

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

This document provides guidance and sample snack 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 Snack Meal Pattern Requirements

The CACFP snack meal pattern for ages 3-5 requires the minimum serving of any two of the five meal components, including ½ cup of unflavored low-fat (1%) or fat-free milk; ½ ounce equivalent (oz eq) of meats/meat alternates; ½ cup of vegetables; ½ cup of fruits; and ½ oz eq of grains. Only one of the two snack components may be a creditable beverage such as milk or juice.

Each meal component must provide at least the minimum meal pattern serving. CACFP menus may include additional foods or larger servings beyond the minimum requirements. Serve nutrient-dense foods that are appropriate to 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 serving size of MMA refers to the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, fillers, or other ingredients. Commercial processed products (such as combination entrees, deli meats, hot dogs, and sausages) require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. For more information, refer to the CSDE's resources, [Crediting Commercial Meat/Meat Alternate Products in the Child and Adult Care Food Program](#) and [Crediting Deli Meats in the Child and Adult Care Food Program](#).
- Nut and seed butters credit by volume (tablespoons) not weight. For more information, refer to the CSDE's resource, [Crediting Nuts and Seeds in the Child and Adult Care Food Program](#).
- Yogurt and soy yogurt cannot exceed 12 grams of added sugars per 6 ounces (no more than 2 grams of added sugars per ounce). For more information, refer to the CSDE's resource, [Crediting Yogurt in the Child and Adult Care Food Program](#).

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- 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

- 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.

## 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"

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

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

## Noncreditable foods

Noncreditable foods 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](#).

## Offering water at snack

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

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## Required Crediting Documentation

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

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

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

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

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

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

## Sample Snack Menus

This section contains ten sample snack menus. The servings in each menu meet at least the minimum requirements of the CACFP meal patterns for children and are 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 Snack 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"> <li>• Orange slices, ½ cup</li> <li>• Enriched corn muffin, 1 ounce</li> <li>• Water</li> </ul> | <p>Fruits component, ½ cup</p> <p>Grains component, ½ oz eq</p> <p>None</p> |
|--|---|

### Day 2

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• <i>Yogurt and fruit parfait:</i><br/>Low-fat vanilla yogurt (no more than 2 grams of added sugars per ounce), ¼ cup</li> <li>• Strawberries and blueberries, ½ cup</li> <li>• Whole-grain granola, 1 tablespoon</li> <li>• Water</li> </ul> | <p>MMA component, ½ oz eq</p> <p>Fruits component, ½ cup</p> <p>None (additional food)</p> <p>None</p> |
|--|--|

### Day 3

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

### Day 4

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

### Day 5

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• <i>Ham and cheese roll-up:</i><br/>Ham, ¾ ounce <sup>2</sup></li> <li>• Cheddar cheese, ¼ ounce</li> <li>• Whole-corn tortilla <b>WGR</b>, ½ ounce</li> <li>• Mustard or low-fat mayonnaise, 1 teaspoon</li> <li>• Water</li> </ul> | <p>MMA component, ½ oz eq</p> <p>MMA component, ¼ oz eq</p> <p>Grains component, ½ oz eq</p> <p>None</p> <p>None</p> |
|--|--|

# Sample Snack 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

- *Tossed salad with turkey:*  
Diced turkey,  $\frac{3}{4}$  ounce <sup>2</sup>  
Lettuce,  $\frac{1}{2}$  cup <sup>3</sup>  
Tomatoes and cucumbers,  $\frac{1}{4}$  cup  
Enriched croutons,  $\frac{1}{4}$  ounce  
Italian dressing, 2 teaspoons
  - Water
- MMA component,  $\frac{1}{2}$  oz eq  
Vegetables component,  $\frac{1}{4}$  cup  
Vegetables component,  $\frac{1}{4}$  cup  
None (additional food)  
None  
None

### Day 2

- Sliced avocado,  $\frac{1}{2}$  cup
  - Whole-wheat toast **WGR**,  $\frac{1}{2}$  ounce
  - Water
- Vegetables component,  $\frac{1}{2}$  cup  
Grains component,  $\frac{1}{2}$  oz eq  
None

