Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

This list includes resources and websites to assist child care centers, family day care homes, emergency shelters, at-risk afterschool care centers, and adult day care centers with meeting the U.S. Department of Agriculture (USDA) meal pattern and crediting requirements for the Child and Adult Care Food Program (CACFP).

For links to information on federal and state requirements and guidance, visit the Connecticut State Department of Education's (CSDE) Program Guidance for CACFP Child Care Programs webpage and Program Guidance for CACFP Adult Day Care Centers webpage. For additional guidance, please contact the CSDE's CACFP staff.

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Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Breakfast

Breakfast ("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#Breakfast

Cycle Menus for Child Care: Preschoolers (Institute of Child Nutrition):
https://theInstitute of Child Nutrition.org/Institute of Child Nutrition-resources-a-z/cycle-menus-for-child-care-preschoolers/

It's Breakfast Time! Child and Adult Care Food Program Breakfast Menu Planner for Children 3 Through 18 Years of Age (USDA):
https://www.fna.usda.gov/tn/cacfp/trainers-tools/its-breakfast-time

Sample Cold Breakfast Menus for CACFP Adult Day Care Centers (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult_menu_cacfp_breakfast_cold.pdf

Sample Cold Breakfast Menus for CACFP Child Care Centers and Homes (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu_cacfp_breakfast_cold.pdf

Sample Hot Breakfast Menus for CACFP Adult Day Care Centers (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult_menu_cacfp_breakfast_hot.pdf

Sample Hot Breakfast Menus for CACFP Child Care Centers and Homes (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu_cacfp_breakfast_hot.pdf

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

CACFP Requirements and Guidance

Adult Day Care: A Child and Adult Care Food Program Handbook (USDA):
https://www.fna.usda.gov/cacfp/adult-daycare/handbook

CACFP Adult Day Care Centers (CSDE webpage):
https://portal.ct.gov/sde/nutrition/cacfp-adult-day-care-centers

CACFP Afterschool Programs (USDA webpage):
https://www.fna.usda.gov/cacfp/afterschool

CACFP At-risk Afterschool Care Centers (CSDE webpage):
https://portal.ct.gov/sde/nutrition/cacfp-at-risk-afterschool-care-centers

CACFP Child Care Centers (CSDE webpage):
https://portal.ct.gov/sde/nutrition/cacfp-child-care-centers

CACFP Emergency Shelters (CSDE webpage):
https://portal.ct.gov/sde/nutrition/cacfp-emergency-shelters

CACFP Family Day Care Homes (CSDE webpage):
https://portal.ct.gov/sde/nutrition/cacfp-family-day-care-homes

CACFP Halftime: Thirty on Thursdays Training Webinar Series (USDA webpage):
https://www.fna.usda.gov/tn/cacfp/halftime-thirty-thursdays-training-webinars

CACFP Handbooks (USDA webpage):
https://www.fna.usda.gov/cacfp/handbooks

CACFP Updates (CSDE webpage):
https://portal.ct.gov/sde/nutrition/cacfp-updates

Child and Adult Care Food Program (CACFP) (CSDE webpage):
https://portal.ct.gov/sde/nutrition/child-and-adult-care-food-program

Food and Nutrition Administration (FNA) Documents and Resources (USDA webpage):
https://www.fna.usda.gov/resources

CACFP Regulations 7 CFR 226 (USDA webpage):
https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-226

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Child Nutrition Programs (CSDE webpage):
https://portal.ct.gov/sde/nutrition/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's CACFP Adult Day Care Centers webpage):
https://portal.ct.gov/sde/nutrition/cacfp-adult-day-care-centers/forms

Forms for CACFP Child Care Centers (CSDE's CACFP Child Care Centers webpage):
https://portal.ct.gov/sde/nutrition/cacfp-child-care-centers/forms

Forms for CACFP Homes (CSDE's CACFP Family Day Care Homes webpage):
https://portal.ct.gov/sde/nutrition/cacfp-family-day-care-homes/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

Program Guidance for CACFP Child Care Programs (CSDE webpage):
https://portal.ct.gov/sde/nutrition/program-guidance-cacfp-child

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Child Nutrition (CN) Labels

Accepting Product Documentation (CSDE's Crediting Documentation for the Child Nutrition Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/accepting-product-documentation

Appendix C: The USDA Child Nutrition Labeling Program (USDA's Food Buying Guide for Child Nutrition Programs):
https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Appendix_C.pdf

Bite Size Module 8: Child Nutrition (CN) Labels (CSDE's training program, Bite Size: Meeting the Child and Adult Care Food Program):
https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training

Child Nutrition (CN) Labeling Manual (USDA):
https://www.fna.usda.gov/cn/labeling/manual

Child Nutrition Authorized Labels and Manufacturers (USDA):
https://www.fna.usda.gov/cn/labeling/authorized-labels-manufacturers

Child Nutrition Labels (CSDE's Crediting Documentation for the Child Nutrition Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/child-nutrition-labels

CN Labeling Program (USDA webpage):
https://www.fna.usda.gov/cn/labeling

Food Buying Guide Module 3: Product Formulation Statements (PFS) (ICN):
https://theicn.docebosaas.com/learn/course/external/view/elearning/139/fbg-module-3-product-formulation-statements-pfs

Manufacturer's Product Formulation Statement: Is it Acceptable? Presentation Slides (Institute of Child Nutrition and USDA):
https://theInstitute of Child Nutrition.org/resources/930/march-2016/109876/manufacturers-product-formulation-statement-pfs03-31-16.pdf

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

USDA Memo SP 05-2025, CACFP 04-2025, and SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements:
https://www.fna.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

Crediting Documentation

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

Accepting Product Documentation (CSDE's Crediting Documentation for the Child Nutrition Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/accepting-product-documentation

Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns Module 4: Meal Pattern Documentation ("Bite Size Meal Pattern Training" 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/bite-size-meal-pattern-training

Child Nutrition (CN) Labeling Manual (USDA):
https://www.fna.usda.gov/cn/labeling/manual

Child Nutrition Authorized Labels and Manufacturers (USDA webpage):
https://www.fna.usda.gov/cn/labeling/authorized-labels-manufacturers

Child Nutrition Labels (CSDE's Crediting Documentation for the Child Nutrition Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/child-nutrition-labels

Child Nutrition Programs Food Industry Toolkit: Resource Hub for Food Industry Partners (USDA webpage):
https://www.fna.usda.gov/tn/cnp/food-industry-toolkit

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA webpage):
https://www.fna.usda.gov/cn/labeling/tips-evaluating-pfs

CN Labeling Program (USDA webpage):
https://www.fna.usda.gov/cn/labeling

Commercial Processed Products (CSDE's Crediting Documentation for the Child Nutrition Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs#Commercial

Crediting Documentation for the Child Nutrition Programs (CSDE webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs

