

Child and Adult Care Food Program (CACFP)

# Guide to the Meeting the CACFP Adult Meal Patterns

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## Guide to Meeting the CACFP Adult Meal Patterns

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## About this Guide

The Connecticut State Department of Education's (CSDE) *Guide to Meeting the CACFP Adult Meal Patterns and Crediting Requirements* provides comprehensive information and resources to assist adult day care centers that participate in the Child and Adult Care Food Program (CACFP) with planning menus to meet the CACFP adult meal patterns and crediting requirements. The requirements in this guide apply to all CACFP adult day care centers.

This guide is part of the CSDE's CACFP menu planning guidance series for adult day care centers. This series is designed to assist CACFP adult day care centers with meeting the CACFP adult meal patterns, including the requirements for crediting foods and beverages, menu documentation, and meal service.

- Guide to Meeting the CACFP Adult Meal Patterns
- Guide to Meeting the Crediting Requirements for the CACFP
- Guide to Menu Documentation for the CACFP
- Guide to Meal Service Requirements for CACFP Adult Day Care Centers

This guide reflects the USDA regulations and policies in effect as of the publication date. Please note that this information may change. The CSDE will update this guide whenever the USDA issues new guidance regarding the CACFP adult meal patterns. Please check the "[CSDE Menu Planning Guidance Series](#)" section of the CSDE's Meal Patterns for the Child and Adult Care Food Program webpage for the most current version.

## Contact Information for CSDE CACFP Staff

For questions regarding the CACFP, please contact the CACFP staff in the CSDE's Bureau of Child Nutrition Programs.

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For information on the CACFP, visit the CSDE's [Child and Adult Care Food Program](#) webpage and [Program Guidance for CACFP Adult Day Care Centers](#) webpage.

Questions regarding this guide may be directed to Susan Fiore, MS, RD, Nutrition Education Coordinator, at 860-807-2075 or [susan.fiore@ct.gov](mailto:susan.fiore@ct.gov).

## Abbreviations and Acronyms

APP	alternate protein product
AR	Administrative Review
CACFP	Child and Adult Care Food Program
CFR	Code of Federal Regulations
C.G.S.	Connecticut General Statutes
CN	Child Nutrition
CSDE	Connecticut State Department of Education
FBG	Food Buying Guide for Child Nutrition Programs (USDA)
FDA	Food and Drug Administration
FNS	Food and Nutrition Service, U.S. Department of Agriculture
FR	Federal Register
ICN	Institute of Child Nutrition
MMA	meats/meat alternates
NSLP	National School Lunch Program
OVS	offer versus serve
oz eq	ounce equivalents
PFS	product formulation statement
RTE	ready to eat
SOP	standard operating procedure
TCS	Time/Temperature Control for Safety Food
USDA	U.S. Department of Agriculture

WGR whole grain-rich

WIC Special Supplemental Nutrition Program for Women, Infants and Children

For additional guidance, refer to the CSDE's resource, [\*Commonly Used Acronyms and Abbreviations in the Child and Adult Care Food Program \(CACFP\)\*](#).



## 1 — CACFP Adult Meal Patterns

The goal of the USDA's Child Nutrition Programs is to improve and maintain participants' health and nutrition while promoting the development of good eating habits. The CACFP adult meal patterns are designed to meet participants' needs for calories and key nutrients:

CACFP adult day care centers are eligible for USDA reimbursement when meals and snacks served to participants contain the minimum serving of each required meal component and meet all crediting requirements.

### Meal Pattern Legislation

The CACFP adult meal patterns are defined in [7 CFR 226.20\(c\)](#) of the CACFP regulations. The current meal patterns were effective October 1, 2017, as legislated by the USDA final rule, [CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010](#) (81 FR 24347). This final rule updated the CACFP meal patterns to align with the [Dietary Guidelines for Americans](#) by including more whole grains and a greater variety of vegetables and fruits, and reducing added sugars and solid fats in CACFP meals and snacks.



### Changes to CACFP Meal Patterns

On April 25, 2024, the USDA published the final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#) (89 FR 31962). This final rule implements gradual updates to the Child Nutrition Programs in several key areas, including the CACFP adult meal patterns. These changes are summarized below and highlighted throughout this guide as applicable.

The final rule also requires other changes that are not related to the CACFP meal patterns. For more information, refer to [USDA Memo SP 19-2024, CACFP 07-2024, and SFSP 12-2024](#). *Initial Implementation Memorandum: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans.*

#### Meal pattern changes effective July 1, 2024

Effective July 1, 2024, the final rule implements the terminology updates and menu planning flexibility below.

- Changes all previous references in the regulations for Child Nutrition Programs from “food component” to “meal component.”
- Allows nuts and seeds to credit for the full meats/meat alternates (MMA) component in all meals and snacks, removing the previous 50 percent crediting limit for nuts and seeds at lunch and supper.
- Changes all previous references in the regulations for Child Nutrition Programs from “legumes (beans and peas)” to “beans, peas, and lentils.”
- Updates the previous MMA quantities from ounces to ounce equivalents (oz eq). The amount of MMA that credits as 1 ounce or 1 oz eq is the same.

These updates do not require adult day care centers to change menus or operations. However, the change to the crediting requirement for nuts and seeds provides flexibility for menu planners.

## Meal pattern changes effective October 1, 2025

Effective October 1, 2025, the final rule changes the product-based limits for sugars in yogurt and breakfast cereals from total sugars to added sugars.

- Yogurt and soy yogurt cannot exceed 12 grams of added sugars per 6 ounces (no more than 2 grams of added sugars per ounce).
- Breakfast cereals cannot exceed 6 grams of added sugars per dry ounce.

For more information on the final rule changes, refer to the CSDE's [Summary of Final Rule Updates to the Meal Patterns for the Child and Adult Care Food Program](#) and visit the "Meal Pattern Updates" section of the CSDE's CACFP webpage.

## Reimbursable Meals and Snacks

The CACFP adult meal patterns consist of minimum servings of specific meal components. Meals and snacks served to adult participants are eligible for USDA reimbursement when they contain the minimum serving of each required meal component. Reimbursable meals may also contain additional foods beyond the minimum requirements (refer to "[Additional Foods](#)" in this section).



## Meal Components

A meal component is one of the five food groups that comprise reimbursable meals and snacks, including milk, fruits, vegetables, grains, and meats/meat alternates (MMA). The table below indicates the required servings of each meal component for breakfast, lunch, supper, and snack.

**Table 1-1. Required meal components for the CACFP adult meal patterns**

Breakfast	Lunch	Supper	Snack
<b>3 meal components</b> <ul style="list-style-type: none"> <li>1 serving of milk</li> <li>1 serving of vegetables, fruits, or both</li> <li>2 servings of grains</li> </ul> <p><b>Note:</b> MMA may substitute for the entire grains component at breakfast up to three times per week.</p>	<b>5 meal components</b> <ul style="list-style-type: none"> <li>1 serving of milk</li> <li>1 serving of MMA</li> <li>1 serving of vegetables</li> <li>1 serving of fruits</li> <li>2 servings of grains</li> </ul> <p><b>Note:</b> Vegetables may substitute for the entire fruits component at lunch and supper.</p>	<b>5 meal components</b> <ul style="list-style-type: none"> <li>1 serving of MMA</li> <li>1 serving of vegetables</li> <li>1 serving of fruit</li> <li>2 servings of grains</li> </ul> <p><b>Note:</b> Vegetables may substitute for the entire fruits component at lunch and supper.</p>	<b>Choose 2 of 5 meal components</b> <ul style="list-style-type: none"> <li>1 serving of milk</li> <li>1 serving of MMA</li> <li>1 serving of vegetables</li> <li>1 serving of fruits</li> <li>1 serving of grains</li> </ul>

Each meal component has specific crediting requirements. All foods must meet these requirements to credit as a meal component of reimbursable meals and snacks. This includes commercial products, foods made from scratch by the CACFP facility, and foods prepared by vendors.

Section 2 provides an overview of the five meal components. For information on the specific crediting requirements for each meal component, refer to the CSDE's [Guide to Crediting Foods in the CACFP](#).

## Menu Items

Menu items contribute to the meal components. A menu item is any planned main dish, vegetable, fruit, bread, grain, or milk.

Menu items may contribute to one or more meal components. For example, a hamburger (MMA component) on a whole-grain bun (grains component) is one menu item that contributes to two meal components.

## Required Servings

The CACFP adult meal patterns require minimum servings of each meal component. Meals and snacks that contain less than the minimum serving of any meal component do not meet the CACFP adult meal patterns and are not reimbursable.

For example, the breakfast meal pattern requires  $\frac{1}{2}$  cup of fruits, vegetables, or both. If the breakfast menu contains less than  $\frac{1}{2}$  cup, these meals are not reimbursable.

## Additional Foods

CACFP menus may include additional (extra) foods or larger servings beyond the minimum meal pattern requirements. Additional foods include creditable and noncreditable foods served in addition to the minimum meal pattern requirements.

- Creditable foods are additional servings of a meal component, such as larger servings of fruits and vegetables.
- Noncreditable foods are foods and beverages that do not credit toward the meal patterns (refer to “[Noncreditable Foods](#)” in this section).

Menu planners should consider the appropriateness of additional foods based on participants’ nutritional needs. When offering additional foods, the CSDE encourages menu planners to choose nutrient-dense foods that are appropriate to the nutritional needs of each age group. Examples include vegetables, fruits, whole grains, low-fat and nonfat milk products, beans, peas, and lentils, and lean meats, fish, poultry.

### Nutrition Standards and Restrictions

The CACFP adult meal patterns require nutrition standards for some specific foods and prohibit certain foods. These requirements are summarized below.

#### Nutrition standards

The nutrition standards for the CACFP meal patterns include product-based limits for sugars in yogurt and breakfast cereals and a minimum protein requirement for tofu.

- Through September 30, 2025, cooked and ready-to-eat (RTE) breakfast cereals cannot exceed 6 grams of total sugars per dry ounce. Effective October 1, 2025, breakfast cereals cannot exceed 6 grams of added sugars per dry ounce. With state agency approval, CACFP operators may choose to implement the added sugars limit prior to October 1, 2025.
- Through September 30, 2025, yogurt and soy yogurt cannot exceed 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce). Effective October 1, 2025, yogurt cannot exceed 12 grams of added sugars per 6 ounces (no more than 2 grams of added sugars per ounce). With state agency approval, CACFP operators may choose to implement the added sugars limit prior to October 1, 2025.
- Tofu must contain at least 5 grams of protein in 2.2 ounces (¼ cup).

Products that do not meet these requirements do not credit in CACFP meals and snacks.

#### Prohibited foods

Grain-based desserts are not allowed in the CACFP (refer to “[Grain-based desserts prohibited](#)” in section 2). The CACFP adult meal patterns also prohibit deep-fat frying foods on site, i.e., cooking by submerging food in hot oil or other fat.

