

Child and Adult Care Food Program (CACFP)

Sample Snack Menus for CACFP Child Care Centers and Homes

These sample snack menus for CACFP child care centers, family day care homes, emergency shelters, and at-risk afterschool care centers reflect the meal pattern requirements of the U.S. Department of Agriculture's (USDA) final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*, effective October 1, 2017. Serving sizes are for ages 3-5 and can be adjusted for other ages. Some of the sample snack menus include additional meal pattern components or exceed the minimum serving requirements.

The CACFP adult snack meal pattern for ages 3-5 requires any two of the five meal pattern components, which include ½ cup of low-fat unflavored or fat-free unflavored milk, ½ ounce of meat/meat alternates, ½ cup of vegetables, ½ cup of fruits, and ½ serving of grains. Only one of the two components may be a creditable beverage. For information on the CACFP meal patterns, see the Connecticut State Department of Education's (CSDE) handout, *CACFP Meal Patterns for Children*, the CSDE's guide, *Meal Pattern Requirements for CACFP Child Care Programs*, and the CSDE's *Meal Patterns for CACFP Child Care Programs* and *Crediting Foods in CACFP Child Care Programs* webpages.

The type of foods purchased and the recipes and preparation techniques used by the CACFP facility will determine whether local menus meet the CACFP meal patterns. CACFP facilities should use the USDA's *Food Buying Guide for Child Nutrition Programs* to determine the amount of purchased food that meets the required serving for each meal pattern component. A Child Nutrition (CN) label or manufacturer's production formulation statement (PFS) must be on file to document the meal pattern contribution of all commercial foods served in CACFP menus. A standardized recipe must be on file to document the meal pattern compliance of foods made on site in the CACFP facility. For more information on crediting documentation, see the CSDE's handouts, *Accepting Processed Product Documentation in the CACFP*, *Using Child Nutrition (CN) Labels in the CACFP*, and *Using Product Formulation Statements in the CACFP*. For more information on standardized recipes, see the CSDE's *CACFP Standardized Recipe Form* and section 2 of the CSDE's guide, *Meal Pattern Requirements for CACFP Child Care Programs*.

Abbreviations

M = milk component

G = grains component

FV = vegetables and fruits component

MMA = meat/meat alternates substitute for grains ¹

A = additional creditable food (not full serving)

O = other food (noncreditable)

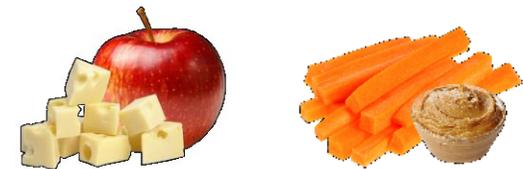
WGR = whole grain-rich

Tbsp = tablespoon

c = cup

tsp = teaspoon

oz = ounce



See page 7 for menu planning notes. For information on noncreditable foods, see the handout, *Noncreditable Foods in CACFP Child Care Programs*.

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	M ½ cup				Low-fat unflavored milk (½ c)	
	MMA ½ oz		Low-fat Greek yogurt (¼ c) ³		Ham (¼ oz) and cheese (¼ oz) ⁴ roll-up	
	G ½ serving	Enriched blueberry muffin (1 oz) ¹		Whole-grain crackers (½ oz) ¹ WGR	Whole-corn tortilla (½ oz) ¹ WGR	Whole-grain roll (½ oz) ¹ WGR
	V ½ cup			Carrot sticks (½ c)		
	F ½ cup	Orange wedges (½ c)	Blueberries (½ c)			Cantaloupe chunks (½ c)
	A				Shredded lettuce (⅛ c) ⁵	
	O	Water ²	Water ²	Low-fat dip (1 Tbsp) Water ³	Mustard (1 tsp) or low-fat mayonnaise (1 tsp)	Water ²
Week 2	M ½ cup					
	MMA ½ oz	Low-fat cheese stick (½ oz)	Peanut butter (1 Tbsp)	Yogurt and fruit parfait: Low-fat vanilla yogurt (¼ c) ³	Hummus ⁴ (⅛ c chickpeas) and carrot pita	
	G ½ serving				Whole-wheat pita half (½ oz) ¹ WGR	Enriched pretzels (½ oz) ¹
	V ½ cup	Tossed salad: Lettuce (½ cup) ⁵ with tomatoes and cucumbers (¼ c)				Cucumber slices (¼ c) Carrot slices (¼ c)
	F ½ cup		Apple slices (½ c)	Sliced strawberries (½ c)	Papaya cubes (½ c)	
	A	Enriched croutons (¼ oz) ¹		Whole-grain granola (2 Tbsp) ¹ WGR	Shredded carrots (⅛ c)	
	O	Low-fat dressing (1 Tbsp) Water ²	Water ²	Water ²	Water ²	Low-fat dip (1 Tbsp) Water ²

