

# Resources for the Child and Adult Care Food Program Meal Patterns

This list includes resources and websites to assist child care centers, family day care homes, emergency shelters, at-risk afterschool care centers, and adult day care centers with meeting the U.S. Department of Agriculture (USDA) meal pattern and crediting requirements for the [Child and Adult Care Food Program \(CACFP\)](#). For links to information on federal and state requirements and guidance, visit the Connecticut State Department of Education’s (CSDE) [Program Guidance for CACFP Child Care Programs](#) webpage and [Program Guidance for CACFP Adult Day Care Centers](#) webpage. For additional guidance, please contact the CSDE’s [CACFP staff](#).



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# Resources for the Child and Adult Care Food Program Meal Patterns

## CACFP Requirements and Guidance

CACFP Adult Day Care Centers (USDA webpage):

<https://portal.ct.gov/sde/nutrition/cacfp-adult-day-care-centers/documents>

CACFP Afterschool Programs (USDA webpage):

<https://www.fns.usda.gov/cacfp/afterschool-programs>

CACFP At-risk Afterschool Care Centers (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/cacfp-at-risk-afterschool-care-centers>

CACFP Child Care Centers (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/cacfp-child-care-centers>

CACFP Emergency Shelters (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/cacfp-emergency-shelters>

CACFP Family Day Care Homes (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/cacfp-family-day-care-homes>

CACFP Halftime: Thirty on Thursdays Training Webinar Series (USDA webpage):

<https://www.fns.usda.gov/cacfp-halftime-thirty-thursdays-training-webinar-series>

CACFP Handbooks (USDA webpage):

<https://www.fns.usda.gov/cacfp/handbooks>

CACFP Policy Memos (USDA webpage):

<https://www.fns.usda.gov/resources>

CACFP Regulations (USDA webpage):

<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-226>

Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/child-nutrition-programs>

FNS Instructions for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/fns-instructions-for-child-nutrition-programs>

Food Safety for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/food-safety-for-child-nutrition-programs>

Forms for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/cacfp-adult-day-care-centers/forms>

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Forms for CACFP Child Care Centers (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/cacfp-child-care-centers/forms>

Forms for CACFP Homes (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/cacfp-family-day-care-homes/forms>

Laws and Regulations for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/laws-and-regulations-for-child-nutrition-programs>

Laws and Regulations for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/laws-and-regulations-for-child-nutrition-programs>

Manuals and Guides for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/manuals-and-guides-for-child-nutrition-programs>

Operational Memoranda for the CACFP (CSDE webpage):

<https://portal.ct.gov/sde/lists/operational-memoranda-for-the-cacfp>

Program Guidance for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/program-guidance-cacfp-adults>

Program Guidance for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/program-guidance-cacfp-child>

### Child Nutrition (CN) Labels

Appendix C: The USDA Child Nutrition Labeling Program (USDA's Food Buying Guide for Child Nutrition Programs):

[https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA\\_FBG\\_Appendix\\_C.pdf](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Appendix_C.pdf)

Authorized Manufacturers and Labels (USDA):

<https://www.fns.usda.gov/cnlabeling/usdausdc-authorized-labels-and-manufacturers>

Child Nutrition (CN) Labeling Manual (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/child-nutrition-labeling-manual.pdf>

Child Nutrition Labels (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/child-nutrition-labels>

CN Labeling Program (USDA):

<https://www.fns.usda.gov/cn/labeling-program>

## Resources for the Child and Adult Care Food Program Meal Patterns

CN Labels and Product Formulation Statements (USDA Presentation):

<https://theicn.org/resources/930/march-2016/109876/manufacturers-product-formulation-statement-pfs03-31-16.pdf>

FBG Module 3: Product Formulation Statements (Institute of Child Nutrition):

<https://theicn.docebosaaS.com/learn/courses/139/fbg-module-3-product-formulation-statements-pfs>

Food Manufacturers/Industry (USDA):

<https://www.fns.usda.gov/cnlabeling/food-manufacturersindustry>

USDA Memo SP 05-2025, CACFP 04-2025, and SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements:

<https://www.fns.usda.gov/cn/labeling/guidance-accepting-processed-product-documentation>

Using Child Nutrition (CN) Labels in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/using\\_cn\\_labels\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/using_cn_labels_cacfp.pdf)

### Crediting Guidance and Documentation

Accepting Processed Product Documentation in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/accepting\\_processed\\_product\\_documentation\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/accepting_processed_product_documentation_cacfp.pdf)

Accepting Product Documentation (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/accepting-product-documentation>

Bite Size: Meeting the CACFP Meal Patterns for Children: Module 2: Meal Pattern Documentation (CSDE training module)

<https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/bite-size-meal-pattern-training>

Commercial Processed Products (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs#Commercial>

Crediting Documentation for the Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs>