## Noncreditable foods

Noncreditable foods are foods and beverages that do not count toward the meal components of the CACFP adult meal patterns. These include foods and beverages that:

- are offered in quantities too small to credit (such as 1 tablespoon of applesauce or  $\frac{1}{8}$  ounce of cheese); or
- do not belong to the five meal components.

Some examples include potato chips, pudding, ice cream, gelatin, cream cheese, bacon, condiments (e.g., syrup, jam, ketchup, mustard, mayonnaise, and butter), and water. Some noncreditable foods cannot be served or should be served only in moderation.

Adult day care centers cannot use CACFP funds to purchase noncreditable foods such as grain-based desserts, gelatin, pudding, or canned cream soups. The only exceptions are for condiments served with creditable foods, and herbs and spices used to prepare and enhance the flavor of meals.

For guidance and more examples of noncreditable foods, refer to the CSDE's resource, [\*Noncreditable Foods in the Child and Adult Care Food Program\*](#).



## CACFP Adult Meal Patterns

The charts in this section show the CACFP adult meal patterns for breakfast (table 1-2), lunch (table 1-3), and snack (table 1-4). Menu planning notes for each meal component are provided in the online versions of the CACFP adult meal patterns, which are available in the “[CACFP Adult Meal Patterns](#)” section of the CSDE’s Meal Patterns for the Child and Adult Care Food Program webpage.

**Table 1-2. CACFP adult breakfast meal pattern**

Breakfast meal components	Minimum quantities
<b>Milk, fluid</b> Age 1: Whole milk, unflavored Ages 2-5: Low-fat (1%) or fat-free milk, unflavored	8 fluid ounces (1 cup)
<b>Vegetables, fruits, or portions of both</b>	½ cup
<b>Grains, ounce equivalents (oz eq)</b>	<b>2 oz eq =</b>
Whole grain-rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	2 oz eq <sup>10</sup>
WGR, enriched, or fortified cooked breakfast cereal, cereal grain, rice, or pasta	1 cup
WGR, enriched, or fortified RTE breakfast cereal (dry, cold): Flakes or rounds	2 cups
Puffed	2½ cups
Granola	½ cup



Table 1-3. CACFP adult lunch and supper meal pattern

Lunch meal components	Minimum quantities
<b>Milk, fluid:</b> Low-fat (1%) or fat-free milk, unflavored or flavored Required at lunch and optional at supper	8 fluid ounces (1 cup)
<b>Meats/meat alternates (MMA), ounce equivalents (oz eq)</b>	<b>2 oz eq =</b>
Lean meat, poultry, or fish; cheese; alternate protein products (APPs); or tempeh	2 ounces
Surimi	6 ounces
Tofu	4.4 ounces (½ cup)
Cottage cheese	4 ounces (½ cup)
Egg, large	1
Beans, peas, and lentils	½ cup
Peanut butter, soy nut butter, or other nut/seed butters	4 tablespoons
Peanuts, soy nuts, tree nuts, or seeds	2 ounces
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened	8 ounces (1 cup)
<b>Vegetables, cups</b>	½ cup
<b>Fruits, cups</b>	½ cup
<b>Grains, oz eq</b>	<b>2 oz eq =</b>
Whole grain-rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	2 oz eq <sup>18</sup>
WGR, enriched, or fortified cooked breakfast cereal, cereal grain, rice, or pasta	1 cup
WGR, enriched, or fortified RTE breakfast cereal (dry, cold): Flakes or rounds	2 cups
Puffed	2½ cups
Granola	½ cup

Table 1-4. CACFP adult snack meal pattern

<b>Snack meal components</b> <i>Serve any two</i>	<b>Minimum quantities</b>
<b>Milk, fluid:</b> Low-fat (1%) or fat-free milk, unflavored or flavored Required at lunch and optional at supper	8 fluid ounces (1 cup)
<b>Meats/meat alternates (MMA), ounce equivalents (oz eq)</b>	<b>1 oz eq =</b>
Lean meat, poultry, or fish; cheese; alternate protein products (APPs); or tempeh	1 ounce
Surimi	3 ounces
Tofu	2.2 ounces ( $\frac{1}{4}$ cup)
Cottage cheese	2 ounces ( $\frac{1}{4}$ cup)
Egg, large	$\frac{1}{2}$
Beans, peas, and lentils	$\frac{1}{4}$ cup
Peanut butter, soy nut butter, or other nut/seed butters	2 tablespoons
Peanuts, soy nuts, tree nuts, or seeds	1 ounce
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened	4 ounces ( $\frac{1}{2}$ cup)
<b>Vegetables, cups</b>	$\frac{1}{2}$ cup
<b>Fruits, cups</b>	$\frac{1}{2}$ cup
<b>Grains, oz eq</b>	<b>1 oz eq =</b>
Whole grain-rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	1 oz eq
WGR, enriched, or fortified cooked breakfast cereal, cereal grain, rice, or pasta	$\frac{1}{2}$ cup
WGR, enriched, or fortified RTE breakfast cereal (dry, cold): Flakes or rounds	1 cup
Puffed	1 $\frac{1}{4}$ cups
Granola	$\frac{1}{4}$ cup

## Overview of CACFP Adult Meal Pattern Requirements

This section summarizes the requirements for the CACFP adult meal patterns. Section 2 provides an overview of the crediting requirements for each meal component.

### Breakfast requirements

Breakfast menus must meet the requirements below.

- **Required meal components:** Breakfast menus must include three meal components (milk component, vegetables and fruits component, and grains component). The serving of each meal component must be at least the minimum quantity in the CACFP breakfast meal pattern for adults (refer to [table 1-2](#) in this section).
- **Breakfast cereals:** Cooked and RTE breakfast cereals must be WGR, enriched, or fortified and cannot exceed 6 grams of total sugars per dry ounce through September 30, 2025. Effective October 1, 2025, breakfast cereals cannot exceed 6 grams of added sugars per dry ounce (refer to “[Nutrition Standards and Restrictions](#)” in section 1). This information may be listed on the CACFP menu, daily production record, or other menu documentation such as a list of all cereals served in CACFP menus.
- **Cereal with milk:** The CACFP menu must list the specific type of cereal as one meal component (e.g., whole-grain granola) and the specific type of fluid milk as another (e.g., unflavored low-fat milk). “Cereal with milk” does not indicate that the breakfast menu provides the required amount of cereal or the required amount and appropriate type of milk.
- **Documenting types of juices, fruits, and vegetables:** Adult day care centers must document the specific types of juices, fruits, and vegetables served at breakfast. For example, the menu planner should indicate “orange juice” instead of “juice,” and “banana or diced peaches” instead of “fresh fruit choice.” This information may be listed on the CACFP menu, daily production record, or other menu documentation such as a list of all types of juices, fruits, and vegetables served in CACFP menus.
- **Juice limit:** Juice credits as the vegetables component or fruits component at only one meal or snack per day. If juice is served at breakfast, menu planners cannot credit juice as the fruits component or vegetables component at lunch or snack that same day (refer to “[Juice limit](#)” in section 2).

- **Substituting MMA for grains:** The MMA component may substitute for the entire grains component at breakfast up to three times per week. A 1-oz eq serving of the MMA component substitutes for 1 oz eq of the grains component. This provision applies regardless of the number of days in the week. For example, the menu planner could choose to substitute the MMA component for the entire grains component three times during a three-day week or three times during a five-day week. For more information, refer to the USDA's resource, [Serving Meat and Meat Alternates at Breakfast](#).
- **Substituting yogurt for milk:** Yogurt that meets the sugars limit may be served in place of milk once per day, when it is not served as the MMA component in the same meal. Six ounces (weight) or  $\frac{3}{4}$  cup (volume) of yogurt equals 8 fluid ounces of milk.

For menu ideas and resources, visit the [“Breakfast”](#) section of the CSDE's Meal Patterns for the Child and Adult Care Food Program webpage.

### Lunch and supper requirements

Lunch and supper menus must meet the requirements below.

- **Required meal components:** Lunch and supper menus must include five meal components (milk, MMA, vegetables, fruits (or vegetable substitutions), and grains). Suppers must include the same meal components, except milk is optional. The serving offered for each meal component must be at least the minimum quantity in the CACFP adult meal pattern for lunch and supper (refer to [table 1-3](#) in this section).
- **Substituting vegetables for fruits:** Vegetables may substitute for the fruits component at any lunch or supper. Lunch and supper menus must include one serving of the vegetables component and one serving of the fruits component, or two different servings of the vegetables component. Lunches and suppers cannot contain two servings of only the fruits component.
- **Documenting types of vegetables and fruits:** Adult day care centers must document the specific types of vegetables and fruits served at lunch or supper. For example, the menu planner should indicate “garden salad with lettuce, cucumbers, carrots, and tomatoes” instead of “salad,” and “fresh fruit salad (apples, oranges, bananas, and strawberries)” instead of “fruit salad.” This information may be listed on the CACFP menu, daily production record, or other menu documentation such as a list of all types of vegetables and fruits served in CACFP menus.

- **Juice limit:** Juice credits as the vegetables component or fruits component at only one meal or snack per day. If the menu planner credits juice as the vegetables component or fruits component at lunch or supper, juice cannot credit as the fruits component or vegetables component at any other meal or snack that same day (refer to “[Juice limit](#)” in section 2).

For menu ideas and resources, visit the “[Lunch and Supper](#)” section of the CSDE’s Meal Patterns for the Child and Adult Care Food Program webpage.

### Snack requirements

Snack menus must meet the requirements below.

- **Required meal components:** Snack menus must include two of the five meal components (milk, MMA, vegetables, fruits, and grains). These meal components must be different. Snacks cannot include two foods from the same meal component. For example, orange juice and applesauce are both from the fruits component, and do not provide a reimbursable snack. The serving offered for each meal component must be at least the minimum quantity in the CACFP adult meal pattern for snack (refer to [table 1-4](#) in this section).
- **Best practice for vegetables and fruits:** Snack menus should include a vegetable or fruit as often as possible. The USDA’s [CACFP best practices](#) recommend offering a vegetable or fruit for at least one of the two required meal components.
- **Beverage limit:** Only one of the two meal components may be a creditable beverage such as milk, juice, or a smoothie. For example, the snack menu cannot include juice when milk is the only other meal component.
- **Juice limit:** Juice credits as the vegetables component or fruits component at only one meal or snack per day. If the menu planner credits juice as the vegetables component or fruits component at snack, juice cannot credit as the fruits component or vegetables component at any other meal or snack that same day (refer to “[Juice limit](#)” in section 2).
- **Offering milk with yogurt:** If the snack menu includes milk, the other meal component should not be yogurt. The CSDE recommends this practice to increase nutrient variety.
- **Offering more than two food items:** If the snack menu includes more than two different food items, at least two food items must meet the required meal components and servings. An example is a snack that contains yogurt (MMA component), strawberries (fruits component), and granola (grains component). The snack menu or

other documentation must clearly indicate the serving size of each menu item and which items contribute to the CACFP snack meal pattern.

