

Sample Cold Lunch and Supper Menus for Child Care Centers and Family Day Care Homes in the Child and Adult Care Food Program

This document provides guidance and sample cold lunch and supper menus for ages 3-5 in child care centers, emergency shelters, at-risk afterschool care centers, and family day care homes that participate in the U.S. Department of Agriculture’s (USDA) Child and Adult Care Food Program (CACFP). These sample menus are based on the CACFP meal patterns for children, including the updates required by the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#).

For information on the CACFP meal patterns for children, visit the Connecticut State Department of Education’s (CSDE) [Meal Patterns for the Child and Adult Care Food Program](#) webpage. For information on the crediting requirements, visit the CSDE’s [Crediting Foods in the Child and Adult Care Food Program](#) webpage and [Crediting Documentation for the Child Nutrition Programs](#) webpage.



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Overview of Lunch and Supper Meal Pattern Requirements

The CACFP lunch and supper meal pattern for ages 3-5 requires minimum servings of five meal components, including $\frac{3}{4}$ cup of unflavored low-fat (1%) or fat-free milk, $1\frac{1}{2}$ ounce equivalents (oz eq) of meats/meat alternates, $\frac{1}{4}$ cup of vegetables, $\frac{1}{4}$ cup of fruits, and $\frac{1}{2}$ oz eq of grains. Vegetables may substitute for the entire fruits component at any lunch or supper.

Each meal component must provide at least the minimum meal pattern serving. CACFP menus may include additional foods or larger servings beyond the minimum requirements. Serve nutrient-dense foods that are appropriate to children's nutrition needs.

Menu planners should consider the meal pattern requirements and recommendations below when planning CACFP menus. For guidance on crediting foods, refer to the CSDE's [Crediting Summary Charts for the Child and Adult Care Food Program](#) and visit the CSDE's [Crediting Foods in the Child and Adult Care Food Program](#) webpage and [Crediting Documentation for the Child Nutrition Programs](#) webpage.

Meats/meat alternates (MMA) component

- The MMA must be served in the main dish or the main dish and one other food item.
- The serving size of MMA refers to the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, fillers, or other ingredients. Commercial processed products (such as combination entrees, deli meats, hot dogs, and sausages) require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. For more information, refer to the CSDE's resources, [Crediting Commercial Meat/Meat Alternate Products in the Child and Adult Care Food Program](#) and [Crediting Deli Meats in the Child and Adult Care Food Program](#).
- Beans, peas, and lentils credit as either the MMA component or the vegetables component but one serving cannot credit as both meal components in the same meal. For more information, refer to the CSDE's resource, [Crediting Beans, Peas, and Lentils in the Child and Adult Care Food Program](#).
- Nut and seed butters credit by volume (tablespoons) not weight. For more information, refer to the CSDE's resource, [Crediting Nuts and Seeds in the Child and Adult Care Food Program](#).

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- Yogurt and soy yogurt cannot exceed 12 grams of added sugars per 6 ounces (no more than 2 grams of added sugars per ounce). For more information, refer to the CSDE's resource, [Crediting Yogurt in the Child and Adult Care Food Program](#).
- The USDA's [CACFP best practices](#) recommend serving only lean meats, nuts, and beans, peas, and lentils; limiting processed meats to one serving per week; and serving only low-fat or reduced-fat natural cheese.

For more information, visit the "[Meats and Meat Alternates](#)" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

Fruits component and vegetables component

- Vegetables may substitute for the entire fruits component at any lunch or supper. The two vegetable servings must be different kinds.
- Dried fruits credit as twice the volume served. For example, $\frac{1}{4}$ cup of raisins credits as $\frac{1}{2}$ cup of the fruits component.
- Raw leafy greens such as lettuce or spinach credit as half the volume served. For example, $\frac{1}{2}$ cup of lettuce credits as $\frac{1}{4}$ cup of the vegetables component.
- Pasteurized full-strength juice credits as either the vegetables component or fruits component at only one meal or snack per day. The juice limit includes fruit and vegetable juice, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. Before planning juice at snack, make sure that the other daily meals and snacks do not contain juice. For more information, refer to the CSDE's resources, [Crediting Juices in the Child and Adult Care Food Program](#) and [Crediting Smoothies in the Child and Adult Care Food Program](#).
- The USDA's [CACFP best practices](#) recommend serving whole fruits (fresh, frozen, canned, and dried) more often than juice.