Food Buying Guide for Child Nutrition Programs (USDA):
https://www.fna.usda.gov/tn/fbg

Foods Made from Scratch (CSDE's Crediting Documentation for the Child Nutrition Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs#Scratch

Guide to Menu Documentation for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide_cacfp_menu_documentation.pdf

Navigating the Food Buying Guide FBG Calculator (USDA webinar):
https://www.fna.usda.gov/tn/navigating-food-buying-guide-fbg-calculator

Product Formulation Statement Guidance and Templates for Food Manufacturers/Industry (USDA):
https://www.fna.usda.gov/tn/cnp/food-industry-toolkit/pfs/guidance

Product Formulation Statements (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/product-formulation-statements

Recipe Analysis Workbook (RAW) for Standardized Recipes (USDA):
https://www.fna.usda.gov/tn/fbg/webtool

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Recipe Standardization Guide for the Child and Adult Care Food Program (Institute of Child Nutrition):
https://theInstitute of Child Nutrition.org/Institute of Child Nutrition-resources-a-z/step-by-step-recipe-standardization-guide-for-the-child-and-adult-care-food-program/

Records Retention Requirements for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/records_retention_cacfp.pdf

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

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

USDA Memo CACFP 17-2017: Documenting Meals in the Child and Adult Care Food Program:
https://www.fna.usda.gov/cacfp/documenting-meals

USDA Memo SP 05-2025, CACFP 04-2025, and SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements:
https://www.fna.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

Using Product Formulation Statements in the Child and Adult Care Food Program (CSDE):
https://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.fna.usda.gov/tn/cacfp/meal-pattern-training-worksheets/nutrition-facts-label

When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/when_commercial_grain_products_require_pfs_cacfp.pdf.

Yield Study Data Form for the Child Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/yield_study_form.pdf

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Crediting Foods

Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns ("Bite Size Meal Pattern Training" section of CSDE's Meal Patterns for the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/bite-size-meal-pattern-training

CACFP Training Tools (USDA webpage):
https://www.fna.usda.gov/tn/cacfp/trainers-tools

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.fna.usda.gov/tn/cacfp/crediting-handbook

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

Crediting Tip Sheets in Child Nutrition Programs (USDA):
https://www.fna.usda.gov/tn/cn/crediting-tipsheets

Crediting Updates for Child Nutrition Programs: Be in the Know! Webinar Series (USDA):
https://www.fna.usda.gov/tn/cn/crediting-updates-webinars

Food Buying Guide for Child Nutrition Programs (USDA):
https://www.fna.usda.gov/tn/fbg

Food Buying Guide for Child Nutrition Programs: Training Resources (USDA):
https://www.fna.usda.gov/tn/fbg/training

Guide to Meeting the Crediting Requirements for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide_cacfp_crediting.pdf

Noncreditable Foods in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/noncreditable_foods_cacfp.pdf

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Recipe Analysis Workbook (RAW) for Standardized Recipes (USDA):
https://www.fna.usda.gov/tn/fbg/webtool

Recipe Standardization Guide for the Child and Adult Care Food Program (Institute of Child Nutrition):
https://theInstitute of Child Nutrition.org/Institute of Child Nutrition-resources-a-z/step-by-step-recipe-standardization-guide-for-the-child-and-adult-care-food-program/

Using the Nutrition Facts Label in the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/cacfp/meal-pattern-training-worksheets/nutrition-facts-label

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Family Style Meal Service

CACFP and Family Style Meal Service (Institute of Child Nutrition):
https://theicn.org/wpfd_file/cacfp-and-family-style-meal-service/

CACFP Trainers' Circle: Family Style Meal Service with Children in the CACFP (USDA):
https://www.fna.usda.gov/tn/cacfp/trainers-circle-webinars/family-style-meal-service

Family Style Dining Guide: A Mealtime Approach for Early Care and Education Programs (Ohio Child Care Resource & Referral Association and The Nemours Foundation):
https://occrra.org/wp-content/occrra/spec/spec-fsd.pdf

Family Style Meal Service ("Meal Service" 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/meal-service#FamilyStyle

Family Style Meal Service with Children in the CACFP Posters (USDA):
https://www.fna.usda.gov/tn/cacfp-family-style-meals-posters

Family Style Meal Service With Children in the Child and Adult Care Food Program (USDA):
https://fna-bwbufwdzbabpezgc.z01.azurefd.us/sites/default/files/resource-files/CACFP-Family-Style-Meal-ServiceOperator-Booklet.pdf

Family Style Meal Service With Children in the CACFP Training Materials (USDA webpage):
https://www.fna.usda.gov/tn/family-style-meal-service-cacfp

Serving Meals "Family Style" (USDA Nibbles for Health: Nutrition Newsletters for Parents of Young Children):
https://www.fna.usda.gov/sites/default/files/resource-files/nibbles_familymeals_eng.pdf

The Basic Guide to Family Style Dining – Part 1 (Institute of Child Nutrition):
https://theInstitute of Child Nutrition.org/resources/382/2013-mealtime-memos/106229/august-2013-the-basic-guide-to-family-style-dining-part-1.pdf

Why You Should Serve Family Style (National CACFP Association):
https://www.cacfp.org/files/4415/3512/5506/Family_Style_Dining_Tips.pdf

USDA Memo CACFP 02-2025: Offer Versus Serve and Family Style Meals in CACFP:
https://fns-prod.azureedge.us/cacfp/offer-versus-serve-family-style-meals

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Fruits Component

Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns Module 7: Fruits Component ("Bite Size Meal Pattern Training" 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/bite-size-meal-pattern-training

Crediting Fruits in the Child Nutrition Programs Tip Sheet (USDA):
https://www.fna.usda.gov/tn/cn/crediting-tipsheets/fruits

Crediting Juices in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_juices_cacfp.pdf

Crediting Smoothies in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_smoothies_cacfp.pdf

Crediting Vegetable Noodles and Coconut in the Child Nutrition Programs (USDA webinar):
https://www.fna.usda.gov/tn/crediting-vegetable-noodles-and-coconut-child-nutrition-programs

Food Buying Guide Section 3: Overview of Crediting Requirements for the Fruits Component (USDA):
https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section3_Fruits.pdf

Food Buying Guide Section 3: Yield Table for Fruits (USDA):
https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section3_FruitsYieldTable.pdf

Fruits Component (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/fruits

Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA):
https://www.fna.usda.gov/sites/default/files/resource-files/tn-pfs-vegfruit-template-cacfp.pdf

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

USDA Memo CACFP 09-2017: Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answers:
https://www.fna.usda.gov/cacfp/vegetable-fruit-requirements-qas

USDA memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Corn Flour in the Child Nutrition Programs:
https://www.fna.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs

USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:
https://www.fna.usda.gov/cn/smoothies-offered