- **Offering water:** Water should be offered as a beverage when the snack menu does not include milk or juice. However, water does not credit in CACFP meals and snacks and cannot be offered in place of the required meal components.

For additional guidance, visit the USDA's [Serving Snacks in the CACFP](#) webpage. For more snack menu ideas, visit the "[Snacks](#)" section of the CSDE's Meal Patterns for the Child and Adult Care Food Program webpage.

### Meal pattern documentation

Adult day care centers must maintain appropriate documentation to indicate that in CACFP menus meet the applicable meal pattern and crediting requirements for each meal. An overview of these requirements is below. For detailed guidance on the menu documentation requirements, refer to the CSDE's [Guide to Menu Documentation for the Child and Adult Care Food Program](#) and visit the CSDE's [Crediting Documentation for the Child Nutrition Programs](#) webpage.

- **Menu:** All sites must have a written menu to document that CACFP meals and snacks provide the required meal components and quantities. For information on CACFP menus, refer to section 2 of the CSDE's [Guide to Menu Documentation for the Child and Adult Care Food Program](#).
- **Production records:** The CSDE encourages adult day care centers to use daily production records. For more information, refer to section 3 of the CSDE's [Guide to Menu Documentation for the Child and Adult Care Food Program](#) and [Using Production Records in the Child and Adult Care Food Program](#). Additional guidance and template forms are available in the "[Menu Forms and Production Records](#)" section of the CSDE's Meal Patterns for the Child and Adult Care Food Program webpage.
- **Commercial processed foods:** Adult day care centers must maintain Child Nutrition (CN) labels or production formulation statement (PFS) forms on file to document the meal pattern contribution of all commercial processed products that are not listed in the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG). Examples include entrees like pizza, chicken nuggets, deli meats, and hotdogs; and vegetables and fruits with added ingredients (e.g., coleslaw, potato salad, and carrot-raisin salad). CN labels are available only for main dish entrees that contribute at least ½ oz eq of the MMA component, but they usually indicate the contribution of other meal components that are part of the product, such as vegetables, fruits, and grains. For more information on CN labels and PFS forms, 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 “[Child Nutrition Labels](#)” section and “[Product Formulation Statements](#)” section of the CSDE’s Crediting Documentation for the Child Nutrition Programs webpage.

- **Foods made from scratch:** Adult day care centers must maintain recipes on file (preferably standardized recipes) to document the meal pattern contribution of all foods prepared from scratch. Vendors that prepare scratch foods for adult day care centers must also be able to document the CACFP meal pattern contribution of their recipes. Examples of foods prepared from scratch include entrees (such as pizza, macaroni and cheese, and sandwiches), grains (such as pancakes, muffins, and breads), and vegetables and fruits with added ingredients (e.g., coleslaw, potato salad, and carrot-raisin salad). For information on standardized recipes, refer to section 4 of the CSDE’s *Guide to Menu Documentation 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.
- **Alternate protein products (APPs):** Adult day care centers must maintain documentation on file to indicate that APPs meet the requirements in [appendix A](#) of the CACFP regulations (7 CFR 226). For crediting guidance, refer to the CSDE’s resource, *[Requirements for Alternate Protein Products in the Child and Adult Care Food Program](#)*.
- **Breakfast cereals:** Adult day care centers must maintain documentation on file to indicate that all cooked and RTE breakfast cereals are WGR, enriched, or fortified and meet the limit for sugars (refer to “[Nutrition Standards and Restrictions](#)” in this section). For crediting guidance, refer to the CSDE’s resource, *[Crediting Breakfast Cereals in the Child and Adult Care Food Program](#)*.
- **Tofu and tofu products:** Adult day care centers must maintain documentation on file to indicate that tofu and tofu products contain at least 5 grams of protein in 2.2 ounces (weight) or ¼ cup (volume). For crediting guidance, refer to the CSDE’s resource, *[Crediting Tofu and Tofu Products in the Child and Adult Care Food Program](#)*.
- **WGR foods:** Adult day care centers must maintain documentation on file to indicate that at least one serving of grains per day is WGR. Required documentation for the WGR criteria includes a PFS for commercial foods and a standardized recipe for foods made from scratch. Menu planners must identify WGR foods using one of the USDA’s six allowable methods for determining if foods meet the CACFP WGR criteria. For crediting guidance, refer to the CSDE’s *[Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program](#)*.

- **Yogurt:** Adult day care centers must maintain documentation on file to indicate that all yogurt and soy yogurt products meet the sugars limit (refer to “[Nutrition Standards and Restrictions](#)” in this section). For crediting guidance, refer to the CSDE’s resource, [Crediting Yogurt in the Child and Adult Care Food Program](#).

Adult day care centers must maintain all crediting documentation on file in accordance with the records retention requirements for the CACFP (refer to the CSDE’s [Records Retention Requirements for the Child and Adult Care Food Program](#)). This documentation must be current and will be reviewed by the CSDE during the Administrative Review of the CACFP.

### Meal Modifications for Participants with Special Dietary Needs

Adult day care centers must comply with the federal nondiscrimination laws and requirements for meal modifications for participants with special dietary needs.

- **Disability reasons:** The USDA requires that adult day care centers must make reasonable meal modifications on a case-by-case basis for participants whose disability restricts their diet, based on written documentation from a state licensed healthcare professional or registered dietitian. Case-by-case basis means that the meal modifications are specific to the individual medical condition and dietary needs of each participant.
- **Non-disability reasons:** Adult day care centers may choose to make optional meal modifications within the meal patterns on a case-by-case basis for participants whose dietary needs do not constitute a disability. Optional modifications for non-disability reasons include requests related to religious or moral convictions, general health concerns, and personal food preferences. Meal modifications for non-disability reasons that are within the meal patterns (such as texture modifications or substitutions within the same meal component) do not require a medical statement. Meal modifications for non-disability reasons that are outside the meal patterns require a medical statement signed by a state licensed healthcare professional or registered dietitian.

These requirements are summarized in the CSDE’s resource, [Overview of the Requirements for Meal Modifications for Adult Participants in the Child and Adult Care Food Program](#). For detailed guidance, refer to the CSDE’s [Guide to Meal Modifications in CACFP Adult Day Care Centers](#), and visit the CSDE’s [Special Diets in the Child and Adult Care Food Program](#) webpage.



## Guidance on Meeting the Meal Pattern Requirements

The resources below provide adult day care centers with information and guidance on meeting the CACFP meal pattern requirements

- Links to the USDA's regulations and final rules for the meal patterns for the school nutrition programs are available on the CSDE's [Laws and Regulations for Child Nutrition Programs](#) webpage.
- The USDA provides guidance for implementing the school nutrition programs through the policy memos on their [FNS Documents & Resources](#) webpage.
- The CSDE's [Operational Memoranda for the CACFP](#) webpage provides links to relevant USDA memos by year, and includes memos from the CSDE Bureau of Child Nutrition Programs on the requirements for the CACFP.
- The CSDE's [Program Guidance for CACFP Adult Day Care Centers](#) webpage provides an alphabetical listing of links to information and guidance on the federal and state requirements for the CACFP, including the meal patterns, crediting foods and beverages, menu documentation, and meal service.
- The CSDE's CACFP Updates e-newsletter provides important guidance and resources to help CACFP facilities comply with the federal and state requirements, and identifies deadlines for completing required activities and submitting required reports.
- The CSDE's [Training for Child Nutrition Programs](#) webpage provides links to recorded trainings on a variety of topics.
- The CSDE's [Manuals and Guides for Child Nutrition Programs](#) webpage provides links to guides on a variety of topics, including food safety, menu planning and meal patterns, program administration, school wellness, and special diets.

CACFP facilities may contact the CSDE's [CACFP staff](#) for more information and program-specific questions.

## Menu Planning Resources

The resources and websites below provide information and guidance on planning meals and snacks to meet the CACFP adult meal patterns.

- CACFP Adult Meal Patterns (CSDE's Meal Patterns for the Child and Adult Care Food Program):  
<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program#AdultMealPatterns>
- CACFP Halftime: Thirty on Thursdays Training Webinar Series (USDA):  
<https://www.fns.usda.gov/cacfp-halftime-thirty-thursdays-training-webinar-series>
- CACFP Meal Pattern Posters (USDA):  
<https://www.fns.usda.gov/tn/meal-pattern-posters-cacfp>
- CACFP Meal Pattern Training Slides (USDA):  
<https://www.fns.usda.gov/tn/meal-pattern-training-slides-cacfp>
- CACFP Meal Pattern Training Worksheets (USDA):  
<https://www.fns.usda.gov/tn/meal-pattern-training-worksheets-cacfp>
- CACFP Nutrition Standards for CACFP Meals and Snacks (USDA):  
<https://www.fns.usda.gov/cacfp/meals-and-snacks>
- CACFP Training Tools (USDA):  
<https://www.fns.usda.gov/tn/training-tools-cacfp>
- 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 Handbook for the Child and Adult Care Food Program (USDA):  
<https://www.fns.usda.gov/tn/crediting-handbook-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)

- Food Buying Guide for Child Nutrition Programs (USDA):  
<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>
- Menu Planning for Child Nutrition Programs (CSDE webpage):  
<https://portal.ct.gov/sde/nutrition/menu-planning>
- Resource List for Menu Planning and Food Production in 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 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)
- USDA Memo CACFP 08-2017: Questions and Answers on the Updated Meal Pattern Requirements for the Child and Adult Care Food Program:  
<https://www.fns.usda.gov/cacfp/questions-and-answers-updated-meal-pattern-requirements>
- USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP:  
<https://www.fns.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-cacfp>

The CSDE's [Resources for the Child and Adult Care Food Program Meal Patterns](#) provides a comprehensive list of resources with guidance on meeting the CACFP meal pattern and crediting requirements.



## 2 — Overview of Meal Components

This section provides an overview of the requirements for each meal component. For detailed crediting guidance, refer to the CSDE's information on the required records for documenting meal pattern compliance, refer to the CSDE's [Guide to Meeting the Crediting Requirements for the CACFP](#)

### Milk Component

Milk must be pasteurized and meet state and local standards. The CACFP adult meal patterns require fluid milk as a beverage. Milk does not credit when used as an ingredient in other foods, such as quiche, puddings, and cream sauces.

Milk is required at breakfast, lunch, and supper and may be offered as one of the two required meal components at snack. Only one snack component may be a creditable beverage. Milk cannot be served when juice is the only other meal component at snack.

### Crediting guidance for milk

Adult day care centers must ensure that milk offered in CACFP menus meets the requirements below.

