

Child and Adult Care Food Program (CACFP) • Adult Centers Menu Form 3 — Lunch and Snack (AM or PM)

Site: _____ Week of: _____

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.

Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (1 cup) <i>Unflavored low-fat (1%) or unflavored or flavored fat-free</i> ²					
Meat/Meat Alternates ³ Meat, poultry, or fish (2 ounces) or tofu, soy product, or alternate protein products (APP) ⁴ (2 ounces) or cheese (2 ounces) or cottage cheese (½ cup) or egg (1 large) or cooked dry beans and peas (½ cup) or peanut butter (4 tablespoons) or nuts and seeds (1ounce = 50%) ⁵ or yogurt or soy yogurt ⁶ (1 cup)					
Grains ⁷ <i>Indicate “WGR” next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (2 slices) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (2 servings) or WGR, enriched, or fortified cooked breakfast cereal ⁸ , cereal grain ⁹ , or pasta (1 cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (1 ½ cups) ^{8, 10}					
Vegetables (½ cup) ^{11, 12}					
Fruits (½ cup) ^{11, 13, 14}					
Other foods (<i>Do not credit</i>) ¹⁵					
Snack (AM or PM) ^{1, 16} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
1. Milk (1 cup) <i>Unflavored low-fat (1%) or unflavored or flavored fat-free</i> ²					
2. Meat/Meat Alternates ³ Meat, poultry, or fish (1 ounce) or tofu, soy product, or APP ⁴ (1 ounce) or cheese (½ ounce) or cottage cheese (¼ cup) or egg (½ large) or cooked dry beans and peas (¼ cup) or peanut butter (2 tablespoons) or nuts and seeds (1 ounce) ⁵ or yogurt or soy yogurt ⁶ (½ cup)					
3. Vegetables (½ cup) ^{11, 12}					
4. Fruits (½ cup) ^{11, 13}					
5. Grains ⁷ <i>Indicate “WGR” next to WGR menu items</i> WGR or enriched bread (1 slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (1 serving) or WGR, enriched, or fortified cooked breakfast cereal ⁸ , cereal grain ⁹ , or pasta (½ cup) or WGR, enriched, or fortified RTE breakfast cereal (¾ cup) ^{8, 10}					
Other foods (<i>Do not credit</i>) ¹⁵					

Menu Planning Notes for CACFP Adult Centers Menu Form 3 — Lunch and Snack (AM or PM)

- 1 The food quantities are the minimum requirements. For information on the CACFP adult meal pattern requirements, see *CACFP Meal Pattern for Adults (October 1, 2017 Through September 30, 2019)* and the Connecticut State Department of Education's (CSDE) *Meal Pattern Requirements for CACFP Adult Day Care Centers* Web page.
- 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 (regular and soy) cannot contain more than 23 grams of total sugars per 6 ounces.
- 7 All grains must meet the minimum weights in *Serving Sizes for Grains in the CACFP (Effective October 1, 2017 through September 30, 2019)*. 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*. At least one serving per day 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 in the CACFP*. 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.
- 8 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).
- 9 Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, rice, wheat berries, and rolled wheat.
- 10 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 are 2 cups of flakes or rounds, 2 ½ cups of puffed, and ½ cup of granola.
- 11 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.
- 12 The USDA's *CACFP Best Practices* recommends at least one serving per week of dark green vegetables, red and orange vegetables, 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 lettuce or spinach credits as ¼ cup of vegetable.
- 13 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.
- 14 Vegetables can substitute for the entire fruits component at lunch or supper. If serving two vegetables, they must be two different kinds.
- 15 "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 CACFP Adult Day Care Centers*.
- 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 Connecticut State Department of Education's (CSDE) [CACFP Web site](#) or contact the [CACFP staff](#) in the CSDE, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This form is available in PDF at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/forms/adultmf3new.pdf and in Word at www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/forms/adultmf3new.doc.

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