## Resources for the Child and Adult Care Food Program Meal Patterns

Crediting Foods in the Child and Adult Care Food Program (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program>

Crediting Handbook for the Child and Adult Care Food Program (USDA):

<https://www.fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program>

Crediting Summary Charts for the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/crediting\\_summary\\_charts\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/crediting_summary_charts_cacfp.pdf)

Crediting Tip Sheets in Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/cn/crediting-tipsheets>

Crediting Updates for Child Nutrition Programs: Be in the Know! Webinar Series (USDA):

<https://www.fns.usda.gov/tn/cn/crediting-updates-webinars>

Exhibit A Grains Tool (USDA's (USDA): for Child Nutrition Programs):

<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/fbg>

Food Buying Guide for Child Nutrition Programs: Training Resources (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-training-resources>

Foods Made from Scratch (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs#Scratch>

Guide to Meeting the CACFP Adult Meal Patterns and Crediting Requirements (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide\\_cacfp\\_meal\\_patterns\\_adults.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide_cacfp_meal_patterns_adults.pdf)

Guide to Meeting the CACFP Meal Patterns for Children and Crediting Requirements (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide\\_cacfp\\_meal\\_patterns.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide_cacfp_meal_patterns.pdf)

Guide to Menu Documentation for the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide\\_cacfp\\_menu\\_documentation.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide_cacfp_menu_documentation.pdf)

Portion Control (CSDE's Menu Planning for Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/menu-planning/portion-control>

## Resources for the Child and Adult Care Food Program Meal Patterns

Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs):

<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

Recipe Standardization Guide for the Child and Adult Care Food Program (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/step-by-step-recipe-standardization-guide-for-the-child-and-adult-care-food-program/>

Records Retention Requirements for the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/records\\_retention\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/records_retention_cacfp.pdf)

Standardized Recipe Form for the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/standardized\\_recipe\\_form\\_cacfp.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/standardized_recipe_form_cacfp.docx)

Standardized Recipes (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/standardized-recipes>

USDA Memo CACFP 17-2017: Documenting Meals in the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/documenting-meals>

USDA Memo SP 05-2025, CACFP 04-2025, and SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements:

<https://www.fns.usda.gov/cn/labeling/guidance-accepting-processed-product-documentation>

Using Child Nutrition (CN) Labels in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/using\\_cn\\_labels\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/using_cn_labels_cacfp.pdf)

Using Product Formulation Statements in the Child and Adult Care Food Program (CSDE):

[http://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/using\\_product\\_formulation\\_statements\\_cacfp.pdf](http://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/using_product_formulation_statements_cacfp.pdf)

Using the Nutrition Facts Label in the Child and Adult Care Food Program (USDA):

<https://www.fns.usda.gov/tn/using-nutrition-facts-label-cacfp>

Weights and Measures ("Portion Control" section of CSDE's Menu Planning for Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/menu-planning/portion-control#WeightsMeasures>

## Resources for the Child and Adult Care Food Program Meal Patterns

When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/when\\_commercial\\_grain\\_products\\_require\\_pfs\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/when_commercial_grain_products_require_pfs_cacfp.pdf).

Yield Study Data Form for the Child Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/yield\\_study\\_form.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/yield_study_form.pdf)

### Fruits Component

Bite Size: Meeting the CACFP Meal Patterns for Children: Module 5: Fruits Component (CSDE training module)

<https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/bite-size-meal-pattern-training>

Crediting Fruits in the Child Nutrition Programs Tip Sheet (USDA):

<http://https://www.fns.usda.gov/tn/crediting-fruits-child-nutrition-programs-tip-sheet>

Crediting Juices in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit\\_juices\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_juices_cacfp.pdf)

Crediting Smoothies in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit\\_smoothies\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_smoothies_cacfp.pdf)

Food Buying Guide Section 3: Overview of Crediting Requirements for the Fruits Component (USDA):

[https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA\\_FBG\\_Section3\\_Fruits.pdf](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section3_Fruits.pdf)

Food Buying Guide Section 3: Yield Table for Fruits (USDA):

[https://foodbuyingguide.fns.usda.gov/files/Reports/USDA\\_FBG\\_Section3\\_FruitsYieldTable.pdf](https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section3_FruitsYieldTable.pdf)

Fruits Component (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/fruits>

Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA):

[https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS\\_Document\\_Total\\_Veg\\_Fruits.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Document_Total_Veg_Fruits.pdf)

## Resources for the Child and Adult Care Food Program Meal Patterns

USDA Memo CACFP 09-2017: Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/vegetable-fruit-requirements-qas>

USDA Memo SP 34-2019, CACFP 15-2019, and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:

<https://www.fns.usda.gov/cn/smoothies-offered>

Webinar: Crediting Vegetable Noodles and Coconut in the Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/crediting-vegetable-noodles-and-coconut-child-nutrition-programs>