Grains Component

Adding Whole Grains to Your Child and Adult Care Food Program Menu (USDA):
https://www.fna.usda.gov/tn/cacfp/adding-whole-grains

Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns: Module 9: Grains Component Crediting Requirements ("Bite Size Meal Pattern Training" 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/bite-size-meal-pattern-training

Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns: Module 10: Grains Component Whole Grain-rich Requirement ("Bite Size Meal Pattern Training" 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/bite-size-meal-pattern-training

Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns: Module 11: Grains Component Ounce Equivalents ("Bite Size Meal Pattern Training" 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/bite-size-meal-pattern-training

Calculating the Added Sugars Limit for Breakfast Cereals in the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/cacfp/calculating-sugar-limits-breakfast-cereals

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Calculation Methods for Grain Ounce Equivalents for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/grain_calculation_cacfp_oz_eq.pdf

Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/cacfp/meal-pattern-training-worksheets/breakfast-cereals-lower-sugar

Connecticut WIC Program Food Guide (Connecticut State Department of Public Health webpage):
https://connecticut.wicresources.org/food-guide.html

Crediting Breakfast Cereals in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_cereals_cacfp.pdf

Crediting Enriched Grains in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_enriched_grains_cacfp.pdf

Crediting Grains in the Child Nutrition Programs Tip Sheets: Part 1: Creditable Grains in Child Nutrition Programs; Part 2: Identifying Grain Products that are Whole Grain-Rich; and Part 3: Program Requirements (USDA):
https://www.fna.usda.gov/tn/cn/crediting-tipsheets/grains

Crediting Single-Serving Packages of Grains in the CACFP (USDA):
https://www.fna.usda.gov/tn/cacfp/meal-pattern-training-worksheets/crediting-single-serving-packages-grains

Crediting Whole Grains in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_whole_grains_cacfp.pdf

Determining Ounce Equivalents of Grains in Child and Adult Care Food Program Recipes (USDA):
https://www.fna.usda.gov/tn/determining-ounce-equivalents-grains-cacfp-recipes

Exhibit A Grains Tool of the Food Buying Guide (USDA):
https://www.fna.usda.gov/tn/fbg/webtool

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):
https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/Exhibit_A_Grain_Requirements_For_Child_Nutrition_Programs.pdf

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Food Buying Guide Section 4: Overview of Crediting Requirements for the Grains Component (USDA):
https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section4_Grains.pdf

Food Buying Guide Section 4: Yield Table for Grains (USDA):
https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section4_GrainsYieldTable.pdf

Grain Ounce Equivalents Chart for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/grain_oz_eq_cacfp.pdf

Grain-based Desserts in the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/grain-based-desserts-cacfp

Grains Component (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/grains

Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/wgr_requirement_cacfp.pdf

How to Identify Creditable Grains for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/identify_creditable_grains_cacfp.pdf

How to Maximize the Exhibit A Grains Tool (USDA webinar):
https://www.fna.usda.gov/tn/how-maximize-exhibit-grains-tool

How to Spot Whole Grain-Rich Foods for the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/cacfp/spot-whole-grain-rich-foods

How to Use the Grain Ounce Equivalents Chart for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/how_to_use_ounce_equivalents_chart_cacfp.pdf

Identifying Whole Grain-Rich Foods for the Child and Adult Care Food Program Using the Ingredient List (USDA):
https://www.fna.usda.gov/tn/cacfp/identifying-whole-grain-rich-foods

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Is My Recipe Whole Grain-Rich in the Child and Adult Care Food Program? (USDA):
https://www.fna.usda.gov/tn/cacfp/recipe-whole-grain-rich

Product Formulation Statement for Documenting Grains Ounce Equivalents in Child Nutrition Programs (USDA):
https://www.fna.usda.gov/sites/default/files/resource-files/tn-pfs-grains-oz-eq-template.pdf

Product Formulation Statement for Documenting Grains Ounce Equivalents in Child Nutrition Programs: Completed Sample (USDA):
https://www.fna.usda.gov/sites/default/files/resource-files/tn-pfs-grains-oz-eq-sample.pdf

Recipe Analysis Workbook (RAW) for Standardized Recipes (USDA):
https://www.fna.usda.gov/tn/fbg/webtool

Serving Requirements (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/grains#ServingRequirements

USDA Memo CACFP 05-2025: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:
https://www.fna.usda.gov/cacfp/grain-requirements-qas
Applies only to the preschool meal patterns

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program:
https://www.fna.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program
Applies only to the preschool meal patterns

USDA Memo SP 23-2019, CACFP 10-2019, and SFSP 09-2019: Crediting Popcorn in the Child Nutrition Programs:
https://www.fna.usda.gov/cn/crediting-popcorn-child-nutrition-programs

USDA Memo SP 34-2019, CACFP 15-2019, and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:
https://www.fna.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs

Using Ounce Equivalents for Grains in the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/using-ounce-equivalents-grains-cacfp

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Using the WIC Food Lists to Identify Grains for the Child and Adult Care Food Program (USDA): https://www.fna.usda.gov/tn/cacfp/meal-pattern-training-worksheets/wic-lists-grains

When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program (CSDE): https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/when_commercial_grain_products_require_pfs_cacfp.pdf

Whole Grain-rich Requirement (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage): https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/grains#WGR

Worksheet for Crediting Cooked Breakfast Cereals in the Child and Adult Care Food Program (CSDE): https://portal.ct.gov/-/media/.sde/nutrition/cacfp/crediting/worksheet_credit_cooked_breakfast_cereals_cacfp.pdf

Worksheet for Crediting Ready-to-eat (RTE) Breakfast Cereals in the Child and Adult Care Food Program (CSDE): https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/worksheet_credit_rte_ breakfast_cereals_cacfp.pdf

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Infant Meal Pattern

Accepting/Rejecting Infant Formula in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/infants/accepting_rejecting_infant_formula_cacfp.pdf

Accepting/Rejecting Infant Formula in the Child and Adult Care Food Program (Spanish): Aceptar/rechazar formula para infantes del Programa de Alimentos para el Cuidado de Niños y Adultos (CACFP) (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/infants/accepting_rejecting_infant_formula_cacfp_spanish.pdf

Breast Milk or Formula Provided by Parent or Guardian (CSDE's Feeding Infants in CACFP Child Care Programs webpage):
https://portal.ct.gov/sde/nutrition/feeding-infants-in-cacfp-child-care-programs/breast-milk-or-formula-provided-by-parent-or-guardian

CACFP Infant Meal Pattern (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/infants/infant_meal_pattern.pdf

CACFP Trainer's Tools: Feeding Infants (USDA):
https://www.fna.usda.gov/tn/cacfp/trainers-tools/feeding-infants

Crediting Infant Foods (CSDE's Feeding Infants in CACFP Child Care Programs webpage):
https://portal.ct.gov/sde/nutrition/feeding-infants-in-cacfp-child-care-programs/crediting-infant-foods

