

## Child and Adult Care Food Program (CACFP)

# Sample Cold Breakfast Menus for CACFP Adult Day Care Centers

These sample breakfast menus for CACFP adult day care centers reflect the meal pattern requirements of the U.S. Department of Agriculture's (USDA) final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*, effective October 1, 2017. Some of the sample menus include additional meal pattern components or exceed the minimum serving requirements.

The CACFP adult breakfast meal pattern requires 1 cup of low-fat unflavored or fat-free unflavored or flavored milk; ½ cup of vegetables, fruits, or both; and two servings of grains. Meat/meat alternates may substitute for the entire grains component up to three times per week. For information on the CACFP adult meal patterns, see the Connecticut State Department of Education's (CSDE) handout, *CACFP Meal Patterns for Adults*, the CSDE's guide, *Meal Pattern Requirements for CACFP Adult Day Care Centers*, and the CSDE's *Meal Patterns for CACFP Adult Care Centers* and *Crediting Foods in CACFP Adult Day Care Centers* webpages.

The type of foods purchased and the recipes and preparation techniques used by the CACFP facility will determine whether local menus meet the CACFP adult meal patterns and the CSDE's recommended nutrition standards for adult meals. Adult day care centers should use the USDA's *Food Buying Guide for Child Nutrition Programs* to determine the amount of purchased food that meets the required serving for each meal pattern component. A Child Nutrition (CN) label or manufacturer's production formulation statement (PFS) must be on file to document the meal pattern contribution of all commercial foods served in CACFP menus. A standardized recipe must be on file to document the meal pattern compliance of foods made on site in the adult day care center. For more information on crediting documentation, see the CSDE's handouts, *Accepting Processed Product Documentation in the CACFP*, *Using Child Nutrition (CN) Labels in the CACFP*, and *Using Product Formulation Statements in the CACFP*. For more information on standardized recipes, see the CSDE's *CACFP Standardized Recipe Form* and section 2 of the CSDE's guide, *Meal Pattern Requirements for CACFP Adult Day Care Centers*.

### Abbreviations

**M** = milk component

**G** = grains component

**FV** = vegetables and fruits component

**MMA** = meat/meat alternates substitute for grains <sup>1</sup>

**A** = additional creditable food (not full serving)

**O** = other food (noncreditable)

**WGR** = whole grain-rich

**Tbsp** = tablespoon

**c** = cup

**tsp** = teaspoon

**oz** = ounce



See page 4 for menu planning notes. For information on noncreditable foods, see the CSDE's handout, *Noncreditable Foods in CACFP Adult Day Care Centers*.

## Sample Cold Breakfast Menus for CACFP Adult Day Care Centers

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>M</b> 1 cup	Low-fat unflavored milk (1 c)	Low-fat unflavored milk (1 c)	Low-fat unflavored milk (1 c)	Low-fat unflavored milk (1 c)	Low-fat unflavored milk (1 c)
	<b>G</b> 2 servings	Low-fat yogurt (1 c) <sup>1,2</sup> <b>MMA</b>	Cheese roll-up: whole-corn tortilla (2 oz) <sup>3</sup> <b>WGR</b>	Whole-grain bagel (2 oz) <sup>3</sup> <b>WGR</b>	Cold whole-grain cereal (1 ½ c) <sup>4</sup> <b>WGR</b>	Enriched blueberry muffin (4 oz) <sup>3</sup>
	<b>FV</b> ½ cup	Mixed berries (½ c)	Pineapple chunks (½ c)	Green grapes (½ c)	Banana slices (½ c)	Apricots in juice (½ c) <sup>5</sup>
	<b>A</b>		Low-fat cheese (1 oz)	Peanut butter (1 Tbsp)		
	<b>O</b>			Jelly (1 tsp)		
<b>Week 2</b>	<b>M</b> 1 cup	Low-fat unflavored milk (1 c)	Low-fat unflavored milk (1 c)	Low-fat unflavored milk (1 c)	Low-fat unflavored milk (1 c)	Low-fat unflavored milk (1 c)
	<b>G</b> 2 servings	Low-fat cottage cheese (½ c) <sup>1</sup> <b>MMA</b>	Whole-grain cereal (1 ½ c) <sup>4</sup> <b>WGR</b>	Yogurt pumpkin parfait: vanilla Greek yogurt (1 c) <sup>1,2</sup> <b>MMA</b>	Enriched banana bread (4 oz) <sup>3</sup>	Whole-grain cereal (¾ c) <sup>4</sup> <b>WGR</b> Whole-wheat roll (1 oz) <sup>3</sup> <b>WGR</b>
	<b>FV</b> ½ cup	Pineapple tidbits in juice (½ c) <sup>5</sup>	Blueberries (½ c)	Pureed pumpkin (¼ c) and raisins (⅛ c) <sup>6</sup>	Applesauce (½ c)	Orange slices (½ c)
	<b>A</b>	Chopped dried fruit (1 Tbsp) <sup>6</sup>		Whole-grain granola (¼ c) <sup>4</sup>	Peanut butter (1 Tbsp)	
	<b>O</b>					Margarine (1 tsp) or jelly (1 tsp)
<b>Week 3</b>	<b>M</b> 1 cup	Low-fat unflavored milk (1 c)	Low-fat unflavored milk (1 c)	Low-fat unflavored milk (1 c)	Low-fat unflavored milk (1 c)	Low-fat unflavored milk (1 c)
	<b>G</b> 2 servings	Hard-boiled egg (1) <sup>1</sup> <b>MMA</b>	Cold quinoa fruit salad: cooked quinoa (1 c) <sup>3</sup> <b>WGR</b>	Whole-wheat roll (2 oz) <sup>3</sup> <b>WGR</b>	Enriched buttermilk biscuit (2 oz) <sup>3</sup>	Whole-grain granola cereal (1 ½ c) <sup>4</sup> <b>WGR</b>
	<b>FV</b> ½ cup	Cantaloupe cubes (½ c)	Sliced grapes, bananas, peaches, strawberries (½ c)	Diced fresh pears (½ c)	Clementine (½ c)	Sliced cherries (½ c)
	<b>A</b>	Whole-grain bread (1 oz) <sup>3</sup> <b>WGR</b>		Low-fat cheese (½ oz)	Sliced ham (½ oz)	Low-fat yogurt (¼ c) <sup>1,2</sup>
	<b>O</b>	Margarine (1 tsp) or jelly (1 tsp)	Orange yogurt sauce (2 Tbsp)		Honey (1 tsp)	

