larger portions may be needed to meet the nutritional needs of children ages 13-18.
- ³ Milk must be unflavored whole milk for age 1 and unflavored low-fat (1%) or fat-free milk for ages 2 and older. Flavored low-fat or fat-free milk may be served to ages 6 and older, but the USDA’s [CACFP Best Practices](#) recommends serving only unflavored milk. For more information, visit the “[Milk Component](#)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage.

CACFP Meal Patterns for Children

Breakfast

Menu planning notes for breakfast, *continued*

- 4 The vegetables component includes fresh vegetables, frozen vegetables, canned vegetables, rehydrated dried vegetables, and pasteurized 100 percent full-strength vegetable juice. Vegetables credit based on volume (cups), except raw leafy greens such as lettuce and spinach credit as half the volume served, e.g., 1 cup of lettuce credits as ½ cup of the vegetables component. A serving of cooked vegetables must be drained. Dried vegetables (such as potato flakes and dried soup mix) credit based on their rehydrated volume and require a PFS. The USDA’s [CACFP best practices](#) recommend that child care menus include at least one serving per week of each vegetable subgroup (dark green, red/orange, beans and peas (legumes), starchy, and other). For more information, refer to the CSDE’s resource, [Vegetable Subgroups in the CACFP](#), and visit the “[Vegetables Component](#)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage.
- 5 Pasteurized full-strength juice credits as either the vegetables component or fruits component at only one meal or snack per day. Juice includes 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. For more information, refer to the CSDE’s resources, [Crediting Juice in the CACFP](#) and [Crediting Smoothies in the CACFP](#). The USDA’s [CACFP best practices](#) recommend serving whole fruits (fresh, frozen, canned, and dried) more often than juice.
- 6 The fruits component includes fresh fruit; frozen fruit; dried fruit; canned fruit in juice, water, or light syrup; and pasteurized 100 percent full-strength fruit juice. The creditable serving of canned fruit in 100 percent juice may include the juice but cannot include water or syrup. Fruits credit based on volume (cups), except dried fruits credit as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of the fruits component. For more information, visit the “[Fruits Component](#)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage.
- 7 Grain products and recipes must be made with creditable grains (whole grains, enriched grains, bran, and germ). For information on identifying creditable grains, refer to the CSDE’s resources, [How to Identify Creditable Grains in the CACFP](#), [Crediting Whole Grains in the CACFP](#), and [Crediting Enriched Grains in the CACFP](#), and visit the “[Grains Component](#)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage.
- 8 At least one serving of grains per day must be WGR. The USDA’s [CACFP best practices](#) recommend at least two servings of WGR grains per day. WGR foods for the CACFP contain at least 50 percent whole grains and the remaining grain ingredients are enriched, bran, or germ. For more information, refer to the CSDE’s [Guide to Meeting the Whole Grain-rich Requirement for the CACFP](#) and visit the “[Whole Grain-rich Requirement](#)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage.
- 9 Grain based desserts do not credit as the grains component. Examples include cookies, piccrusts 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 not grain-based desserts. However, the CSDE recommends limiting sweet 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](#).
- 10 Meat/meat alternates (MMA) may substitute for the entire grains component at breakfast up to three times per week. A 1-ounce serving of the MMA component substitutes for 1 oz eq of the grains component. For more information, visit the USDA’s webpage, [Serving Meat and Meat Alternates at Breakfast](#), and the “[Meat/Meat Alternates Component](#)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage.
- 11 Grain products and recipes 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 resource, [Calculation Methods for Grains Ounce Equivalents for the CACFP](#) and [How to Use the Grain Ounce Equivalents Chart for the CACFP](#), and visit the “[Ounce Equivalents](#)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage.
- 12 Breakfast cereals cannot contain more than 6 grams of sugars per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). For more information, refer to the CSDE’s resource, [Crediting Breakfast Cereals in the CACFP](#).
- 13 Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.