### Day 3

- Sunflower butter, 1 tablespoon
  - Apple slices,  $\frac{1}{2}$  cup
  - Water
- MMA component,  $\frac{1}{2}$  oz eq  
Fruits component,  $\frac{1}{2}$  cup  
None

### Day 4

- *Hummus pita pocket:*  
Hummus made with  $\frac{1}{8}$  cup chickpeas <sup>1</sup>  
Shredded carrots,  $\frac{1}{8}$  cup  
Whole-wheat pita half **WGR**,  $\frac{1}{2}$  ounce
  - Water
- MMA component,  $\frac{1}{2}$  oz eq  
None (additional food)  
Grains component,  $\frac{1}{2}$  oz eq  
None

### Day 5

- Cucumber slices,  $\frac{1}{4}$  cup
  - Carrot sticks, thinly sliced,  $\frac{1}{4}$  cup
  - Low-fat dip, 1 tablespoon
  - Enriched pretzels,  $\frac{1}{2}$  ounce
  - Water
- Vegetables component,  $\frac{1}{4}$  cup  
Vegetables component,  $\frac{1}{4}$  cup  
None  
Grains component,  $\frac{1}{2}$  oz eq  
None

# Sample Snack 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

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

### Day 2

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Low-fat cottage cheese, ⅛ cup</li> <li>• Canned apricots in juice, ½ cup</li> <li>• Water</li> </ul> | <p>MMA component, ½ oz eq<br/>Fruits component, ½ cup<br/>None</p> |
|---|--|

### Day 3

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|---|--|
| <ul style="list-style-type: none"> <li>• <i>Tortilla wrap:</i><br/>Refried beans, ⅛ cup<br/>Whole-grain tortilla <b>WGR</b>, ½ ounce<br/>Diced tomato, 2 teaspoons<br/>Shredded cheese, 2 teaspoons</li> <li>• Water</li> </ul> | <p>MMA component, ½ oz eq<br/>Grains component, ½ oz eq<br/>None (additional food)<br/>None (additional food)<br/>None</p> |
|---|--|

### Day 4

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

### Day 5

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

# Sample Snack 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

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

### Day 2

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

### Day 3

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

### Day 4

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• <i>Pasta veggie salad</i> <sup>1</sup>:<br/>Diced ham, ¾ ounce <sup>2</sup><br/>Enriched rotini pasta, ¼ cup cooked<br/>Diced carrots, broccoli, and tomatoes, ¼ cup</li> <li>• Water</li> </ul> | <p>MMA component, ½ oz eq<br/>Grains component, ½ oz eq<br/>None (additional food)<br/>None</p> |
|---|---|

### Day 5

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

# Sample Snack 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

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Hummus made with <math>\frac{3}{8}</math> cup chickpeas <sup>1</sup></li> <li>• Zucchini sticks, thinly sliced, <math>\frac{1}{4}</math> cup</li> <li>• Pepper strips, thinly sliced, <math>\frac{1}{4}</math> cup</li> <li>• Water</li> </ul> | <p>MMA component, <math>\frac{1}{2}</math> oz eq<br/>Vegetables component, <math>\frac{1}{4}</math> cup<br/>Vegetables component, <math>\frac{1}{4}</math> cup<br/>None</p> |
|---|---|

### Day 2

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Peanut butter, 1 tablespoon</li> <li>• Apple slices, <math>\frac{1}{2}</math> cup</li> <li>• Water</li> </ul> | <p>MMA component, <math>\frac{1}{2}</math> oz eq<br/>Fruits component, <math>\frac{1}{2}</math> cup<br/>None</p> |
|--|--|