Crediting Store-Bought Combination Baby Foods in the CACFP (USDA):
https://www.fna.usda.gov/tn/crediting-store-bought-combination-baby-foods-cacfp

Feeding Infants in CACFP Child Care Programs (CSDE webpage):
https://portal.ct.gov/sde/nutrition/feeding-infants-in-cacfp-child-care-programs

Feeding Infants in the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/cacfp/feeding-infants

Feeding Infants Using Ounce Equivalents for Grains in the CACFP (USDA):
https://www.fna.usda.gov/tn/cacfp/feeding-infants/using-ounce-equivalents-grains

Infant Formula (CSDE's Feeding Infants in CACFP Child Care Programs webpage):
https://portal.ct.gov/sde/nutrition/feeding-infants-in-cacfp-child-care-programs/infant-formula

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Infant Meal Pattern Requirements Trainings (Institute of Child Nutrition):
https://theInstitute of Child Nutrition.org/Institute of Child Nutrition-resources-a-z/infant-meal-pattern-requirements-trainings/

Infant Menu Form for Five days (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/infants/infant_menu_form_cacfp_5day.docx

Infant Menu Form for Seven days (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/infants/infant_menu_form_cacfp_7day.docx

Nutrition Standards for CACFP Meals and Snacks (USDA):
https://www.fna.usda.gov/cacfp/nutrition-standards

USDA Memo CACFP 01-2023: Creditability of Infant Formulas Imported Through the Food and Drug Administration's 2022 Infant Formula Enforcement Discretion Policy in the Child and Adult Care Food Program:
https://www.fna.usda.gov/cacfp/creditability-infant-formulas-imported-fda2022-enforcement-discretion-policy

USDA Memo CACFP 06-2025: Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers:
https://www.fna.usda.gov/cacfp/feeding-infants-meal-pattern-requirements-qas

Lunch and Supper

Cycle Menus for Child Care: Preschoolers (Institute of Child Nutrition):
https://theInstitute of Child Nutrition.org/Institute of Child Nutrition-resources-a-z/cycle-menus-for-child-care-preschoolers/

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

Sample Cold Lunch and Supper Menus for CACFP Adult Day Care Centers (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult_menu_cacfp_lunch_cold.pdf

Sample Cold Lunch and Supper Menus for CACFP Child Care Centers and Homes (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu_cacfp_lunch_cold.pdf

Sample Hot Lunch and Supper Menus for CACFP Adult Day Care Centers (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult_menu_cacfp_lunch_hot.pdf

Sample Hot Lunch and Supper Menus for CACFP Child Care Centers and Homes (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu_cacfp_lunch_hot.pdf

Meal Modifications for Special Diets

Action Planning Form (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/action_planning_form.docx

Allowable Fluid Milk Substitutes for Non-disability Reasons for Adult Participants in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/milk_substitutes_cacfp_adults.pdf

Allowable Fluid Milk Substitutes for Non-disability Reasons for Children in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/milk_substitutes_cacfp.pdf

CACFP Regulations 7 CFR 226.20(g)(1): Modifications for disability reasons (USDA):
https://www.ecfr.gov/current/title-7/part-226#p-226.20(g)(1)

CACFP Regulations 7 CFR 226.20(g)(2): Variations for non-disability reasons (USDA):
https://www.ecfr.gov/current/title-7/part-226#p-226.20(g)(2)

CACFP Regulations 7 CFR 226.20(g)(3): Fluid milk substitutes for non-disability reasons (USDA):
https://www.ecfr.gov/current/title-7/part-226#p-226.20(g)(3)

CSDE Operational Memorandum No. 2C-18 and 2H-18: Requirements for Meal Modifications in CACFP Child Care Programs:
https://portal.ct.gov/-/media/sde/nutrition/cacfp/memos/om2018/om02c18_02h18.pdf

Food Allergies (CSDE's Special Diets in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/food-allergies

Food and Nutriion Servce (FNS) Instruction 783-13, Revision 3: Variations in Meal Requirements for Religious Reasons: Jewish Schools, Institutions and Sponsors (USDA):
https://www.fna.usda.gov/cn/variations-in-meal-requirements-for-religious-reasons

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Guidance for Special Diets (CSDE's Special Diets in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/guidance-for-special-diets

Guide to Meal Modifications for Adult Day Care Centers in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/guide_meal_modifications_cacfp_adults.pdf

Guide to Meal Modifications for Child Care Programs in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/guide_meal_modifications_cacfp.pdf

Guidelines for Managing Life-Threatening Food Allergies in Connecticut Schools (CSDE):
https://portal.ct.gov/SDE/Publications/Managing-Life-Threatening-Food-Allergies-in-Connecticut-Schools
Applies to child care centers in public schools

Identifying Products that Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/identify_allowable_nondairy_milk_substitutes_cacfp.pdf

Instructions for the Medical Statement for Meal Modifications for Adult Participants in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/adult_medical_statement_cacfp_instructions.pdf

Instructions for the Medical Statement for Meal Modifications for Children in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/medical_statement_cacfp_instructions.pdf

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Instructions for the Medical Statement for Meal Modifications in CACFP Child Care Programs (Spanish): Instrucciones para la declaración médica para modificaciones de alimentos para niños en los programas de cuidado infantil Programa de Alimentos para el Cuidado de Niños y Adultos (CACFP) (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/medical_statement_cacfp_spanish_instructions.pdf

Instructions for the Medical Statement for Meal Modifications in CACFP Adult Day Care Centers (Spanish): Instrucciones para la declaración médica para modificaciones de alimentos para participantes adultos en los programas de cuidado infantil Programa de Alimentos para el Cuidado de Niños y Adultos (CACFP) (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/adult_medical_statement_cacfp_spanish_instructions.pdf

Medical Statement for Meal Modifications for Adult Participants in the Child and Adult Care Food Program (CACFP) (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/adult_medical_statement_cacfp.pdf

Medical Statement for Meal Modifications for Children in the Child and Adult Care Food Program (CACFP) (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/medical_statement_cacfp.pdf

Medical Statement for Meal Modifications in CACFP Adult Day Care Centers (Spanish): Declaración médica para modificaciones de alimentos para participantes adultos en los programas de cuidado infantil Programa de Alimentos para el Cuidado de Niños y Adultos (CACFP) (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/adult_medical_statement_cacfp_spanish.pdf

Medical Statement for Meal Modifications in CACFP Child Care Programs (Spanish): Declaración médica para modificaciones de alimentos para niños en los programas de cuidado infantil Programa de Alimentos para el Cuidado de Niños y Adultos (CACFP) (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/medical_statement_cacfp_spanish.pdf

Medical Statements (CSDE's Special Diets in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/medical-statements

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Milk Substitutes for Non-disability Reasons (CSDE's Special Diets in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/milk-substitutes-for-non-disability-reasons