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	M ½ cup				Low-fat unflavored milk (½ c)	
	MMA ½ oz		Low-fat cottage cheese (⅛ c)	Tortilla wrap with refried beans (⅛ c) and shredded cheese (⅛ oz)		
	G ½ serving	Soft whole-grain pretzel (½ oz) ¹ WGR		Whole-grain tortilla (½ oz) ¹ WGR		
	V ½ cup				Carrot-pineapple-raisin salad (½ c carrots)	Raw cauliflower bites (½ c)
	F ½ cup	Sliced red grapes (½ c)	Canned apricots in juice (½ c) ⁶			Orange juice (½ c) ⁶
	A	Cheese cubes (½ oz)		Diced tomato (⅛ c)	Crushed pineapple (⅛ cup) Raisins (1 tsp) ⁸	
	O	Water ²	Water ²	Water ²		Low-fat dip (1 oz) Water ²
Week 4	M ½ cup		Low-fat unflavored milk (½ c)			
	MMA ½ oz	Part-skim Mozzarella cheese stick (½ oz)	Ants on a log: peanut butter (1 Tbsp)		Pasta veggie salad: low-fat cheese cubes (½ oz)	
	G ½ serving			Whole-grain cereal (⅓ c) ⁷ WGR	Enriched rotini pasta (¼ c) ¹	Enriched cornbread (1 oz) ¹
	V ½ cup		Carrot sticks (¼ c) Celery sticks (¼ c)			
	F ½ cup	Red grapes (½ c)		Sliced peaches (½ c)	Orange-pineapple juice (½ c) ⁶	Sliced kiwi (½ c)
	A		Raisins (1 Tbsp) ⁸		Chopped veggies: carrots, broccoli, and tomatoes (¼ c)	
	O	Water ²		Water ²		Water ²

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Week 5	M ½ cup					
	MMA ½ oz	Low-fat cottage cheese (⅓ c) ³	Peanut butter (1 Tbsp)		Fruit and yogurt smoothie: Yogurt (¼ c) ³	
	G ½ serving	Whole-grain cereal (⅓ c) ⁷ WGR		Trail mix with whole-grain cereal (¼ c) ⁷ WGR , enriched pretzels (¼ oz) ¹ , peanuts, and dried fruit		Enriched pretzel sticks (½ oz) ¹
	V ½ cup		Carrot sticks (½ c)			
	F ½ cup			Apple juice (½ c) ⁶	Pureed mango (¼ c) and strawberries (¼ c) ⁶	Green grapes (½ c)
	A	Crushed pineapple in juice (1 Tbsp) ⁶		Peanuts (½ Tbsp) Dried fruit (½ Tbsp) ⁸		
	O	Water ²	Water ²	Water ²		Water ²
Week 6	M ½ cup		Low-fat unflavored milk (½ c)		Low-fat unflavored milk (½ c)	
	MMA ½ oz			Low-fat Greek yogurt (¼ c) ³	Peanut butter (1 Tbsp)	Tuna salad (½ oz tuna) ⁴
	G ½ serving	Enriched hard bread sticks (½ oz) ¹	Whole-grain cereal (⅓ c) ⁷ WGR		Whole-wheat bagel (½ oz) ¹ WGR	Whole-grain crackers (½ oz) ¹ WGR
	V ½ cup	Jicama sticks (½ c)				
	F ½ cup			Fruit salad: oranges, bananas, sliced grapes, pineapple (½ c)		
	A					Sliced cherry tomatoes (¼ c)
	O	Low-fat dip (2 Tbsp) Water ²		Water ²		Water ²