Worksheet for Crediting Cooked Breakfast Cereals in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/worksheet\\_credit\\_cooked\\_breakfast\\_cereals\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/worksheet_credit_cooked_breakfast_cereals_cacfp.pdf)

Worksheet for Crediting Ready-to-eat (RTE) Breakfast Cereals in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/worksheet\\_credit\\_rte\\_breakfast\\_cereals\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/worksheet_credit_rte_breakfast_cereals_cacfp.pdf)

### Grains Component

Adding Whole Grains to Your CACFP Menu (USDA):

<https://www.fns.usda.gov/tn/adding-whole-grains-your-cacfp-menu>

Bite Size: Meeting the CACFP Meal Patterns for Children: Module 7A: Grains Component Crediting Requirements (CSDE training module)

<https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/bite-size-meal-pattern-training>

Bite Size: Meeting the CACFP Meal Patterns for Children: Module 7B: Grains Component Whole Grain-rich Requirement (CSDE training module)

<https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/bite-size-meal-pattern-training>

## Resources for the Child and Adult Care Food Program Meal Patterns

Bite Size: Meeting the CACFP Meal Patterns for Children: Module 7C: Grains Component Ounce Equivalents (CSDE training module)  
<https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/bite-size-meal-pattern-training>

Calculating the Added Sugars Limit for Breakfast Cereals in the Child and Adult Care Food Program (USDA):  
<https://www.fns.usda.gov/tn/cacfp/calculating-sugar-limits-breakfast-cereals>

Calculation Methods for Grain Ounce Equivalents in the Child and Adult Care Food Program (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/grain\\_calculation\\_cacfp\\_oz\\_eq.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/grain_calculation_cacfp_oz_eq.pdf)

Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program (USDA):  
<https://www.fns.usda.gov/tn/cacfp/breakfast-cereals-lower-sugar>

Crediting Breakfast Cereals in the Child and Adult Care Food Program (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit\\_cereals\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_cereals_cacfp.pdf)

Crediting Enriched Grains in the Child and Adult Care Food Program (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit\\_enriched\\_grains\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_enriched_grains_cacfp.pdf)

Crediting Grains in the Child Nutrition Programs Tip Sheets: Part 1: Creditable Grains in Child Nutrition Programs; Part 2: Identifying Grain Products that are Whole Grain-Rich; and Part 3: Program Requirements (USDA):  
<https://www.fns.usda.gov/tn/crediting-grains>

Crediting Single-Serving Packages of Grains in the CACFP (USDA):  
<https://www.fns.usda.gov/tn/crediting-single-serving-packages-grains-cacfp>

Crediting Whole Grains in the Child and Adult Care Food Program (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit\\_whole\\_grains\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_whole_grains_cacfp.pdf)

Determining Ounce Equivalents of Grains in CACFP Recipes (USDA):  
<https://www.fns.usda.gov/tn/determining-ounce-equivalents-grains-cacfp-recipes>

Exhibit A Grains Tool (USDA's Food Buying Guide for Child Nutrition Programs):  
<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):  
<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

## Resources for the Child and Adult Care Food Program Meal Patterns

Food Buying Guide Exhibit A Grains Tool (USDA):

<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

Food Buying Guide Section 4: Overview of Crediting Requirements for the Grains Component (USDA):

[https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA\\_FBG\\_Section4\\_Grains.pdf](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section4_Grains.pdf)

Food Buying Guide Section 4: Yield Table for Grains (USDA):

[https://foodbuyingguide.fns.usda.gov/files/Reports/USDA\\_FBG\\_Section4\\_GrainsYieldTable.pdf](https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section4_GrainsYieldTable.pdf)

Grain Ounce Equivalents Chart for the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/grain\\_oz\\_eq\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/grain_oz_eq_cacfp.pdf)

Grain-based Desserts in the CACFP (USDA):

<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>

Grains Component (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/grains>

Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/guide\\_wgr\\_requirement\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/guide_wgr_requirement_cacfp.pdf)

How to Identify Creditable Grains for the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/identify\\_creditable\\_grains\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/identify_creditable_grains_cacfp.pdf)

How to Maximize the Exhibit A Grains Tool (USDA webinar):

<https://www.fns.usda.gov/tn/how-maximize-exhibit-grains-tool>

How to Spot Whole Grain-Rich Foods for the Child and Adult Care Food Program (USDA):

<https://www.fns.usda.gov/tn/how-spot-whole-grain-rich-foods-cacfp>

How to Use the Grain Ounce Equivalents Chart for the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/how\\_to\\_use\\_ounce\\_equivalents\\_chart\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/how_to_use_ounce_equivalents_chart_cacfp.pdf)

Identifying Whole Grain-Rich Foods for the Child and Adult Care Food Program Using the Ingredient List (USDA):