Overview of the Requirements for Meal Modifications for Adult Participants in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/overview_meal_modifications_cacfp_adults.pdf

Overview of the Requirements for Meal Modifications for Children in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/overview_meal_modifications_cacfp.pdf

Policy for Meal Modifications (CSDE's Special Diets in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/policy-for-meal-modifications

Resources for Special Diets in Child Nutrition Programs (CSDE):
https://portal.ct.gov/sde/nutrition/special-diets-in-school-nutrition-programs/documents

Sample Action Plan: Developing Policy for Meal Modifications in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/action_policy_meal_modifications_cacfp.pdf

Sample Action Plan: Promoting Policy for Meal Modifications in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/action_promote_meal_modifications_cacfp.pdf

Sample Standard Operating Procedure (SOP) for Meal Modifications for Adult Day Care Centers in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/sample_sop_meal_modifications_cacfp_adults.docx

Sample Standard Operating Procedure (SOP) for Meal Modifications for Children in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/sample_sop_meal_modifications_cacfp.docx

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Self-assessment of Adult Day Care Center Practices for Meal Modifications in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/assessment_meal_modifications_cacfp_adults.pdf

Self-assessment of Child Care Practices for Meal Modifications in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/assessment_meal_modifications_cacfp.pdf

Special Diets in the Child and Adult Care Food Program (CSDE webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/medical-statements

Summary Charts of the Requirements for Meal Modifications for Adult Participants in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/summary_chart_meal_modifications_cacfp_adults.pdf

Summary Charts of the Requirements for Meal Modifications for Children in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/summary_chart_meal_modifications_cacfp.pdf

USDA Memo CACFP 01-2025: Nutrition Requirements for Fluid Milk and Substitutions in the CACFP, Questions and Answers:
https://www.fna.usda.gov/cacfp/nutrition-requirements-fluid-milk-qas

USDA Memo CACFP 14-2017 and SFSP 10-2017: Policy Memorandum on Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food Service Program:
https://www.fna.usda.gov/cr/cacfp/modifications-accomodate-disabilities

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Meal Patterns

Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns Module 2: Introduction to CACFP Patterns for Children ("Bite Size Meal Pattern Training" section of CSDE's Meal Patterns for the Child and Adult Care Food Program webpage): https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/bite-size-meal-pattern-training

Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns Module 3: Introduction to CACFP Adult Meal Patterns ("Bite Size Meal Pattern Training" section of CSDE's Meal Patterns for the Child and Adult Care Food Program webpage): https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/bite-size-meal-pattern-training

CACFP Adult Meal Patterns (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#AdultMealPatterns

CACFP Breakfast Meal Pattern for Adult Day Care Centers (CSDE): https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/cacfp_adult_breakfast_meal_pattern.pdf

CACFP Breakfast Meal Pattern for Children (CSDE): https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/cacfp_breakfast_meal_pattern.pdf

CACFP Lunch and Supper Meal Pattern for Adult Day Care Centers (CSDE): https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/cacfp_adult_lunch_supper_meal_pattern.pdf

CACFP Lunch and Supper Meal Pattern for Children (CSDE): https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/cacfp_lunch_supper_meal_pattern.pdf

CACFP Nutrition Standards for CACFP Meals and Snacks (USDA): https://www.fna.usda.gov/cacfp/nutrition-standards

CACFP Meal Pattern Posters (USDA): https://www.fna.usda.gov/tn/cacfp/trainers-tools/posters

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

CACFP Meal Pattern Training Slides (USDA):
https://www.fna.usda.gov/tn/cacfp/meal-pattern-training-slides

CACFP Meal Pattern Training Worksheets (USDA):
https://www.fna.usda.gov/tn/cacfp/meal-pattern-training-worksheets

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#CACFP_Meal_Pattern_Updates

CACFP Meal Patterns for Children (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#MealPatternsChildren

CACFP Snack Meal Pattern for Adult Day Care Centers (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/cacfp_adult_snack_meal_pattern.pdf

CACFP Snack Meal Pattern for Children (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/cacfp_snack_meal_pattern.pdf

CACFP Training Tools (USDA webpage):
https://www.fna.usda.gov/tn/cacfp/trainers-tools

Guide to Meeting the Child and Adult Care Food Program (CACFP) Adult Meal Patterns (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide_cacfp_meal_patterns_adults.pdf

Guide to Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide_cacfp_meal_patterns.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

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Menu Forms ("Menu Forms and Production Records" 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-forms-and-production-records

Noncreditable Foods in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/noncreditable_foods_cacfp.pdf

Nutrition Standards for CACFP Meals and Snacks (USDA):
https://www.fna.usda.gov/cacfp/nutrition-standards

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

USDA Final Rule Correction: CACFP Meal Pattern Revisions Related to the HHFKA 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: CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 (81 FR 24347):
https://www.fna.usda.gov/cacfp/fr-042516

USDA Final Rule: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans (89 FR 31962):
https://www.fna.usda.gov/cn/fr-042524

USDA Memo CACFP 08-2017: Questions and Answers on the Updated Meal Pattern Requirements for the Child and Adult Care Food Program:
https://www.fna.usda.gov/cacfp/qas-updated-meal-pattern-requirements

USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP:
https://www.fna.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-cacfp

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://www.fna.usda.gov/cn/initial-implementation-meal-patterns-dga

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Meal Service

Note: Refer to "Family Style Meal Service" and "Offer versus Serve" in this document for additional resources.

Guide to Meal Service Requirements for Adult Day Care Centers in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide_cacfp_meal service_adults.pdf

Guide to Meal Service Requirements for Child Care Programs in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide_cacfp_meal_service.pdf

Meal Service (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/meal-service

Meats/Meat Alternates Component

Additional Meat/Meat Alternate Options for CNPs: Crediting Tempeh and Surimi (USDA webinar:):
https://www.fna.usda.gov/tn/additional-meat-meat-alternate-tempeh-and-surimi

Alternate Protein Product Sample Documentation (USDA):
https://www.fna.usda.gov/sites/default/files/resource-files/cnl-app-sample.pdf

Alternate Protein Products (APPs) ("Meats and Meat Alternates" section of CSDE's Crediting Foods in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/meats-and-meat-alternates#APP

Alternate Protein Products (USDA webpage):
https://www.fna.usda.gov/tn/cnp/food-industry-toolkit/app

Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns Module 6: Meat/Meat Alternates Component ("Bite Size Meal Pattern Training" section of CSDE's Meal Patterns for the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/bite-size-meal-pattern-training

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Calculating the Added Sugars Limit for Yogurt in the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/cacfp/calculating-sugar-limits-yogurt

Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/cacfp/meal-pattern-training-worksheets/yogurts-lower-sugar

Crediting Beans, Peas, and Lentils in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_beans_peas_lentils_cacfp.pdf

