

## Child and Adult Care Food Program (CACFP)

### MEAL PATTERN FOR ADULTS

The 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 current CACFP adult meal pattern requirements under [7 CFR 226](#) remain in effect until that time. For more information, see the USDA's [Nutrition Standards for CACFP Meals and Snacks](#) Web page.

#### EFFECTIVE THROUGH SEPTEMBER 30, 2017

Food Component	Breakfast <sup>1</sup>	Lunch <sup>1</sup>	Supper <sup>1</sup>	Snack <sup>1, 2</sup> <i>Serve two of the four components</i>
<b>MILK, FLUID</b> , low-fat (1%) or fat-free <sup>3</sup>	1 cup	1 cup	None	1 cup
<b>VEGETABLES/FRUITS</b> <sup>4</sup> Vegetables and/or fruits or Full-strength juice (fruit, vegetable or combination) An equivalent quantity of any combination of the above vegetables and fruits	½ cup	1 cup <i>(Two or more different servings)</i>	1 cup <i>(Two or more different servings)</i>	½ cup
<b>GRAINS/BREADS</b> <sup>5</sup> Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal <sup>6</sup> or Cooked cereal or Cooked pasta or noodle products or Cooked cereal grains or An equivalent quantity of any combination of the above grains and breads	2 slices 2 servings 1 ½ cups or 2 ounces 1 cup 1 cup 1 cup	2 slices 2 servings 1 ½ cups or 2 ounces 1 cup 1 cup 1 cup	2 slices 2 servings 1 ½ cups or 2 ounces 1 cup 1 cup 1 cup	1 slice 1 serving ¾ cup or 1 ounce ½ cup ½ cup ½ cup
<b>MEAT/MEAT ALTERNATES</b> Lean meat or poultry or fish <sup>7</sup> or Alternate protein products <sup>8</sup> or Cheese or Cottage cheese or Egg, large or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds <sup>9</sup> or Yogurt <sup>10</sup> , plain or flavored, unsweetened or sweetened or An equivalent quantity of any combination of the above meat and meat alternates	None	2 ounces 2 ounces 2 ounces ½ cup 1 ½ cup  4 tablespoons 1 ounce = 50% (one serving) 8 ounces or 1 cup	2 ounces 2 ounces 2 ounces ½ cup 1 ½ cup  4 tablespoons 1 ounce = 50% (one serving) 8 ounces or 1 cup	1 ounce 1 ounce 1 ounce ¼ cup ½ ¼ cup  2 tablespoons  1 ounce 4 ounces or ½ cup

◀ See back for important menu planning notes ▶



For information on the CACFP, visit the CSDE's [CACFP Adult Day Care Centers](#) 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 document is available at [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/adults/adultmpcacfp.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/adults/adultmpcacfp.pdf).*

## CACFP MEAL PATTERN FOR ADULTS, continued

### Menu Planning Notes

- 1 The meal pattern shows the minimum amounts of each component that the CACFP facility must make available to each participant to claim reimbursement for the meal. Participants may be served larger portions but not less than the minimum quantities specified.
- 2 Snack must consist of two food items, each from a different food component. For example, fruit juice and carrot sticks are not a reimbursable snack because both items are from the vegetables/fruits component. Juice cannot be served when milk is the only other snack component.
- 3 Fluid low-fat (1%) or fat-free milk must be provided as a beverage. Whole and reduced-fat (2%) milk cannot be served.
- 4 At lunch/supper, serve two or more different kinds of vegetables and/or fruits to total 1 cup, e.g., two different vegetables, two different fruits, or one vegetable and one fruit. Full-strength 100 percent vegetable or fruit juice cannot meet more than half of this requirement, i.e., counts as one of the two required servings.
- 5 Breads and grains must be whole grain or enriched. Breakfast cereals must be whole grain, enriched, or fortified. All products must meet the minimum serving sizes specified in *Serving Sizes for Grains/Breads in the CACFP*.
- 6 One serving must measure  $\frac{3}{4}$  cup or weigh 1 ounce, whichever is less. Breakfast cereals may be served at meals other than breakfast.
- 7 The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone.
- 8 Alternate protein products must meet the USDA requirements. For more information, see “Alternate Protein Products” in the CSDE’s *Crediting Foods in CACFP Adult Day Care Centers*.
- 9 Nuts and seeds can provide only half (1 ounce) of the required 2-ounce serving of meat/meat alternates. They must be combined with another meat/meat alternate to meet the total requirement. One ounce of nuts or seeds equals 1 ounce of cooked lean meat, poultry, or fish. Tree nuts and seeds that credit as meat alternates include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soynuts.
- 10 To increase nutrient variety, yogurt should not be served when milk is the only other snack component.

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