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Week 7	M ½ cup			Low-fat unflavored milk (½ c)		
	MMA ½ oz	Cheddar cheese cubes (1 oz) ⁴	Hummus (⅛ c chickpeas) ⁴		Shredded low-fat cheese (1 oz) ⁴	Berry peach yogurt parfait: Low-fat yogurt (¼ c) ³
	G ½ serving		Whole-wheat pita half (½ oz) ¹ WGR	Enriched pumpkin cranberry muffin (1 oz) ¹ WGR		
	V ½ cup				Garden salad: lettuce (½ c) ⁵ , tomatoes, cucumbers, carrots (¼ c)	
	F ½ cup	Watermelon chunks (½ c)				Seasonal berries (¼ c) Diced peaches (¼ c)
	A		Shredded carrots (⅓ c)			
	O	Water ²	Water ²		Low-fat Italian dressing (1 Tbsp) Water ²	Crumbled graham crackers (1 Tbsp) Water ²
Week 8	M ½ cup					
	MMA ½ oz	Pita bread triangles: low-fat cheese (½ oz) ⁴				Chicken salad (1 oz chicken) ³
	G ½ serving	Whole-wheat pita bread (½ oz) ¹ WGR		Whole-grain roll (½ oz) ¹ WGR	Strawberry shortcake: Enriched biscuit (½ oz) ¹	Whole-wheat pita pocket half (½ oz) ¹ WGR
	V ½ cup		Roasted chickpeas (½ c)	Marinated cucumber-tomato salad (½ c)		
	F ½ cup		Pineapple chunks (½ c)		Sliced strawberries (½ c)	
	A	Veggie salsa (⅓ c)				Shredded lettuce (⅓ c) ⁵ Diced tomato (⅓ c)
	O	Water ²	Water ²	Water ²	Whipped cream (2 Tbsp) ³ Water ³	Water ²

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	M ½ cup				Low-fat unflavored milk (½ c)	
	MMA ½ oz					Herbed cottage cheese (⅛ c) ⁴
	G ½ serving	Whole-grain bagel (½ oz) ¹ WGR	Enriched pretzels (½ oz) ¹	Whole-grain cereal (⅓ c) ⁷ WGR		
	V ½ cup		Marinated three-bean salad (½ c)		Carrot sticks (½ c)	Celery sticks and cucumber slices (½ c)
	F ½ cup	Pineapple juice (½ c) ⁶		Sliced kiwi (½ c)		
	A					Whole-grain crackers (½ oz) ¹ WGR
	O	Light cream cheese (½ Tbsp) Water ²	Water ²	Water ²	Almond butter (1 Tbsp)	Water ²
Week 10	M ½ cup		Low-fat unflavored milk (½ c)			
	MMA ½ oz	Hard-boiled egg (½ large)				Peanut butter (1 Tbsp)
	G ½ serving	Whole-grain roll (½ oz) ¹ WGR		Whole-corn tortilla chips (½ oz) ¹ WGR		Whole-wheat bagel (½ oz) ¹ WGR
	V ½ cup				Carrot sticks (½ c)	
	F ½ cup		Banana (½ c)	Cantaloupe chunks (½ c)	Apple slices (½ c)	
	A			Mango salsa (¼ cup)		
		Water ²		Water ²	Water ²	Water ²