For more information, visit the "[Fruits](#)" section and the "[Vegetables](#)" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

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Grains component

- At least one serving of grains per day must be whole grain-rich (WGR). The USDA's [CACFP best practices](#) recommend at least two servings of WGR grains per day. To meet the CACFP WGR criteria, foods must contain at least 50 percent whole grains and the remaining grain ingredients must be enriched, bran, or germ. For more information, refer to the CSDE's [Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program](#) and visit "[Whole Grain-rich Requirement](#)" in the "Grains" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.
- To credit as the required oz eq, the serving of grain products and recipes must provide either: 1) the required serving weight (groups A-E) or volume (groups H-I) in the USDA's Exhibit A chart (refer to the CSDE's resources, [Grain Ounce Equivalents Chart for the Child and Adult Care Food Program](#) and [How to Use the Grain Ounce Equivalents Chart for the Child and Adult Care Food Program](#)); or 2) the minimum creditable grains per serving (refer to the CSDE's resources, [Calculation Methods for Grains Ounce Equivalents for the Child and Adult Care Food Program](#) and [When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program](#)). For more information, visit "[Serving Requirements](#)" in the "Grains" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.
- Grain-based desserts do not credit. Examples include cookies, piecrusts in sweet pies, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies. Sweet crackers (such as graham crackers and animal crackers) are allowed but the CSDE recommends limiting them to no more than twice per week between all meals and snacks. For more information, visit the USDA's [Grain-based Desserts in the Child and Adult Care Food Program](#) webpage,
- Breakfast cereals must be WGR, enriched, or fortified and cannot exceed 6 grams of added sugars per dry ounce. For more information, refer to the CSDE's resources, [Crediting Breakfast Cereals in the Child and Adult Care Food Program](#), [Worksheet for Crediting Cooked Breakfast Cereals in the CACFP](#), and [Worksheet for Crediting Ready-to-eat \(RTE\) Breakfast Cereals in the CACFP](#).

For more information, visit the "[Grains](#)" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

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Milk component

- The CACFP meal patterns for ages 3-5 require unflavored low-fat (1%) or fat-free milk.

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

Noncreditable foods

Noncreditable foods are foods and beverages that do not count toward the meal components for reimbursable meals and snacks in the CACFP meal patterns. They include:

- foods and beverages served in amounts too small to credit, i.e., less than $\frac{1}{4}$ oz eq for the grains component and MMA component and less than $\frac{1}{8}$ cup for the fruits component and vegetables component; and
- foods and beverages that do not belong to any meal component, such as potato chips, pudding, ice cream, gelatin, cream cheese, bacon, condiments (e.g., syrup, jam, ketchup, mustard, mayonnaise, and butter), and water.

CACFP facilities may serve certain noncreditable foods in addition to the meal components to add variety, help improve acceptability of meals and snacks, and satisfy appetites. Examples include maple syrup on pancakes, salad dressing on tossed greens, and condiments such as ketchup or mustard on sandwiches and other entrees.

CACFP funds cannot be used to purchase noncreditable foods, except for condiments served with creditable foods, and herbs and spices used to prepare and enhance the flavor of meals. For example, CACFP funds cannot be used to purchase grain-based desserts, gelatin, pudding, or canned cream soups. For more information, refer to the CSDE’s resource, [Noncreditable Foods in the Child and Adult Care Food Program](#).

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Required Crediting Documentation

CACFP facilities must be able to document that CACFP menus provide the minimum portion of each required meal component. Menu planners must use the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine how foods credit and the amount that provides the required meal pattern serving.

Commercial processed foods not listed in the FBG require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. The USDA requires that CACFP facilities must verify PFS forms for accuracy prior to purchasing, serving, and claiming the product in reimbursable meals and snacks. For information on crediting documentation for processed foods, refer to the CSDE's resources, [Using Child Nutrition \(CN\) Labels in the Child and Adult Care Food Program](#), [Using Product Formulation Statements in the Child and Adult Care Food Program](#), and [Accepting Processed Product Documentation in the Child and Adult Care Food Program](#).

Foods made from scratch must have a recipe that documents the crediting information per serving. The USDA recommends using standardized recipes because they ensure accurate meal component contributions and document that menus meet the meal pattern requirements. The USDA defines a standardized recipe as one that has been tried, adapted, and retried at least three times and has been found to produce the same good results and yield every time when the exact procedures are used with the same type of equipment and the same quantity and quality of ingredients.

For information on standardized recipes, refer to the Institute of Child Nutrition's [Recipe Standardization Guide for the Child and Adult Care Food Program](#) and visit the "[Standardized Recipes](#)" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

Additional guidance is available on the CSDE's [Crediting Documentation for the Child Nutrition Programs](#) webpage. Training on the requirements for CN labels and PFS forms is available in Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products, of the CSDE's training program, [What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs](#).

Sample Cold Lunch and Supper Menus for Child Care Centers and Family Day Care Homes in the Child and Adult Care Food Program

Sample Lunch and Supper Menus

This section contains six sample cold lunch and supper menus. The servings in each menu meet at least the minimum requirements of the CACFP meal patterns for children and are indicated after each menu item. Servings may be adjusted as appropriate for other ages.