<https://www.fns.usda.gov/tn/identifying-whole-grain-rich-foods-cacfp>

## Resources for the Child and Adult Care Food Program Meal Patterns

Is My Recipe Whole Grain-Rich in the Child and Adult Care Food Program? (USDA):

<https://www.fns.usda.gov/tn/my-recipe-whole-grain-rich-cacfp>

Ounce Equivalents (“Serving Requirements” section of the CSDE’s Crediting Foods in the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/grains#ServingRequirements>

Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/PFS\\_Grains\\_Oz\\_Eq\\_Fillable\\_508.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains_Oz_Eq_Fillable_508.pdf)

Product Formulation Statement for Documenting Grains in Child Nutrition Programs – Completed Sample (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/PFS\\_Example\\_Grains\\_Oz\\_Eq.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Example_Grains_Oz_Eq.pdf)

Recipe Analysis Workbook (USDA’s Food Buying Guide for Child Nutrition Programs):

<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

USDA Memo CACFP 05-2025: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://fns-prod.azureedge.us/cacfp/grain-requirements-qas>

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program>

USDA Memo SP 23-2019, CACFP 10-2019, and SFSP 09-2019: Crediting Popcorn in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-popcorn-child-nutrition-programs>

USDA Memo SP 34-2019, CACFP 15-2019, and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

Using Ounce Equivalents for Grains in the CACFP (USDA):

<https://www.fns.usda.gov/tn/using-ounce-equivalents-grains-cacfp>

Using the WIC Food Lists to Identify Grains for the CACFP (USDA):

<https://www.fns.usda.gov/tn/using-wic-food-lists-identify-grains-cacfp>

## Resources for the Child and Adult Care Food Program Meal Patterns

When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/when\\_commercial\\_grain\\_products\\_require\\_pfs\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/when_commercial_grain_products_require_pfs_cacfp.pdf)

Whole Grain-rich Requirement (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/grains#WGR>

### Infant Meal Pattern

Accepting/Rejecting Infant Formula in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/infants/accepting\\_rejecting\\_infant\\_formula\\_cacfp.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/infants/accepting_rejecting_infant_formula_cacfp.docx)

Accepting/Rejecting Infant Formula in the Child and Adult Care Food Program (Spanish):

Aceptar/rechazar formula para infantes del Programa de Alimentos para el Cuidado de Niños y Adultos (CACFP) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/infants/accepting\\_rejecting\\_infant\\_formula\\_cacfp\\_spanish.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/infants/accepting_rejecting_infant_formula_cacfp_spanish.docx)

Breast Milk or Formula Provided by Parent or Guardian (CSDE's Feeding Infants in CACFP Child Care Programs webpage):

<https://portal.ct.gov/sde/nutrition/feeding-infants-in-cacfp-child-care-programs/breast-milk-or-formula-provided-by-parent-or-guardian>

CACFP Infant Meal Pattern (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/infants/infant\\_meal\\_pattern.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/infants/infant_meal_pattern.pdf)

CACFP Trainer's Tools: Feeding Infants (USDA):

<https://www.fns.usda.gov/tn/feeding-infants-cacfp-trainers-tools>

Crediting Infant Foods (CSDE's Feeding Infants in CACFP Child Care Programs webpage):

<https://portal.ct.gov/sde/nutrition/feeding-infants-in-cacfp-child-care-programs/crediting-infant-foods>

Crediting Store-Bought Combination Baby Foods in the CACFP (USDA):

<https://www.fns.usda.gov/tn/crediting-store-bought-combination-baby-foods-cacfp>

Feeding Infants in CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/feeding-infants-in-cacfp-child-care-programs>

## Resources for the Child and Adult Care Food Program Meal Patterns

Feeding Infants in the Child and Adult Care Food Program (Spanish): Alimentación de Bebés en el Programa de Alimentos para el Cuidado de Niños y Adultos (USDA):

[https://fns-prod.azureedge.net/sites/default/files/resource-files/FeedingInfants-full-sp\\_r2.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/FeedingInfants-full-sp_r2.pdf)

Feeding Infants in the Child and Adult Care Food Program (USDA):

<https://www.fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program>

Feeding Infants Using Ounce Equivalents for Grains in the CACFP (USDA):

<https://www.fns.usda.gov/tn/feeding-infants-using-ounce-equivalents-grains-cacfp>

Infant Formula (CSDE's Feeding Infants in CACFP Child Care Programs webpage):

<https://portal.ct.gov/sde/nutrition/feeding-infants-in-cacfp-child-care-programs/infant-formula>

Infant Menu Form for Five days (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/infants/infant\\_menu\\_form\\_cacfp\\_5day.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/infants/infant_menu_form_cacfp_5day.docx)

Infant Menu Form for Seven days (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/infants/infant\\_menu\\_form\\_cacfp\\_7day.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/infants/infant_menu_form_cacfp_7day.docx)

