

## Sample Menu 3 — Cold Lunch/Supper Menus for the Child and Adult Care Food Program (CACFP)

This six-week sample menu includes ideas for cold lunches and suppers in CACFP child care programs. Portion sizes are for ages 3-5, and can be adjusted for other ages. Some 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

**MA** = grains/breads 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>MA</b> Turkey (1 oz) Low-fat cheese (½ oz)	Chicken salad (1 ½ oz chicken) <sup>3</sup>	Sunbutter banana sandwich: sunbutter (1 Tbsp thinly spread) Greek yogurt (½ c)	Pastrami (1 oz) Swiss cheese (½ oz)	Spinach salad with ham and egg: ham (½ oz) and egg (½) <sup>3</sup>
	<b>G</b> Whole-wheat bread (½ oz) <sup>1</sup>	Whole-grain roll (½ oz) <sup>1</sup>	Cinnamon bread (½ oz) <sup>1</sup>	Rye bread (½ oz) <sup>1</sup>	Soft bread stick (½ oz) <sup>1</sup>
	<b>V</b> Lettuce (⅛ c) and tomato (⅛ c) Orange smiles (¼ c)	Red apple slices (¼ c) Diced cucumber and carrots (¼ c)	Waldorf salad: apples (⅛ c), celery (⅛ c) and grapes (⅛ c) Banana slices (⅛ c)	Coleslaw (¼ c veggies) Fruit salad: apples, oranges, grapes, pineapple (¼ c)	Baby spinach (½ c) Cantaloupe wedges (¼ c)
	<b>A</b>	Shredded lettuce (⅛ cup)			
	<b>O</b> Mustard (1 tsp) or low-fat mayonnaise (1 tsp)	Low-fat ranch dip (1 Tbsp)	Jelly (½ Tbsp)	Mustard (1 tsp)	Low-fat dressing (1 Tbsp)
<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>MA</b> Banana bread with peanut butter, carrots and raisins: peanut butter (1 Tbsp thinly spread) Yogurt (¼ c)	Hummus veggie pita pocket: hummus (¾ c chickpeas)	Ham and pasta veggie salad: ham (1 ½ oz) <sup>3</sup>	Egg salad (¾ egg) <sup>3</sup>	Tuna salad wrap: tuna (1 ½ oz) <sup>3</sup>
	<b>G</b> Banana bread (1 oz) <sup>1,2</sup>	Whole-grain pita half (½ oz) <sup>1</sup>	Macaroni (¼ c)	Whole-wheat bread (½ oz) <sup>1</sup>	Whole-grain tortilla (½ oz) <sup>1</sup>
	<b>V</b> Shredded carrots (⅛ c) Sliced peaches (¾ c)	Sliced cucumbers, shredded carrots and lettuce (¼ c) Pineapple chunks (¼ c)	Chopped veggies: carrots, broccoli and red peppers (¼ c) Pineapple tidbits (¼ c)	Carrot raisin salad (¼ c) Orange segments (¼ c)	Apricots in juice (¼ c) Raw veggies: carrot and zucchini sticks (¼ c)
	<b>A</b> Raisins (½ Tbsp)		Whole-wheat roll (½ oz) <sup>1</sup>	Shredded lettuce (⅛ c)	
	<b>O</b>				Low-fat dressing (½ Tbsp)

