

This form expires on September 30, 2017. The new CACFP meal patterns required by the USDA *final rule* take effect on October 1, 2017.

Breakfast *	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (1 cup) <i>Must be low-fat (1%) or fat-free</i>					
Vegetables/Fruits (½ cup)					
Grains/Breads (whole grain or enriched) ** Bread (1 slice) or cold cereal (¾ cup) or cooked cereal (½ cup) or cooked pasta and grains (½ cup)					
Other foods (Do not credit) ***					
Lunch *	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (1 cup) <i>Must be low-fat (1%) or fat-free</i>					
Meat/Meat Alternates Meat, poultry or fish (2 ounces) or cheese (2 ounces) or cottage cheese (½ cup) or egg (1 large) or peanut butter (4 tablespoons) or cooked dry beans and peas (½ cup) or yogurt (1 cup)					
Grains/Breads (whole grain or enriched) ** Bread (1 slice) or cold cereal (¾ cup) or cooked cereal (½ cup) or cooked pasta and grains (½ cup)					
Vegetables/Fruits <i>Two or more different servings for ¾ cup total (Full-strength juice cannot meet more than half)</i>	1.	1.	1.	1.	1.
	2.	2.	2.	2.	2.
Other foods (Do not credit) ***					
Supper *	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (1 cup) <i>Must be low-fat (1%) or fat-free</i>					
Meat/Meat Alternates Meat, poultry or fish (2 ounces) or cheese (2 ounces) or cottage cheese (½ cup) or egg (1 large) or peanut butter (4 tablespoons) or cooked dry beans and peas (½ cup) or yogurt (1 cup)					
Grains/Breads (whole grain or enriched) ** Bread (1 slice) or cold cereal (¾ cup) or cooked cereal (½ cup) or cooked pasta and grains (½ cup)					
Vegetables/Fruits <i>Two or more different servings for ¾ cup total (Full-strength juice cannot meet more than half)</i>	1.	1.	1.	1.	1.
	2.	2.	2.	2.	2.
Other foods (Do not credit) ***					

◀ See page 2 for important menu planning notes ▶

MENU PLANNING NOTES

- * The quantities of food specified are the minimum serving sizes for children ages 6-12. Quantities must be adjusted for other ages. At-risk afterschool care centers and emergency shelters can serve children through age 18. For information on the CACFP meal pattern requirements, see the [CACFP Meal Pattern](#) and [Meal Pattern Requirements for the CACFP](#).
- ** All grains/breads must meet the minimum required serving sizes in [Serving Sizes for Grains/Breads in the CACFP](#).
- *** “Other” foods do not credit toward the CACFP meal pattern requirements. Examples of other foods include condiments (e.g., ketchup, margarine, syrup, jam), pudding, ice cream and gelatin. For more information, see [Noncreditable Foods in the CACFP](#).



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/mp/cacfpmf10.pdf and in Word at www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfpmf10.doc.

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) *fax:* (202) 690-7442; or
- (3) *email:* program.intake@usda.gov.

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