CACFP Meal Patterns for Children

Lunch and Supper				
Food components ¹	Minimum quantities			
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ²
Milk, fluid ³ Age 1: Whole milk, unflavored Ages 2 and older: Low-fat (1%) or fat-free milk, unflavored	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat/meat alternates (MMA) ⁴ Lean meat, poultry, or fish; cheese; alternate protein products (APPs) ⁵ ; or tempeh ⁶	1 ounce	1½ ounces	2 ounces	2 ounces
Surimi ⁷	3 ounces	4.4 ounces	6 ounces	6 ounces
Tofu ⁸	2.2 ounces (¼ cup)	3.3 ounces (⅜ cup)	4.4 ounces (½ cup)	4.4 ounces (½ cup)
Cottage cheese	2 ounces (¼ cup)	3 ounces (⅜ cup)	4 ounces (½ cup)	4 ounces (½ cup)
Egg, large	½	¾	1	1
Cooked dry beans or peas ⁹	¼ cup	⅜ cup	½ cup	½ cup
Peanut butter, soy nut butter, or other nut or seed butters	2 tablespoons	3 tablespoons	4 tablespoons	4 tablespoons
Peanuts, soy nuts, tree nuts, or seeds ¹⁰	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened ¹¹	4 ounces (½ cup)	6 ounces (¾ cup)	8 ounces (1 cup)	8 ounces (1 cup)
Vegetables ^{12, 13}	⅛ cup	¼ cup	½ cup	½ cup
Fruits ^{13, 14, 15}	⅛ cup	¼ cup	¼ cup	¼ cup
Grains ^{16, 17, 18, 19} Whole grain-rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	½ oz eq ¹⁹	½ oz eq ¹⁹	1 oz eq ¹⁹	1 oz eq ¹⁹
WGR, enriched, or fortified cooked breakfast cereal ²⁰ , cereal grain ²¹ , or pasta	¼ cup	¼ cup	½ cup	½ cup
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold) ²⁰				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed	¾ cup	¾ cup	1¼ cups	1¼ cups
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup

◀ Refer to next page for important menu planning notes ▶

CACFP Meal Patterns for Children

Lunch and Supper

Menu planning notes for lunch and supper

- ¹ Lunch and supper must include the minimum serving of all five components. Use the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine the amount of purchased food that meets the requirements. 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 Child Care 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 Child Care Programs](#) webpage.
- ² This age group applies only to at-risk afterschool programs and emergency shelters. Larger portions may be needed to meet the nutritional needs of children ages 13-18.
- ³ Milk must be unflavored whole milk for age 1 and unflavored low-fat (1%) or fat-free milk for ages 2 and older. Flavored low-fat or fat-free milk may be served to ages 6 and older, but the USDA's [CACFP Best Practices](#) recommends serving only unflavored milk. For more information, visit the "Milk Component" section of the [CSDE's Crediting Foods in CACFP Child Care Programs](#) webpage.
- ⁴ The MMA component must be served in a main dish, or a main dish and one other food item. A serving is 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 require a CN label or PFS to credit. For more information, refer to the CSDE's resources, [Crediting Commercial Meat/Meat Alternates in the CACFP](#) and [Crediting Deli Meats 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](#) recommend 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.
- ⁵ APPs must meet the requirements in [appendix A](#) of the CACFP regulations (7 CFR 226). For more information, refer to the CSDE's resource, [Requirements for Alternate Protein Products in the CACFP](#).
- ⁶ For a 1-ounce serving of tempeh to credit as 1 ounce of MMA, the product's ingredients must include only soybeans (or other legumes), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs. Tempeh products that contain other ingredients require a CN label or PFS to document crediting information.
- ⁷ Surimi seafood is a pasteurized, ready-to-eat, restructured seafood product usually made from pollock (fish). A CN label or PFS is required for commercial products that indicate a different crediting amount.
- ⁸ Tofu must contain at least 5 grams of protein in 2.2 ounces (¼ cup) to credit as 1 ounce of MMA. For more information, refer to the CSDE's resource, [Crediting Tofu and Tofu Products in the CACFP](#).
- ⁹ Cooked dry beans and peas (legumes) credit as either the MMA component or the vegetables component but one serving cannot credit as both components in the same meal. For more information, refer to the CSDE's resource, [Crediting Legumes in the CACFP](#).
- ¹⁰ Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts. Nuts and seeds cannot credit for more than half of the MMA component at lunch or supper. They must be combined with another meat/meat alternate to meet the total requirement. **Note:** Children younger than 4 are at the highest risk of choking. The USDA recommends that any nuts or seeds served to young children are in a prepared food and are ground or finely chopped. For more information, refer to the CSDE's resource, [Crediting Nuts and Seeds in the CACFP](#).
- ¹¹ Yogurt and soy yogurt cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce). For more information, refer to the CSDE's resource, [Crediting Yogurt in the CACFP](#).

