

## Sample Menu 1 — Cold Breakfast Menus for the Child and Adult Care Food Program (CACFP)

This five-week sample menu includes ideas for cold breakfasts in CACFP child care centers and family day care homes. Serving sizes are for ages 3-5, and can be adjusted for other ages. Some breakfast menus include additional components or exceed the minimum serving requirements. For information on the CACFP meal pattern requirements, see the [CACFP Meal Pattern for Children](#) and [Meal Pattern Requirements for the CACFP](#). Use the [Food Buying Guide for Child Nutrition Programs](#) to determine the amount of purchased food needed to meet the minimum required serving of each meal pattern component.

These menus may or may not meet the Connecticut Child Care Nutrition Standards (CCCNS), depending on the foods purchased, and the recipes and preparation techniques used by the CACFP facility. The Connecticut State Department of Education (CSDE) encourages CACFP facilities to evaluate menus for compliance with the CCCNS. For more information, see the CSDE's [Action Guide for Child Care Nutrition and Physical Activity Policies](#).

### ABBREVIATIONS

**M** = milk component

**G** = grains/breads component

**V** = vegetables/fruits component

**A** = additional food (creditable food served in addition to the minimum required components)

**O** = other food (noncreditable)

c = cup

oz = ounce

Tbsp = tablespoon

tsp = teaspoon

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	<b>M</b> Low-fat or fat-free milk (¾ c)	Low-fat or fat-free milk (¾ c)	Low-fat or fat-free milk (¾ c)	Low-fat or fat-free milk (¾ c)	Low-fat or fat-free milk (¾ c)
	<b>G</b> Blueberry muffin (1 oz) <sup>1,2</sup>	Cheese roll-up: whole-corn tortilla (½ oz) <sup>1</sup>	Whole-wheat bread (½ oz) <sup>1</sup>	Cold whole-grain cereal (⅓ c) <sup>3</sup>	Mini whole-grain bagel (½ oz) <sup>1</sup>
	<b>V</b> Sliced green grapes (½ c)	Pineapple chunks (½ c)	Apple slices (½ c)	Banana slices (½ c)	Apricots in juice (½ c)
	<b>A</b>	Low-fat cheese (½ oz)	Peanut butter (½ Tbsp thinly spread)		
	<b>O</b>				Jelly (1 tsp)
<b>Week 2</b>	<b>M</b> Low-fat or fat-free milk (¾ c)	Low-fat or fat-free milk (¾ c)	Low-fat or fat-free milk (¾ c)	Low-fat or fat-free milk (¾ c)	Low-fat or fat-free milk (¾ c)
	<b>G</b> Golden corn muffin (1 oz) <sup>1,2</sup>	Whole-grain cereal (⅓ c) <sup>3</sup>	Yogurt pumpkin parfait: granola (⅓ c) <sup>3</sup>	Banana bread (1 oz) <sup>1,2</sup>	Raisin bran cereal (⅓ c) <sup>3</sup>
	<b>V</b> Kiwi slices (½ c)	Blueberries (½ c)	Pureed pumpkin (¼ c) Raisins (¼ c)	Applesauce (½ c)	Orange slices (½ c)
	<b>A</b>		Greek yogurt (¼ c) with cinnamon		
	<b>O</b> Jelly (1 tsp)				
<b>Week 3</b>	<b>M</b> Low-fat or fat-free milk (¾ c)	Low-fat or fat-free milk (¾ c)	Low-fat or fat-free milk (¾ c)	Low-fat or fat-free milk (¾ c)	Low-fat or fat-free milk (¾ c)
	<b>G</b> Raisin bread (½ oz) <sup>1</sup>	Cold quinoa fruit salad: cooked quinoa (¼ c)	Whole-wheat roll (½ oz) <sup>1</sup>	Buttermilk biscuit (½ oz) <sup>1,2</sup>	Whole-grain granola (⅓ c) <sup>3</sup>
	<b>V</b> Cantaloupe cubes (½ c)	Fruit salad: sliced grapes, bananas, peaches, strawberries (½ c)	Diced pears (½ c)	Clementine (½ c)	Sliced cherries (½ c)
	<b>A</b> Peanut butter (½ Tbsp thinly spread)	Vanilla yogurt (⅓ c)	Low-fat cheese (½ oz)	Sliced ham (½ oz)	Yogurt (¼ c)
	<b>O</b>				
<b>Week 4</b>	<b>M</b> Low-fat or fat-free milk (¾ c)	Low-fat or fat-free milk (¾ c)	Low-fat or fat-free milk (¾ c)	Low-fat or fat-free milk (¾ c)	Low-fat or fat-free milk (¾ c)
	<b>G</b> Cold waffle sandwich: whole-grain waffle (1 oz) <sup>1,2</sup>	Cold whole-grain cereal (⅓ c) <sup>3</sup>	Bran muffin (1 oz) <sup>1,2</sup>	Whole-grain granola (⅓ c) <sup>3</sup>	Whole-wheat English muffin (½ oz) <sup>1</sup>
	<b>V</b> Sliced strawberries (½ c)	Mandarin oranges (½ c)	Applesauce (½ c)	Honeydew melon (½ c)	Sliced peaches (½ c)
	<b>A</b> Peanut butter (½ Tbsp thinly spread)			Yogurt (¼ c)	Hard-boiled egg (½)
	<b>O</b> Syrup (1 tsp)				Margarine (1 tsp)