Notes for the numbers indicated after some menu items are located at the end of the sample menus (refer to "[Menu Planning Notes](#)" in this document).

The CSDE's sample menus are intended for informational purposes and do not guarantee compliance with the CACFP meal patterns for children. Crediting information for local child care menus will vary depending on the types of foods purchased by the CACFP facility, and the recipes and preparation techniques used by CACFP staff. CACFP facilities are responsible for ensuring that their menus meet the CACFP meal patterns for children and maintaining appropriate crediting documentation on file (refer to "[Required Crediting Documentation](#)" in this document).

Sample Cold Lunch and Supper Menus for Child Care Centers and Family Day Care Homes in the Child and Adult Care Food Program

Week 1

Meal Pattern Contribution

Day 1

- | | |
|---|---|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, $\frac{3}{4}$ cup • <i>Ham sandwich:</i>
Ham, $1\frac{1}{4}$ ounces ¹
Reduced-fat cheese, $\frac{1}{2}$ ounce
Whole-grain bread WGR, $\frac{1}{2}$ ounce
Shredded lettuce, $\frac{1}{4}$ cup ²
Tomato slices, $\frac{1}{4}$ cup • Orange slices, $\frac{1}{4}$ cup | <p>Milk component, $\frac{3}{4}$ cup</p> <p>MMA component, 1 oz eq
MMA component, $\frac{1}{2}$ oz eq
Grains component, $\frac{1}{2}$ oz eq
Vegetables component, $\frac{1}{8}$ cup
Vegetables component, $\frac{1}{4}$ cup
Fruits component, $\frac{1}{4}$ cup</p> |
|---|---|

Day 2

- | | |
|--|---|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, $\frac{3}{4}$ cup • Sliced turkey, $1\frac{3}{4}$ ounces ¹ • Whole-grain crackers WGR, $\frac{1}{2}$ ounce • Marinated lentil salad, $\frac{1}{4}$ cup lentils • Apple slices, $\frac{1}{4}$ cup | <p>Milk component, $\frac{3}{4}$ cup</p> <p>MMA component, $1\frac{1}{2}$ oz eq ¹
Grains component, $\frac{1}{2}$ oz eq
Vegetables component, $\frac{1}{4}$ cup
Fruits component, $\frac{1}{4}$ cup</p> |
|--|---|

Day 3

- | | |
|---|--|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, $\frac{3}{4}$ cup • Low-fat cottage cheese, $\frac{3}{8}$ cup • Enriched rye bread, $\frac{1}{2}$ ounce • Cucumber slices, $\frac{1}{4}$ cup • Fruit salad, $\frac{1}{4}$ cup | <p>Milk component, $\frac{3}{4}$ cup</p> <p>MMA component, $1\frac{1}{2}$ oz eq
Grains component, $\frac{1}{2}$ oz eq
Vegetables component, $\frac{1}{4}$ cup
Fruits component, $\frac{1}{4}$ cup</p> |
|---|--|

Day 4

- | | |
|---|---|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, $\frac{3}{4}$ cup • Sunflower butter, 3 tablespoons • Strawberry jam, 1 teaspoon • Enriched cinnamon bread, $\frac{1}{2}$ ounce • Cucumber slices, $\frac{1}{4}$ cup • Fresh berries, $\frac{1}{4}$ cup | <p>Milk component, $\frac{3}{4}$ cup</p> <p>MMA component, $1\frac{1}{2}$ oz eq
None
Grains component, $\frac{1}{2}$ oz eq
Vegetables component, $\frac{1}{4}$ cup
Fruits component, $\frac{1}{4}$ cup</p> |
|---|---|

Sample Cold Lunch and Supper Menus for Child Care Centers and Family Day Care Homes in the Child and Adult Care Food Program

Week 1, continued

Day 5

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| <ul style="list-style-type: none">• Unflavored low-fat milk, $\frac{3}{4}$ cup• <i>Spinach salad with hard-boiled egg:</i><ul style="list-style-type: none">Egg, $\frac{1}{2}$ largeShredded cheddar cheese, $\frac{1}{2}$ ounceBaby spinach, $\frac{1}{2}$ cup ²Shredded carrots, $\frac{1}{8}$ cupLow-fat salad dressing, 2 teaspoons• Whole-wheat roll WGR, $\frac{1}{2}$ ounce• Cantaloupe wedges, $\frac{1}{4}$ cup | <p>Milk component, $\frac{3}{4}$ cup</p> <p>MMA component, 1 oz eq</p> <p>MMA component, $\frac{1}{2}$ oz eq</p> <p>Vegetables component, $\frac{1}{4}$ cup</p> <p>Vegetables component, $\frac{1}{8}$ cup</p> <p>None</p> <p>Grains component, $\frac{1}{2}$ oz eq</p> <p>Fruits component, $\frac{1}{4}$ cup</p> |
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Sample Cold Lunch and Supper Menus for Child Care Centers and Family Day Care Homes in the Child and Adult Care Food Program