- **Meal pattern serving:** The minimum creditable amount is the full serving, except for milk in smoothies (refer to "[Crediting milk in smoothies](#)" below).
- **Allowable types of milk:** The CACFP adult meal patterns require low-fat (1%) or fat-free milk. Flavored milk may be served, but the USDA's [CACFP best practices](#) recommend serving only unflavored milk. These allowable types of milk also include cultured milk, such as cultured buttermilk, cultured kefir milk, and cultured acidophilus milk; acidified milk, such as acidified kefir milk and acidified acidophilus milk; and Ultra High Temperature (UHT) milk. CACFP menus must document the type of milk served to each age group.
- **Crediting milk in smoothies:** Milk that meets the required fat content may credit as the milk component when served in smoothies. For smoothies only, the minimum creditable amount of milk is  $\frac{1}{4}$  cup. If a smoothie contains less than the full serving of milk, CACFP menus must offer additional milk to meet the minimum requirement. For crediting guidance, refer to the CSDE's resource, [Crediting Smoothies in the Child and Adult Care Food Program](#).

- **Allowable milk substitutes for non-disability reasons:** The USDA allows two types of milk substitutes for participants who do not consume regular cow's milk due to non-disability reasons: 1) lactose-free/reduced milk; and 2) fluid milk substitutes (such as soy milk) that meet the USDA's nutrition standards for fluid milk substitutes. Lactose-free milk and lactose-free reduced milk are fluid milk and credit the same as regular milk. Fluid milk substitutes require a written request from the participant, their guardian/caregiver, a state licensed healthcare professional, or a registered dietitian that identifies the reason for the milk substitute. For detailed guidance on the requirements and considerations for fluid milk substitutes, refer to the CSDE's resources, [Allowable Fluid Milk Substitutes for Non-disability Reasons for Adult Participants in the CACFP](#) and [Guide to Meal Modifications in CACFP Adult Day Care Centers](#). More resources are available in the "[Milk Substitutes](#)" section of the CSDE's Special Diets in the Child and Adult Care Food Program webpage.

Additional guidance and crediting resources for the milk component are available in the "[Milk](#)" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

### MMA Component

The CACFP adult meal patterns require the MMA component at lunch and supper. MMA are optional at breakfast. MMA may be offered as one of the two required meal components at snack.

The MMA component includes fresh and frozen meats (e.g., lean beef, pork, poultry, fish, and shellfish), processed meats (e.g., chicken nuggets, deli meats, and fish sticks), canned meats (e.g., chicken, tuna, and salmon), and meat alternates (e.g., eggs, cheese, yogurt, nuts and seeds and their butters, beans, peas, and lentils, tofu, and tempeh).

### Crediting guidance for MMA

Adult day care centers must ensure that meats and meat alternates offered in CACFP menus meet the requirements below.

- **Meal pattern serving:** MMA credit based on ounce equivalents (oz eq). The minimum creditable amount is  $\frac{1}{4}$  oz eq.
- **Edible portion:** The MMA servings refer to the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, fillers, or other ingredients. Menu planners must use the FBG to determine the yield and edible portion of different types of MMA.

- Quantity for 1 oz eq:** The quantity that credits as 1 oz eq is based on weight or volume, depending on the type of MMA. A 1-oz eq serving of MMA equals 1 ounce of cooked lean meat, poultry, or fish; 1 ounce of cheese (low-fat recommended); 2 ounces of cottage or ricotta cheese, cheese food/spread, or cheese substitute (low-fat recommended);  $\frac{1}{4}$  cup of cooked beans, peas, or lentils;  $\frac{1}{2}$  large egg; 2 tablespoons of nut or seed butter; 1 ounce of nuts or seeds; 1 ounce of commercial tofu (must contain at least 5 grams of protein in 2.2 ounces); 1 ounce of tempeh; 3 ounces of surimi;  $\frac{1}{2}$  cup or 4 ounces of yogurt or soy yogurt (cannot exceed 3.83 grams of sugars per ounce); and 1 ounce of alternate protein product (APP).
- MMA at lunch or supper:** MMA at lunch or supper must be served in the main dish or in the main dish and one other menu item.
- MMA at breakfast:** The MMA component is optional at breakfast. Menu planners may choose to substitute MMA for the entire grains component up to three times per week. A 1-oz eq serving of MMA substitutes for 1 oz eq of the grains component. For example,  $\frac{1}{2}$  cup of yogurt or 2 tablespoons of peanut butter may substitute for 1 oz eq of grains.
- Beans, peas, and lentils:** Beans, peas, and lentils may credit as either the MMA component or vegetables component, but one serving cannot credit as both meal components in the same meal or snack. For crediting guidance, refer to the CSDE's resource, [Crediting Beans, Peas, and Lentils in the Child and Adult Care Food Program](#).
- Pasta made from bean or legume flours:** Pasta made from bean or legume flours may credit toward the MMA component when served with another MMA, such as meat or cheese. For crediting guidance, refer to the CSDE's resource, [Crediting Beans, Peas, and Lentils in the Child and Adult Care Food Program](#).
- Tofu:** Tofu and tofu products must be commercially prepared, easily recognized as meat substitutes (such as tofu burgers and tofu sausages), and contain 5 grams of protein in 2.2 ounces. For crediting guidance, refer to the CSDE's resource, [Crediting Tofu and Tofu Products in the Child and Adult Care Food Program](#).
- Yogurt and soy yogurt:** Through September 30, 2025, yogurt cannot exceed 12 grams of total sugars per 6 ounces (no more than 2 grams of added total per ounce). Effective October 1, 2025, breakfast cereals cannot exceed 6 grams of added sugars per dry ounce (refer to "[Nutrition Standards and Restrictions](#)" in section 1). For crediting guidance, refer to the CSDE's resource, [Crediting Yogurt in the Child and Adult Care Food Program](#).



- **Commercial processed MMA products:** Commercial processed MMA products that are not listed in the FBG require a CN label or PFS to document their meal pattern contribution (refer to “[Meal pattern documentation](#)” in section 1). Some examples include combination entrees like pizza and chicken nuggets, deli meats, hot dogs, and sausages; products formulated with APPs (such as soy flours, soy concentrates, soy isolates, whey protein concentrate, whey protein isolate and casein), and dried meat, poultry, and seafood products (e.g., jerky and summer sausages). For crediting guidance, 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](#).

The USDA’s [CACFP best practices](#) recommend limiting processed meats to no more than one serving per week; and serving only lean meats, nuts, and beans, peas, and lentils.

Additional guidance and crediting resources for the MMA component are available in the “[Meats and Meat Alternates](#)” section of the CSDE’s Crediting Foods in the Child and Adult Care Food Program webpage.





## Vegetables Component

The CACFP adult meal patterns require vegetables at lunch and supper. Vegetables and fruits are one meal component at breakfast and may include a serving of vegetables, fruits, or both. Vegetables may be offered as one of the two required meal components at snack.

The vegetables component includes fresh, frozen, canned, and rehydrated dried vegetables, and pasteurized 100 percent full-strength vegetable juice.

The USDA's [CACFP best practices](#) recommend that CACFP menus include at least one serving per week of the vegetable subgroups recommended by the [Dietary Guidelines for Americans](#). These include dark green vegetables, red and orange vegetables, beans, peas, and lentils, starchy vegetables, and other vegetables. For more information on the vegetable subgroups, refer to the CSDE's resource, [Vegetable Subgroups in the Child and Adult Care Food Program](#).

### Crediting guidance for vegetables

Adult day care centers must ensure that vegetables offered in CACFP menus meet the requirements below.

- **Meal pattern serving:** Vegetables credit based on volume (cups), except raw leafy greens and tomato paste and puree. The minimum creditable amount is  $\frac{1}{8}$  cup.
  - Raw leafy greens credit as half the volume served. For example, 1 cup of lettuce or spinach credits as  $\frac{1}{2}$  cup of the vegetables component.
  - Tomato paste and tomato puree credit using the whole food equivalency (volume of tomatoes prior to pureeing) instead of the actual volume served (refer to the FBG for crediting guidance). All other vegetable purees credit based on the finished volume served.
- **Vegetable substitutions at lunch and supper:** Vegetables may replace the fruits component at any lunch or supper. CACFP facilities may offer one serving of the vegetables component and one serving of the fruits component, or two different servings of the vegetables component. A lunch or supper cannot contain two servings of only the fruits component, without offering vegetables.
- **Beans, peas, and lentils:** Beans, peas, and lentils may credit as either the MMA component or vegetables component, but one serving cannot credit as both meal components in the same meal or snack. For crediting guidance, refer to the CSDE's resource, [Crediting Beans, Peas, and Lentils in the Child and Adult Care Food Program](#).

- **Canned vegetables:** A serving of canned vegetables must be drained.
- **Dried vegetables:** Dried vegetables (such as potato flakes and dried soup mix) credit based on their rehydrated volume and require a PFS.
- **Vegetable juices:** Vegetable juices must be pasteurized full-strength juices. Juice credits at only one meal or snack per day. Vegetable juice does not credit when used as an ingredient in another food or beverage product, except for smoothies.
- **Pureed vegetables in smoothies:** Pureed vegetables in smoothies credit based on the volume (cups) after pureeing. Pureed vegetables in smoothies credit as juice and count toward the juice limit. For more information, refer to the CSDE's resource, [Crediting Smoothies in the Child and Adult Care Food Program](#).
- **Mixtures of vegetables and fruits:** Mixtures of vegetables and fruits (such as carrot-raisin salad) credit separately toward the vegetables component and fruits component. The serving must contain at least  $\frac{1}{8}$  cup of visible vegetables and at least  $\frac{1}{8}$  cup of visible fruits.
- **Commercial vegetable soups:** Commercial vegetable soups credit based on the yields in the FBG. One cup of a commercial bean, pea, or lentil soup credits as  $\frac{1}{2}$  cup of vegetables. One cup of commercial vegetable soup (such as tomato and minestrone) credits as  $\frac{1}{4}$  cup of vegetables. For crediting guidance, refer to the CSDE's resource, [Crediting Soups in the Child and Adult Care Food Program](#).

Additional guidance and crediting resources for the vegetables component are available in the "[Vegetables](#)" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.



## Fruits Component

The CACFP adult meal patterns require fruits at lunch and supper. Vegetables and fruits are one meal component at breakfast and may include a serving of vegetables, fruits, or both. Fruits may be offered as one of the two required meal components at snack.

The fruits component includes fresh, frozen, and dried fruits, canned fruit in juice, water, or light syrup, and pasteurized 100 percent full-strength fruit juice.

### Crediting guidance for fruits

Adult day care centers must ensure that fruits offered in CACFP menus meet the requirements below.