CACFP Meal Patterns for Children

Lunch and Supper

Menu planning notes for lunch and supper, *continued*

- ¹² The vegetables component includes fresh vegetables, frozen vegetables, canned vegetables, rehydrated dried vegetables, and pasteurized 100 percent full-strength vegetable juice. Vegetables credit based on volume (cups), except raw leafy greens such as lettuce and spinach credit as half the volume served, e.g., 1 cup of lettuce credits as ½ cup of the vegetables component. A serving of cooked vegetables must be drained. Dried vegetables (such as potato flakes and dried soup mix) credit based on their rehydrated volume and require a PFS. The USDA’s [CACFP best practices](#) recommend that child care menus include at least one serving per week of each vegetable subgroup (dark green, red/orange, beans and peas (legumes), starchy, and other). For more information, refer to the CSDE’s resource, [Vegetable Subgroups in the CACFP](#), and visit the “[Vegetables Component](#)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage.
- ¹³ Pasteurized full-strength juice credits as either the vegetables component or fruits component at only one meal or snack per day. Juice includes 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. For more information, refer to the CSDE’s resources, [Crediting Juice in the CACFP](#) and [Crediting Smoothies in the CACFP](#). The USDA’s [CACFP best practices](#) recommend serving whole fruits (fresh, frozen, canned, and dried) more often than juice.
- ¹⁴ Vegetables may substitute for the entire fruits component at lunch and supper. If lunch or supper includes two servings of vegetables, they must be different kinds.
- ¹⁵ The fruits component includes fresh fruit; frozen fruit; dried fruit; canned fruit in juice, water, or light syrup; and pasteurized 100 percent full-strength fruit juice. The creditable serving of canned fruit in 100 percent juice may include the juice but cannot include water or syrup. Fruits credit based on volume (cups), except dried fruits credit as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of the fruits component. For more information, visit the “[Fruits Component](#)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage.
- ¹⁶ Grain products and recipes must be made with creditable grains (whole grains, enriched grains, bran, and germ). For information on identifying creditable grains, refer to the CSDE’s resources, [How to Identify Creditable Grains in the CACFP](#), [Crediting Whole Grains in the CACFP](#), and [Crediting Enriched Grains in the CACFP](#), and visit the “[Grains Component](#)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage.
- ¹⁷ At least one serving of grains per day must be WGR. The USDA’s [CACFP best practices](#) recommend at least two servings of WGR grains per day. WGR foods for the CACFP contain at least 50 percent whole grains and the remaining grain ingredients are enriched, bran, or germ. For more information, refer to the CSDE’s [Guide to Meeting the Whole Grain-rich Requirement for the CACFP](#) and visit the “[Whole Grain-rich Requirement](#)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage.
- ¹⁸ Grain based desserts do not credit as the grains component. 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 not grain-based desserts. However, the CSDE recommends limiting sweet 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](#).
- ¹⁹ Grain products and recipes 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 resource, [Calculation Methods for Grains Ounce Equivalents for the CACFP](#) and [How to Use the Grain Ounce Equivalents Chart for the CACFP](#), and visit the “[Ounce Equivalents](#)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage.
- ²⁰ Breakfast cereals cannot contain more than 6 grams of sugars per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). For more information, refer to the CSDE’s resource, [Crediting Breakfast Cereals in the CACFP](#).
- ²¹ Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.