Week 2

Meal Pattern Contribution

Day 1

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| <ul style="list-style-type: none"> • Unflavored low-fat milk, $\frac{3}{4}$ cup • <i>Hummus veggie pita</i>:
Hummus made with $\frac{3}{8}$ cup chickpeas ¹
Whole-grain pita WGR, $\frac{1}{2}$ ounce
Shredded lettuce, $\frac{1}{2}$ cup ² • Sliced cucumbers, $\frac{1}{4}$ cup Vegetable substitution | <p>Milk component, $\frac{3}{4}$ cup</p> <p>MMA component, $1\frac{1}{2}$ oz eq
Grains component, $\frac{1}{2}$ oz eq
Vegetables component, $\frac{1}{4}$ cup
Fruits component, $\frac{1}{4}$ cup</p> |
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Day 2

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|---|---|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, $\frac{3}{4}$ cup • Low-fat yogurt, $\frac{1}{2}$ cup • Peanut butter, 1 tablespoon • Enriched banana bread, 1 ounce • <i>Carrot raisin salad</i>:
Shredded carrots, $\frac{1}{4}$ cup
Raisins, 1 tablespoon • Diced peaches, $\frac{1}{4}$ cup | <p>Milk component, $\frac{3}{4}$ cup
MMA component, 1 oz eq
MMA component, $\frac{1}{2}$ oz eq
Grains component, $\frac{1}{2}$ oz eq</p> <p>Vegetables component, $\frac{1}{4}$ cup
None (additional food)
Fruits component, $\frac{1}{4}$ cup</p> |
|---|---|

Day 3

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|---|---|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, $\frac{3}{4}$ cup • <i>Chicken salad with diced apricots</i> ³:
Cooked chicken, $1\frac{1}{2}$ ounces
Diced dried apricots, 1 teaspoon • Whole-grain crackers WGR, $\frac{1}{2}$ ounce • Red pepper strips, $\frac{1}{4}$ cup • Fresh banana, $\frac{1}{4}$ cup | <p>Milk component, $\frac{3}{4}$ cup</p> <p>MMA component, $1\frac{1}{2}$ oz eq
None (additional food)
Grains component, $\frac{1}{2}$ oz eq
Vegetables component, $\frac{1}{4}$ cup
Fruits component, $\frac{1}{4}$ cup</p> |
|---|---|

Day 4

- | | |
|---|---|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, $\frac{3}{4}$ cup • Sliced roast turkey, $1\frac{3}{4}$ ounces ¹ • Whole-grain roll WGR, $\frac{1}{2}$ ounce • Jicama sticks, $\frac{1}{4}$ cup • Red apple slices, $\frac{1}{4}$ cup | <p>Milk component, $\frac{3}{4}$ cup
MMA component, $1\frac{1}{2}$ oz eq
Grains component, $\frac{1}{2}$ oz eq
Vegetables component, $\frac{1}{4}$ cup
Fruits component, $\frac{1}{4}$ cup</p> |
|---|---|

Sample Cold Lunch and Supper Menus for Child Care Centers and Family Day Care Homes in the Child and Adult Care Food Program

Week 2, continued

Meal Pattern Contribution

Day 5

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| <ul style="list-style-type: none">• Unflavored low-fat milk, $\frac{3}{4}$ cup• <i>Tuna salad wrap</i>:<ul style="list-style-type: none">Tuna fish, 1½ ouncesWhole-grain tortilla WGR, $\frac{1}{2}$ ounce• Sliced zucchini sticks, $\frac{1}{4}$ cup• Fresh pear slices, $\frac{1}{4}$ cup | Milk component, $\frac{3}{4}$ cup

MMA component, 1½ oz eq
Grains component, $\frac{1}{2}$ oz eq
Vegetables component, $\frac{1}{4}$ cup
Fruits component, $\frac{1}{4}$ cup |
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Sample Cold Lunch and Supper Menus for Child Care Centers and Family Day Care Homes in the Child and Adult Care Food Program

Week 3

Meal Pattern Contribution

Day 1

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|---|---|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, $\frac{3}{4}$ cup • <i>Chef's salad</i>³: <ul style="list-style-type: none"> Turkey, $\frac{3}{4}$ ounce¹ Ham, $\frac{1}{2}$ ounce¹ Shredded cheese, $\frac{1}{4}$ ounce Sliced hard-boiled egg, $\frac{1}{4}$ large Salad greens, $\frac{3}{4}$ cup² Tomatoes and carrots, $\frac{1}{8}$ cup Low-fat Italian dressing, 2 teaspoons • Enriched roll, $\frac{1}{2}$ ounce • Mandarin oranges, $\frac{1}{4}$ cup | <p>Milk component, $\frac{3}{4}$ cup</p> <p>MMA component, $\frac{1}{2}$ oz eq¹</p> <p>MMA component, $\frac{1}{4}$ oz eq¹</p> <p>MMA component, $\frac{1}{4}$ oz eq</p> <p>MMA component, $\frac{1}{2}$ oz eq</p> <p>Vegetables component, $\frac{3}{8}$ cup</p> <p>Vegetables component, $\frac{1}{4}$ cup</p> <p>None</p> <p>Grains component, $\frac{1}{2}$ oz eq</p> <p>Fruits component, $\frac{1}{4}$ cup</p> |
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Day 2