## Sample Cold Breakfast Menus for CACFP Adult Day Care Centers

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 4</b>	<b>M</b> 1 cup	Low-fat unflavored milk (1 c)	Low-fat unflavored milk (1 c)	Low-fat unflavored milk (1 c)	Low-fat unflavored milk (1 c)	Low-fat unflavored milk (1 c)
	<b>G</b> 2 servings	Enriched corn muffin (3 oz) <sup>3</sup> <b>WGR</b>	Low-fat cheese (2 oz) <sup>1</sup> <b>MMA</b>	Cold waffle sandwich: whole-grain waffles (2.4 oz) <sup>3</sup> <b>WGR</b>	Whole-grain cereal (1 ½ c) <sup>4</sup> <b>WGR</b>	Whole-wheat English muffin (2 oz) <sup>3</sup> <b>WGR</b>
	<b>FV</b> ½ cup	Banana, 7 to 7 7/8 inch (½ c)	Apple slices (½ c)	Sliced strawberries (½ c)	Honeydew melon (½ c)	Sliced peaches (½ c)
	<b>A</b>	Low-fat cheese (1 oz)	Whole-grain bread (1 oz) <sup>3</sup> <b>WGR</b>	Peanut butter (1 Tbsp )		
	<b>O</b>			Syrup (1 tsp)		Margarine (1 tsp) or jelly (1 tsp)
<b>Week 5</b>	<b>M</b> 1 cup	Low-fat unflavored milk (1 c)	Low-fat unflavored milk (1 c)	Low-fat unflavored milk (1 c)	Low-fat unflavored milk (1 c)	Low-fat unflavored milk (1 c)
	<b>G</b> 2 servings	Cold whole-grain cereal (1 ½ c) <sup>4</sup> <b>WGR</b>	Cinnamon cottage cheese (½ c) <sup>1</sup> <b>MMA</b>	Peach mango yogurt smoothie: low-fat yogurt (1 c) <sup>1,2</sup> <b>MMA</b>	Apple roll-up: whole-grain tortilla (2 oz) <sup>3</sup> <b>WGR</b>	Enriched pumpkin-cranberry bread (4 oz) <sup>3</sup>
	<b>FV</b> ½ cup	Orange slices (½ c)	Red grapes (½ c)	Pureed peaches and mangos (½ c) <sup>5</sup>	Diced apple (½ c)	Cantaloupe cubes (½ c)
	<b>A</b>		Whole-grain cereal (½ c) <sup>4</sup> <b>WGR</b>	Enriched apple muffin (2 oz) <sup>3</sup>	Peanut butter (1 Tbsp )	
	<b>O</b>					