### Day 3

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Diced papaya, <math>\frac{1}{2}</math> cup</li> <li>• <i>Trail mix:</i><br/>Whole-grain cereal rounds (no more than 6 grams of added sugars per dry ounce) <b>WGR</b>, <math>\frac{1}{2}</math> cup<br/>Enriched mini pretzels, <math>\frac{1}{4}</math> ounce<br/>Dried fruit, <math>\frac{1}{2}</math> tablespoon</li> <li>• Water</li> </ul> | <p>Fruits component, <math>\frac{1}{2}</math> cup<br/><br/>Grains component, <math>\frac{1}{2}</math> oz eq<br/>Grains component, <math>\frac{1}{4}</math> oz eq<br/>None (additional food)<br/>None</p> |
|--|--|

### Day 4

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• <i>Fruit and yogurt smoothie</i> <sup>1</sup>:</li> <li>• Yogurt (no more than 2 grams of added sugars per ounce), <math>\frac{1}{4}</math> cup</li> <li>• Pureed strawberries, <math>\frac{1}{2}</math> cup</li> <li>• Water</li> </ul> | <p>MMA component, <math>\frac{1}{2}</math> oz eq<br/><br/>Fruits component, <math>\frac{1}{2}</math> cup<br/>None</p> |
|---|---|

### Day 5

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Sliced green grapes, <math>\frac{1}{2}</math> cup</li> <li>• Enriched crackers, <math>\frac{1}{2}</math> ounce</li> <li>• Water</li> </ul> | <p>Fruits component, <math>\frac{1}{2}</math> cup<br/>Grains component, <math>\frac{1}{2}</math> oz eq<br/>None</p> |
|---|---|

# Sample Snack 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"> <li>• Jicama sticks, thinly sliced, ¼ cup</li> <li>• Zucchini sticks, thinly sliced, ¼ cup</li> <li>• Enriched bread sticks, ½ ounce</li> <li>• Low-fat Ranch dressing, 1 tablespoon</li> <li>• Water</li> </ul> | <p>Vegetables component, ¼ cup</p> <p>Vegetables component, ¼ cup</p> <p>Grains component, ½ oz eq</p> <p>None</p> <p>None</p> |
|---|--|

### Day 2

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

### Day 3

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Greek Yogurt (no more than 2 grams of added sugars per ounce), ¼ cup</li> <li>• Fresh fruit salad: oranges, bananas, grapes, and pineapple</li> <li>• Water</li> </ul> | <p>MMA component, ½ oz eq</p> <p>Fruits component, ½ cup</p> <p>None</p> |
|---|--|

### Day 4

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Low-fat milk, unflavored, ½ cup</li> <li>• Whole-wheat bagel <b>WGR</b>, ½ ounce</li> <li>• Almond butter, 2 teaspoons</li> <li>• Water</li> </ul> | <p>Milk component, ½ cup</p> <p>Grains component, ½ oz eq</p> <p>None (additional food)</p> <p>None</p> |
|---|---|

### Day 5

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Tuna salad, ½ ounce tuna fish</li> <li>• Whole-grain crackers <b>WGR</b>, ½ ounce</li> <li>• Water</li> </ul> | <p>MMA component, ½ oz eq</p> <p>Grains component, ½ oz eq</p> <p>None</p> |
|--|--|

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

## Week 7

## Meal Pattern Contribution

### Day 1

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

### Day 2

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Cottage cheese, ⅓ cup</li> <li>• Whole-grain puffed cereal (no more than 6 grams of added sugars per ounce) <b>WGR</b>, ¾ cup</li> <li>• Water</li> </ul> | <p>MMA component, ½ oz eq</p><br><p>Grains component, ½ oz eq</p> <p>None</p> |
|--|---|

### Day 3

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

### Day 4

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• <i>Garden salad</i> <sup>1</sup>:<br/>Lettuce, ½ cup <sup>3</sup><br/>Tomatoes, cucumbers, and carrots, ⅛ cup<br/>Shredded cheese, ½ ounce<br/>Low-fat Italian dressing, 1 tablespoon</li> <li>• Water</li> </ul> | <p>Vegetables component, ¼ cup</p> <p>Vegetables component, ⅛ cup</p> <p>MMA component, ½ oz eq</p> <p>None</p> <p>None</p> |
|--|---|