- **Meal pattern serving:** Fruits credit based on volume (cups), except dried fruits. The minimum creditable amount is  $\frac{1}{8}$  cup.
- **Canned fruits:** The creditable serving of canned fruit in 100 percent juice may include the juice but cannot include water or syrup. For example,  $\frac{1}{2}$  cup of diced peaches in juice credits as  $\frac{1}{2}$  cup of the fruits component.
- **Dried fruits:** 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.
- **Pureed fruits in smoothies:** Pureed fruits in smoothies credit based on the volume (cups) after pureeing. Pureed fruits in smoothies credit as juice and count toward the juice limit. For crediting guidance, refer to the CSDE's resource, [Crediting Smoothies in the Child and Adult Care Food Program](#).
- **Fruit juices:** Fruit juices must be pasteurized full-strength juices. Juice credits at only one meal or snack per day. The daily juice limit applies to all sources of 100 percent juice, including juices that are fresh, frozen, and made from concentrate, frozen juice pops made from 100 percent juice, and pureed fruits and vegetables in fruit/vegetable smoothies. Juice does not credit when used as an ingredient in another food or beverage product, except for smoothies. 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](#).
- **Beverage restriction at snack:** Only one meal component at snack may be a creditable beverage, such as milk or juice. For example, juice cannot be served when milk is the only other meal component at snack.

Additional guidance and crediting resources for the fruits component are available in the [“Fruits”](#) section of the CSDE’s Crediting Foods in the Child and Adult Care Food Program webpage.

### Grains Component

The CACFP adult meal patterns require grains at breakfast, lunch, and supper. Grains may be offered as one of the two required meal components at snack.

Grain foods must be WGR or enriched. Breakfast cereals must be WGR, enriched, or fortified. Allowable grain foods include:

- breads, biscuits, bagels, rolls, tortillas, and muffins;
- snack products, such as crackers (including sweet crackers, such as animal crackers and graham crackers), hard pretzels, hard breadsticks, tortilla chips; and popcorn;
- cereal grains, such as buckwheat, brown rice, bulgur, and quinoa;
- RTE breakfast cereals, such as puffed cereals, whole-grain round or flaked cereal, and granola (cannot exceed 6 grams of total sugars per dry ounce through September 30, 2025, and cannot exceed 6 grams of added sugars per dry ounce effective October 1, 2025);
- cooked breakfast cereals (instant and regular), such as oatmeal, farina, and cream of wheat (cannot exceed 6 grams of total sugars per dry ounce through September 30, 2025, and cannot exceed 6 grams of added sugars per dry ounce effective October 1, 2025);
- bread products used as an ingredient in another menu item, such as combination foods, e.g., breading on fish or poultry and pizza crust in pizza; and
- pasta products, such as macaroni, spaghetti, noodles, orzo, and couscous.

To credit as the grains component, these foods must be made with creditable grains. Creditable grains include whole grains, enriched grains, bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran), and germ (such as wheat germ). Bran and germ credit the same as enriched grains.

### Crediting guidance for grains

Adult day care centers must ensure that grains offered in CACFP menus meet the requirements below.

- **Meal pattern serving:** The required quantities for the grains component are in oz eq. The amount that provides 1 oz eq varies because different types of foods contain different amounts of creditable grains. For more information, refer to [“Methods to determine oz eq”](#) in this section.

- **Crediting requirements:** Grain menu items must be WGR or enriched. For information on identifying creditable grains, refer to the CSDE’s resources, [How to Identify Creditable Grains in the Child and Adult Care Food Program](#), [Crediting Whole Grains in the Child and Adult Care Food Program](#), and [Crediting Enriched Grains in the Child and Adult Care Food Program](#).
- **Breakfast cereals:** Cooked and RTE breakfast cereals must be WGR, enriched, or fortified and cannot exceed 6 grams of total sugars per dry ounce through September 30, 2025. Effective October 1, 2025, breakfast cereals cannot exceed 6 grams of added sugars per dry ounce (refer to “[Nutrition Standards and Restrictions](#)” in section 1). For crediting guidance, refer to the CSDE’s resource, [Crediting Breakfast Cereals in the Child and Adult Care Food Program](#).
- **WGR requirement:** CACFP menus must include at least one serving of WGR grains per day, between all meals and snacks served to participants. The USDA’s [CACFP best practices](#) recommend at least two servings of WGR grains per day. WGR foods 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.
- **Grain-based desserts are prohibited:** Grain-based desserts are not allowed in the CACFP. Examples include cookies, piecrusts in sweet pies, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies. For more information, visit the USDA’s [Grain-based Desserts in the Child and Adult Care Food Program](#) webpage
- **Sweet crackers:** Sweet crackers like graham crackers and animal crackers may be served in reimbursable meals and snacks. As a best practice, the USDA encourages CACFP facilities to limit sweet crackers due to their higher sugar content. The CSDE recommends limiting sweet crackers to no more than twice per week, between all meals and snacks served to in the CACFP.

Additional guidance and crediting resources for the grains component are available in the “[Grains](#)” section of the CSDE’s Crediting Foods in the Child and Adult Care Food Program webpage.

### Methods to determine oz eq

The USDA allows two methods for determining the oz eq of creditable grain products and recipes. These methods are summarized below. CACFP facilities may use either method but must document how the crediting information was obtained. For detailed guidance on how to use each method, refer to the CSDE's resource, [Calculation Methods for Grains Ounce Equivalents for the Child and Adult Care Food Program](#).

#### *Method 1: USDA's Exhibit A chart*

Method 1 uses the USDA's [Exhibit A: Grain Requirements for Child Nutrition Programs](#) chart to determine the required weight (groups A-G) or volume (groups H-I) for the grain group where the food belongs. The CSDE's resource, [Grain Ounce Equivalents Chart for the Child and Adult Care Food Program](#), indicates the applicable Exhibit A quantities and requirements for the CACFP meal patterns. Groups F and G (grain-based desserts) are not included because grain-based desserts do not credit in CACFP meals and snacks.

This method is used for commercial grain products and may also be used for standardized recipes if the menu planner knows the weight (grams or ounces) of the prepared (cooked) serving. For more information, refer to the CSDE's resource, [How to Use the Grain Ounce Equivalents Chart for the Child and Adult Care Food Program](#).

#### *Method 2: creditable grains*

Method 2 determines the oz eq from the grams of creditable grains per serving. This method is used for standardized recipes and may also be used for commercial grain products with a PFS stating the weight of creditable grains per serving. The grams of creditable grains are listed in the commercial product's PFS or calculated from the grain quantities in the CACFP facility's standardized recipe.

- **Enriched grains:** To credit as 1 oz eq of the grains component, enriched grain foods in groups A-E must contain 16 grams of creditable grains and enriched grain foods in groups H-I must contain 28 grams of creditable grains.
- **WGR foods:** To credit as 1 oz eq of a WGR food, foods in groups A-E must contain 16 grams of creditable grains (including at least 8 grams of whole grains) and foods in groups H-I must contain 28 grams of creditable grains (including at least 14 grams of whole grains).

There are some situations when adult day care centers must use method 2 and a PFS is required. For more information, refer to the CSDE's resource, [When Commercial Grain](#)

*Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program.*

For more information on oz eq, visit “[Serving Requirements](#)” in the “Grains” section of the CSDE’s Crediting Foods in the Child and Adult Care Food Program webpage.

## Crediting Resources

The resources and websites below provide information and guidance on the crediting requirements for the meal components of the CACFP adult meal patterns.

- Accepting Processed Product Documentation in the Child and Adult Care Food Program (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/accepting\\_processed\\_product\\_documentation\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/accepting_processed_product_documentation_cacfp.pdf)
- 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-cacfp-child-care-programs>
- Crediting Handbook for the Child and Adult Care Food Program (USDA):  
<https://www.fns.usda.gov/tn/crediting-handbook-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)
- Crediting Worksheets (CSDE’s Crediting Foods in the Child and Adult Care Food Program webpage):  
<https://portal.ct.gov/sde/nutrition/crediting-foods-in-cacfp-child-care-programs#CreditingWorksheets>
- Food Buying Guide for Child Nutrition Programs (USDA):  
<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>
- Food Buying Guide for Child Nutrition Programs: Training Resources (USDA):  
<https://www.fns.usda.gov/tn/food-buying-guide-training-resources>
- Noncreditable Foods in the Child and Adult Care Food Program (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/noncreditable\\_foods\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/noncreditable_foods_cacfp.pdf)



## 2 | Overview of Meal Components

- Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs):  
<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>
- Standardized Recipe Form for the Child and Adult Care Food Program (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/standardized\\_recipe\\_form\\_cacfp.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/standardized_recipe_form_cacfp.docx)
- Standardized Recipes (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):  
<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/standardized-recipes>
- Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):  
<https://www.fns.usda.gov/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>
- USDA Memo SP 05-2025, CACFP 04-2025, and SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements:  
<https://www.fns.usda.gov/cn/labeling/guidance-accepting-processed-product-documentation>
- Using Child Nutrition (CN) Labels in the Child and Adult Care Food Program (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/using\\_cn\\_labels\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/using_cn_labels_cacfp.pdf)
- Using Product Formulation Statements in the Child and Adult Care Food Program (CSDE):  
[http://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/using\\_product\\_formulation\\_statements\\_cacfp.pdf](http://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/using_product_formulation_statements_cacfp.pdf)
- Using the Nutrition Facts Label in the Child and Adult Care Food Program (USDA):  
<https://www.fns.usda.gov/tn/using-nutrition-facts-label-cacfp>
- Yield Study Data Form for the Child Nutrition Programs (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/yield\\_study\\_form.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/yield_study_form.pdf)

For more information, visit the CSDE's [Crediting Foods in the Child and Adult Care Food Program](#) webpage and [Crediting Documentation for the Child Nutrition Programs](#) webpage. The CSDE's [Resources for the Child and Adult Care Food Program Meal Patterns](#) provides a comprehensive list of resources with guidance on meeting the CACFP meal pattern and crediting requirements.



## 8 — Resources

This section includes additional resources and websites for the CACFP. More links to information on the federal and state requirements and guidance for the CACFP are available on the CSDE's [Program Guidance for CACFP Adult Day Care Centers](#) webpage. For a comprehensive list of resources on the CACFP adult meal patterns and crediting requirements, refer to the CSDE's [Resources for the Child and Adult Care Food Program Meal Patterns](#).

