

Sample Menu 5 — Snack Menus for CACFP Child Care Centers and Homes

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*, takes effect on October 1, 2017. This sample snack menu for CACFP child care centers and family day care homes is based on the new meal pattern requirements (see page 5 for menu planning notes). Serving sizes are for ages 3-5 and can be adjusted for other ages. Some sample snacks include additional meal pattern components or exceed the minimum serving requirements. 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 pattern and Connecticut Child Care Nutrition Standards (CCCNS). For more information, see the CSDE’s *Action Guide for Child Care Nutrition and Physical Activity Policies*.

The CACFP snack meal pattern for ages 3-5 requires two of the five meal pattern components (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. Use the *Food Buying Guide for Child Nutrition Programs* to determine the amount of purchased food that meets the minimum required serving for each component. Use standardized recipes to document compliance of foods made from scratch. For more information on the CACFP meal pattern requirements, see the *CACFP Meal Pattern for Children (October 1, 2017 through September 30, 2019)* and the CSDE’s *Meal Pattern Requirements for the CACFP* Web page.

**ABBREVIATIONS**

**M** = milk component  
**MMA** = meat/meat alternates  
**G** = grains component

**V** = vegetables component  
**F** = fruits component  
**A** = additional creditable food (not full serving)

**O** = other food (noncreditable)  
**WGR** = whole grain-rich  
**c** = cup

**oz** = ounce  
**Tbsp** = tablespoon  
**tsp** = teaspoon

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	<b>M</b>				Low-fat unflavored milk (½ c)	
	<b>MA</b>		Low-fat Greek yogurt (¼ c) <sup>5</sup>		Ham (¼ oz) and cheese (¼ oz) <sup>4</sup> roll-up	
	<b>G</b>	Enriched blueberry muffin (1 oz) <sup>1,2</sup>		Whole-grain crackers (½ oz) <sup>1,2</sup> <b>WGR</b>	Whole-corn tortilla (½ oz) <sup>1,2</sup> <b>WGR</b>	Whole-grain roll (½ oz) <sup>1,2</sup> <b>WGR</b>
	<b>V</b>			Carrot sticks (½ c)		
	<b>F</b>	Orange wedges (½ c)	Blueberries (½ c)			Cantaloupe chunks (½ c)
	<b>A</b>				Shredded lettuce (⅓ c) <sup>6</sup>	
	<b>O</b>	Water <sup>3</sup>	Water <sup>3</sup>	Low-fat dip (1 Tbsp) Water <sup>3</sup>	Mustard (1 tsp) or low-fat mayonnaise (1 tsp)	Water <sup>3</sup>

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2	M					
	MA	Low-fat cheese stick (½ oz)	Peanut butter (2 Tbsp thinly spread)	Yogurt and fruit parfait: Low-fat vanilla yogurt (¼ c) <sup>5</sup>	Hummus (⅛ c chickpeas) and carrot pita <sup>4</sup>	
	G				Whole-wheat pita half (½ oz) <sup>1,2</sup> <b>WGR</b>	Enriched pretzels (½ oz) <sup>1,2</sup>
	V	Tossed salad: Lettuce (½ cup) <sup>6</sup> with tomatoes and cucumbers (¼ c)				Cucumber slices (¼ c) Carrot slices (¼ c)
	F		Apple slices (½ c)	Sliced strawberries (½ c)	Papaya cubes (½ c)	
	A	Enriched croutons (¼ oz) <sup>1,2</sup>		Whole-grain granola (2 Tbsp) <sup>1</sup> <b>WGR</b>	Shredded carrots (⅞ c)	
	O	Low-fat dressing (1 Tbsp) Water <sup>3</sup>	Water <sup>3</sup>	Water <sup>3</sup>	Water <sup>3</sup>	Low-fat dip (1 Tbsp) Water <sup>3</sup>
Week 3	M		Low-fat unflavored milk (½ c)		Low-fat unflavored milk (½ c)	
	MA			Tortilla wrap with refried beans (⅞ c) and shredded cheese (¼ oz)		
	G	Soft whole-grain pretzel (½ oz) <sup>1,2</sup> <b>WGR</b>		Whole-grain tortilla (½ oz) <sup>1,2</sup> <b>WGR</b>		
	V				Carrot-pineapple-raisin salad (½ c carrots)	Raw cauliflower bites (½ c)
	F	Sliced red grapes (½ c)	Canned apricots in juice (½ c) <sup>7</sup>			Orange juice (½ c) <sup>7</sup>
	A	Cheese cubes (½ oz)		Diced tomato (⅞ c)		
	O	Water <sup>3</sup>		Water <sup>3</sup>		Low-fat dip (1 oz) Water <sup>3</sup>
Week 4	M		Low-fat unflavored milk (½ c)			
	MA	Part-skim Mozzarella stick (½ oz)	Ants on a Log: Peanut butter (2 Tbsp thinly spread)		Pasta veggie salad: Low-fat cheese cubes (½ oz)	
	G			Whole-grain cereal (⅓ c) <sup>9</sup> <b>WGR</b>	Enriched rotini pasta (¼ c) <sup>1,2</sup>	Enriched cornbread (1 oz) <sup>1,2</sup>
	V		Carrot sticks (¼ c) Celery sticks (¼ c)			
	F	Sliced red grapes (½ c)		Sliced peaches (½ c)	Orange-pineapple juice (½ c) <sup>7</sup>	Sliced kiwi (½ c)
	A		Raisins (1 Tbsp) <sup>8</sup>		Chopped veggies: Carrots, broccoli, and tomatoes (¼ c)	
	O	Water <sup>3</sup>		Water <sup>3</sup>	Water <sup>3</sup>	Water <sup>3</sup>