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|---|---|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, $\frac{3}{4}$ cup • <i>Cold sesame noodles with chicken</i>³: <ul style="list-style-type: none"> Cooked diced chicken, 1$\frac{1}{2}$ ounces Broccoli florets, $\frac{1}{4}$ cup Julienne carrots, 1 tablespoon Enriched spaghetti, $\frac{1}{4}$ cup • Sliced peaches, $\frac{1}{4}$ cup | <p>Milk component, $\frac{3}{4}$ cup</p> <p>MMA component, 1$\frac{1}{2}$ oz eq</p> <p>Vegetables component, $\frac{1}{4}$ cup</p> <p>None (additional food)</p> <p>Grains component, $\frac{1}{2}$ oz eq</p> <p>Fruits component, $\frac{1}{4}$ cup</p> |
|---|---|

Day 3

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|---|---|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, $\frac{3}{4}$ cup • <i>Chicken-avocado rollup</i>³: <ul style="list-style-type: none"> Cooked chicken, 1$\frac{1}{2}$ ounces Diced avocado, $\frac{1}{4}$ cup Low-fat mayonnaise, 2 teaspoons Whole-grain tortilla WGR, $\frac{1}{2}$ ounce • Sliced red grapes, $\frac{1}{4}$ cup | <p>Milk component, $\frac{3}{4}$ cup</p> <p>MMA component, 1$\frac{1}{2}$ oz eq</p> <p>Vegetables component, $\frac{1}{4}$ cup</p> <p>None</p> <p>Grains component, $\frac{1}{2}$ oz eq</p> <p>Fruits component, $\frac{1}{4}$ cup</p> |
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Sample Cold Lunch and Supper Menus for Child Care Centers and Family Day Care Homes in the Child and Adult Care Food Program

Week 3, continued

Meal Pattern Contribution

Day 4

- Unflavored low-fat milk, $\frac{3}{4}$ cup
- *Hummus and carrot pita pocket:*
Chickpeas in hummus, $\frac{3}{8}$ cup³
Shredded carrots, $\frac{1}{8}$ cup
Whole-wheat pita half **WGR**, $\frac{1}{2}$ ounce
- Green pepper strips, $\frac{1}{4}$ cup
- Mango chunks, $\frac{1}{4}$ cup

Milk component, $\frac{3}{4}$ cup

MMA component, $1\frac{1}{2}$ oz eq
Vegetables component, $\frac{1}{8}$ cup
Grains component, $\frac{1}{2}$ oz eq
Vegetables component, $\frac{1}{4}$ cup
Fruits component, $\frac{1}{4}$ cup

Day 5

- Unflavored low-fat milk, $\frac{3}{4}$ cup
- *Ham and pasta veggie salad:*
Diced ham, 1 ounce¹
Diced cheddar cheese, $\frac{3}{4}$ ounce
Enriched rotini pasta **WGR**, $\frac{1}{4}$ cup
Diced carrots, broccoli, and red peppers, $\frac{1}{4}$ cup
- Pineapple tidbits, $\frac{1}{4}$ cup

Milk component, $\frac{3}{4}$ cup

MMA component, $\frac{3}{4}$ oz eq
MMA component, $\frac{3}{4}$ oz eq
Grains component, $\frac{1}{2}$ oz eq
Vegetables component, $\frac{1}{4}$ cup
Fruits component, $\frac{1}{4}$ cup

Sample Cold Lunch and Supper Menus for Child Care Centers and Family Day Care Homes in the Child and Adult Care Food Program

Week 4

Meal Pattern Contribution

Day 1

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| <ul style="list-style-type: none"> • Unflavored low-fat milk, $\frac{3}{4}$ cup • <i>Cold meatloaf sandwich</i>³:
Cooked hamburger, 1½ ounces
Ketchup or mustard, 2 teaspoons
Whole-wheat bread WGR, $\frac{1}{2}$ ounce • Sliced cherry tomatoes, $\frac{1}{4}$ cup • Watermelon chunks, $\frac{1}{4}$ cup | <p>Milk component, $\frac{3}{4}$ cup</p> <p>MMA component, $\frac{1}{2}$ oz eq</p> <p>None</p> <p>Grains component, $\frac{1}{2}$ oz eq</p> <p>Vegetables component, $\frac{1}{4}$ cup</p> <p>Fruits component, $\frac{1}{4}$ cup</p> |
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Day 2