Nutrition Standards for CACFP Meals and Snacks (USDA):

<https://www.fns.usda.gov/cacfp/meals-and-snacks>

USDA Memo CACFP 01-2023: Creditability of Infant Formulas Imported Through the Food and Drug Administration's 2022 Infant Formula Enforcement Discretion Policy in the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/credibility-infant-formulas-imported-fda2022-enforcement-discretion-policy>

USDA Memo CACFP 06-2025: Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/feeding-infants-meal-pattern-requirements-qas>

# Resources for the Child and Adult Care Food Program Meal Patterns

## Meal Modifications for Special Diets

Action Planning Form (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/action\\_planning\\_form.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/action_planning_form.docx)

Allowable Fluid Milk Substitutes for Non-disability Reasons for Adult Participants in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/milk\\_substitutes\\_cacfp\\_adults.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/milk_substitutes_cacfp_adults.pdf)

Allowable Fluid Milk Substitutes for Non-disability Reasons for Children in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/milk\\_substitutes\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/milk_substitutes_cacfp.pdf)

CACFP regulations 7 CFR 226.20(g)(1): Modifications for disability reasons (USDA):

[https://www.ecfr.gov/current/title-7/part-226#p-226.20\(g\)\(1\)](https://www.ecfr.gov/current/title-7/part-226#p-226.20(g)(1))

CACFP regulations 7 CFR 226.20(g)(2): Variations for non-disability reasons (USDA):

[https://www.ecfr.gov/current/title-7/part-226#p-226.20\(g\)\(2\)](https://www.ecfr.gov/current/title-7/part-226#p-226.20(g)(2))

CACFP regulations 7 CFR 226.20(g)(3): Fluid milk substitutes for non-disability reasons (USDA):

[https://www.ecfr.gov/current/title-7/part-226#p-226.20\(g\)\(3\)](https://www.ecfr.gov/current/title-7/part-226#p-226.20(g)(3))

Food Allergies (CSDE's Special Diets in the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/food-allergies>

Guidance for Special Diets (CSDE's Special Diets in the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/guidance-for-special-diets>

Identifying Products that Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/identify\\_allowable\\_nondairy\\_milk\\_substitutes\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/identify_allowable_nondairy_milk_substitutes_cacfp.pdf)

Instructions for the Medical Statement for Meal Modifications for Adult Participants in the Child and Adult Care Food Program (CACFP) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/adult\\_medical\\_statement\\_cacfp\\_instructions.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/adult_medical_statement_cacfp_instructions.pdf)

## Resources for the Child and Adult Care Food Program Meal Patterns

Instructions for the Medical Statement for Meal Modifications for Children in the Child and Adult Care Food Program (CACFP):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/medical\\_statement\\_cacfp\\_instructions.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/medical_statement_cacfp_instructions.pdf)

Instructions for the Medical Statement for Meal Modifications in CACFP Child Care Programs (Spanish): Instrucciones para la declaración médica para modificaciones de alimentos para niños en los programas de cuidado infantil Programa de Alimentos para el Cuidado de Niños y Adultos (CACFP) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/medical\\_statement\\_cacfp\\_spanish\\_instructions.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/medical_statement_cacfp_spanish_instructions.pdf)

Instructions for the Medical Statement for Meal Modifications in CACFP Adult Day Care Centers (Spanish): Instrucciones para la declaración médica para modificaciones de alimentos para participantes adultos en los programas de cuidado infantil Programa de Alimentos para el Cuidado de Niños y Adultos (CACFP) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/adult\\_medical\\_statement\\_cacfp\\_spanish\\_instructions.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/adult_medical_statement_cacfp_spanish_instructions.pdf)

Medical Statement for Meal Modifications for Adult Participants in the Child and Adult Care Food Program (CACFP) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/adult\\_medical\\_statement\\_cacfp.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/adult_medical_statement_cacfp.docx)

Medical Statement for Meal Modifications for Children in the Child and Adult Care Food Program (CACFP) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/medical\\_statement\\_cacfp.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/medical_statement_cacfp.docx)

Medical Statement for Meal Modifications in CACFP Adult Day Care Centers (Spanish): Declaración médica para modificaciones de alimentos para participantes adultos en los programas de cuidado infantil Programa de Alimentos para el Cuidado de Niños y Adultos (CACFP) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/adult\\_medical\\_statement\\_cacfp\\_spanish.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/adult_medical_statement_cacfp_spanish.docx)

Medical Statement for Meal Modifications in CACFP Child Care Programs (Spanish): Declaración médica para modificaciones de alimentos para niños en los programas de cuidado infantil Programa de Alimentos para el Cuidado de Niños y Adultos (CACFP) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/medical\\_statement\\_cacfp\\_spanish.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/medical_statement_cacfp_spanish.docx)

## Resources for the Child and Adult Care Food Program Meal Patterns

Medical Statements (CSDE's Special Diets in the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/medical-statements>