Sample Menu 5 — Snack Menus for CACFP Child Care Centers and Homes, continued

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 5	M			Low-fat unflavored milk (½ c)		
	MA	Low-fat cottage cheese (⅛ c)			Fruit and yogurt smoothie: Yogurt (½ c) <sup>5</sup>	
	G	Whole-grain granola cereal (⅓ c) <sup>9</sup> <b>WGR</b>		Trail mix: Whole-grain cereal (⅓ c) <sup>9</sup> <b>WGR</b> and raisins		Enriched pretzel sticks (½ oz) <sup>1</sup>
	V					
	F				Pureed mango (¼ c) and strawberries (¼ c) <sup>7</sup>	Sliced green grapes (½ c)
	A	Crushed pineapple in juice (⅛ c) <sup>7</sup>		Raisins (1 Tbsp) <sup>8</sup>		
	O	Water <sup>3</sup>	Water <sup>3</sup>	Water <sup>3</sup>		
Week 6	M		Low-fat unflavored milk (½ c)		Low-fat unflavored milk (½ c)	
	MA			Low-fat Greek yogurt (¼ c) <sup>5</sup>	Almond butter (1 Tbsp thinly spread)	Tuna salad (½ oz tuna) <sup>3</sup>
	G	Enriched hard bread sticks (½ oz) <sup>1,2</sup>	Whole-grain cereal (⅓ c) <sup>9</sup> <b>WGR</b>		Whole-wheat bagel (½ oz) <sup>1,2</sup> <b>WGR</b>	Whole-grain crackers (½ oz) <sup>1,2</sup> <b>WGR</b>
	V	Jicama sticks (½ c)				
	F			Fruit salad: Oranges, bananas, sliced grapes, pineapple (½ c)		
	A					Sliced cherry tomatoes (¼ c)
	O	Low-fat dip (1 Tbsp) Water <sup>3</sup>		Water <sup>3</sup>	Water <sup>3</sup>	Water <sup>3</sup>
Week 7	M			Low-fat unflavored milk (½ c)		
	MA	Cheddar cheese cubes (½ oz) <sup>4</sup>	Hummus (⅓ c chickpeas) <sup>4</sup>		Shredded low-fat cheese (½ oz) <sup>4</sup>	Berry peach yogurt parfait: Low-fat yogurt (¼ c) <sup>5</sup>
	G		Whole-wheat pita half (½ oz) <sup>1,2</sup> <b>WGR</b>	Enriched pumpkin cranberry muffin (1 oz) <sup>1,2</sup> <b>WGR</b>		
	V				Garden salad: Lettuce (½ c) <sup>6</sup> , tomatoes, cucumbers, carrots (¼ c)	
	F	Watermelon chunks (½ c)				Seasonal berries (¼ c) Diced peaches (¼ c)
	A		Shredded carrots (⅓ c)			
	O	Water <sup>3</sup>	Water <sup>3</sup>		Low-fat Italian dressing (½ Tbsp) Water <sup>3</sup>	Crumbled graham crackers (1 Tbsp) Water <sup>3</sup>

