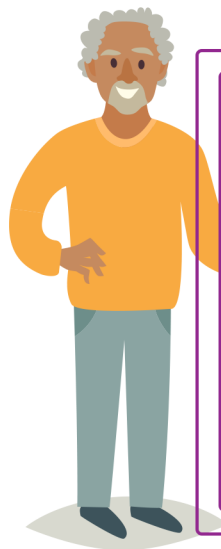


Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Adults



What is in a Breakfast?

Milk (8 fl. oz. or 1 cup)
Vegetables, Fruit, or Both (½ cup)
Grains (2 servings)

Optional: Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.



1 Large Egg Scrambled

½ cup Fruit Salad



Sample Breakfast

¾ cup (6 oz.) Yogurt



For Adult Participants Only:

- ¾ cup (6 oz.) of yogurt may be used to meet the milk requirement, when yogurt is not served as a meat alternate in the same meal.
- Yogurt must not contain more than 23 grams of sugar per 6 oz.



1 cup Low-Fat (1%) or Fat-Free (Skim) Milk (Unflavored or Flavored)

½ cup Red Grapes
Tuna Salad Made with 2 oz. Tuna



2 servings Whole Grain-Rich Pita Bread

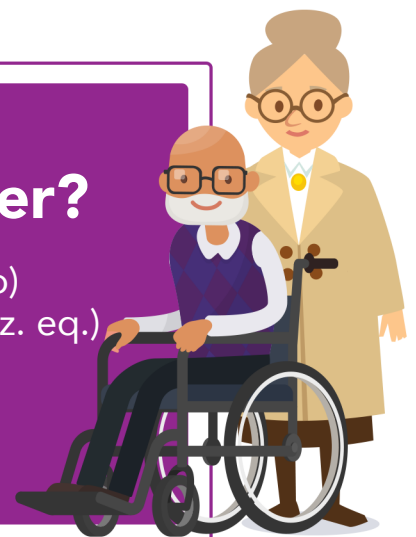
Sample Lunch/Supper

Salad Made with ½ cup Lettuce*, ⅛ cup Tomatoes, and ⅛ cup Carrots

*Raw leafy greens, such as lettuce, credit for half the amount served. The ½ cup of lettuce in the salad counts as ¼ cup of vegetables in this meal.

What is in a Lunch or Supper?

Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternate (2 oz. eq.)
Vegetables (½ cup)
Fruit (½ cup)
Grains (2 servings)



All grains served must be whole grain-rich or enriched.
Breakfast cereals may also be fortified.
At least one grain served each day must be whole grain-rich.



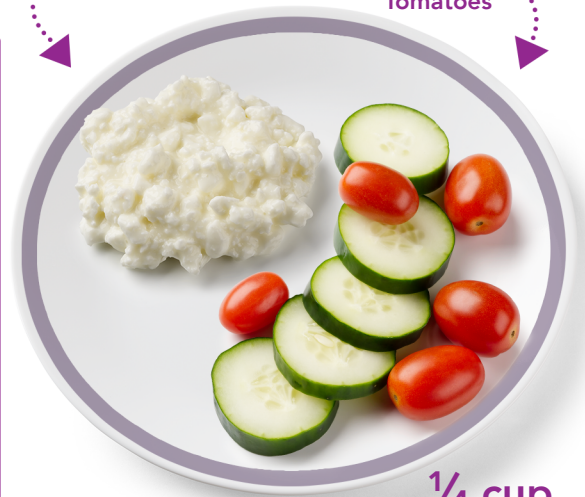
Offer and make water available all day.



What is in a Snack?

Pick 2:
Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternate (1 oz. eq.)
Vegetables (½ cup)
Fruit (½ cup)
Grains (1 serving)

¼ cup (2 oz.) Cottage Cheese
¼ cup Cherry Tomatoes



¼ cup Cucumber Slices
Sample Snack

Note: Serving sizes are minimums.

Flavored low-fat (1%) milk is allowed for children ages 6 and older and adults in the CACFP from July 1, 2018, until June 30, 2019, and is subject for updates pending *Final Rule for Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements*. Learn more about the CACFP meal patterns, including information on ounce equivalents (oz. eq.) and serving sizes at <https://teamnutrition.usda.gov>.



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