Crediting Commercial Meat/Meat Alternate Products in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_commercial_mma_cacfp.pdf

Crediting Deli Meats in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_deli_cacfp.pdf

Crediting Meats/Meat Alternates in the Child Nutrition Programs Tip Sheet (USDA):
https://www.fna.usda.gov/tn/cn/crediting-tipsheets/mma

Crediting Nuts and Seeds in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_nuts_seeds_cacfp.pdf

Crediting Tofu and Tofu Products in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_tofu_cacfp.pdf

Crediting Yogurt in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_yogurt_cacfp.pdf

Food Buying Guide Section 1: Overview of Crediting Requirements for the Meats/Meat Alternates Component (USDA):
https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section1_MeatsAndMeatAlternates.pdf

Food Buying Guide Section 1: Yield Table for Meats/Meat Alternates (USDA):
https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section1_MeatsAndMeatAlternatesYieldTable.pdf

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Grab and Go Lesson: Defining Tofu and How It Credits in the CACFP (Institute of Child Nutrition):
https://theInstitute of Child Nutrition.org/wpfd_file/defining-tofu-and-how-it-credits-in-the-cacfp/

Meats and Meat Alternates Component (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/meats-and-meat-alternates

Moving Forward: Update on Food Crediting in Child Nutrition Programs with Guidance for Dried Meat Products (USDA webinar):
https://www.fna.usda.gov/tn/moving-forward-update-food-crediting-dried-meat-products

Product Formulation Statement for Documenting Meats/Meat Alternates (M/MA) in Child Nutrition Programs (USDA):
https://www.fna.usda.gov/sites/default/files/resource-files/tn-pfs-mma-template.pdf

Product Formulation Statement for Documenting Meats/Meat Alternates (M/MA) in Child Nutrition Programs: Completed Sample (USDA):
https://fna-bwbufwdzbabpezgc.z01.azurefd.us/sites/default/files/resource-files/tn-pfs-mma-sample.pdf

Questions and Answers on Alternate Protein Products (APP) (USDA):
https://www.fna.usda.gov/tn/cnp/food-industry-toolkit/app

Requirements for Alternate Protein Products in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/app_requirements_cacfp.pdf

Serving Meat and Meat Alternates at Breakfast in the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/cacfp/meal-pattern-training-worksheets/serving-mma-breakfast

Serving Meats and Meat Alternates at Lunch and Supper in the USDA Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/cacfp/serving-meats-meat-alternates-lunch-supper

USDA Memo SP 02-2024, CACFP 02-2024, and SFSP 02-2024: Revised: Crediting Tofu and Soy Yogurt Products in the School Meals Programs, Child and Adult Care Food Program, and Summer Food Service Program:
https://www.fna.usda.gov/cn/crediting-tofu-soy-yogurt-products-school-meals-cacfp

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

USDA Memo SP 21-2019, CACFP 08-2019, and SFSP 07-2019: Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the Child Nutrition Programs: https://www.fna.usda.gov/cn/crediting-shelf-stable-dried-and-semi-dried-meat-poultry-and-seafood-products-child-nutrition

USDA Memo SP 24-2019, CACFP 11-2019, and SFSP 10-2019: Crediting Surimi Seafood in the Child Nutrition Programs: https://www.fna.usda.gov/cn/crediting-surimi-seafood-child-nutrition-programs

USDA Memo SP 25-2019, CACFP 12-2019, and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs: https://www.fna.usda.gov/cn/crediting-tempeh-child-nutrition-programs

USDA Memo SP 26-2019, CACFP 13-2019, and SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs: https://www.fna.usda.gov/cn/crediting-pasta-products-made-vegetable-flour-child-nutrition-programs

USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs: https://www.fna.usda.gov/cn/smoothies-offered

Worksheet for Crediting Yogurt in the CACFP (CSDE): https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/worksheet_credit_yogurt_cacfp.pdf

Yogurt and Soy Yogurt ("Meats and Meat Alternates" section of CSDE's Crediting Foods in the Child and Adult Care Food Program webpage): https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/meats-and-meat-alternates#Yogurt

Menu Planning

Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns: Module 12: Menu Planning ("Bite Size Meal Pattern Training" 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/bite-size-meal-pattern-training

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Breakfast ("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#Breakfast

CACFP Adult Day Care Centers Menu Form for AM Snack, Lunch, and PM Snack (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/adult_menu_form_cacfp_am_snack_lunch_pm_snack.docx

CACFP Adult Day Care Centers Menu Form for Breakfast, Lunch and Snack (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/adult_menu_form_cacfp_breakfast_lunch_snack.docx

CACFP Adult Day Care Centers Menu Form for Lunch and Snack (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/adult_menu_form_cacfp_lunch_snack.docx

CACFP Best Practices (USDA webpage):
https://www.fna.usda.gov/cacfp/program-operator/best-practices

CACFP Menu Form for AM and PM Snack for Ages 1-2 (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_am_pm_snack_ages_1-2.docx

CACFP Menu Form for AM and PM Snack for Ages 3-5 (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_am_pm_snack_ages_3-5.docx

CACFP Menu Form for AM Snack, Lunch, and PM Snack for Ages 3-5 (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_am_snack_lunch_pm_snack_ages_3-5.docx

CACFP Menu Form for AM, PM Snack, and Evening Snack for Ages 1-2, 3-5, and 6-18 in Emergency Shelters (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_shelter_am_pm_evening_snack_ages_1-2_3-5_6-18.docx

CACFP Menu Form for AM, PM, and Evening Snack for Ages 6-18 in Emergency Shelters (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_shelter_am_pm_evening_snack_ages_6-18.docx

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

CACFP Menu Form for At-risk Snack and Supper for Ages 6-18 (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_at_risk_snack_supper_ages_6-18.docx

CACFP Menu Form for Breakfast and PM Snack for Ages 3-5 (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_breakfast_snack_ages_3-5.docx

CACFP Menu Form for Breakfast and PM Snack for Ages 6-12 (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_breakfast_snack_ages_6-12.docx

CACFP Menu Form for Breakfast, AM Snack, and PM Snack for Ages 3-5 (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_breakfast_am_snack_pm_snack_ages_3-5.docx

CACFP Menu Form for Breakfast, Lunch, and Snack for Ages 1-2 (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_breakfast_lunch_snack_ages_1-2.docx

CACFP Menu Form for Breakfast, Lunch, and Snack for Ages 3-5 (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_breakfast_lunch_snack_ages_3-5.docx

CACFP Menu Form for Breakfast, Lunch, and Snack for Ages 6-12 (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_breakfast_lunch_snack_ages_6-12.docx

CACFP Menu Form for Breakfast, Lunch, and Supper for Ages 1-2. 3-5, and 6-18 in Emergency Shelters (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_shelter_breakfast_lunch_supper_ages_1-2_3-5_6-18.docx

