

Sample Menu 5 — Snack Menus for the Child and Adult Care Food Program (CACFP)

This ten-week sample menu includes ideas for snacks in CACFP child care programs. Portion sizes are for ages 3-5, and can be adjusted for other ages. Some snack 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 = meat/meat alternate

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	
Week 1	M	Low-fat or fat-free milk (½ c)				
	MA	Greek yogurt (¼ c)	Ham and cheese roll-up: ham (¼ oz) and low-fat cheese (¼ oz)			
	G	Zucchini bread (1 oz) ^{1,2}	Whole-corn tortilla (½ oz) ¹	Whole-grain crackers (½ oz) ¹	Blueberry bran muffin (1 oz) ^{1,2}	Whole-grain roll (½ oz) ¹
	V			Carrot sticks (½ c)	Orange wedges (½ c)	Cantaloupe chunks (¼ c) Watermelon chunks (¼ c)
	A					
	O	Water		Low-fat dip (1 Tbsp) Water	Water	Water
Week 2	M	Low-fat or fat-free milk (½ c)				
	MA		Peanut butter (2 Tbsp thinly spread)	Yogurt and fruit parfait: vanilla yogurt (¼ c)	Hummus and carrot pita: hummus (⅓ c chickpeas)	
	G	Animal crackers (½ oz) ¹				Hard pretzels (½ oz) ¹
	V		Apple slices (½ c)	Blueberries (¼ c) Sliced strawberries (¼ c)	Shredded carrots (¼ c) Papaya cubes (¼ c)	Cucumber slices (¼ c) Carrot slices (¼ c)
	A		Raisins (1 Tbsp)	Whole-grain granola (2 Tbsp)	Whole-wheat pita half (½ oz) ¹	
	O		Water	Water	Water	Low-fat dip (1 Tbsp) Water

Sample Menu 5 — Snack Menus for the CACFP, continued

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3	M	Low-fat or fat-free milk (½ c)			
	MA	Hard-boiled egg (½ large)		Low-fat cheese (½ oz)	
	G	Whole-grain roll (½ oz) ¹		Whole-corn tortilla triangles (½ oz) ¹	Whole-wheat crackers (½ oz) ¹
	V	Banana (½ c)		Carrot-raisin salad (½ c)	
	A				Peanut butter (1 Tbsp thinly spread)
	O	Water	Water	Water	Water
Week 4	M	Low-fat or fat-free milk (½ c)			Low-fat or fat-free milk (½ c)
	MA	Mozzarella stick, part skim (1 oz)	Ants on a Log: peanut butter (2 Tbsp thinly spread)	Whole-grain cereal (⅓ c) ³	Pasta veggie salad: Cheese cubes (½ oz)
	G			Sliced peaches (½ c)	
	V	Sliced grapes (½ c)	Carrot sticks (¼ c) Celery sticks (¼ c)		Chopped veggies: carrots, broccoli, and tomatoes (¼ c) Orange-pineapple juice (¼ c)
	A		Raisins (1 Tbsp)	Water	Rotini pasta (¼ c)
	O	Water			Water
Week 5	M		Low-fat or fat-free milk (½ c)		Low-fat or fat-free milk (½ c)
	MA	Cottage cheese (⅓ c)	Greek yogurt (¼ c)		
	G	Whole-grain crackers (½ oz) ¹		Trail mix (cold cereal and raisins): cereal (⅓ c) ³	Whole-grain plain granola bar (1 oz) ¹
	V		Fruit salad: oranges, bananas, sliced grapes, pineapple (½ c)		Fruit and yogurt smoothie: mango (¼ c) and strawberries (¼ c)
	A	Crushed pineapple (⅓ c)	Granola (1 Tbsp) ³	Raisins (1 Tbsp)	Yogurt (¼ c)
	O	Water	Water	Water	
Week 6	M	Low-fat milk (½ c)		Low-fat milk (½ c)	
	MA			Yogurt (¼ c)	Cheddar cheese cubes (½ oz)
	G	Bread sticks (½ oz) ¹	Graham crackers (½ oz) ¹		Raisin bread (½ oz) ¹
	V	Jicama sticks (½ c)		Blueberries (½ c)	
	A	Low-fat dip (1 Tbsp)			Peanut butter (1 Tbsp thinly spread)
	O	Water		Water	Water
Week 7	M		Low-fat or fat-free milk (½ c)		
	MA		Hummus (⅓ c chickpeas)		Shredded low-fat cheese (½ oz)
	G	Whole-grain crackers (½ oz) ¹	Whole-wheat pita half (½ oz) ¹	Pumpkin cranberry muffin (1 oz) ^{1,2}	
	V	Watermelon chunks (½ c)			Garden salad: lettuce, tomatoes, cucumbers, carrots (½ c)
	A		Shredded carrots (⅓ c)		
	O	Water	Water		Low-fat Italian dressing (1 Tbsp) Water

Sample Menu 5 — Snack Menus for the CACFP, continued

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Week 8	M					
	MA	Pita bread triangles: Low-fat cheese (½ oz)			Chicken salad (½ oz chicken) ⁴	
	G	Whole-wheat pita bread (½ oz) ¹	Whole-grain crackers (½ oz) ¹	Whole-grain roll (½ oz) ¹	Strawberry Shortcake: Biscuit (½ oz) ^{1,2}	Whole-wheat pita pocket half (½ oz) ¹
	V		Pineapple chunks (½ c)	Cucumber-tomato salad (½ c)	Sliced strawberries (½ c)	
	A	Veggie salsa (¼ c)			Yogurt (2 Tbsp)	Shredded lettuce (⅙ c) and diced tomato (⅙ c)
	O	Water	Water	Low-fat Italian dressing (1 Tbsp) Water	Water	Water
Week 9	M			Low-fat or fat-free milk (½ c)		
	MA			Sun butter (1 Tbsp thinly spread)		
	G	Whole-grain bagel half (½ oz) ¹		Whole-grain waffle (1 oz) ^{1,2}	Whole-wheat wheat bread (½ oz) ¹	
	V	Pineapple juice (½ c)	Three-bean salad (½ c)	Sliced kiwi (½ c)		Celery sticks (thinly sliced) and cucumber slices (½ c)
	A					Herbed cottage cheese dip (⅙ c)
	O	Light cream cheese (½ Tbsp) Water		Water	Jelly (½ Tbsp)	Water
Week 10	M			Low-fat or fat-free milk (½ c)		
	MA					
	G	Soft whole-grain pretzel (½ oz) ¹		Soft whole-grain tortilla (½ oz) ¹		Whole-grain crackers ¹
	V	Sliced red grapes (½ c)	Apricots (½ c)	Refried beans (⅙ c) Shredded lettuce (¼ c) Diced tomato (⅙ c)	Carrot-pineapple-raisin salad (½ c)	Raw cauliflower bites (½ c)
	A	Cheese cubes (½ oz)		Shredded cheese (¼ oz)		
	O	Water		Water		Low-fat dip (1 oz) Water

MENU NOTES

- ¹ 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](#).
- ² 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](#).
- ³ 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](#).
- ⁴ 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.



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/cacfpmenu5.pdf.

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