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|--|--|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, $\frac{3}{4}$ cup • Sliced turkey breast, 1¾ ounces¹ • Whole-grain crackers WGR, $\frac{1}{2}$ ounce • Marinated green bean salad, $\frac{1}{4}$ cup • Sliced strawberries, $\frac{1}{4}$ cup | <p>Milk component, $\frac{3}{4}$ cup</p> <p>MMA component, 1½ oz eq²</p> <p>Grains component, $\frac{1}{2}$ oz eq</p> <p>Vegetables component, $\frac{1}{4}$ cup</p> <p>Fruits component, $\frac{1}{4}$ cup</p> |
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Day 3

- | | |
|--|--|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, $\frac{3}{4}$ cup • Low-fat cottage cheese, $\frac{3}{8}$ cup • Whole-wheat bagel WGR, $\frac{1}{2}$ ounce • Red and green pepper strips, $\frac{1}{4}$ cup • Pineapple tidbits in juice, $\frac{1}{4}$ cup | <p>Milk component, $\frac{3}{4}$ cup</p> <p>MMA component, 1½ oz eq</p> <p>Grains component, $\frac{1}{2}$ oz eq</p> <p>Vegetables component, $\frac{1}{4}$ cup</p> <p>Fruits component, $\frac{1}{4}$ cup</p> |
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Day 4

- | | |
|---|--|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, $\frac{3}{4}$ cup • <i>Egg salad sandwich</i>:
Egg, $\frac{3}{4}$ large
Shredded lettuce, 1 tablespoon
Low-fat mayonnaise, 2 teaspoons
Whole-wheat bread WGR, $\frac{1}{2}$ ounce • Green pepper strips, $\frac{1}{4}$ cup • Blueberries, $\frac{1}{4}$ cup | <p>Milk component, $\frac{3}{4}$ cup</p> <p>MMA component, 1½ oz eq</p> <p>None (additional food)</p> <p>None</p> <p>Grains component, $\frac{1}{2}$ oz eq</p> <p>Vegetables component, $\frac{1}{4}$ cup</p> <p>Fruits component, $\frac{1}{4}$ cup</p> |
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Sample Cold Lunch and Supper Menus for Child Care Centers and Family Day Care Homes in the Child and Adult Care Food Program

Week 4, continued

Meal Pattern Contribution

Day 5

- | | |
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| <ul style="list-style-type: none"> • Unflavored low-fat milk, $\frac{3}{4}$ cup • <i>Marinated black bean salad</i> ³: <ul style="list-style-type: none"> Black beans, $\frac{3}{8}$ cup beans Shredded carrots, $\frac{1}{8}$ cup Diced tomatoes, $\frac{1}{8}$ cup Vinaigrette dressing, 2 teaspoons • Whole-grain roll WGR, $\frac{1}{2}$ ounce • Fresh pear slices, $\frac{1}{4}$ cup | <p>Milk component, $\frac{3}{4}$ cup</p> <p>MMA component, 1½ oz eq</p> <p>Vegetables component, $\frac{1}{8}$ cup</p> <p>Vegetables component, $\frac{1}{8}$ cup</p> <p>None</p> <p>Grains component, $\frac{1}{2}$ oz eq</p> <p>Fruits component, $\frac{1}{4}$ cup</p> |
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Sample Cold Lunch and Supper Menus for Child Care Centers and Family Day Care Homes in the Child and Adult Care Food Program

Week 5

Meal Pattern Contribution

Day 1

- Unflavored low-fat milk, $\frac{3}{4}$ cup
- Cold oven-fried chicken, $1\frac{1}{2}$ ounces chicken
- Enriched corn muffin, 1 ounce
- Potato salad, $\frac{1}{4}$ cup potatoes
- Sliced strawberries, $\frac{1}{4}$ cup

Milk component, $\frac{3}{4}$ cup
 MMA component, $1\frac{1}{2}$ oz eq
 Grains component, $\frac{1}{2}$ oz eq
 Vegetables component, $\frac{1}{4}$ cup
 Fruits component, $\frac{1}{4}$ cup

Day 2

- Unflavored low-fat milk, $\frac{3}{4}$ cup
- Greek yogurt (no more than 2 grams of added sugars per ounce), $\frac{1}{4}$ cup
- Whole-grain rice cakes **WGR**, $\frac{1}{2}$ ounce
- Cucumber slices, $\frac{1}{4}$ cup
- Cinnamon applesauce, $\frac{1}{4}$ cup

Milk component, $\frac{3}{4}$ cup
 MMA component, $1\frac{1}{2}$ oz eq
 Grains component, $\frac{1}{2}$ oz eq
 Vegetables component, $\frac{1}{4}$ cup
 Fruits component, $\frac{1}{4}$ cup