CACFP Menu Form for Breakfast, Lunch, and Supper for Ages 6-18 in Emergency Shelters (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_shelter_breakfast_lunch_supper_ages_6-18.docx

CACFP Menu Form for Two Weeks of AM or PM Snack for Ages 3-5 (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_snack_ages_3-5_2_weeks.docx

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

CACFP Menu Form for Two Weeks of At-risk Snack for Ages 6-18 (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_at_risk_snack_ages_6-18_2_weeks.docx

CACFP Menu Form for Two weeks of At-risk Supper for Ages 6-18 (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_at_risk_supper_ages_6-18_2_weeks.docx

Choking Prevention (CSDE's Food Safety for Child Nutrition Programs webpage):
https://portal.ct.gov/sde/nutrition/food-safety-for-child-nutrition-programs/documents#ChokingPrevention

Cycle Menus (CSDE's Menu Planning for Child Nutrition Programs webpage):
https://portal.ct.gov/sde/nutrition/menu-planning/cycle-menus

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

Menu Forms ("Menu Forms and Production Records" 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-forms-and-production-records

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 for Child Nutrition Programs (CSDE webpage):
https://portal.ct.gov/sde/nutrition/menu-planning

Methods for Healthy Cooking (USDA):
https://www.fna.usda.gov/tn/methods-healthy-cooking

Portion Control (CSDE's Menu Planning for Child Nutrition Programs webpage):
https://portal.ct.gov/sde/nutrition/menu-planning/portion-control

Reducing the Risk of Choking in Young Children at Mealtimes (USDA):
https://www.fna.usda.gov/tn/reducing-risk-choking-young-children-mealtimes

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

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

Sample Cold Breakfast Menus for CACFP Adult Day Care Centers (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult_menu_cacfp_breakfast_cold.pdf

Sample Cold Breakfast Menus for CACFP Child Care Centers and Homes (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu_cacfp_breakfast_cold.pdf

Sample Cold Lunch and Supper Menus for CACFP Adult Day Care Centers (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult_menu_cacfp_lunch_cold.pdf

Sample Cold Lunch and Supper Menus for CACFP Child Care Centers and Homes (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu_cacfp_lunch_cold.pdf

Sample Hot Breakfast Menus for CACFP Adult Day Care Centers (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult_menu_cacfp_breakfast_hot.pdf

Sample Hot Breakfast Menus for CACFP Child Care Centers and Homes (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu_cacfp_breakfast_hot.pdf

Sample Hot Lunch and Supper Menus for CACFP Adult Day Care Centers (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult_menu_cacfp_lunch_hot.pdf

Sample Hot Lunch and Supper Menus for CACFP Child Care Centers and Homes (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu_cacfp_lunch_hot.pdf

Sample CACFP Menus ("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#SampleCACFPMenus

Sample Snack Menus for CACFP Adult Day Care Centers (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult_menu_cacfp_snack.pdf

Sample Snack Menus for CACFP Child Care Centers and Homes (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu_cacfp_snack.pdf

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Serving Snacks in the CACFP (USDA):
https://www.fna.usda.gov/tn/serving-snacks-cacfp

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

USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP:
https://www.fna.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-cacfp

Using the Nutrition Facts Label in the CACFP (USDA):
https://www.fna.usda.gov/tn/cacfp/meal-pattern-training-worksheets/nutrition-facts-label

Weights and Measures ("Portion Control" section of CSDE's Menu Planning for Child Nutrition Programs webpage):
https://portal.ct.gov/sde/nutrition/menu-planning/portion-control#WeightsMeasures

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Milk Component

Allowable Fluid Milk Substitutes for Non-Disability Reasons for Adult Participants in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/milk_substitutes_cacfp_adults.pdf

Allowable Fluid Milk Substitutes for Non-Disability Reasons for Children in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/milk_substitutes_cacfp.pdf

Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns Module 5: Milk Component ("Bite Size Meal Pattern Training" 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/bite-size-meal-pattern-training

Crediting Fluid Milk in the Child Nutrition Programs Tip Sheet (USDA)
https://www.fna.usda.gov/tn/cn/crediting-tipsheets/milk

Determining if Nondairy Beverages Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/determining_allowable_nondairy_milk_substitute_cacfp.pdf

Food Buying Guide Section 5: Overview of Crediting Requirements for the Milk Component (USDA):
https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section5_Milk.pdf

Food Buying Guide Section 5: Yield Table for Milk (USDA):
https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section5_MilkYieldTable.pdf

Milk Component (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/milk

Milk Substitutes for Non-disability Reasons (CSDE's Special Diets in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/milk-substitutes

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Offering Lactose-Free and Lactose-Reduced Milk in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/ media/sde/nutrition/cacfp/specdiet/lactose_free_reduced_ milk_cacfp.pdf

Serving Milk in the CACFP (USDA):
https://www.fna.usda.gov/tn/cacfp/meal-pattern-training-worksheets/milk

USDA Final Rule: Expanding Fluid Milk Options in Child Nutrition Programs (91 FR 25073):
https://www.federalregister.gov/documents/2026/05/08/2026-09212/expanding-fluid-milk-options-in-child-nutrition-programs

USDA Memo CACFP 01-2025: Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program, Questions and Answers
https://www.fna.usda.gov/cacfp/nutrition-requirements-fluid-milk-qas

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Offer versus Serve (OVS) in Adult Day Care Centers and At-risk Afterschool Programs

Note: OVS is an optional approach to menu planning and meal service that applies only to breakfast, lunch, and supper in adult day care centers and children ages 13-18 at supper in CACFP at-risk afterschool programs.

Adult Day Care: A Child and Adult Care Food Program Handbook (USDA):
https://www.fna.usda.gov/cacfp/adult-daycare/handbook

Guide to Offer Versus Serve (OVS) in Adult Day Care Centers in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide_ovs_cacfp_adult_day_care_centers.pdf

Guide to Offer Versus Serve (OVS) in At-risk Afterschool Programs in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide_ovs_cacfp_at_risk_afterschool_programs.pdf

Offer versus Serve (OVS) for Adult Day Care Centers and At-risk Afterschool Programs ("Meal Service 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/meal-service#OVS

Offer Versus Serve in the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/offer-versus-serve-cacfp

USDA Memo CACFP 02-2025: Offer Versus Serve and Family Style Meals in CACFP:
https://fns-prod.azureedge.us/cacfp/offer-versus-serve-family-style-meals

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Product Formulation Statements

Bite Size Module 9: Product Formulation Statements (CSDE's training program, Bite Size: Meeting the Child and Adult Care Food Program): https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training

Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA webpage): https://www.fna.usda.gov/cn/labeling/tips-evaluating-pfs

Buying Guide Module 3: Product Formulation Statements (PFS) (Institute of Child Nutrition): https://theInstitute of Child Nutrition.docebosaas.com/learn/course/external/view/elearning/139/fbg-module-3-product-formulation-statements-pfs