Milk Substitutes (CSDE's Special Diets in the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/milk-substitutes>

Overview of the Requirements for Meal Modifications for Adult Participants in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/overview\\_meal\\_modifications\\_cacfp\\_adults.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/overview_meal_modifications_cacfp_adults.pdf)

Overview of the Requirements for Meal Modifications for Children in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/overview\\_meal\\_modifications\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/overview_meal_modifications_cacfp.pdf)

Policy for Meal Modifications (CSDE's Special Diets in the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/policy-for-meal-modifications>

Resource List for Special Diets in Child Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/resources/resources\\_special\\_diets.pdf](https://portal.ct.gov/-/media/sde/nutrition/resources/resources_special_diets.pdf)

Resources for Special Diets in Child Nutrition Programs (CSDE):

<https://portal.ct.gov/sde/nutrition/special-diets-in-school-nutrition-programs/documents>

Sample Action Plan: Developing Policy for Meal Modifications in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/action\\_policy\\_meal\\_modifications\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/action_policy_meal_modifications_cacfp.pdf)

Sample Action Plan: Promoting Policy for Meal Modifications in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/action\\_promote\\_meal\\_modifications\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/action_promote_meal_modifications_cacfp.pdf)

Sample Standard Operating Procedure (SOP) for Meal Modifications in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/sample\\_sop\\_meal\\_modifications\\_cacfp.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/sample_sop_meal_modifications_cacfp.docx)

## Resources for the Child and Adult Care Food Program Meal Patterns

Self-assessment of Adult Day Care Center Practices for Meal Modifications in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/assessment\\_meal\\_modifications\\_cacfp\\_adults.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/assessment_meal_modifications_cacfp_adults.pdf)

Self-assessment of Child Care Practices for Meal Modifications in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/assessment\\_meal\\_modifications\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/assessment_meal_modifications_cacfp.pdf)

Special Diets in the Child and Adult Care Food Program (CSDE):

<https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/medical-statements>

Summary Charts of the Requirements for Meal Modifications for Adult Participants in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/summary\\_chart\\_meal\\_modifications\\_cacfp\\_adults.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/summary_chart_meal_modifications_cacfp_adults.pdf)

Summary Charts of the Requirements for Meal Modifications for Children in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/summary\\_chart\\_meal\\_modifications\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/summary_chart_meal_modifications_cacfp.pdf)

USDA Memo CACFP 01-2025: Nutrition Requirements for Fluid Milk and Substitutions in the CACFP, Questions and Answers:

<https://www.fns.usda.gov/cacfp/nutrition-requirements-fluid-milk-qas>

USDA Memo CACFP 14-2017 and SFSP 10-2017: Policy Memorandum on Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food Service Program:

<https://www.fns.usda.gov/modifications-accommodate-disabilities-cacfp-and-sfsp>

# Resources for the Child and Adult Care Food Program Meal Patterns

## Meal Patterns

Bite Size: Meeting the CACFP Meal Patterns for Children (CSDE training modules):

<https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/bite-size-meal-pattern-training>

CACFP Adult Meal Patterns (CSDE's Meal Patterns for the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program#AdultMealPatterns>

CACFP Breakfast Meal Pattern for Adult Day Care Centers (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/cacfp\\_adult\\_breakfast\\_meal\\_pattern.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/cacfp_adult_breakfast_meal_pattern.pdf)

CACFP Breakfast Meal Pattern for Children (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/cacfp\\_breakfast\\_meal\\_pattern.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/cacfp_breakfast_meal_pattern.pdf)

CACFP Lunch and Supper Meal Pattern for Adult Day Care Centers (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/cacfp\\_adult\\_lunch\\_supper\\_meal\\_pattern.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/cacfp_adult_lunch_supper_meal_pattern.pdf)

CACFP Lunch and Supper Meal Pattern for Children (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/cacfp\\_lunch\\_supper\\_meal\\_pattern.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/cacfp_lunch_supper_meal_pattern.pdf)

CACFP Meal Pattern Posters (USDA):

<https://www.fns.usda.gov/tn/meal-pattern-posters-cacfp>

CACFP Meal Pattern Training Slides (USDA):

<https://www.fns.usda.gov/tn/cacfp/meal-pattern-training-slides>

CACFP Meal Pattern Training Worksheets (USDA):

<https://www.fns.usda.gov/tn/cacfp/meal-pattern-training-worksheets>

CACFP Meal Pattern Updates (CSDE's Child and Adult Care Food Program (CACFP) webpage):

[https://portal.ct.gov/sde/nutrition/child-and-adult-care-food-program#CACFP\\_Meal\\_Pattern\\_Updates](https://portal.ct.gov/sde/nutrition/child-and-adult-care-food-program#CACFP_Meal_Pattern_Updates)

## Resources for the Child and Adult Care Food Program Meal Patterns

CACFP Meal Patterns for Children (CSDE's Meal Patterns for the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program#MealPatternsChildren>

CACFP Snack Meal Pattern for Adult Day Care Centers (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/cacfp\\_adult\\_snack\\_meal\\_pattern.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/cacfp_adult_snack_meal_pattern.pdf)

CACFP Snack Meal Pattern for Children (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/cacfp\\_snack\\_meal\\_pattern.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/cacfp_snack_meal_pattern.pdf).