Sample Snack Menus for CACFP Child Care Centers and Homes

Menu planning notes

- ¹ To credit as the grains component, a whole grain, enriched grain, bran, or germ must be the first ingredient or the greatest ingredient by weight. For information on identifying creditable grains, see the CSDE's handout, [How to Identify Creditable Grains in the CACFP](#). Determine CACFP crediting and WGR information and compliance with the CCCNS for commercial grains by using the CSDE's worksheet, [Child Care Worksheet 1: Crediting Commercial Grains in the CACFP](#). At least one serving per day must be WGR. The USDA's [CACFP Best Practices](#) recommends at least two servings of WGR grains per day. WGR foods contain at least 50 percent whole grains and any remaining grains are enriched. For more information, see the handout, [Whole Grain-rich Criteria for the CACFP](#). Except for sweet crackers such as graham crackers and animal crackers, grain-based desserts cannot credit, e.g., cookies, sweet pie crusts, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies. We recommend not serving sweet crackers more than twice per week between all meals and snacks. For more information, see the USDA's handout, [Grain-Based Desserts in the CACFP](#). Through September 30, 2019, all grains must meet the applicable weights or volumes in [Serving Sizes for Grains in the CACFP](#) or provide the minimum creditable grains per serving. For more information, see the handout, [Calculation Methods for Grain Servings in the CACFP](#). Recipes for products made on site must contain a sufficient amount of whole or enriched grains to meet the minimum grain serving. Determine CACFP crediting and WGR information and compliance with the CCCNS by using the worksheets, [Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP](#) or [Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP](#).
- ² The USDA recommends serving water with snacks when milk or juice is not served. Water does not credit in CACFP meals or snacks and cannot be offered in place of the required food components.
- ³ Yogurt (regular and soy) cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce). For more information, see the handout, [Crediting Yogurt in the CACFP](#).
- ⁴ A serving of the meat/meat alternates component is the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, fillers, or other ingredients. The USDA's [CACFP Best Practices](#) recommends serving only lean meats, nuts, and legumes; limiting processed meats to one serving per week; and serving only low-fat or reduced-fat natural cheese. Meat products with binders and extenders require a PFS to determine appropriate crediting, based on the actual percentage of meat in the product formula. For more information, see the handouts, [Using Product Formulation Statements in the CACFP](#), [Crediting Meat/Meat Alternates in the CACFP](#) and [Crediting Deli Meats in the CACFP](#).
- ⁵ Raw leafy greens such as lettuce or spinach credit as half the volume served, e.g., ½ cup of raw leafy greens credits as ¼ cup of the vegetables component.
- ⁶ Pasteurized full-strength juice can meet the vegetables or fruits component at only one meal or snack per day. Juice includes all fruit and vegetable juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice. For more information, see the handouts, [Crediting Juice in the CACFP](#) and [Crediting Smoothies in the CACFP](#).
- ⁷ Breakfast cereals (ready-to-eat (RTE) and cooked) cannot contain more than 6 grams of sugars per dry ounce. Through September 30, 2019, the required amount for ½ serving of RTE breakfast cereal for ages 3-5 is ⅓ cup or ½ ounce, whichever is less. Beginning October 1, 2019, the serving size changes to ounce equivalents. The required amount for ½ ounce equivalent is ½ cup of flakes or rounds, ¾ cups of puffed cereal, and ⅛ cup of granola. Determine the CACFP crediting and WGR information and compliance with the CCCNS by using the worksheets, [Child Care Worksheet 2: Crediting Ready-to-eat \(RTE\) Breakfast Cereals in the CACFP](#) or [Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP](#). For more information, see the handout, [Crediting Breakfast Cereals in the CACFP](#).
- ⁸ Dried fruit credits as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of the fruits component. The minimum creditable amount for the fruits component is ⅛ cup, which equals 1/16 cup or 1 tablespoon of dried fruit. Amounts of dried fruit less than 1 tablespoon do not credit.

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