CACFP Meal Patterns for Children

Snack				
Serve any two of the five components (two different components) ¹	Minimum quantities			
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ²
Milk, fluid ³ Age 1: Whole milk, unflavored Ages 2 and older: Low-fat (1%) or fat-free milk, unflavored	4 fl oz (½ cup)	4 fl oz (½ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat/meat alternates (MMA) ⁴ Lean meat, poultry, or fish; cheese; alternate protein products (APPs) ⁵ ; or tempeh ⁶	½ ounce	½ ounce	1 ounce	1 ounce
Surimi ⁷	2 ounces	2 ounces	3 ounces	3 ounces
Tofu ⁸	1.1 ounces (⅛ cup)	1.1 ounces (⅛ cup)	2.2 ounces (¼ cup)	2.2 ounces (¼ cup)
Cottage cheese	1 ounce (⅛ cup)	1 ounce (⅛ cup)	2 ounces (¼ cup)	2 ounces (¼ cup)
Egg, large	½	½	½	½
Cooked dry beans or peas ⁹	⅛ cup	⅛ cup	¼ cup	¼ cup
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	1 tablespoon	2 tablespoons	2 tablespoons
Peanuts, soy nuts, tree nuts, or seeds ¹⁰	½ ounce	½ ounce	1 ounce	1 ounce
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened ¹¹	2 ounces (¼ cup)	2 ounces (¼ cup)	4 ounces (½ cup)	4 ounces (½ cup)
Vegetables ^{12, 13}	½ cup	½ cup	¾ cup	¾ cup
Fruits ^{13, 14, 15}	½ cup	½ cup	¾ cup	¾ cup
Grains ^{16, 17, 18, 19} Whole grain-rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	½ oz eq ¹⁹	½ oz eq ¹⁹	1 oz eq ¹⁹	1 oz eq ¹⁹
WGR, enriched, or fortified cooked breakfast cereal ²⁰ , cereal grain ²¹ , or pasta	¼ cup	¼ cup	½ cup	½ cup
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold) ²⁰				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed	¾ cup	¾ cup	1¼ cups	1¼ cups
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup

◀ Refer to next page for important menu planning notes ▶

CACFP Meal Patterns for Children

Snack

Menu planning notes for snack

- ¹ Snack must include the minimum serving of two of the five components. Only one of the two components may be a creditable beverage, such as milk or juice. The USDA's [CACFP best practices](#) recommend serving a vegetable or fruit for at least one of the two required snack components. Use the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine the amount of purchased food that meets the requirements. 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 Child Care 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 Child Care Programs](#) webpage.
- ² This age group applies only to at-risk afterschool programs and emergency shelters. Larger portions may be needed to meet the nutritional needs of children ages 13-18.
- ³ Milk must be unflavored whole milk for age 1 and unflavored low-fat (1%) or fat-free milk for ages 2 and older. Flavored low-fat or fat-free milk may be served to ages 6 and older, but the USDA's [CACFP Best Practices](#) recommends serving only unflavored milk. For more information, visit the "Milk Component" section of the [CSDE's Crediting Foods in CACFP Child Care Programs](#) webpage.
- ⁴ A serving of the MMA component is 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 require a CN label or PFS to credit. For more information, refer to the CSDE's resources, [Crediting Commercial Meat/Meat Alternates in the CACFP](#) and [Crediting Deli Meats 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](#) recommend 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.
- ⁵ APPs must meet the requirements in [appendix A](#) of the CACFP regulations (7 CFR 226). For more information, refer to the CSDE's resource, [Requirements for Alternate Protein Products in the CACFP](#).
- ⁶ For a 1-ounce serving of tempeh to credit as 1 ounce of MMA, the product's ingredients must include only soybeans (or other legumes), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs. Tempeh products that contain other ingredients require a CN label or PFS to document crediting information.
- ⁷ Surimi seafood is a pasteurized, ready-to-eat, restructured seafood product usually made from pollock (fish). A CN label or PFS is required for commercial products that indicate a different crediting amount.
- ⁸ Tofu must contain at least 5 grams of protein in 2.2 ounces (¼ cup) to credit as 1 ounce of MMA. For more information, refer to the CSDE's resource, [Crediting Tofu and Tofu Products in the CACFP](#).
- ⁹ Cooked dry beans and peas (legumes) credit as either the MMA component or the vegetables component but one serving cannot credit as both components in the same meal. For more information, refer to the CSDE's resource, [Crediting Legumes in the CACFP](#).
- ¹⁰ Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts. Nuts and seeds cannot credit for more than half of the MMA component at lunch/supper. They must be combined with another meat/meat alternate to meet the total requirement. **Note:** Children younger than 4 are at the highest risk of choking. The USDA recommends that any nuts or seeds served to young children are in a prepared food and are ground or finely chopped. For more information, refer to the CSDE's resource, [Crediting Nuts and Seeds in the CACFP](#).
- ¹¹ Yogurt and soy yogurt cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce). For more information, refer to the CSDE's resource, [Crediting Yogurt in the CACFP](#).