CACFP Training Tools (USDA webpage):

<https://www.fns.usda.gov/tn/cacfp/trainers-tools>

Guide to Meeting the CACFP Adult Meal Patterns (CSDE guide):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide\\_cacfp\\_meal\\_patterns\\_adults.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide_cacfp_meal_patterns_adults.pdf)

Guide to Meeting the CACFP Meal Patterns for Children (CSDE guide):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide\\_cacfp\\_meal\\_patterns.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide_cacfp_meal_patterns.pdf)

Meal Patterns for the Child and Adult Care Food Program (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program>

Menu Forms ("Menu Forms and Production Records" section of CSDE's Meal Patterns for the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/menu-forms-and-production-records>

Noncreditable Foods in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/noncreditable\\_foods\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/noncreditable_foods_cacfp.pdf)

Nutrition Standards for CACFP Meals and Snacks (USDA):

<https://www.fns.usda.gov/cacfp/meals-and-snacks>

Summary of Final Rule Updates to the Meal Patterns for the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/summary\\_final\\_rule\\_cacfp\\_meal\\_patterns.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/summary_final_rule_cacfp_meal_patterns.pdf)

## Resources for the Child and Adult Care Food Program Meal Patterns

USDA Final Rule Correction: CACFP Meal Pattern Revisions Related to the HHFKA of 2010 (81 FR 75671):

<https://www.federalregister.gov/documents/2016/11/01/2016-26339/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>

USDA Final Rule: CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 (81 FR 24347):

<https://www.fns.usda.gov/cacfp/fr-042516>

USDA Final Rule: Child Nutrition Programs: Meal Patterns Consistent with The 2020-2025 Dietary Guidelines For Americans (89 FR 31962):

<https://www.federalregister.gov/documents/2024/04/25/2024-08098/child-nutrition-programs-meal-patterns-consistent-with-the-2020-2025-dietary-guidelines-for>

USDA Memo CACFP 08-2017: Questions and Answers on the Updated Meal Pattern Requirements for the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/questions-and-answers-updated-meal-pattern-requirements-child-and-adult-care-food-program>

USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP:

<https://www.fns.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-cacfp>

USDA Memo SP 19-2024, CACFP 07-2024, and SFSP 12-2024: Initial Implementation Memorandum: Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans:

[https://fns-prod.azureedge.us/sites/default/files/resource-files/SP19\\_CACFP07\\_SFSP12-2024os.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/SP19_CACFP07_SFSP12-2024os.pdf)

## Resources for the Child and Adult Care Food Program Meal Patterns

### Meal Service

Adult Day Care: A Child and Adult Care Food Program Handbook (USDA):

<https://www.fns.usda.gov/cacfp/adult-day-care-child-and-adult-care-food-program-handbook>

CACFP Trainers' Circle: Family Style Meal Service with Children in the CACFP (USDA):

<https://www.fns.usda.gov/tn/cacfp/trainers-circle-webinars/family-style-meal-service>

Eating Environment ("Meal Service" section of CSDE's Meal Patterns for the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/meal-service>

Family Style Dining Guide: A Mealtime Approach for Early Care and Education Programs (Ohio Child Care Resource & Referral Association and The Nemours Foundation):

<https://occrpa.org/wp-content/occrpa/spec/spec-fsd.pdf>

Family Style Meal Service with Children in the Child and Adult Care Food Program (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/CACFP-Family-Style-Meal-ServiceOperator-Booklet.pdf>

Family Style Meal Service with Children in the Child and Adult Care Food Program (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/CACFP-Family-Style-Meal-ServiceOperator-Booklet.pdf>

Family Style Meal Service with Children in the CACFP Training Materials (USDA):

<https://www.fns.usda.gov/tn/family-style-meal-service-cacfp>

Family Style Meal Service ("Meal Service" section of CSDE's Meal Patterns for the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/meal-service#FamilyStyle>

Meal Service (CSDE's Meal Patterns for the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/meal-service>

Offer versus Serve in At-risk Afterschool Centers in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/atrisk/ovs\\_at\\_risk\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/atrisk/ovs_at_risk_cacfp.pdf)

## Resources for the Child and Adult Care Food Program Meal Patterns

Offer versus Serve (OVS) for At-risk Afterschool Programs (“Meal Service” section of CSDE’s Meal Patterns for the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/meal-service#OVS>