Day 3

- Unflavored low-fat milk, $\frac{3}{4}$ cup
- *Turkey-avocado roll-up:*
 Deli turkey, $1\frac{3}{4}$ ounces ¹
 Baby spinach, $\frac{1}{4}$ cup ²
 Diced tomato, $\frac{1}{4}$ cup
- Whole-corn tortilla **WGR**, $\frac{1}{2}$ ounce
- Orange wedges, $\frac{1}{4}$ cup

Milk component, $\frac{3}{4}$ cup
 MMA component, $1\frac{1}{2}$ oz eq
 Vegetables component, $\frac{1}{8}$ cup
 Vegetables component, $\frac{1}{4}$ cup
 Grains component, $\frac{1}{2}$ oz eq
 Fruits component, $\frac{1}{4}$ cup

Day 4

- Unflavored low-fat milk, $\frac{3}{4}$ cup
- Red pepper hummus with $\frac{3}{8}$ cup chickpeas ²
- Whole-wheat crackers **WGR**, $\frac{1}{2}$ ounce
- Cucumber and tomato salad, $\frac{1}{8}$ cup
- Carrot sticks, $\frac{1}{4}$ cup **Vegetable substitution**

Milk component, $\frac{3}{4}$ cup
 MMA component, $1\frac{1}{2}$ oz eq
 Grains component, $\frac{1}{2}$ oz eq
 Vegetables component, $\frac{1}{8}$ cup
 Fruits component, $\frac{1}{4}$ cup

Sample Cold Lunch and Supper Menus for Child Care Centers and Family Day Care Homes in the Child and Adult Care Food Program

Week 5, continued

Meal Pattern Contribution

Day 5

- | | |
|---|---|
| <ul style="list-style-type: none">• Unflavored low-fat milk, $\frac{3}{4}$ cup• Cheese cubes, $1\frac{1}{2}$ ounces• Whole-grain crackers WGR, $\frac{1}{2}$ ounce• Confetti coleslaw, $\frac{1}{4}$ cup shredded cabbage ³• Fresh plum, $\frac{1}{4}$ cup | <p>Milk component, $\frac{3}{4}$ cup
MMA component, $1\frac{1}{2}$ oz eq
Grains component, $\frac{1}{2}$ oz eq
Vegetables component, $\frac{1}{4}$ cup
Fruits component, $\frac{1}{4}$ cup</p> |
|---|---|

Sample Cold Lunch and Supper Menus for Child Care Centers and Family Day Care Homes in the Child and Adult Care Food Program

Week 6

Meal Pattern Contribution

Day 1

- | | |
|---|---|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, $\frac{3}{4}$ cup • Marinated lentil salad, $\frac{1}{4}$ cup lentils ³ • Whole-grain roll WGR, $\frac{1}{2}$ ounce • Red pepper strips, $\frac{1}{4}$ cup • Fresh nectarine, $\frac{1}{4}$ cup | <p>Milk component, $\frac{3}{4}$ cup</p> <p>MMA component, $1\frac{1}{2}$ oz eq</p> <p>Grains component, $\frac{1}{2}$ oz eq</p> <p>Vegetables component, $\frac{1}{4}$ cup</p> <p>Fruits component, $\frac{1}{4}$ cup</p> |
|---|---|

Day 2

- | | |
|--|---|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, $\frac{3}{4}$ cup • <i>Chicken sandwich:</i>
Cooked chicken, $1\frac{1}{2}$ ounces
Honey mustard, 2 teaspoons
Enriched marble bread, $\frac{1}{2}$ ounce • Julienned jicama sticks, $\frac{1}{4}$ cup • Broccoli florets, $\frac{1}{4}$ cup Vegetable substitution | <p>Milk component, $\frac{3}{4}$ cup</p> <p>MMA component, $1\frac{1}{2}$ oz eq</p> <p>None</p> <p>Grains component, $\frac{1}{2}$ oz eq</p> <p>Vegetables component, $\frac{1}{4}$ cup</p> <p>Fruits component, $\frac{1}{4}$ cup</p> |
|--|---|

Day 3

- | | |
|--|--|
| <ul style="list-style-type: none"> • Unflavored low-fat milk, $\frac{3}{4}$ cup • Sliced deli ham, 1 ounce ¹ • Sliced Swiss cheese, $\frac{3}{4}$ ounce • Whole-grain crackers WGR, $\frac{1}{2}$ ounce • <i>Tossed salad:</i>
Romaine lettuce, $\frac{1}{2}$ cup ²
Diced tomatoes, $\frac{1}{8}$ cup
Low-fat ranch dressing, 2 teaspoons • Watermelon wedge, $\frac{1}{4}$ cup | <p>Milk component, $\frac{3}{4}$ cup</p> <p>MMA component, $\frac{3}{4}$ oz eq ¹</p> <p>MMA component, $\frac{3}{4}$ oz eq</p> <p>Grains component, $\frac{1}{2}$ oz eq</p> <p>Vegetables component, $\frac{1}{4}$ cup</p> <p>Vegetables component, $\frac{1}{8}$ cup</p> <p>None</p> <p>Fruits component, $\frac{1}{4}$ cup</p> |
|--|--|