CACFP Meal Patterns for Children

Snack

Menu planning notes for snack, *continued*

- ¹² The vegetables component includes fresh vegetables, frozen vegetables, canned vegetables, rehydrated dried vegetables, and pasteurized 100 percent full-strength vegetable juice. Vegetables credit based on volume (cups), except raw leafy greens such as lettuce and spinach credit as half the volume served, e.g., 1 cup of lettuce credits as ½ cup of the vegetables component. A serving of cooked vegetables must be drained. Dried vegetables (such as potato flakes and dried soup mix) credit based on their rehydrated volume and require a PFS. The USDA’s [CACFP best practices](#) recommend that child care menus include at least one serving per week of each vegetable subgroup (dark green, red/orange, beans and peas (legumes), starchy, and other). For more information, refer to the CSDE’s resource, [Vegetable Subgroups in the CACFP](#), and visit the “[Vegetables Component](#)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage.
- ¹³ Pasteurized full-strength juice credits as either the vegetables component or fruits component at only one meal or snack per day. Juice includes 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. For more information, refer to the CSDE’s resources, [Crediting Juice in the CACFP](#) and [Crediting Smoothies in the CACFP](#). The USDA’s [CACFP best practices](#) recommend serving whole fruits (fresh, frozen, canned, and dried) more often than juice.
- ¹⁴ Vegetables may substitute for the entire fruits component at lunch and supper. If lunch or supper includes two servings of vegetables, they must be different kinds.
- ¹⁵ The fruits component includes fresh fruit; frozen fruit; dried fruit; canned fruit in juice, water, or light syrup; and pasteurized 100 percent full-strength fruit juice. The creditable serving of canned fruit in 100 percent juice may include the juice but cannot include water or syrup. Fruits credit based on volume (cups), except dried fruits credit as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of the fruits component. For more information, visit the “[Fruits Component](#)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage.
- ¹⁶ Grain products and recipes must be made with creditable grains (whole grains, enriched grains, bran, and germ). For information on identifying creditable grains, refer to the CSDE’s resources, [How to Identify Creditable Grains in the CACFP](#), [Crediting Whole Grains in the CACFP](#), and [Crediting Enriched Grains in the CACFP](#), and visit the “[Grains Component](#)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage.
- ¹⁷ At least one serving of grains per day must be WGR. The USDA’s [CACFP best practices](#) recommend at least two servings of WGR grains per day. WGR foods for the CACFP contain at least 50 percent whole grains and the remaining grain ingredients are enriched, bran, or germ. For more information, refer to the CSDE’s [Guide to Meeting the Whole Grain-rich Requirement for the CACFP](#) and visit the “[Whole Grain-rich Requirement](#)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage.
- ¹⁸ Grain based desserts do not credit as the grains component. 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 not grain-based desserts. However, the CSDE recommends limiting sweet 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](#).
- ¹⁹ Grain products and recipes 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 resource, [Calculation Methods for Grains Ounce Equivalents for the CACFP](#) and [How to Use the Grain Ounce Equivalents Chart for the CACFP](#), and visit the “[Ounce Equivalents](#)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage.
- ²⁰ Breakfast cereals cannot contain more than 6 grams of sugars per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). For more information, refer to the CSDE’s resource, [Crediting Breakfast Cereals in the CACFP](#).
- ²¹ Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.

CACFP Meal Patterns for Children



For more information, refer to the CSDE's *Guide to Meeting the Meal Pattern Requirements for CACFP Child Care Programs* and visit the CSDE's [Meal Patterns for CACFP Child Care Programs](#) and [Crediting Foods in CACFP Child Care Programs](#) 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 handout is available at https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/CACFP_meal_pattern.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

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