

Child and Adult Care Food Program (CACFP)

Sample Cold Lunch and Supper Menus for CACFP Child Care Centers and Homes

These sample lunch and supper 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 menus include additional meal pattern components or exceed the minimum serving requirements.

The CACFP lunch and supper meal pattern for ages 3-5 requires $\frac{3}{4}$ cup of low-fat unflavored or fat-free unflavored milk, 1 $\frac{1}{2}$ ounces of meat/meat alternates, $\frac{1}{4}$ cup of vegetables, $\frac{1}{4}$ cup of fruits, and $\frac{1}{2}$ serving of grains. Vegetables can substitute for the entire fruits component at any lunch or supper. 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 and the CSDE's recommended Connecticut Child Care Nutrition Standards (CCCNS). 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

O = other food (noncreditable)

WGR = whole grain-rich

Tbsp = tablespoon

c = cup

tsp = teaspoon

oz = ounce



See page 5 for menu planning notes. For information on noncreditable foods, see the CSDE's handout, *Noncreditable Foods in CACFP Child Care Programs*.

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		Monday	oz	Wednesday	Thursday	Friday
Week 1	M ¾ cup	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)
	MMA 1 ½ oz	Ham (1 ¼ oz) sandwich with low-fat cheese (¼ oz) ¹	Shaved roast beef (1 ½ oz) ¹ Sandwich	Low-fat cottage cheese (¾ cup c)	Pastrami (1 oz) ¹ and Swiss cheese (½ oz) sandwich	Spinach salad with hard-boiled egg (½ large) ¹
	G ½ serving	Whole-wheat bread (½ oz) ² WGR	Whole-wheat roll (½ oz) ² WGR	Enriched cinnamon bread (½ oz) ²	Enriched rye bread (½ oz) ²	Whole-grain roll (½ oz) ² WGR
	V ¼ cup	Lettuce (¼ c) ³ and tomato (¼ c)	Marinated broccoli salad (¼ c)	Carrot sticks (¼ c)	Coleslaw (¼ c vegetables)	Baby spinach (¼ c) ³ Shredded carrots (⅛ c)
	F ¼ cup	Orange sections (¼ c)	Red potato salad (¼ c potatoes) ⁴	Fruit salad: apples, oranges, grapes, pineapple, banana (¼ c)	Waldorf salad: apples (⅛ c), grapes (⅛ c), raisins (1 tsp) ⁵ , celery (1 tsp)	Cantaloupe wedges (¼ c)
	O	Mustard (1 tsp) or low-fat mayonnaise (1 tsp)	Ketchup or mustard (½ Tbsp)		Mustard (1 tsp)	Low-fat dressing (1 Tbsp)
Week 2	M ¾ cup	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)
	MMA 1 ½ oz	Hummus veggie pita pocket (¾ c chickpeas)	Low-fat yogurt (¾ c) ⁵ Banana bread with peanut butter (2 tsp) and raisins	Chicken salad with apricots: chicken (1 ½ oz) ¹	Turkey salad (1 ½ oz turkey) ¹ on roll	Tuna salad wrap: tuna (1 ½ oz) ¹
	G ½ serving	Whole-grain pita (½ oz) ² WGR	Enriched banana bread (1 oz) ²	Whole-grain crackers (½ oz) ² WGR	Whole-grain roll (½ oz) ² WGR	Whole-grain tortilla (½ oz) ² WGR
	V ¼ cup	Shredded carrots (⅛ c) Shredded lettuce (⅛ c) ³	Carrot sticks (¼ c)	Red pepper strips (¼ c)	Cucumber slices (¼ c) Shredded lettuce (¼ c) ³	Cherry tomatoes and zucchini sticks (¼ c)
	F ¼ cup	Sliced cucumbers (¼ c) ⁴	Sliced peaches in juice (¼ c) ⁷ Raisins (2 tsp) ⁷	Diced dried apricots (⅛ c) ⁵ Fresh pear slices (⅛ c)	Red apple slices (¼ c)	Apricots in juice (¼ c) ⁷
	O				Low-fat ranch dip (1 Tbsp)	Low-fat dressing (½ Tbsp)

