

This form includes the new CACFP meal pattern requirements of the USDA *final rule*, effective October 1, 2017 through September 30, 2019. See page 2 for important menu planning notes.

| Breakfast <sup>1</sup>  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|---|---|--|---|--|---|
| <b>Milk</b> (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>   | 1% Unflavored Milk  | 1% Unflavored Milk   | 1% Unflavored Milk  | 1% Unflavored Milk   | 1% Unflavored Milk  |
| <b>Vegetables, fruits, or portions of both</b> (½ cup) <sup>2, 3, 4</sup>   | <b>Peaches</b>  | <b>Apple Wedges</b>  | <b>Orange Smiles</b>  | <b>Pear Slices</b>   | <b>Bananas</b>  |
| <b>Grains</b> <sup>5, 6</sup> <i>Indicate "WGR" next to WGR menu items</i><br>Whole grain-rich (WGR) or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (½ cup) <sup>7, 9</sup> | <b>Whole Grain French Toast</b><br>(WG)   | <b>General Mills Total Cold Cereal</b><br>(WG)   | <b>Half Pita w/ Cheese Slice</b><br> | <b>Whole Wheat Blueberry Pancakes</b><br>(WG)  | <b>Shop Rite Toasted Oats Cereal</b><br>(WG)  |
| Other foods ( <i>Do not credit</i> ) <sup>10</sup>  | Butter Blend  |  |   | Butter Blend   |   |
| Lunch <sup>1</sup>  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
| <b>Milk</b> (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>   | 1% Unflavored Milk  | 1% Unflavored Milk   | 1% Unflavored Milk  | 1% Unflavored Milk   | 1% Unflavored Milk  |
| <b>Meat/Meat Alternates</b> <sup>11</sup><br>Meat, poultry, or fish (1 ½ ounces) or tofu, soy product, or alternate protein products (APP) <sup>12</sup> (1 ½ ounces) or cheese (1 ½ ounces) or cottage cheese (¾ cup) or egg (¾ large) or cooked dry beans and peas (¾ cup) or peanut butter (3 tablespoons) or nuts and seeds (¾ ounce = 50%) <sup>13</sup> or yogurt or soy yogurt <sup>14</sup> (¾ cup)                 | <b>Homemade Macaroni &amp; Cheese</b>   | <br><b>All Beef Tacos w/ Salsa &amp; Cheese</b> | <b>Crustless Quiche</b>   | <b>Turkey Sloppy Joes</b><br> | <b>Chicken Flatbread Pizza</b>  |
| <b>Vegetables</b> (¼ cup) <sup>2, 3</sup>   | <b>Peas</b>   | <b>Mexican Corn Nibbles</b>  | <b>Broccoli</b>   | <b>Mixed Veggies</b>   | <b>Spinach</b>  |
| <b>Fruits</b> (¼ cup) <sup>2, 4, 15</sup>   | <b>Watermelon Cubes</b>   | <b>Lettuce &amp; Tomato</b>  | <b>Strawberries</b>   | <b>Cucumber Slices</b>   | <b>Tossed Salad</b>   |
| <b>Grains</b> <sup>5</sup> <i>Indicate "WGR" next to WGR menu items</i><br>WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (½ cup) <sup>7, 9</sup>                                      | <b>Elbow Macaroni</b><br> | <b>Hard &amp; Soft Taco Shells</b>   | <b>Whole Wheat Roll</b><br>(WG)   | <b>Hamburger Bun</b>   | <b>Flatbread</b><br> |
| Other foods ( <i>Do not credit</i> ) <sup>10</sup>  |   |  | Butter Blend  |  |   |
| Snack (AM or PM) <sup>1, 16</sup> <i>Select 2 of 5</i>  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
| <b>1. Milk</b> (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>  | 1% Unflavored Milk  |  | Water   | Water  | Water   |
| <b>2. Meat/Meat Alternates</b> <sup>11</sup><br>Meat, poultry, or fish (½ ounce) or tofu, soy product, or APP <sup>12</sup> (½ ounce) or cheese (½ ounce) or cottage cheese (½ cup) or egg (½ large) or cooked dry beans and peas (½ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) <sup>13</sup> or yogurt or soy yogurt <sup>14</sup> (¼ cup)   |   |  |                                    | <b>Low Fat Cheese Stick</b>  |   |
| <b>3. Vegetables</b> (½ cup) <sup>2, 3</sup>  |   |  | <b>Steamed Baby Carrots</b>   | <b>Sweet Pepper Slices</b>   |   |
| <b>4. Fruits</b> (½ cup) <sup>2, 4</sup>  |   | <b>100% Fruit Punch</b>  | <b>Celery Spears</b>  |  | <b>Mixed Fruit Cup</b>  |
| <b>5. Grains</b> <sup>5</sup> <i>Indicate "WGR" next to WGR menu items</i><br>WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal <sup>7</sup> , cereal grain <sup>8</sup> , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (½ cup) <sup>7, 9</sup>                                   | <b>Chex Mix (Chex Cereal &amp; Raisins)</b>   | <b>Pepperidge Farm Baked Goldfish Crackers</b><br><5 18ea<br>>6 37ea   |   |  | <b>Rice Cake</b><br>(WG)  |
| Other foods ( <i>Do not credit</i> ) <sup>10</sup>  |   |  | Veggie Dip  |  |   |

