

Child and Adult Care Food Program (CACFP)

Sample Hot 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	Tuesday	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	Macaroni and cheese: cheddar cheese (1 ½ oz) ¹	Baked ham (1 ½ oz) ¹	Herbed chicken (1 ½ oz chicken) ¹	Toasted cheese (1 ½ oz) ¹ sandwich	Hamburger (1 ½ oz) ¹
	G ½ serving	Enriched macaroni (¼ c) ² Enriched Italian bread (¼ oz) ²	Whole-wheat roll (½ oz) ² WGR	Brown rice (⅓ c) ³ WGR Whole-grain roll (½ oz) ² WGR	Whole-grain bread (½ oz) ² WGR	Whole-wheat bun (½ oz) ² WGR
	V ¼ cup	Tossed salad: Lettuce (½ c) ³ with tomatoes and carrots (⅓ c)	Mashed sweet potato (¼ c)	Green beans (⅓ c) Seasoned small potatoes (⅓ c)	Confetti coleslaw (¼ c vegetables)	Mixed vegetables (¼ c)
	F ¼ cup	Orange sections (¼ c)	Steamed broccoli (¼ c) ⁴	Mixed berries (¼ c)	Oven-baked potatoes (¼ c) ⁴	Cantaloupe chunks (¼ c)
	O	Low-fat Italian dressing (1 Tbsp)				Ketchup or mustard (½ 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	Black bean soup: Beans (¾c) ¹	Taco salad: Seasoned ground beef (1 ¼ oz) ¹ and low-fat cheese (¼ oz) ¹	Spaghetti with meat sauce (1 ½ oz ground beef) ¹	Baked chicken (1 ½ oz chicken) ¹	Crunchy coated baked fish (1 ½ oz fish) ¹
	G ½ serving	Whole-grain roll (½ oz) ² WGR	Whole-corn tortilla (½ oz) ² WGR	Whole-wheat spaghetti (¼ c) ² WGR Enriched bread stick (¼ oz) ²	Herbed quinoa (¼ c) ³ WGR Whole-wheat roll (½ oz) ² WGR	Confetti couscous with peas and carrots: Enriched couscous (¼ c) ³ Enriched cornbread (½ oz) ²
	V ¼ cup	Spinach salad (½ c) ³ with oranges	Lettuce, shredded (⅓ c) ³ Tomato, diced (⅓ c) Mild veggie salsa (⅓ c) Corn niblets (⅓ c)	Cucumber-tomato salad (¼ c)	Mashed sweet potatoes (¼ c) with pineapple (⅓ c)	Peas and carrots (⅓ c) Corn niblets (⅓ c)
	F ¼ cup	Mandarin oranges (⅓ c) Mango slices (⅓ c)	Pineapple chunks in juice (¼ c) ⁵	Sliced fresh pears (¼ c)	Snap peas (¼ c) ⁴	Steamed broccoli florets (¼ c) ⁴
	O	Low-fat salad dressing (1 Tbsp)		Grated parmesan cheese (2 tsp)		

