

Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

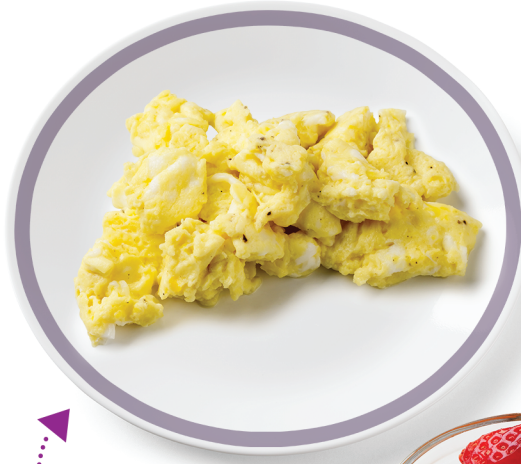
Sample Meals for Adults



What is in a Breakfast?

- Milk (8 fl. oz. or 1 cup)
- Vegetables, Fruit, or Both (1/2 cup)
- Grains (2 servings)

Optional: Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.



1 large egg
Scrambled

1/2 cup
Fruit Salad



3/4 cup (6 oz.)
Yogurt



For Adult Participants Only:

- 3/4 cup (6 oz.) of yogurt may be used to meet the milk requirement, when yogurt is not served as a meat alternate in the same meal.
- Yogurt must not contain more than 23 grams of sugar per 6 oz.

Sample Breakfast



1 cup
Unflavored Low-Fat (1% or Fat-Free (Skim) or Flavored Fat-Free (Skim) Milk

Tuna Salad
Made with 2 oz. Tuna

1/2 cup
Red Grapes



2 servings
Whole-Wheat Pita Bread

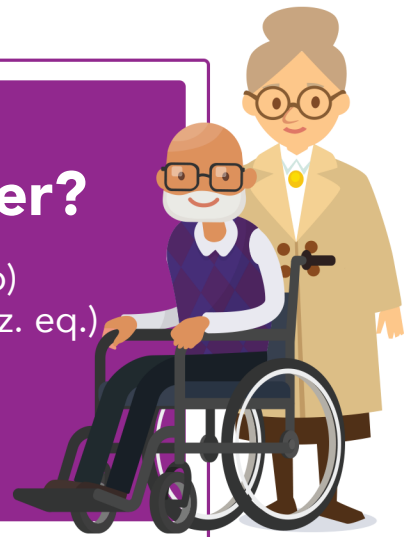
Sample Lunch/Supper

Salad
Made with 1/2 cup Lettuce*, 1/8 cup Tomatoes, and 1/8 cup Carrots

*Raw leafy greens, such as lettuce, credit for half the amount served. The 1/2 cup of lettuce in the salad counts as 1/4 cup of vegetables in this meal.

What is in a Lunch or Supper?

- Milk (8 fl. oz. or 1 cup)
- Meat/Meat Alternate (2 oz. eq.)
- Vegetables (1/2 cup)
- Fruit (1/2 cup)
- Grains (2 servings)



All grains served must be whole grain-rich or enriched.
Breakfast cereals may also be fortified.
At least one grain served each day must be whole grain-rich.



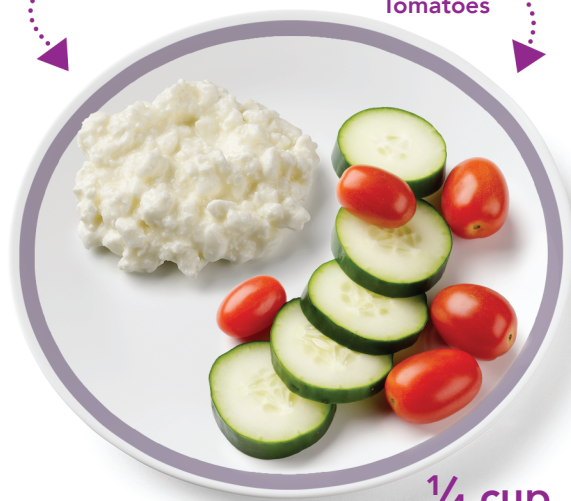
Offer and make water available all day.



What is in a Snack?

- Pick 2:
- Milk (8 fl. oz. or 1 cup)
 - Meat/Meat Alternate (1 oz. eq.)
 - Vegetables (1/2 cup)
 - Fruit (1/2 cup)
 - Grains (1 serving)

1/4 cup (2 oz.)
Cottage Cheese



1/4 cup
Cherry Tomatoes

1/4 cup
Cucumber Slices

Sample Snack

Note: Serving sizes are minimums.

Updated USDA Child and Adult Care Food Program (CACFP) meal patterns must be implemented by October 1, 2017. Learn more about the CACFP meal patterns, including information on ounce equivalents (oz. eq.) and serving sizes at <https://teamnutrition.usda.gov>.



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