

Child and Adult Care Food Program (CACFP)

MEAL PATTERN FOR ADULTS

October 1, 2017 through September 30, 2019

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*, updates the CACFP meal patterns, effective October 1, 2017. The CACFP adult meal patterns below are in effect through September 30, 2019. Effective October 1, 2019, the serving sizes for the grains component change to ounce equivalents. Prior to this change, the Connecticut State Department of Education will issue a revised meal pattern with ounce equivalents for grains. For more information, see the USDA’s [Nutrition Standards for CACFP Meals and Snacks](#) Web page.

Breakfast	
Food Components ¹	Minimum Quantities
Milk, fluid ²	8 fluid ounces (fl oz)
Vegetables, fruits, or portions of both ^{3, 4, 5}	½ cup
Grains ^{6, 7, 8}	
Whole grain-rich (WGR) or enriched bread	2 slices
WGR or enriched bread product, e.g., biscuit, roll, or muffin	2 servings
WGR, enriched or fortified cooked breakfast cereal ⁹ , cereal grain ¹⁰ , or pasta	1 cup
WGR, enriched or fortified ready-to-eat (RTE) breakfast cereal (dry, cold) ^{9, 11}	1 ½ cups
◀ See below for important menu planning notes ▶	
<div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p>¹ Breakfast must include all three components.</p> <p>² Must be unflavored low-fat (1%) milk, unflavored fat-free (skim) milk, or flavored fat-free milk. The USDA’s <i>CACFP Best Practices</i> recommends serving only unflavored milk. Yogurt can be served in place of milk once per day when it is not served as a meat alternate in the same meal. Six ounces (weight) or ¾ cup (volume) of yogurt equals 8 fluid ounces of milk.</p> <p>³ 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.</p> <p>⁴ The USDA’s <i>CACFP Best Practices</i> 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 <i>Vegetable Subgroups in the CACFP</i>. Raw leafy greens credit as half the volume served, e.g., ½ cup of spinach credits as ¼ cup of vegetable.</p> <p>⁵ The USDA’s <i>CACFP Best Practices</i> 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.</p> <p>⁶ All products must meet the minimum weights in <i>Serving Sizes for Grains in the CACFP (Effective October 1, 2017 through September 30, 2019)</i>. At least one serving per day, across all eating occasions, must be whole grain-rich (WGR). WGR foods contain at least 50 percent whole grains and any remaining grains are enriched. For more</p> </div> <div style="width: 48%;"> <p>information, see <i>Identifying Whole Grain-rich Products</i>. The USDA’s <i>CACFP Best Practices</i> recommends at least two servings of WGR grains per day. Grain-based desserts cannot credit, e.g., cookies, sweet crackers (e.g., graham and animal crackers), sweet pie crusts, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies.</p> <p>⁷ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains. For more information, see <i>WGR Ounce Equivalents for the CACFP</i>.</p> <p>⁸ Meat/meat alternates may substitute for the entire grains component at breakfast up to three times per week. One ounce of meat/meat alternates substitutes for one ounce of grains.</p> <p>⁹ 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).</p> <p>¹⁰ Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.</p> <p>¹¹ 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 the required two servings of grains at breakfast is 2 cups of flakes or rounds, 2 ½ cups of puffed, and ½ cup of granola.</p> </div> </div>	

CACFP MEAL PATTERN FOR ADULTS (October 1, 2017 through September 30, 2019), continued

Lunch and Supper

Food Components ¹	Minimum Quantities
Milk, fluid ²	8 fl oz
Meat/Meat Alternates ³	
Lean meat, poultry, or fish	2 ounces
Tofu, soy product, or alternate protein products (APP) ⁴	2 ounces
Cheese	2 ounces
Cottage cheese	½ cup
Egg, large	1
Cooked dry beans or peas or	½ cup
Peanut butter, soynut butter, or other nut or seed butters	4 tablespoons
Peanuts, soynuts, tree nuts, or seeds ⁵	1 ounce = 50%
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened ⁶	8 ounces or 1 cup
Vegetables ^{7, 8}	½ cup
Fruits ^{7, 9, 10}	½ cup
Grains ^{11, 12}	
WGR or enriched bread	2 slices
WGR or enriched bread product, e.g., biscuit, roll, or muffin	2 servings
WGR, enriched or fortified cooked breakfast cereal ¹³ , cereal grain ¹⁴ , or pasta	1 cup
WGR, enriched or fortified RTE breakfast cereal (dry, cold) ^{13, 15}	1 ½ cups

◀ See below for important menu planning notes ▶

- ¹ Lunch must include all five components. Supper must include all four components. Milk is optional at supper.
- ² Must be unflavored low-fat (1%) milk, unflavored fat-free (skim) milk, or flavored fat-free milk. The USDA's *CACFP Best Practices* recommends serving only unflavored milk. Yogurt can be served in place of milk once per day when it is not served as a meat alternate in the same meal. Six ounces (weight) or ¾ cup (volume) of yogurt equals 8 fluid ounces of milk.
- ³ 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.
- ⁴ APP must meet the requirements in [Appendix A to Part 226](#). Tofu must contain at least 5 grams of protein in 2.2 ounces (weight) or ¼ cup (volume).
- ⁵ Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soynuts. 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.
- ⁶ Yogurt cannot contain more than 23 grams of total sugars per 6 ounces.
- ⁷ 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.
- ⁸ 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 *Vegetable Subgroups in the CACFP*. Raw leafy greens credit as half the volume served, e.g., ½ cup of spinach credits as ¼ cup of vegetable.