### Meal Pattern Legislation and Requirements

CACFP Meal Pattern Updates (CSDE's Child and Adult Care Food Program (CACFP) webpage):

<https://portal.ct.gov/sde/nutrition/child-and-adult-care-food-program#MealPatternUpdates>

CACFP Regulations (USDA webpage):

<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-226>

Child Nutrition Programs Legislation and Regulations (USDA):

<https://www.fns.usda.gov/cn/legislation-regulations>

Code of Federal Regulations (CFR) for the Child and Adult Care Food Program (7 CFR 226) (USDA):

<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-226>

Laws and Regulations for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/laws-and-regulations-for-child-nutrition-programs>

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 Forms and Production Records (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-forms-and-production-records>

Nutrition Standards for CACFP Meals and Snacks (USDA):

<https://www.fns.usda.gov/cacfp/meals-and-snacks>

Summary of Final Rule Updates to the Meal Patterns for the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/summary\\_final\\_rule\\_cacfp\\_meal\\_patterns.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/summary_final_rule_cacfp_meal_patterns.pdf)

USDA Final Rule Correction: CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 (81 FR 75671):

<https://www.federalregister.gov/documents/2016/11/01/2016-26339/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>

USDA Final Rule: Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 (81 FR 24347):

<https://www.federalregister.gov/documents/2016/04/25/2016-09412/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>

USDA Final Rule: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans (89 FR 31962):

<https://www.federalregister.gov/Documents/2024/04/25/2024-08098/Child-Nutrition-Programs-Meal-Patterns-Consistent-With-The-2020-2025-Dietary-Guidelines-For>

USDA Memo CACFP 08-2017: Questions and Answers on the Updated Meal Pattern Requirements for the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/questions-and-answers-updated-meal-pattern-requirements-child-and-adult-care-food-program>

USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program Meal Pattern:

<https://www.fns.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-cacfp>

USDA Memo CACFP 17-2017: Documenting Meals in the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/documenting-meals-child-and-adult-care-food-program>

USDA Memo SP 01-2019 and CACFP 01-2019: Guidance for FY19: Updated CACFP Meal Patterns and Updated NSLP and SBP Infant and Preschool Meal Patterns:

<https://www.fns.usda.gov/guidance-fy19-updated-cacfp-meal-patterns-and-updated-nslp-and-sbp-infant-and-preschool-meal>

USDA Memo SP 19-2024, CACFP 07-2024, and SFSP 12-2024: Initial Implementation Memorandum: Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans:

[https://fns-prod.azureedge.us/sites/default/files/resource-files/SP19\\_CACFP07\\_SFSP12-2024os.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/SP19_CACFP07_SFSP12-2024os.pdf)

## Program Guidance

CACFP Adult Day Care Centers (USDA webpage):

<https://portal.ct.gov/sde/nutrition/cacfp-adult-day-care-centers/documents>

CACFP Halftime: Thirty on Thursdays Training Webinar Series (USDA webpage):

<https://www.fns.usda.gov/cacfp-halftime-thirty-thursdays-training-webinar-series>

CACFP Handbooks (USDA webpage):

<https://www.fns.usda.gov/cacfp/cacfp-handbooks>

CACFP Training Tools (USDA webpage):

<https://www.fns.usda.gov/tn/cacfp/trainers-tools>

Child Care Nutrition and Physical Activity Policies (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/child-care-nutrition-and-physical-activity-policies>

Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/child-nutrition-programs>

Food and Nutrition Service (FNS) Documents & Resources (USDA webpage):

<https://www.fns.usda.gov/resources>

Food and Nutrition Service (FNS) Instructions (CSDE):

<https://portal.ct.gov/sde/nutrition/fns-instructions-for-child-nutrition-programs>

Food Safety for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/food-safety-for-child-nutrition-programs>

Forms for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/cacfp-adult-day-care-centers/forms>

Laws and Regulations for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/laws-and-regulations-for-child-nutrition-programs>

Manuals and Guides for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/manuals-and-guides-for-child-nutrition-programs>

Operational Memoranda for the CACFP (CSDE webpage):

<https://portal.ct.gov/sde/lists/operational-memoranda-for-the-cacfp>

Program Guidance for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/program-guidance-cacfp-adults>

Resources for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/resources-for-child-nutrition-programs>

Special Diets in the Child and Adult Care Food Program (CSDE):

<https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/medical-statements>

Training for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/sde/nutrition/training-for-child-nutrition-programs>

## Glossary

**added sugars:** Sugars and syrups added to foods in processing or preparation, as opposed to the naturally occurring sugars found in foods like fruits, vegetables, grains, and dairy products. Names for added sugars include brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, sugar, and syrup.

**Administrative Review (AR):** A periodic review of an institution's operations of the Child Nutrition Programs, conducted by the Connecticut State Department of Education to monitor performance and assess compliance with all USDA regulations.

**alternate protein products (APPs):** APPs are generally single ingredient powders that are added to foods. Examples include soy flours, soy concentrates, soy isolates, whey protein concentrate, whey protein isolates, and casein. APPs include vegetable protein products. The USDA has specific requirements for crediting APPs in Child Nutrition Programs. For crediting guidance, refer to the CSDE's resource, [Requirements for Alternate Protein Products in the Child and Adult Care Food Program](#).

**artificial sweeteners:** A category of nonnutritive sweeteners used as sugar substitutes to sweeten foods and beverages. The six artificial sweeteners approved by the FDA include acesulfame potassium (Ace-K) (e.g., Sweet One®, Sunett®, and Sweet & Safe®); advantame; aspartame (e.g., Nutrasweet®, Equal®, and Sugar Twin®); neotame (e.g., Newtame®); saccharin (e.g., Sweet and Low®, Sweet Twin®, and Necta Sweet); and sucralose (Splenda®). These nonnutritive sweeteners are calorie-free except for aspartame, which is very low in calories. For more information, refer to "nonnutritive sweeteners" in this section.

**bean dip:** A spread made from ground pulses (beans, peas, and/or lentils) with one or more of the following optional ingredients: ground nut/seed butter (such as tahini [ground sesame] or peanut butter; vegetable oil (such as olive oil, canola oil, soybean oil); seasoning (such as salt, citric acid); vegetables and juice for flavor (such as olives, roasted peppers, garlic, lemon juice); and for manufactured bean dip, ingredients necessary as preservatives and/or to maintain freshness.

**beans, peas, and lentils (pulses):** The dried edible seeds of legumes (such as beans, lentils, chickpeas, and split peas) that are one of the five vegetable subgroups recommended by the [Dietary Guidelines for Americans](#). Pulses include all beans, peas, and lentils cooked from dry, canned, or frozen, such as kidney beans, pinto beans, black beans, pink beans, black-eyed peas, garbanzo beans (chickpeas), split peas, pigeon peas, mung beans, and lentils. The meal patterns for Child Nutrition Programs allow beans, peas, and lentils to credit as either the MMA component or the vegetables component. For crediting guidance, refer to the CSDE's resource, [Crediting Beans, Peas, and Lentils in the Child and Adult Care Food Program](#).

**bran:** The seed husk or outer coating of cereal grains such as wheat, rye, and oats. Examples include oat bran, wheat bran, corn bran, rice bran, and rye bran. Bran credits the same as enriched grains.

**CACFP adult meal patterns:** The required meal components and minimum serving sizes that adult day care centers participating in the CACFP must provide to receive federal reimbursement for meals (breakfast, lunch, and supper) and snacks served to participants. For more information, visit the "[CACFP Adult Meal Patterns](#)" section of the CSDE's Meal Patterns for the Child and Adult Care Food Program webpage.

**CACFP sponsor:** A public or private nonprofit organization that is entirely responsible for the administration of the CACFP in one or more day care homes, child care centers, emergency shelters, at-risk afterschool care centers, or adult day care centers. In some situations, for-profit institutions may also be eligible to participate in the CACFP. For more information, refer to the section [7 CFR 226.2](#) of the CACFP regulations.

**cereal grains:** The seeds that come from grasses. Cereal grains can be whole grain (such as amaranth, barley, buckwheat, corn, millet, oats, quinoa, rice, rolled wheat, rye, sorghum, triticale, wheat, and wheat berries) or enriched (such as enriched cornmeal, corn grits, and farina).

**Child and Adult Care Food Program (CACFP):** The USDA's federally assisted meal program providing nutritious meals and snacks to children in child care centers, family day care homes, and emergency shelters, and snacks and suppers to children participating in eligible at-risk afterschool care programs. The CACFP also provides meals and snacks to adults who receive care in nonresidential adult day care centers. For more information, visit the USDA's [CACFP](#) webpage and the CSDE's [CACFP](#) webpage.

**Child Nutrition (CN) label:** A statement approved by the USDA that clearly identifies the contribution of a food product toward the meal pattern requirements, based on the USDA's evaluation of the product's formulation. Products eligible for CN labels include main dish entrees that provide at least ½ oz eq of the MMA component, e.g., beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, and breaded fish portions. CN labels usually indicate the contribution of other meal components (such as vegetables, grains, and fruits) that are part of these products. For more information, refer to the CSDE's resource, [Using Child Nutrition \(CN\) Labels in the Child and Adult Care Food Program](#), and visit the "Child Nutrition Labels" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

**Child Nutrition Programs:** The USDA's federally funded programs that provide nutritious meals and snacks to children, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP), Special Milk Program (SMP), Summer Food Service Program (SFSP), Seamless Summer Option (SSO) of the NSLP, Fresh Fruit and Vegetable Program (FFVP), and Child and Adult Care Food Program (CACFP). The CACFP also provides nutritious meals and snacks to the frail elderly in adult day care centers. For more information, visit the CSDE's [Child Nutrition Programs](#) webpage.

**combination foods:** Foods that contain more than one meal component, such as pizza, burritos, tacos, lasagna, chicken stir-fry, and smoothies made with milk and fruit. For example, macaroni and cheese contains pasta (grains component) and cheese (MMA component). Combination foods generally cannot be separated (such as pizza and burritos) or are not intended to be separated (such as a hamburger on a bun or turkey sandwich).

**corn masa:** Dough made from masa harina that is used for making corn products such as tortillas, tortilla chips, and tamales. Corn masa is nixtamalized and credits as a whole grain. For more information, refer to "nixtamalization" in this section.

**cornmeal:** Meal made from ground, dried corn.

**creditable food:** A food or beverage that counts toward the meal pattern requirements for a reimbursable meal or snack in the USDA Child Nutrition Programs. For more information, visit the CSDE's [Guide to Meeting the Crediting Requirements for the CACFP](#) and visit the [Crediting Foods in the Child and Adult Care Food Program](#) webpage.

**creditable grains:** The ingredients in a commercial grain product or standardized recipe that credit toward the grains component. Creditable grains include whole grains, enriched grains, bran, and germ.

**deep-fat frying:** Cooking by submerging food in hot oil or other fat. The CACFP prohibits deep-fat frying foods on site.

**Dietary Guidelines for Americans:** A federal document that provides science-based advice for Americans ages 2 and older to promote health and reduce risk for chronic diseases through diet and physical activity. The U.S. Department of Health and Human Services and the U.S. Department of Agriculture jointly publish the *Dietary Guidelines* every five years. This document forms the basis of federal food, nutrition education and information programs. For more information, visit the [Dietary Guidelines for Americans](#) webpage.

**disability:** A condition in which a person has a physical or mental impairment that substantially limits one or more major life activities, has a record of such an impairment, or is regarded as having such an impairment. For more information, refer to the CSDE's [Guide to Meal Modifications in CACFP Adult Day Care Centers](#).

**edible portion:** The portion of a food that can be eaten after the nonedible parts are removed, for example, cooked lean meat without bone, and fruit without seeds or pits.