### Day 5

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

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

## Week 8

## Meal Pattern Contribution

### Day 1

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Pita bread triangles, ½ ounce</li> <li>• Monterey Jack cheese, ½ ounce</li> <li>• Vegetable salsa, ⅓ cup</li> <li>• Water</li> </ul> | <p>Grains component, ½ oz eq<br/>MMA component, ½ oz eq<br/>None (additional food)<br/>None</p> |
|---|---|

### Day 2

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Lentil soup with ⅓ cup lentils <sup>1</sup></li> <li>• Pineapple chunks, ½ cup</li> <li>• Water</li> </ul> | <p>MMA component, ½ oz eq<br/>Fruits component, ½ cup<br/>None</p> |
|---|--|

### Day 3

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Marinated diced cucumber-tomato salad, ½ cup</li> <li>• Whole-grain roll <b>WGR</b>, ½ ounce</li> <li>• Water</li> </ul> | <p>Vegetables component, ½ cup<br/>Grains component, ½ oz eq<br/>None</p> |
|---|---|

### Day 4

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Sliced strawberries, ½ cup</li> <li>• Enriched biscuit, ½ ounce</li> <li>• Water</li> </ul> | <p>Fruits component, ½ cup<br/>Grains component, ½ oz eq</p> |
|--|--|

### Day 5

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Chicken salad, 1 ounce cooked chicken <sup>1</sup></li> <li>• Whole-grain crackers <b>WGR</b>, ½ ounce</li> <li>• Water</li> </ul> | <p>MMA component, ½ oz eq<br/>Grains component, ½ oz eq<br/>None</p> |
|---|--|

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

## Week 9

## Meal Pattern Contribution

### Day 1

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

### Day 2

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

### Day 3

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

### Day 4

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

### Day 5

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Herbed cottage cheese, ⅓ cup</li> <li>• Celery sticks, thinly sliced, ¼ cup</li> <li>• Cucumber slices, ¼ cup</li> <li>• Water</li> </ul> | <p>MMA component, ½ oz eq</p> <p>Vegetables component, ¼ cup</p> <p>Vegetables component, ¼ cup</p> <p>None</p> |
|--|---|

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

## Week 10

## Meal Pattern Contribution

### Day 1

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

MMA component, ½ oz eq  
Grains component, ½ oz eq  
None

### Day 2

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

Vegetables component, ½ cup  
Fruits component, ½ cup  
None

### Day 3

- Refried beans, ⅔ cup
- Vegetable salsa, ⅓ cup
- Whole-corn tortilla chips **WGR**, ½ ounce
- Water

Vegetables component, ⅔ cup  
Vegetables component, ⅓ cup  
Grains component, ½ oz eq  
None

### Day 4

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

Milk component, ½ cup  
Vegetables component, ¼ cup  
Vegetables component, ¼ cup  
None

### Day 5

- Peanut butter, 1 tablespoon
- Whole-wheat bagel **WGR**, ½ ounce
- Water

MMA component, ½ oz eq  
Grains component, ½ oz eq  
None

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

## Menu Planning Notes

- <sup>1</sup> 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.
- <sup>2</sup> The oz eq of MMA per serving is different for each type of deli meat or other meat product with binders, fillers, or extenders. 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](#).
- <sup>3</sup> Raw leafy greens credit as half the volume served.

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

## Resources

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

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

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

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

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

<https://portal.ct.gov/->

[/media/sde/nutrition/cacfp/crediting/crediting\\_summary\\_charts\\_cacfp.pdf](/media/sde/nutrition/cacfp/crediting/crediting_summary_charts_cacfp.pdf)

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

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

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

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

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

[Serving Snacks in the CACFP](#) (USDA):

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

[Snack Inspiration](#) (Wisconsin Department of Public Instruction):

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

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

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

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

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



# Sample Snack 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](mailto:program.intake@usda.gov)

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

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