- ⁹ Vegetables can substitute for the entire fruits component at lunch or supper. If serving two vegetables, they must be two different kinds.
- ¹⁰ 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.
- ¹¹ All products must meet the minimum weights in *Serving Sizes for Grains in the CACFP (Effective October 1, 2017 through September 30, 2019)*. 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 *Identifying Whole Grain-rich Products*. The USDA's *CACFP Best Practices* recommends at least two servings of WGR grains per day. Grain-based desserts cannot credit, e.g., cookies, sweet crackers (e.g., graham and animal crackers), sweet pie crusts, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies.
- ¹² Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains. For more information, see *WGR Ounce Equivalents for the CACFP*.
- ¹³ 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).
- ¹⁴ Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.
- ¹⁵ Beginning October 1, 2019, the minimum serving size for cold breakfast cereals is based on ounce equivalents. One serving is 1 cup of flakes or rounds, 1 ¼ cups of puffed, and ¼ cup of granola. Two servings is 2 cups of flakes or rounds, 2 ½ cups of puffed, and ½ cup of granola.

CACFP MEAL PATTERN FOR ADULTS (October 1, 2017 through September 30, 2019), continued

Snack

Food Components ¹ SERVE ANY TWO OF THE FIVE COMPONENTS	Minimum Quantities
Milk, fluid ²	8 fl oz
Meat/Meat Alternates ³	
Lean meat, poultry, or fish	1 ounce
Tofu, soy product, or APP ⁴	1 ounce
Cheese	1 ounce
Cottage cheese	¼ cup
Egg, large	½
Cooked dry beans or peas or	¼ cup
Peanut butter, soynut butter, or other nut or seed butters	2 tablespoons
Peanuts, soynuts, tree nuts, or seeds ⁵	1 ounce
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened ⁶	4 ounces or ½ cup
Vegetables ^{7,8}	½ cup
Fruits ^{7,9}	½ cup
Grains ^{10,11}	
WGR or enriched bread	1 slice
WGR or enriched bread product, e.g., biscuit, roll, or muffin	1 serving
WGR, enriched or fortified cooked breakfast cereal ¹² , cereal grain ¹³ , or pasta	½ cup
WGR, enriched or fortified RTE breakfast cereal (dry, cold) ^{12,14}	¾ cup

◀ **See below for important menu planning notes** ▶

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| <p>¹ Snack must include two of the five components. Only one of the two components may be a creditable beverage. The USDA's <i>CACFP Best Practices</i> recommends serving a vegetable or fruit for at least one snack component.</p> <p>² Must be unflavored low-fat (1%) milk, unflavored fat-free (skim) milk, or flavored fat-free milk. The USDA's <i>CACFP Best Practices</i> recommends serving only unflavored milk. Yogurt can be served in place of milk once per day when it is not served as a meat alternate in the same meal. Six ounces (weight) or ¾ cup (volume) of yogurt equals 8 fluid ounces of milk.</p> <p>³ 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 <i>CACFP Best Practices</i> 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.</p> <p>⁴ APP must meet the requirements in Appendix A to Part 226. Tofu must contain at least 5 grams of protein in 2.2 ounces (weight) or ¼ cup (volume).</p> <p>⁵ Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soynuts.</p> <p>⁶ Yogurt cannot contain more than 23 grams of total sugars per 6 ounces.</p> <p>⁷ 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.</p> <p>⁸ The USDA's <i>CACFP Best Practices</i> 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 Vegetable Subgroups in the CACFP. Raw leafy greens credit as half the volume served, e.g., ½ cup of spinach credits as ¼ cup of vegetable.</p> | <p>⁹ The USDA's <i>CACFP Best Practices</i> 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.</p> <p>¹⁰ All products must meet the minimum weights in Serving Sizes for Grains in the CACFP (Effective October 1, 2017 through September 30, 2019). 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 Identifying Whole Grain-rich Products. The USDA's <i>CACFP Best Practices</i> recommends at least two servings of WGR grains per day. Grain-based desserts cannot credit, e.g., cookies, sweet crackers (e.g., graham and animal crackers), sweet pie crusts, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies.</p> <p>¹¹ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains. For more information, see WGR Ounce Equivalents for the CACFP.</p> <p>¹² 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).</p> <p>¹³ Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.</p> <p>¹⁴ Beginning October 1, 2019, the minimum serving size for cold breakfast cereals is based on ounce equivalents. One serving is 1 cup of flakes or rounds, 1 ¼ cups of puffed, and ¼ cup of granola.</p> |
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CACFP MEAL PATTERN FOR ADULTS (October 1, 2017 through September 30, 2019), continued



CONNECTICUT STATE
DEPARTMENT OF EDUCATION

For more information on the CACFP meal pattern, see the [Meal Pattern Requirements](#) and [Crediting Foods](#) sections of the CSDE's Nutrition Policies and Guidance Web page. For information on the CACFP, visit the CSDE's [CACFP Web site](#) or contact the [CACFP staff](#) in the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/adults/cacfpmpadultnew.pdf.

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