**enriched grains:** Refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have some vitamins and minerals added to replace the nutrients lost during processing. The five enrichment nutrients are added within limits specified by the FDA, and include thiamin (B<sub>1</sub>), riboflavin (B<sub>2</sub>), niacin (B<sub>3</sub>), folic acid, and iron. For more information, refer to the CSDE's resource, [Crediting Enriched Grains in the Child and Adult Care Food Program](#).

**enrichment:** Adding back nutrients (usually vitamins or minerals) originally present in a food that were lost during processing. Enrichment nutrients are added back in approximately the same levels as were originally present in the food. For more information, refer to "enriched grains" in this section.

**Exhibit A chart:** A USDA chart that indicates the required weight (groups A-G) or volume (groups H-I) for different types of grain foods to provide 1 oz eq of the grains component. The CSDE's resource, [Grain Ounce Equivalents Chart for the Child and Adult Care Food Program](#), lists the Exhibit A grain oz eq that apply to the CACFP. This chart may be used to determine the grain oz eq for commercial grain products and for recipes that indicate the weight of the prepared (cooked) serving. For more information, refer to the USDA's [Exhibit A: Grain Requirements for Child Nutrition Programs](#).

**flour:** Finely ground and sifted wheat or other grains such as rye, corn, rice, or buckwheat.



**fluid milk substitutes:** Nondairy beverages (such as soy milk) that can be used as a substitute for fluid milk in the USDA Child Nutrition Programs. For reimbursable meals and snacks, nondairy beverages served to participants without disabilities must comply with the USDA nutrition standards for milk substitutes. For more information, refer to the CSDE’s resource, [Allowable Fluid Milk Substitutes for Non-disability Reasons for Adult Participants in the Child and Adult Care Food Program](#), and visit the “Milk Substitutes” section of the CSDE’s Special Diets in the Child and Adult Care Food Program webpage.

**food item:** A specific food offered within the meal components that comprise reimbursable meals in the CACFP. A food item may contain one or more meal components or more than one serving of a single component. For example, macaroni and cheese is one food item that provides two meal components (grains and MMA). A 2-ounce whole grain bagel is one food item that provides 2 oz eq of grains.

**food-based menu planning:** A type of menu planning for the USDA’s Child Nutrition Programs that uses a meal pattern with specific meal components in certain amounts based on specific age/grade groups. For more information, refer to “meal components” in this section.

**fortification:** Adding nutrients (usually vitamins or minerals) that were not originally present in a food or beverage or adding nutrients at levels that are higher than originally present. Fortification is used for naturally nutrient-rich products based on scientifically documented health needs (e.g., fortifying milk with vitamin D to increase the body’s absorption of calcium), or to enhance the perceived nutritional value of products with little or no natural nutritional value, e.g., an “energy” bar made from processed flour that is fortified with multiple vitamins and minerals. Fortification nutrients are added to products in varying amounts, from small percentages up to amounts greater than recommended intakes.

**fruits component:** The meal component of the USDA meal patterns that is comprised of fruits (fresh, frozen, canned, and dried) and pasteurized full-strength juice. For more information, visit the “Fruits” section of the CSDE’s Crediting Foods in the Child and Adult Care Food Program webpage.

**full meal component:** The minimum quantity of each meal component that is required in the CACFP adult meal patterns for each meal or snack.

**full serving:** Refer to “full component” in this section.

**full-strength fruit or vegetable juice:** An undiluted product obtained by extraction from sound fruit. Full-strength juice may be fresh, canned, frozen or reconstituted from concentrate and may be served in either liquid or frozen state. The name of the full-strength fruit juice on the label must include one of the following terms: “juice,” “full-strength juice,” “100 percent juice,” “reconstituted juice,” or “juice from concentrate.” **Note:** Juice may credit as either the vegetables component or fruits component at only one meal or snack per day. For more information, refer to the CSDE’s resource, [Crediting Juices in the Child and Adult Care Food Program](#).

**germ:** The vitamin-rich sprouting section of the whole-grain kernel. Germ credits the same as enriched grains.

**grain-based desserts:** Desserts that are made primarily of grains and that do not credit in CACFP menus. Examples include brownies, cookies, cakes, cupcakes, coffee cakes, cinnamon streusel quick breads, piecrusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, sweet scones (e.g., blueberry, orange cranberry, and chocolate chip), sweet croissants (e.g., chocolate or almond filled), sweet rice puddings (e.g., cinnamon and vanilla), sweet bread puddings (e.g., made with cinnamon, fruits, chocolate, or icing), and sweet pita chips (e.g., cinnamon sugar). Sweet crackers (like graham crackers and animal crackers) are not included in the restrictions for grain-based desserts.

**grains component:** The meal component of the USDA meal patterns that is comprised of cereal grains and products made from their flours. Creditable grain foods include products and recipes that are WGR or enriched. Creditable cooked and RTE breakfast cereals include products that are WGR, enriched, or fortified; and meet the limit for sugars (refer to “[Nutrition Standards and Restrictions](#)” in section 1). For more information, visit the “[Grains](#)” section of the CSDE’s Crediting Foods in the Child and Adult Care Food Program webpage.

**grains:** Plants in the grass family that produce a dry, edible fruit commonly called a kernel, grain, or berry.

**lactose:** The naturally occurring sugar found in milk. Lactose contains glucose and galactose. For more information, refer to “simple carbohydrates (sugars) in this section.

**lean meat and poultry:** Defined by the [Dietary Guidelines for Americans](#) as meat and poultry that contains less than 10 grams of fat, no more than 4.5 grams of saturated fat, and less than 95 milligrams of cholesterol per 100 grams and per labeled serving size, based on the USDA’s definitions for food label use. Examples include 95% lean cooked ground beef, beef top round steak or roast, beef tenderloin, pork top loin chop or roast, pork tenderloin, ham or turkey deli slices, skinless chicken breast, and skinless turkey breast.

**legumes:** Plants that grow in pods. Legumes include pulses, which are the edible dried seeds of plants in the legume family, such as beans, lentils, chickpeas, and split peas. Pulses include all beans, peas, and lentils cooked from dry, canned, or frozen, such as kidney beans, pinto beans, black beans, pink beans, black-eyed peas, garbanzo beans (chickpeas), split peas, pigeon peas, mung beans, and lentils. The meal patterns for Child Nutrition Programs allow beans, peas, and lentils to credit as either the MMA component or the vegetable component. For more information, refer to “Pulses” in this section.

**main dish:** The main dish is generally considered the main food item in the menu, which is complemented by the other food items. Examples of main dish items include pizza, chicken stir-fry, and chef’s salad with ham, hard-boiled egg, and cheese.

**meal components:** The five food groups that comprise reimbursable meals in the USDA Child Nutrition Programs, including milk, fruits, vegetables, grains, and meats/meat alternates. For information on the individual meal components, visit the CSDE’s [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.

**meal pattern:** The required meal components and minimum servings that schools and institutions participating in the USDA’s Child Nutrition Programs must provide to receive federal reimbursement for meals and snacks served to participants. For more information, refer to section 1.

**meals:** Refer to “reimbursable meals” in this section.

**meat alternates:** Foods that provide similar protein content to meat. Meat alternates include alternate protein products, cheese, eggs, cooked dry beans or peas, nuts and seeds and their butters (except for acorn, chestnut, and coconut), tofu and other soy products that contain at least 5 grams of protein 2.2 ounces (weight) or ¼ cup (volume), tempeh, and yogurt or soy yogurt that meets the limit for sugars (refer to “[Nutrition Standards and Restrictions](#)” in section 1). 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.

**meats/meat alternates component:** The meal component of the USDA meal patterns that includes meats (e.g., beef, poultry, and fish) and meat alternates, such as eggs, cheese, yogurt, beans, peas, and lentils, and nuts, and seeds. 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.

**medical statement:** A document signed by a state-licensed healthcare professional or registered dietitian that identifies the specific medical conditions and appropriate meal modifications for a participant with special dietary needs due to disability or non-disability reasons. The USDA requires that medical statements for disability reasons must include: 1) information about the participant's physical or mental impairment that is sufficient to allow the adult day care center to understand how it restricts the participant's diet; 2) an explanation of what must be done to accommodate the participant's disability; and 3) if appropriate, the food or foods to be omitted and recommended alternatives. For more information, refer to the CSDE's [Guide to Meal Modifications in CACFP Adult Day Care Centers](#) and visit the "[Medical Statements](#)" section of the CSDE's Special Diets in the Child and Adult Care Food Program webpage.

**menu item:** Any planned main dish, vegetable, fruit, bread, grain, or milk that is part of the reimbursable meal. Menu items consist of food items.

**menu of record:** The official menu that documents exactly what is served each day in the adult day care center. This provides a record of the meal components and portion sizes served to all enrolled participants and provides documentation for the number of CACFP meals claimed for reimbursement.

**milk component:** The meal component of the USDA meal patterns that includes pasteurized fluid milk that meets the fat content and flavor restrictions of the USDA regulations. The milk component also includes fluid milk substitutes that meet the USDA's nutrition standards for fluid milk substitutes. For more information, refer to "fluid milk substitutes " in this section and visit the "[Milk](#)" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

**noncreditable foods:** Foods and beverages that do not count toward the meal patterns for the USDA's Child Nutrition Programs. Noncreditable foods include foods and beverages in amounts that are too small to credit and foods and beverages that do not belong to the meal components. For more information, refer to the CSDE's resource, [Noncreditable Foods in the Child and Adult Care Food Program](#).

**noncreditable grains:** Grain ingredients and products that do not contribute toward the grains component of the CACFP adult meal patterns. Examples include fiber and modified food starch (including potato, legume, and other vegetable flours). For a list of noncreditable grains, refer to the CSDE's [Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program](#).

**nonnutritive sweeteners:** Ingredients without calories that are hundreds of times sweeter than sugars and that are used as sugar substitutes to sweeten foods and beverages. Nonnutritive sweeteners include the six FDA-approved artificial sweeteners (acesulfame potassium (Ace-K), advantame, aspartame, neotame, saccharin, and sucralose) and three plant-based sweeteners (stevia, monk fruit, and thaumatin) that are [Generally Recognized as Safe \(GRAS\)](#) by the FDA. For more information on nonnutritive sweeteners, refer to [“Additional Information about High-Intensity Sweeteners Permitted for Use in Food in the United States”](#) on the FDA’s webpage.

**nutrient-dense foods:** Foods and beverages that provide vitamins, minerals, and other substances that contribute to adequate nutrient intakes or may have positive health effects, and contain little or no solid fats, added sugars, refined starches, or sodium. Ideally, these foods and beverages are also in forms that retain naturally occurring components, such as dietary fiber. Examples include all vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry (when prepared with little or no added solid fats, sugars, refined starches, and sodium). The term “nutrient dense” indicates the nutrients and other beneficial substances in a food have not been “diluted” by the addition of calories from added solid fats, sugars, or refined starches, or by the solid fats naturally present in the food.

