

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

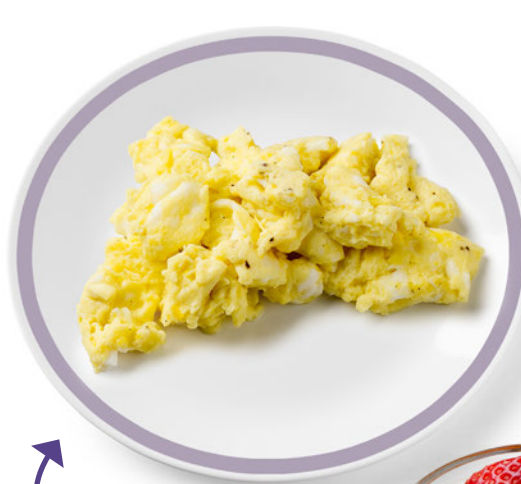
## Sample Meals for Adults



### What is in a Breakfast?

- Milk (8 fl. oz. or 1 cup)
- Vegetables, Fruits, or Both (1/2 cup)
- Grains (2 oz. eq.)

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



1 Large Egg Scrambled

1/2 cup Fruit Salad



3/4 cup (6 oz.) Yogurt



#### For Adult Participants Only:

- 3/4 cup (6 oz.) of yogurt may be used to meet the milk component 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.

Sample Breakfast



1/2 cup Red Grapes  
Tuna Salad Made with 2 oz. Tuna



Sample Lunch/Supper

2 oz. eq. Whole Grain-Rich Pita Bread

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

Salad Made with 1/2 cup Lettuce\*, 1/8 cup Tomatoes, and 1/8 cup Carrots

\*Raw leafy greens, such as lettuce, credit for half the amount served. The 1/2 cup of lettuce in the salad counts as 1/4 cup of vegetables in this meal.

### What is in a Lunch or Supper?

- Milk (8 fl. oz. or 1 cup)
- Meats/Meat Alternates (2 oz. eq.)
- Vegetables (1/2 cup)
- Fruits (1/2 cup)
- Grains (2 oz. eq.)



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.

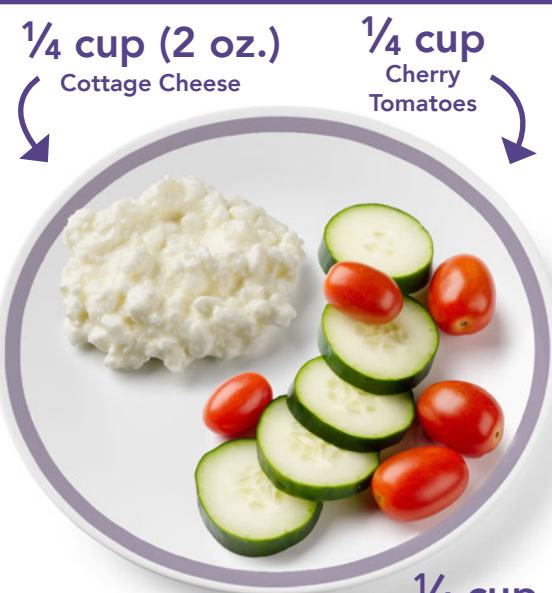


Offer and make water available all day.



### What is in a Snack?

- Pick 2:
- Milk (8 fl. oz. or 1 cup)
  - Meats/Meat Alternates (1 oz. eq.)
  - Vegetables (1/2 cup)
  - Fruits (1/2 cup)
  - Grains (1 oz. eq.)



Sample Snack

1/4 cup (2 oz.) Cottage Cheese

1/4 cup Cherry Tomatoes

1/4 cup Cucumber Slices

Note: Serving sizes are minimums.

Learn more about the CACFP meal patterns at <https://teamnutrition.usda.gov>.



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