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Week 3	M ¾ cup	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)
	MMA 1 ½ oz	Chef's salad: turkey (½ oz), ham (½ oz) and cheese (¼ oz) ¹ Sliced hard-boiled egg (¼ large)	Egg salad sandwich: egg (½ large) ¹	Ham and pasta veggie salad: diced ham (1 oz) ¹ and cheddar cheese cubes (½ oz)	Hummus and carrot pita pocket (¾ c chickpeas)	Chicken (1 oz) and low-fat cheese (½ oz) roll-up ¹
	G ½ serving	Enriched pumpernickel roll (½ oz) ²	Whole-wheat bread (½ oz) ² WGR	Enriched macaroni (⅛ c) ² Whole-wheat roll (½ oz) ² WGR	Whole-wheat pita half (½ oz) ² WGR	Whole-grain tortilla (½ oz) ² WGR
	V ¼ cup	Salad greens (½ c) ³ with tomatoes and carrots (⅛ c)	Carrot raisin salad (¼ c) Shredded lettuce (¼ c) ³	Chopped veggies: carrots, broccoli and red peppers (¼ c)	Green pepper strips (⅛ c) Shredded carrots (⅛c)	Sliced cucumbers (¼ c) Chopped lettuce (⅛ c) ³ and tomato (⅛ c)
	F ¼ cup	Mandarin orange segments (¼ c)	Orange slices (¼ c)	Pineapple tidbits in juice (¼ c) ⁷	Mango chunks (¼ c)	Red grapes (¼ c)
	O	Low-fat Italian dressing (1 Tbsp)	Low-fat mayonnaise (½ Tbsp)			Low-fat mayonnaise (½ Tbsp)
Week 4	M ¾ cup	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)
	MMA 1 ½ oz	Cold meatloaf sandwich (1 ½ oz meat) ¹	Sliced turkey breast (1 ½ oz) ¹	Low-fat cottage cheese (¾ c)	Cold sesame noodles with diced chicken (1 ½ oz) ¹	Black bean-tomato-carrot salad (¾ c beans)
	G ½ serving	Whole-wheat bread (½ oz) ³ WGR Pasta veggie salad: enriched pasta (⅛ c) ²	Whole-grain crackers (½ oz) ² WGR	Whole-wheat bagel (½ oz) ² WGR	Enriched spaghetti (¼ c) ²	Whole-grain roll (½ oz) ² WGR
	V ¼ cup	Chopped veggies: carrots, tomato and broccoli (¼ c)	Marinated green bean salad (¼ c)	Red and green pepper strips (¼ c)	Broccoli florets (¼ c)	Shredded carrots (⅛ c) Diced tomatoes (⅛ c)
	F ¼ cup	Watermelon chunks (¼ c)	Strawberries (¼ c)	Crushed pineapple in juice (¼ c) ⁷	Sliced peaches (¼ c)	Fresh pear (¼ c)
	O	Ketchup or mustard (½ Tbsp)				Low-fat dressing (½ Tbsp)

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	M ¾ cup	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)
	MMA 1 ½ oz	Cold oven-fried chicken (1 ½ oz chicken) ¹	Low-fat Greek yogurt (½ c) ⁵ Peanut butter (2 Tbsp)	Turkey (1 ½ oz) ¹ avocado roll-up	Red pepper hummus (¾ c chickpeas)	Egg salad sandwich: egg (1 large) ¹
	G ½ serving	Enriched corn muffin (1 oz) ²	Whole-grain rice cakes (½ oz) ² WGR	Whole-corn tortilla (½ oz) ² WGR	Whole-wheat roll (½ oz) ² WGR	Whole-grain bread (½ oz) ² WGR
	V ¼ cup	Potato salad (¼ c)	Marinated corn salad (¼ c)	Baby spinach (¼ c) ³ , diced tomato (⅛ c), avocado (⅙ c)	Cucumber-tomato salad (¼ c) Shredded lettuce (¼ c) ³	Confetti coleslaw (¼ c vegetables)
	F ¼ cup	Three-bean salad (¼ c) ⁴	Banana slices (⅙ c) Applesauce (⅙c) Raisins (½ Tbsp) ⁵	Orange wedges (¼ c)	Carrot sticks (¼ c) ⁴	Plums (¼ c)
	O					
Week 6	M ¾ cup	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)	Low-fat unflavored milk (¾ c)
	MMA 1 ½ oz	Marinated lentil-carrot-ham salad: lentils (¼ c) and ham (1 oz)	Sliced chicken breast (1 ½ oz) ¹	Sliced ham (1 oz) ¹ Sliced Swiss cheese (½ oz)	Low-fat Greek yogurt (¾ c) ⁶	Tuna pasta salad with tomatoes, carrots and olives: tuna (1 ½ oz) ¹
	G ½ serving	Whole-grain roll (½ oz) ² WGR	Enriched marble bread (½ oz) ²	Whole-grain crackers (½ oz) ² WGR	Enriched soft pretzel (½ oz) ²	Enriched rotini pasta (⅙ c) ² Whole-wheat roll (½ oz) ² WGR
	V ¼ cup	Shredded carrots (⅙ c) Red pepper strips (⅙ c)	Julienned jicama sticks (¼ c)	Tossed salad greens (¼ c) ³ with tomatoes and carrots (⅙ c)	Carrot-raisin salad (¼ c carrots)	Shredded carrots (⅜c) Diced tomatoes (⅙ c) Chopped black olives (⅙ c)
	F ¼ cup	Fresh nectarine (¼ c)	Broccoli florets (¼ c) ⁴	Watermelon (¼ c)	Blueberries (¼ c)	Honeydew melon (¼ c)
	O		Low-fat mayonnaise (½ Tbsp)	Low-fat ranch dressing (1 Tbsp)		

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Menu planning notes

- ¹ 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 CSDE's handouts, *Using Product Formulation Statements in the CACFP*, *Crediting Meat/Meat Alternates in the CACFP* and *Crediting Deli Meats in the CACFP*.
- ² 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 CSDE's 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. The CSDE recommends 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 CSDE's 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 CSDE's 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*.
- ³ 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. The USDA's *CACFP Best Practices* recommends at least one serving per week of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables. For more information, see the CSDE's handout, *Vegetable Subgroups in the CACFP*.
- ⁴ Vegetables can substitute for the entire fruits component at lunch and supper. If serving two vegetables, they must be two different kinds.
- ⁵ 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.
- ⁶ 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 CSDE's handout, *Crediting Yogurt in the CACFP*.
- ⁷ 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 CSDE's handouts, *Crediting Juice in the CACFP* and *Crediting Smoothies in the CACFP*.

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This form is available at <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/menulunchcoldCACFP.pdf>.

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