Manufacturer's Product Formulation Statement: Is it Acceptable? (Institute of Child Nutrition and USDA): https://www.youtube.com/watch?v=xtUo70IP9cc

Manufacturer's Product Formulation Statement: Is it Acceptable? Presentation Slides (Institute of Child Nutrition and USDA): https://theInstitute of Child Nutrition.org/resources/930/march-2016/109876/manufacturers-product-formulation-statement-pfs03-31-16.pdf

Product Formulation Statement for Documenting Grains Ounce Equivalents in Child Nutrition Programs (USDA): https://www.fna.usda.gov/sites/default/files/resource-files/tn-pfs-grains-oz-eq-template.pdf

Product Formulation Statement for Documenting Grains Ounce Equivalents in Child Nutrition Programs: Completed Sample (USDA): https://www.fna.usda.gov/sites/default/files/resource-files/tn-pfs-grains-oz-eq-sample.pdf

Product Formulation Statement for Documenting Meats/Meat Alternates (M/MA) in Child Nutrition Programs (USDA): https://www.fna.usda.gov/sites/default/files/resource-files/tn-pfs-mma-template.pdf

Product Formulation Statement for Documenting Meats/Meat Alternates (M/MA) in Child Nutrition Programs: Completed Sample (USDA): https://www.fna.usda.gov/sites/default/files/resource-files/tn-pfs-mma-sample.pdf

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA):
https://www.fna.usda.gov/sites/default/files/resource-files/tn-pfs-vegfruit-template-cacfp.pdf

Product Formulation Statements (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/product-formulation-statements

USDA Memo SP 05-2025, CACFP 04-2025, and SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements:
https://www.fna.usda.gov/cn/labeling/guidance-accepting-processed-product-documentation

Using Product Formulation Statements in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/using_product_formulation_statements_cacfp.pdf

When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/when_commercial_grain_products_require_pfs_cacfp.pdf

What's in a Meal Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs):
https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module8

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Production Records

Basics at a Glance Portion Control Poster (Institute of Child Nutrition):
https://theInstitute of Child Nutrition.org/Institute of Child Nutrition-resources-a-z/basics-at-a-glance/

Instructions for the Production Record Templates for Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/prodrecord/instructions_production_record_cacfp.pdf

Production Record for CACFP Adult Day Care Centers (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/prodrecord/production_record_cacfp_adult_centers.docx

Production Record for CACFP Child Care Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/prodrecord/production_record_cacfp_child_care_programs.docx

Production Records ("Menu Forms and Production Records" section of the 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

Using Production Records in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/prodrecord/using_production_records_cacfp.pdf

Weights and Measures ("Portion Control" section of CSDE's Menu Planning for Child Nutrition Programs webpage):
https://portal.ct.gov/sde/nutrition/menu-planning/portion-control#WeightsMeasures

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Snacks

Cycle Menus for Child Care: Preschoolers (Institute of Child Nutrition):
https://theInstitute of Child Nutrition.org/Institute of Child Nutrition-resources-a-z/cycle-menus-for-child-care-preschoolers/

Let's Make a Snack! Child and Adult Care Food Program Snack Menu Planner for Children 3 Through 18 Years of Age (USDA):
https://www.fna.usda.gov/tn/cacfp/trainers-tools/lets-make-snack

Sample Snack Menus for CACFP Adult Day Care Centers (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult_menu_cacfp_snack.pdf

Sample Snack Menus for CACFP Child Care Centers and Homes (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu_cacfp_snack.pdf

Serving Snacks in the CACFP (USDA):
https://www.fna.usda.gov/tn/serving-snacks-cacfp

Snack Inspiration: Menus with 240 Snack Ideas (Wisconsin Department of Public Instruction):
https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/snack_inspiration.pdf

Snacks ("Menu Planning" section of CSDE's Meal Patterns for the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/menu-planning#Snacks

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Vegetables Component

Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns: Module 8: Vegetables Component ("Bite Size Meal Pattern Training" section of CSDE's Meal Patterns for the Child and Adult Care Food Program webpage): https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/bite-size-meal-pattern-training

Crediting Beans, Peas, and Lentils in the Child and Adult Care Food Program (CSDE): https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_beans_ peas_lentils_ cacfp.pdf

Crediting Juices in the Child and Adult Care Food Program (CSDE): https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_juices_cacfp.pdf

Crediting Smoothies in the Child and Adult Care Food Program (CSDE): https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_smoothies_cacfp.pdf

Crediting Soups in the Child and Adult Care Food Program (CSDE): https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_soups_cacfp.pdf

Crediting Vegetable Noodles and Coconut in the Child Nutrition Programs (USDA webinar): https://www.fna.usda.gov/tn/crediting-vegetable-noodles-and-coconut-child-nutrition-programs

Crediting Vegetables in Child Nutrition Programs Tip Sheet (USDA): https://www.fna.usda.gov/tn/cn/crediting-tipsheets/vegetables

Food Buying Guide Section 2: Overview of Crediting Requirements for the Vegetables Component (USDA): https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section2_ Vegetables.pdf

Food Buying Guide Section 2: Yield Table for Vegetables (USDA): https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section2_VegetablesYield Table.pdf

Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA): https://www.fna.usda.gov/sites/default/files/resource-files/tn-pfs-vegfruit-template-cacfp.pdf

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Serving Vegetables in the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/cacfp/meal-pattern-training-worksheets/serving-vegetables

USDA Memo CACFP 09-2017: Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answers:
https://www.fna.usda.gov/cacfp/vegetable-fruit-requirements-qas

USDA Memo SP 26-2019, CACFP 13-2019, and SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs:
https://www.fna.usda.gov/cn/crediting-pasta-products-made-vegetable-flour-child-nutrition-programs

USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:
https://www.fna.usda.gov/cn/smoothies-offered

Vegetable Subgroups in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/vegetable_subgroups_cacfp.pdf

Vegetables Component (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/vegetables

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program

Water Availability During Meal Service

Grab and Go Lesson: Offering and Making Water Available in Child Care (Institute of Child Nutrition):
https://theInstitute of Child Nutrition.org/resources/1538/nutrition-and-meal-management/117771/offering-and-making-water-available-in-child-care.pdf

Offering Water in the USDA Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/offering-water-cacfp

USDA Memo CACFP 20-2016: Water Availability in the Child and Adult Care Food Program:
https://www.fna.usda.gov/cacfp/water-availability

USDA Memo SP 49-2016 and CACFP 18-2016: Resources for Making Potable Water Available in Schools and Child Care Facilities:
https://www.fna.usda.gov/cn/resources-making-potable-water-available-schools-and-child-care-facilities-0

Water Safety (USDA):
https://www.fna.usda.gov/fs/water-safety

Meal Pattern and Crediting Resources for 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/resources_cacfp_meal_patterns.pdf.

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