## Sample Menu 1 — Cold Breakfast Menus for the CACFP, continued

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 5</b>	<b>M</b>	Low-fat or fat-free milk (¾ c)	Low-fat or fat-free milk (¾ c)	Low-fat or fat-free milk (¾ c)	Low-fat or fat-free milk (¾ c)	Low-fat or fat-free milk (¾ c)
	<b>G</b>	Whole-grain cereal (⅓ c) <sup>3</sup>	Whole-wheat pita half (½ oz) <sup>1</sup>	Zucchini bread (1 oz) <sup>1,2</sup>	Whole-grain tortilla (½ oz) <sup>1</sup>	Pumpkin-cranberry bread (1 oz) <sup>1,2</sup>
	<b>V</b>	Sliced strawberries (¼ c) Orange juice (¼ c)	Sliced red grapes (½ c)	Peach mango yogurt smoothie: peaches and mangos (½ c)	Thin apple slices (½ c)	Honeydew melon cubes (½ c)
	<b>A</b>		Cinnamon cottage cheese (⅓ c)	Yogurt (¼ c)	Peanut butter (½ Tbsp thinly spread)	
	<b>O</b>		Raisins (1 Tbsp)			

### MENU NOTES

- <sup>1</sup> Grains/breads must be whole grain or enriched. Purchased grains/breads must meet the minimum weights for “½ serving” in *Serving Sizes for Grains/Breads in the CACFP*. Determine CACFP serving size and CCCNS compliance using the CSDE’s [worksheet 1](#), *Crediting Purchased Grains/Breads in the CACFP*.
- <sup>2</sup> The serving size for grains/breads 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-grain or enriched flour to meet the minimum serving of grains/breads. Determine CACFP crediting information and CCCNS compliance using [worksheet 3](#): *Crediting Family-size Recipes for Grains/Breads in the CACFP* or [worksheet 4](#): *Crediting Quantity Recipes for Grains/Breads in the CACFP*.
- <sup>3</sup> The serving size for cold breakfast cereals is ⅓ cup or ½ ounce, whichever is less. The CCCNS recommends that breakfast cereals contain no more than 35 percent of calories from sugars and at least 2.5 grams of fiber. Determine CACFP crediting information and CCCNS compliance using the CSDE’s [Worksheet 2](#): *Crediting Breakfast Cereals 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 document is available at [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmenu1.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmenu1.pdf).

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