## Menu Planning Notes for CACFP Menu Form: Breakfast, Lunch, and Snack for Ages 3-5

- 1 The food quantities are the minimum requirements for children ages 3-5. Quantities must be adjusted for other ages. For information on the CACFP meal pattern requirements, see *CACFP Meal Pattern (October 1, 2017 Through September 30, 2019)* and the Connecticut State Department of Education's (CSDE) *Meal Pattern Requirements for CACFP Child Care Programs* webpage.
- 2 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*.
- 3 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*. Raw leafy greens credit as half the volume served, e.g., ½ cup of lettuce or spinach credits as ¼ cup of vegetable.
- 4 The USDA's *CACFP Best Practices* recommends serving whole fruits (fresh, canned, dried, or frozen) more often than juice. Dried fruit credits as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of fruit.
- 5 Through September 30, 2019, all grains must meet the minimum weights in *Serving Sizes for Grains in the CACFP*. Beginning October 1, 2019, all grains must meet the minimum weights in *WGR Ounce Equivalents for 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 *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.
- 6 Meat/meat alternates may substitute for the entire grains component at breakfast up to three times per week. One ounce of meat/meat alternates equals one ounce of grains.
- 7 Breakfast cereals cannot contain more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). For more information, see the CSDE's handout, *Crediting Breakfast Cereals in the CACFP*.
- 8 Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, rice, and rolled wheat.
- 9 Beginning October 1, 2019, the minimum serving size for cold breakfast cereals is based on ounce equivalents. For ages 1-2, a serving is ½ cup of flakes or rounds, ¾ cup of puffed cereal, and ⅛ cup of granola.
- 10 "Other" foods do not credit toward the CACFP meal pattern. Examples include condiments (e.g., ketchup, margarine, syrup, and jam), bacon, cream cheese, potato chips, pudding, ice cream, and gelatin. For more information, see *Noncreditable Foods in the CACFP*.
- 11 A serving 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.
- 12 APP must meet the requirements in [appendix A](#) of the CACFP regulations (7 CFR 226). Tofu must contain at least 5 grams of protein in 2.2 ounces (weight) or ¼ cup (volume). For more information, see the CSDE's handout, *Crediting Tofu in the CACFP*.
- 13 Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts. At lunch and supper, nuts and seeds cannot credit for more than half of the meat/meat alternates component. They must be combined with another meat/meat alternate to meet the total requirement. Children younger than 4 are at the highest risk of choking. The USDA recommends that any nuts or seeds served to young children are in a prepared food and are ground or finely chopped. For more information, see the CSDE's handout, *Crediting Nuts and Seeds in the CACFP*.
- 14 Yogurt (regular and soy) cannot contain more than 23 grams of total sugars per 6 ounces. For more information, see the CSDE's handout, *Crediting Yogurt in the CACFP*.
- 15 Vegetables can substitute for the entire fruits component at lunch or supper. If serving two vegetables, they must be two different kinds.
- 16 Snack must include two of the five components. Only one of the two components may be a creditable beverage. The USDA's *CACFP Best Practices* recommends serving a vegetable or fruit for at least one snack component.



For information on the CACFP, visit the CSDE's [CACFP website](#) or contact the [CACFP staff](#) in the CSDE, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103.

This form is available in PDF at <http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/forms/mfbreaklunchsnack35.pdf> and in Word at [http://www.sde.ct.gov/sde/lib/sde/word\\_docs/deps/nutrition/cacfp/forms/mfbreaklunchsnack35.doc](http://www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/forms/mfbreaklunchsnack35.doc).

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