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 8	M					
	MA	Pita bread triangles: Low-fat cheese (½ oz) <sup>4</sup>				Chicken salad (½ oz chicken) <sup>4</sup>
	G	Whole-wheat pita bread (½ oz) <sup>1,2</sup> <b>WGR</b>		Whole-grain roll (½ oz) <sup>1,2</sup> <b>WGR</b>	Strawberry Shortcake: Enriched biscuit (½ oz) <sup>1,2</sup>	Whole-wheat pita pocket half (½ oz) <sup>1,2</sup> <b>WGR</b>
	V		Roasted chick peas (½ c)	Marinated cucumber-tomato salad (½ c)		
	F		Pineapple chunks (½ c)		Sliced strawberries (½ c)	
	A	Veggie salsa (¼ c)				Shredded lettuce (⅙ c) <sup>6</sup> Diced tomato (⅙ c)
	O	Water <sup>3</sup>	Water <sup>3</sup>	Water <sup>3</sup>	Low-fat yogurt (2 Tbsp) <sup>5</sup> Water <sup>3</sup>	Water <sup>3</sup>
Week 9	M				Low-fat unflavored milk (½ c)	
	MA				Almond butter (1 Tbsp thinly spread)	Herbed cottage cheese (⅙ c) <sup>4</sup>
	G	Whole-grain bagel half (½ oz) <sup>1,2</sup> <b>WGR</b>	Enriched pretzels (½ oz) <sup>1,2</sup>	Whole-grain cereal (⅓ c) <sup>9</sup> <b>WGR</b>		
	V		Marinated three-bean salad (½ c)		Carrot sticks (½ c)	Celery sticks and cucumber slices (½ c)
	F	Pineapple juice (½ c) <sup>7</sup>		Sliced kiwi (½ c)		
	A					Whole-grain crackers (¼ oz) <sup>1,2</sup> <b>WGR</b>
	O	Light cream cheese (½ Tbsp) Water <sup>3</sup>		Water <sup>3</sup>	Jelly (½ Tbsp)	Water <sup>3</sup>
Week 10	M		Low-fat unflavored milk (½ c)			
	MA	Hard-boiled egg (½ large)				Peanut butter (1 Tbsp thinly spread)
	G	Whole-grain roll (½ oz) <sup>1,2</sup> <b>WGR</b>		Whole-corn tortilla chips (½ oz) <sup>1,2</sup> <b>WGR</b>		Whole-wheat bagel (½ oz) <sup>1,2</sup> <b>WGR</b>
	V				Carrot sticks (½ c)	
	F		Banana (½ c)	Cantaloupe chunks (½ c)	Apple slices (½ c)	
	A			Mango salsa (⅙ cup)		
	O	Water <sup>3</sup>		Water <sup>3</sup>	Water <sup>3</sup>	Water <sup>3</sup>

**MENU PLANNING NOTES**

- <sup>1</sup> Grains must meet the minimum weights for “½ serving” in *Serving Sizes for Grains/Breads in the CACFP (Through September 30, 2017)*. Use CSDE’s [worksheet 1, Crediting Purchased Grains in the CACFP](#), to determine CACFP serving size and CCCNS compliance. At least one serving per day, across all eating occasions, must be WGR. WGR foods contain at least 50 percent whole grains and any remaining grains are enriched. For more information, see the CSDE’s handout, *Identifying Whole Grain-rich Products*.
- <sup>2</sup> The serving size for grains made from scratch is based on the creditable grain content of the recipe. Recipes for products made from scratch must contain a sufficient amount of whole or enriched grains to meet the minimum grain serving. Determine CACFP crediting information and CCCNS compliance using [worksheet 3, Crediting Family-size Recipes for Grains in the CACFP](#), or [worksheet 4, Crediting Quantity Recipes for Grains in the CACFP](#).
- <sup>3</sup> The U.S. Department of Agriculture (USDA) recommends serving water with snacks when milk or juice is not served. Water does not credit in CACFP meals or snacks. For more information, see the USDA’s policy memo [CACFP 20-2016, Water Availability in the CACFP](#).
- <sup>4</sup> The serving size for meat/meat alternates refers to the edible portion of cooked lean meat, poultry or fish as served, e.g., cooked lean meat without bone, breading, binders, fillers, or other ingredients. Meat products with binders and extenders require a [product formulation statement \(PFS\)](#) to determine appropriate crediting, based on the actual percentage of meat in the product formula. For more information, see the CSDE’s [Meal Pattern Requirements for CACFP Child Care Programs](#) Web page.
- <sup>5</sup> Yogurt (regular and soy) cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce).
- <sup>6</sup> Raw leafy greens credit as half the volume served, e.g., ½ cup of spinach or lettuce credits as ¼ cup of vegetable.
- <sup>7</sup> Pasteurized full-strength juice can meet the vegetables or fruits component at only one meal per day, including all snacks. 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.
- <sup>8</sup> Dried fruit credits as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of fruit.
- <sup>9</sup> Breakfast cereals (cold and hot) cannot contain more than 6 grams of sugar per dry ounce. Through September 30, 2019, the serving size for cold breakfast cereals at snack is ⅓ cup. Beginning October 1, 2019, the minimum serving size for cold breakfast cereals is based on ounce equivalents. The minimum amount of breakfast cereal to meet one serving of grains for ages 3-5 at snack is ½ cup of flakes or rounds, ¾ cup of puffed, and ⅛ cup of granola. Determine CACFP crediting information and nutrition standards compliance using the CSDE’s [Worksheet 2: Crediting Breakfast Cereals in the CACFP](#).



For more information, visit the Connecticut State Department of Education’s (CSDE) [Nutrition Policies and Guidance for CACFP Child Care Programs](#) Web site 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 document is available at [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmenu5oct1.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmenu5oct1.pdf).*

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