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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	Cheese quesadilla triangles: reduced-fat cheese (1 ½ oz) ¹	Chicken veggie stir-fry: chicken (1 ½ oz) ¹	Lentil soup (⅔ c lentils) ¹	Roast beef (1 ½ oz) ¹	Turkey hot dog (1 ½ oz) ¹
	G ½ serving	Whole-wheat tortilla (½ oz) ² WGR	Brown rice (¼ c) ² WGR	Whole-grain crackers (½ oz) ² WGR	Enriched golden cornbread (1 oz) ²	Whole-wheat hot dog roll (½ oz) ² WGR
	V ¼ cup	Garden salad (¼ c) ³ Mild veggie salsa (⅛ c)	Stir-fry vegetables: carrots, celery, peppers, broccoli (¼ c)	Sliced cucumbers (¼ c)	Mashed potatoes (¼ c)	Baked sweet potato wedges (¼ c)
	F ¼ cup	Mandarin oranges in juice (¼ c) ⁵	Pineapple tidbits in juice (¼ c) ⁵	Diced nectarines (¼ c)	Steamed carrots (¼ c) ⁴	Watermelon chunks (¼ c)
	O	Low-fat salad dressing (1 Tbsp)			Gravy (2 Tbsp)	Ketchup or mustard (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	Toasted ham (1 oz) and cheese (½ oz) sandwich ¹	Barbecue chicken (1 ½ oz) ¹	Cheese quiche: cheese (½ oz) and egg (½) ¹	Roast turkey (1 ½ oz) ¹	English muffin pizza: low-fat mozzarella cheese (1 ½ oz) ¹
	G ½ serving	Whole-wheat bread (½ oz) ² WGR	Bulgar pilaf (¼ c) ² WGR Whole-grain roll (½ oz) ² WGR	Enriched crust (½ oz) ² Whole-wheat roll (½ oz) ² WGR	Stuffing: whole-grain bread (½ oz) ² WGR Enriched roll (½ oz) ²	Whole-grain English muffin (½ oz) ² WGR
	V ¼ cup	Vegetable soup (⅛ c vegetables) Sweet potato wedges (⅛ c)	Butternut squash (¼ c)	Steamed broccoli (¼ c)	Green peas (¼ c)	Salad greens (½ c) ³ Pizza sauce (2 Tbsp)
	F ¼ cup	Sliced kiwi (¼ c)	Fresh peach (¼ c)	Sliced strawberries (¼ c)	Mashed sweet potatoes (¼ c) ⁴	Fruit salad: apples, grapes, pineapple and blueberries (¼ c)
O		Barbecue sauce (1 Tbsp)		Gravy (2 Tbsp) Cranberry sauce (2 Tbsp)	Low-fat Italian dressing (1 Tbsp)	

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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	Oven-fried chicken (1 ½ oz chicken) ¹	Red beans and rice: red bean (¾ c) ¹	Meatloaf (1 ½ oz ground beef) ¹	Barbecued pork (1 ½ oz meat) ¹	Chicken (1 ½ oz) ¹ and cheese (½ oz) ¹ enchilada
	G ½ serving	Quinoa pilaf (¼ c) ² WGR	Enriched white rice (¼ c) ²	Enriched egg noodles (¼ c) ² WGR	Toasted whole-wheat bun (½ oz) ² WGR	Whole-corn tortilla (½ oz) ² WGR Enriched Spanish rice (⅛ c rice) ²
	V ¼ cup	Roasted rosemary potatoes (¼ c)	Mixed garden salad: lettuce (½ c) ³ with carrots, cucumbers and tomatoes (⅛ c)	Green beans (⅛c) Orange-glazed carrots (⅛ c)	Corn niblets (⅛ c) Snap peas (⅛ c)	Mashed avocado (⅛ c) Mild veggie salsa (⅛ c)
	F ¼ cup	Green peas (¼ c) ⁴	Sliced mangos (¼ c)	Red apple (¼ c)	Green grapes (¼ c)	Cucumber salad (¼ c) ⁴
	O		Low-fat dressing (1 Tbsp)	Ketchup (1 Tbsp)		
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	Beef stew (1 ½ oz beef) ¹	Chicken (1 ¼ oz) ¹ taco with shredded cheese (¼ oz) ¹	Cheese (1 ½ oz) and veggie pizza	Tuna noodle casserole: tuna (1 ½ oz) ¹	Turkey sloppy joe (1 ½ oz ground turkey) ¹
	G ½ serving	Brown rice (¼ c) ² WGR Enriched biscuit (½ oz) ²	Whole-wheat tortilla (½ oz) ² WGR	Whole-grain crust (½ oz) ² WGR	Enriched egg noodles (¼ c) ² Whole-grain roll (¼ oz) ² WGR	Toasted whole-wheat bun (½ oz) ² WGR
	V ¼ cup	Vegetables in stew (⅛ c) Mixed baby greens (⅛ c) ³	Shredded lettuce (¼ c) ³ Diced tomato (⅛ c)	Veggies: tomatoes, green peppers, mushrooms (⅛ c) Carrot sticks (⅛ c)	Garden salad: Lettuce (¼ c) ³ with peppers and tomatoes (⅛ c)	Red cabbage slaw (⅛ c vegetables) Steamed edamame (⅛ c)
	F ¼ cup	Applesauce (¼ c)	Fresh plum (¼ c)	Sliced peaches in juice (¼ c) ⁵	Watermelon (¼ c)	Honeydew cubes (¼ c)
	O	Low-fat salad dressing (1 Tbsp)			Low-fat salad 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 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/menulunchhotCACFP.pdf>.

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