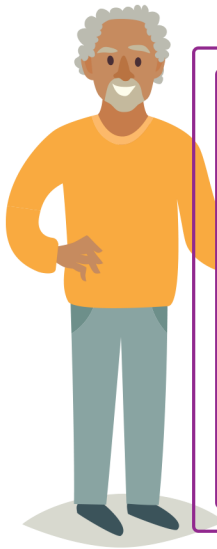


# Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

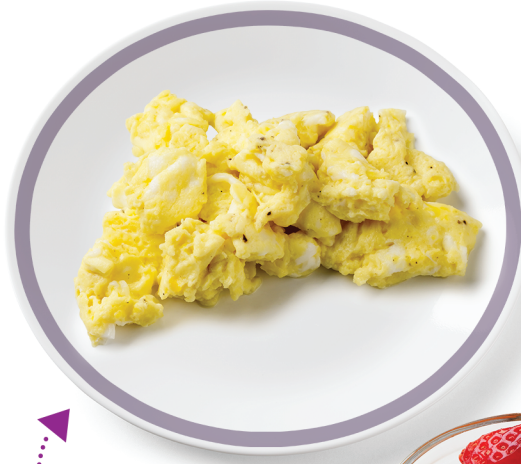
## Sample Meals for Adults



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

Tuna Salad  
Made with  
2 oz.  
Tuna

½ cup  
Red Grapes

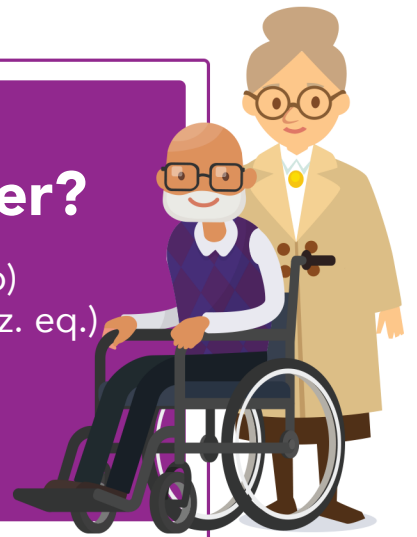


2 servings  
Whole-Wheat  
Pita Bread

Sample Lunch/Supper

### 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.

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

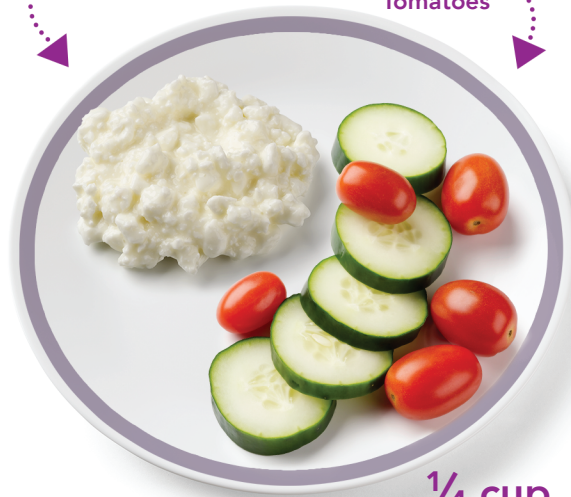
\*Raw leafy greens, such as lettuce, credit for half the amount served. The ½ cup of lettuce in the salad counts as ¼ cup of vegetables in this meal.



### What is in a 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



Sample Snack

¼ cup  
Cherry  
Tomatoes

¼ cup  
Cucumber  
Slices

Offer and make water available all day.



**Note:** Serving sizes are minimums.

Updated USDA Child and Adult Care Food Program (CACFP) meal patterns must be implemented by October 1, 2017. 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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