Sample Cold Lunch and Supper Menus for Child Care Centers and Family Day Care Homes in the Child and Adult Care Food Program

Week 6, continued

Meal Pattern Contribution

Day 4

- Unflavored low-fat milk, $\frac{3}{4}$ cup
- Low-fat cottage cheese, $\frac{3}{8}$ cup
- Enriched soft pretzel, $\frac{1}{2}$ ounce
- Carrot sticks, $\frac{1}{4}$ cup
- Blueberries, $\frac{1}{4}$ cup

Milk component, $\frac{3}{4}$ cup
 MMA component, $1\frac{1}{2}$ oz eq
 Grains component, $\frac{1}{2}$ oz eq
 Vegetables component, $\frac{1}{4}$ cup
 Fruits component, $\frac{1}{4}$ cup

Day 5

- Unflavored low-fat milk, $\frac{3}{4}$ cup
- *Tuna pasta salad*,³
 Tuna fish, $1\frac{1}{2}$ ounces
 Enriched macaroni pasta, $\frac{1}{4}$ cup
 Diced tomatoes, $\frac{1}{4}$ cup
 Mayonnaise, 2 teaspoons
- Honeydew melon, $\frac{1}{4}$ cup

Milk component, $\frac{3}{4}$ cup

 MMA component, $1\frac{1}{2}$ oz eq
 Grains component, $\frac{1}{2}$ oz eq
 Vegetables component, $\frac{1}{4}$ cup
 None
 Fruits component, $\frac{1}{4}$ cup

Sample Cold Lunch and Supper Menus for Child Care Centers and Family Day Care Homes in the Child and Adult Care Food Program

Menu Planning Notes

- ¹ The oz eq of MMA per serving is different for each type of deli meat or other meat product with binders, fillers, or extenders. This meal pattern contribution is an example. CACFP sponsors must determine the product's oz eq of MMA per serving based on the USDA's [Food Buying Guide for Child Nutrition Programs](#) (if the deli meat is listed) or the manufacturer's specific crediting documentation for each product. Deli meats with added liquids, binders, or extenders require a PFS to credit toward the MMA component. For more information, refer to the CSDE's resource, [Crediting Deli Meats in the Child and Adult Care Food Program](#).
- ² Raw leafy greens credit as half the volume served.
- ³ The meal pattern contribution per serving must be documented with a Child Nutrition (CN) label or PFS for commercial products and a recipe for foods made from scratch. For more information, refer to the CSDE's resources, [Using Child Nutrition \(CN\) Labels in the Child and Adult Care Food Program](#) and [Using Product Formulation Statements in the Child and Adult Care Food Program](#), and visit the "[Standardized Recipes](#)" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

Resources

[Crediting Documentation for the Child Nutrition Programs](#) (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs>

[Crediting Foods in the Child and Adult Care Food Program](#) (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program>

[Crediting Summary Charts for the Child and Adult Care Food Program](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/crediting_summary_charts_cacfp.pdf

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

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

Sample Cold Lunch and Supper Menus for Child Care Centers and Family Day Care Homes in the Child and Adult Care Food Program

[Lunch and Supper](#) (“Menu Planning” section of CSDE’s Meal Patterns for the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/menu-planning#LunchSupper>

[Meal Patterns for the Child and Adult Care Food Program](#) (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program>

[Menu Planning](#) (CSDE’s Meal Patterns for the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/menu-planning>

[Menu Planning Basics: A Guide for CACFP Operators in Child Care](#) (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/menu-planning-basics-cacfp>

[Recipes for Child Nutrition Programs](#) (CSDE’s Menu Planning for Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/menu-planning/recipes-for-child-nutrition-programs>

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

https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/resources_cacfp_meal_patterns.pdf

Sample Cold Lunch and Supper Menus for Child Care Centers and Family Day Care Homes in the Child and Adult Care Food Program

For more information, visit the CSDE's [Meal Patterns for the Child and Adult Care Food Program](#) webpage and [Crediting Foods in the Child and Adult Care Food Program](#) webpage or contact the [CACFP staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu_cacfp_lunch_supper_cold.pdf.



Sample Cold Lunch and Supper Menus for Child Care Centers and Family Day Care Homes in the Child and Adult Care Food Program

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1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

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Sample Cold Lunch and Supper Menus for Child Care Centers and Family Day Care Homes in the Child and Adult Care Food Program

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