**nutrient-rich foods:** Refer to “nutrient-dense foods” in this section.

**nutrition standards for fluid milk substitutes:** The nutrition requirements for nondairy beverages (such as soy milk) used as fluid milk substitutes in the USDA Child Nutrition Programs. The USDA requires that any fluid milk substitutes are nutritionally equivalent to cow’s milk and meet the following nutrients based on a 1-cup serving (8 fluid ounces): 276 milligrams (mg) of calcium; 8 grams (g) of protein; 150 micrograms (mcg) retinol activity equivalents (RAE) of vitamin A; 2.5 mcg of vitamin D; 24 mg of magnesium; 222 mg of phosphorus; 349 mg of potassium; 0.44 mg of riboflavin; and 1.1 micrograms (mcg) of vitamin B-12. For more information, refer to the CSDE’s resource, [Allowable Fluid Milk Substitutes for Non-disability Reasons for Adult Participants in the Child and Adult Care Food Program](#), and visit the [“Milk Substitutes”](#) section of the CSDE’s Special Diets in the Child and Adult Care Food Program webpage.

**nutritive sweeteners:** Sugars and sweeteners that contain calories and are used to sweeten foods and beverages. Examples include brown rice syrup, brown sugar, corn sweetener, corn syrup, corn syrup solids, dextrin, dextrose, fructose, fruit juice concentrate, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, maple syrup, nectars (e.g., peach nectar, pear nectar), raw sugar, sorghum syrup, sucrose, and syrup. For more information, refer to “added sugars” in this section.

**ounce equivalent (oz eq):** A weight-based unit of measure for the grains component and MMA component of the CACFP meal patterns. The amount of a grain food that provides 1 oz eq varies because different types of foods contain different amounts of creditable grains. The amount of meat or meat alternate that provides 1 oz eq is sometimes more than a measured ounce, depending on the food's density and nutrition content. For more information, refer to the CSDE's resources, [Crediting Commercial Meat/Meat Alternate Products in the Child and Adult Care Food Program](#) and [Grain Ounce Equivalents Chart for the Child and Adult Care Food Program](#), and visit "[Serving Requirements](#)" in the "Grains" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

**potable water:** Water that is safe for human consumption.

**pre-fried foods:** Commercially prepared foods such as meats, poultry, fish, and vegetables that are fried by the manufacturer during preparation. These foods are usually cooked by the food service operation in the oven or microwave. Pre-fried foods include refrigerated or frozen items that are breaded or battered, most frozen potato products, and most frozen products described as "crispy" or "crunchy." Examples include chicken nuggets, chicken patties, fish sticks, french fries, tater tots, hash browns, and onion rings.

**product formulation statement (PFS):** An information statement developed by manufacturers that provides specific information about how a product credits toward the USDA's meal patterns, and documents how this information is obtained citing Child Nutrition Program resources or regulations. All creditable ingredients in the PFS must match a description in the USDA's [Food Buying Guide for Child Nutrition Programs](#). The PFS must be prepared on company letterhead with the signature of a company official and the date of issue. A PFS does not provide any warranty against audit claims. The USDA requires that CACFP facilities must check the manufacturer's crediting information for accuracy prior to including the product in reimbursable meals. For more information, refer to the CSDE's resources, [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](#), and visit the "[Product Formulation Statements](#)" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

**production record:** A working tool that outlines the type and quantity of foods used to prepare CACFP meals and snacks. Production records demonstrate how meals contribute to the required meal components, food items or menu items for each day of operation. Production records are required for CACFP child care centers that follow the NSLP meal pattern and are strongly encouraged for all CACFP sponsors. For more information, refer to section 3 of the CSDE's [Guide to Menu Documentation for the Child and Adult Care Food Program](#) and [Using Production Records in the Child and Adult Care Food Program](#), and visit the "[Menu Forms and Production Records](#)" section of the CSDE's Meal Patterns for CACFP Child Care Programs webpage.

**pulses:** The edible dry seeds from legumes, such as beans, lentils, chickpeas, and split peas. For more information, refer to “legumes” in this section.

**recognizable food item:** A food that is visible in the offered meal or snack and allows participants to identify the food groups and amounts recommended for consumption at mealtime. Foods must be recognizable to credit in CACFP meals and snacks. The USDA allows some exceptions, such as yogurt blended in fruit or vegetable smoothies, pureed fruits and vegetables in smoothies, and pasta made with 100 percent vegetable flour.

**refined grains:** Grains that have been processed to remove the bran and germ, making the product less nutritious than whole grains. Refined grains may or may not be enriched. For more information, refer to “enriched grains” in this section.

**registered dietitian (RD) or registered dietitian nutritionist (RDN):** The Commission on Dietetic Registration defines a RD and RDN as someone who has completed a minimum of a bachelor’s degree at a U.S. regionally accredited university or college and course work accredited or approved by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics (AND); completed an ACEND-accredited supervised practice program at a health-care facility, community agency, or a foodservice corporation or combined with undergraduate or graduate studies; passed a national examination administered by the Commission on Dietetic Registration (CDR); and completed continuing professional educational requirements to maintain registration. For more information, visit the AND’s [What is a Registered Dietitian Nutritionist](#) website and the CDR’s [Registered Dietitian \(RD\) or Registered Dietitian Nutritionist \(RDN\) Certification](#) website.

**reimbursable meals and snacks:** Meals and snacks that meet the meal pattern requirements of the USDA regulations and are eligible for USDA funds. Reimbursable meals and snacks contain the minimum serving of each required meal component.

**serving size or portion:** The weight, measure, or number of pieces or slices of a food or beverage. For meals and snacks to be reimbursable, adult day care centers must provide the minimum servings specified in the CACFP adult meal patterns.

**sodium:** A mineral that helps maintain the body’s fluid balance and blood pressure. Diets that are high in sodium can increase the risk of high blood pressure in individuals who are sodium sensitive.

**standard of identity:** A legal or regulatory definition that specifies the required ingredients, composition, and sometimes processing methods for a particular food product. These standards ensure that products labeled with a certain name meet specific criteria for quality and content, helping to protect consumers and maintain consistency in the marketplace. The USDA develops standards for meat and poultry products. The FDA develops standards for other food products. For more information, visit the FDA’s [Standards of Identity for Food](#) webpage.



**standardized recipe:** A recipe 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. Standardized recipes include specific information such as ingredients, weights and measures, preparation directions, serving directions, yield, and portion size. For more information, refer to the Culinary 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.

**state-licensed healthcare professional:** An individual who is authorized to write medical prescriptions under state law and is recognized by the State Department of Public Health (DPH). In Connecticut, recognized medical authorities include physicians (MD), physician assistants (PA) and certified physician assistants (PAC), doctors of osteopathy (DO), and advanced practice registered nurses (APRN), i.e., nurse practitioners, clinical nurse specialists, and certified nurse anesthetists who are licensed as APRNs. For more information, refer to the CSDE’s [Guide to Meal Modifications in CACFP Adult Day Care Centers](#) and visit the “[Medical Statements](#)” section of the CSDE’s Special Diets in the Child and Adult Care Food Program webpage.

**sugar alcohols (polyols):** A type of carbohydrate used as sugar substitutes to sweeten foods and beverages. Sugar alcohols are incompletely absorbed and metabolized by the body and contribute fewer calories than most sugars. They also perform other functions such as adding bulk and texture to foods. Common sugar alcohols include sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt, and hydrogenated starch hydrolysates (HSH). Products with sugar alcohols are often labeled “sugar free.” Large amounts of sugar alcohols may cause bloating, gas, or diarrhea. For more information, refer to “nonnutritive sweeteners” in this section.

**sugars:** Refer to “added sugars” and “simple carbohydrates” in this section.

**surimi:** Pasteurized, ready-to-eat, restructured seafood product usually made from pollock (fish). A 3-ounce serving of surimi credits as 1 oz eq of the MMA component.

**tempeh:** A highly nutritious fermented soybean cake traditionally made from whole soybeans. A 1-ounce serving of tempeh credits as 1 oz eq of the MMA component. This method of crediting applies only to tempeh products whose ingredients are limited to soybeans (or other beans, peas, and lentils), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs.

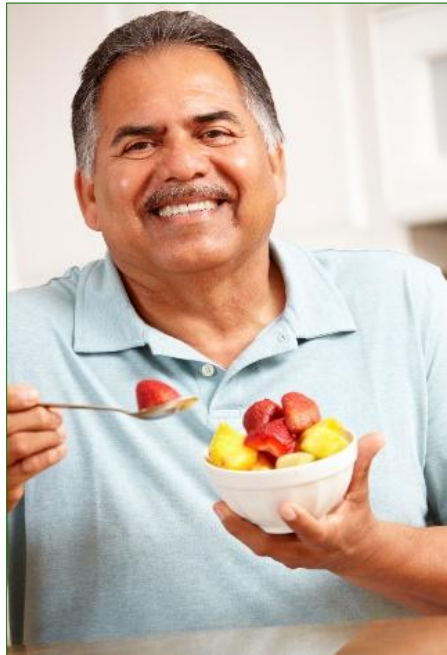


**vegetable subgroups:** The five categories of vegetables within the vegetables food group that are recommended by the [Dietary Guidelines for Americans](#). These subgroups include dark green, red/ orange, beans, peas, and lentils, starchy, and other vegetables. The CACFP adult meal patterns do not require the vegetable subgroups. However, the USDA's [CACFP best practices](#) recommend providing at least one serving of each vegetable subgroup per week. For more information, refer to the CSDE's resource, [Vegetable Subgroups in the Child and Adult Care Food Program](#).

**vegetables component:** The meal component of the USDA meal patterns that is comprised of vegetables (fresh, frozen, canned, and dried) and pasteurized full-strength juice. Vegetable juice cannot exceed half of the weekly vegetable offerings. For more information, visit the ["Vegetables"](#) section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

**whole grain-rich (WGR):** Foods that are 100 percent whole grain or contain at least 50 percent whole grains and any other grain ingredients are enriched. 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 ["Whole Grain-rich Requirement"](#) in the "Grains" section of the Crediting Foods in School Nutrition Programs webpage.

**whole grains:** Grains that consist of the entire kernel, including the starchy endosperm, the fiber-rich bran, and the nutrient-rich germ. All grains start out as whole grains, but many are processed to remove the bran and germ, which also removes many of the nutrients. Whole grains are nutrient rich, containing vitamins, minerals, fiber, antioxidants, and health-enhancing phytonutrients such as lignans and flavonoids. Examples of whole grains include whole wheat, whole oats, oatmeal, whole-grain cornmeal, brown rice, whole rye, whole barley, wild rice, buckwheat, and bulgur (cracked wheat). For more information, refer to the CSDE's resource, [Crediting Whole Grains in the Child and Adult Care Food Program](#).







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