# Sample Cold Breakfast Menus for CACFP Adult Day Care Centers

## Menu planning notes

- <sup>1</sup> Meat/meat alternates may substitute for the entire grains component at breakfast up to three times per week. A 2-ounce serving of meat/meat alternates substitutes for 2 servings of the grains component (the minimum amount for adult day care center participants). For more information, see the USDA's handout, *Serving Meat and Meat Alternates at Breakfast*, and the CSDE's handouts, *Crediting Meat/Meat Alternates in the CACFP* and *Crediting Deli Meats in the CACFP*.
- <sup>2</sup> Yogurt (regular and soy) cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce). For more information, see the CSDE's handout, *Crediting Yogurt in the CACFP*.
- <sup>3</sup> To credit as the grains component, a whole grain, enriched grain, bran, or germ must be the first ingredient or the greatest ingredient by weight. For information on identifying creditable grains, see the CSDE's handout, *How to Identify Creditable Grains in the CACFP*. Determine CACFP crediting information for commercial grains using the CSDE's worksheet, *Adult Center Worksheet 1: Crediting Commercial Grains in the CACFP*. At least one serving per day must be WGR. The USDA's *CACFP Best Practices* recommends at least two servings of WGR grains per day. WGR foods contain at least 50 percent whole grains and any remaining grains are enriched. For more information, see the CSDE's handout, *Whole Grain-rich Criteria for the CACFP*. Except for sweet crackers such as graham crackers and animal crackers, grain-based desserts cannot credit, e.g., cookies, sweet pie crusts, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies. The CSDE recommends not serving sweet crackers more than twice per week between all meals and snacks. For more information, see the USDA's handout, *Grain-Based Desserts in the CACFP*. Through September 30, 2019, all grains must meet the applicable weights or volumes in *Serving Sizes for Grains in the CACFP* or provide the minimum creditable grains per serving. For more information, see the CSDE's handout, *Calculation Methods for Grain Servings in the CACFP*. Recipes for products made on site must contain a sufficient amount of whole or enriched grains to meet the minimum grain serving. Determine CACFP crediting information and compliance with the CSDE's recommended nutrition standards for adult meals by using the CSDE's worksheets, *Adult Centers Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP* or *Adult Centers Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP*.
- <sup>4</sup> Breakfast cereals (ready-to-eat (RTE) and cooked) cannot contain more than 6 grams of sugars per dry ounce. Through September 30, 2019, 1 serving of RTE breakfast cereal equals  $\frac{3}{4}$  cup or 1 ounce, whichever is less. Beginning October 1, 2019, the minimum serving size for RTE breakfast cereals is in ounce equivalents. The required amount for 1 ounce equivalent is 1 cup of flakes or rounds,  $1\frac{1}{4}$  cups of puffed cereal, and  $\frac{1}{4}$  cup of granola. Determine the CACFP crediting and WGR information and compliance with the CSDE's recommended nutrition standards for adult meals by using the CSDE's worksheets, *Adult Centers Worksheet 2: Crediting Ready to eat (RTE) Breakfast Cereals in the CACFP* or *Adult Centers Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP*. For more information, see the CSDE's handout, *Crediting Breakfast Cereals in the CACFP*.
- <sup>5</sup> Pasteurized full-strength juice can meet the vegetables or fruits component at only one meal or snack per day. Juice includes all fruit and vegetable juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice. For more information, see the CSDE's handouts, *Crediting Juice in the CACFP* and *Crediting Smoothies in the CACFP*.
- <sup>6</sup> Dried fruit credits as twice the volume served, e.g.,  $\frac{1}{4}$  cup of raisins credits as  $\frac{1}{2}$  cup of the fruits component. The minimum creditable amount for the fruits component is  $\frac{1}{8}$  cup, which equals  $\frac{1}{16}$  cup or 1 tablespoon of dried fruit. Amounts of dried fruit less than 1 tablespoon do not credit.

## Sample Cold Breakfast Menus for CACFP Adult Day Care Centers



For more information on the CACFP adult meal patterns, review the CSDE's guide, [Meal Pattern Requirements for CACFP Adult Day Care Centers](#), and visit the [Meal Patterns for CACFP Adult Day Care Centers](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages or contact the [CACFP staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

*This form is available at <http://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/adultmenubreakcold.pdf>.*

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of age, ancestry, color, criminal record (in state employment and licensing), gender identity or expression, genetic information, intellectual disability, learning disability, marital status, mental disability (past or present), national origin, physical disability (including blindness), race, religious creed, retaliation for previously opposed discrimination or coercion, sex (pregnancy or sexual harassment), sexual orientation, veteran status or workplace hazards to reproductive systems, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes.

Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Coordinator (ADA), Connecticut State Department of Education, 450 Columbus Boulevard, Suite 607, Hartford, CT 06103, 860-807-2071, [levy.gillespie@ct.gov](mailto:levy.gillespie@ct.gov).