## Sample Menu 3 — Cold Lunch/Supper Menus for the CACFP, continued

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<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)	
	<b>MA</b>	Chef's salad: turkey (¼ oz), ham (¼ oz) and cheese (¼ oz) Sliced hard-boiled egg (½)	Shaved roast beef (1 ½ oz)	Chicken salad with apricots: chicken (1 ½ oz) <sup>3</sup>	Hummus and carrot pita pocket: hummus (¾ c chickpeas)	Chicken roll-up: chicken (1 oz) and low-fat cheese (½ oz)
	<b>G</b>	Pumpernickel roll (½ oz) <sup>1</sup>	Soft whole-wheat roll (½ oz) <sup>1</sup>	Whole-grain crackers (½ oz) <sup>1</sup>	Whole-wheat pita half (½ oz) <sup>1</sup>	Whole-grain tortilla (½ oz) <sup>1</sup>
	<b>V</b>	Salad greens (½ c) Orange segments (¼ c)	Marinated broccoli salad (¼ c) Banana (¼ c)	Diced dried apricots (⅛ c) Fresh pear slices (¾ c)	Green pepper strips (¼ c) Mango chunks (¼ c)	Sliced cucumbers (¼ c) Sliced red grapes (¼ c)
	<b>A</b>			Shredded lettuce (⅓ cup)	Shredded carrots (⅓ c)	Chopped lettuce and tomato (⅓ c)
	<b>O</b>	Italian dressing (½ Tbsp)	Ketchup or mustard (½ Tbsp)			Mustard (½ Tbsp) or low-fat mayonnaise (½ Tbsp)
<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)	
	<b>MA</b>	Cold meatloaf sandwich (1 ½ oz hamburger) <sup>3</sup>	Sliced turkey breast (1 ½ oz) <sup>3</sup>	Low-fat cottage cheese (¾ c)	Cold sesame noodles with chicken and broccoli: diced chicken (1 ½ oz) <sup>3</sup>	Black bean and tomato salad (¾ c beans)
	<b>G</b>	Whole-wheat bread (½ oz) <sup>1</sup> Pasta veggie salad: rotini pasta (¼ c)	Whole-grain crackers (½ oz) <sup>1</sup>	Whole-wheat bagel (½ oz) <sup>1</sup>	Spaghetti (¼ c)	Pumpkin muffin (1 oz) <sup>1</sup>
	<b>V</b>	Chopped veggies: carrots, tomato and broccoli (¼ c) Watermelon chunks (¼ c)	Marinated green bean salad (¼ c) Watermelon (¼ c)	Blueberries (¼ c) Crushed pineapple (¼ c)	Broccoli florets (¼ c) Sliced peaches (¼ c)	Shredded lettuce (¼ c) Diced pears (¼ c)
	<b>A</b>					Diced tomatoes (⅓ c)
	<b>O</b>	Ketchup or mustard (½ Tbsp)				Low-fat dressing (½ Tbsp)
<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)	
	<b>MA</b>	Cold oven-fried chicken (1 ½ oz chicken) <sup>3</sup>	Peanut butter (3 Tbsp thinly spread)	Yogurt (¾ c)	Hummus (¾ c chickpeas)	Egg salad sandwich: egg (¾ )
	<b>G</b>	Corn muffin (1 oz) <sup>1</sup>	Whole-grain rice cakes (1 oz) <sup>1</sup>	Soft pretzel (½ oz) <sup>1</sup>	Whole-wheat roll (½ oz) <sup>1</sup>	Whole-grain bread (½ oz) <sup>1</sup>
	<b>V</b>	Carrot-raisin salad (¼ c) Green pepper strips (¼ c)	Banana slices (¼ c) Applesauce (¼ c)	Blueberries (¼ c) Sliced red grapes (¼ c)	Cucumber-tomato salad (¼ c) Carrot sticks (¼ c)	Confetti coleslaw (¼ c) Plums (¼ c)
	<b>A</b>		Raisins (½ Tbsp)			Shredded lettuce (⅓ c)
	<b>O</b>					
<b>Week 6</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)	
	<b>MA</b>	Marinated lentil-carrot salad: lentils (¾ c)	Sliced chicken breast (1 ½ oz) <sup>3</sup>	Sliced ham (1 oz) Swiss cheese (½ oz)	Turkey avocado roll-up: turkey (1 ½ oz)	Tuna pasta salad with carrots and olives: tuna (1 ½ oz) <sup>3</sup>
	<b>G</b>	Pumpernickel roll (½ oz) <sup>1</sup>	Marble bread (½ oz) <sup>1</sup>	Whole-grain crackers (½ oz) <sup>1</sup>	Whole-corn tortilla (½ oz) <sup>1</sup>	Rotini pasta (¼ c)
	<b>V</b>	Diced plums (¼ c) Sliced nectarines (¼ c)	Jicama sticks (¼ c) Strawberries (¼ c)	Sliced cucumbers (¼ c) Fresh plum (¼ c)	Lettuce (⅓ c) and tomato (⅓ c) Orange wedges (¼ c)	Shredded carrots (¼ c) Sliced strawberries (¼ c)
	<b>A</b>	Shredded carrots (⅓ c)			Avocado (⅓ c)	Chopped black olives (½ Tbsp)
	<b>O</b>		Mustard or low-fat mayonnaise (½ 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 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 meat/meat alternates refers to the edible portion of cooked lean meat, poultry or fish as served, e.g., cooked lean meat without bone, without added ingredients such as breading, mayonnaise, seasoning and vegetables.



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/cacfpmenu3.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmenu3.pdf).*

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