Offer Versus Serve in the CACFP (USDA):

<https://www.fns.usda.gov/tn/offer-versus-serve-cacfp>

Serving Meals “Family Style” (USDA Nibbles for Health: Nutrition Newsletters for Parents of Young Children):

[https://fns-prod.azureedge.us/sites/default/files/resource-files/nibbles\\_familymeals\\_eng.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/nibbles_familymeals_eng.pdf)

The Basic Guide to Family Style Dining – Part 1 (ICN):

<https://theicn.org/resources/382/2013-mealtime-memos/106229/august-2013-the-basic-guide-to-family-style-dining-part-1.pdf>

USDA Memo CACFP 02-2025: Offer Versus Serve and Family Style Meals in CACFP:

<https://fns-prod.azureedge.us/cacfp/offer-versus-serve-family-style-meals>

Why You Should Serve Family Style (National CACFP Association):

[https://www.cacfp.org/files/4415/3512/5506/Family\\_Style\\_Dining\\_Tips.pdf](https://www.cacfp.org/files/4415/3512/5506/Family_Style_Dining_Tips.pdf)

### Meats/Meat Alternates Component

Additional Meat/Meat Alternates Options for CNPs: Crediting Tempeh and Surimi (USDA Webinar):

<https://www.fns.usda.gov/tn/additional-meat-meat-alternate-tempeh-and-surimi>

Bite Size: Meeting the CACFP Meal Patterns for Children: Module 4: Meat/Meat Alternates Component (CSDE training module)

<https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/bite-size-meal-pattern-training>

Calculating the Added Sugars Limit for Yogurt in the Child and Adult Care Food Program (USDA):

<https://www.fns.usda.gov/tn/cacfp/calculating-sugar-limits-yogurt>

Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program (USDA):

<https://www.fns.usda.gov/tn/cacfp/choose-yogurts-lower-sugar>

## Resources for the Child and Adult Care Food Program Meal Patterns

Crediting Beans, Peas, and Lentils in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit\\_beans\\_peas\\_lentils\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_beans_peas_lentils_cacfp.pdf)

Crediting Commercial Meat/Meat Alternate Products in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit\\_commercial\\_mma\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_commercial_mma_cacfp.pdf)

Crediting Deli Meats in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit\\_deli\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_deli_cacfp.pdf)

Crediting Meats/Meat Alternates in the Child Nutrition Programs Tip Sheet (USDA):

[https://fns-prod.azureedge.us/sites/default/files/resource-files/MMA\\_TipSheet.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/MMA_TipSheet.pdf)

Crediting Nuts and Seeds in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit\\_nuts\\_seeds\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_nuts_seeds_cacfp.pdf)

Crediting Tofu and Tofu Products in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit\\_tofu\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_tofu_cacfp.pdf)

Crediting Yogurt in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit\\_yogurt\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_yogurt_cacfp.pdf)

Food Buying Guide Section 1: Overview of Crediting Requirements for the Meats/Meat Alternates Component (USDA):

[https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA\\_FBG\\_Section1\\_MeatsAndMeatAlternates.pdf](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section1_MeatsAndMeatAlternates.pdf)

Food Buying Guide Section 1: Yield Table for Meats/Meat Alternates (USDA):

[https://foodbuyingguide.fns.usda.gov/files/Reports/USDA\\_FBG\\_Section1\\_MeatsAndMeatAlternatesYieldTable.pdf](https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section1_MeatsAndMeatAlternatesYieldTable.pdf)

Grab and Go Lesson: Defining Tofu and How It Credits in the CACFP (Institute of Child Nutrition):

<https://theicn.org/resources/1538/nutrition-and-meal-management/120776/benefits-for-using-standardized-recipes-in-the-cacfp.pdf>

Meats and Meat Alternates Component (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/meats-and-meat-alternates>

## Resources for the Child and Adult Care Food Program Meal Patterns

Moving Forward: Update on Food Crediting in Child Nutrition Programs with Guidance for Dried Meat Products (USDA Webinar):

<https://www.fns.usda.gov/tn/moving-forward-update-food-crediting-dried-meat-product>

Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products in Child Nutrition Programs (USDA):

[https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS\\_Meats-Meat\\_Alternates\\_Fillable\\_508.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS_Meats-Meat_Alternates_Fillable_508.pdf)

Questions and Answers on Alternate Protein Products (APP) (USDA):

<https://www.fns.usda.gov/questions-and-answers-alternate-protein-products-app>

Requirements for Alternate Protein Products in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/app\\_requirements\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/app_requirements_cacfp.pdf)

Reviewer's Checklist for Evaluating Manufacturer Product Formulation Statements for Meat/Meat Alternates (USDA):

[https://fns-prod.azureedge.net/sites/default/files/reviewer\\_checklist.pdf](https://fns-prod.azureedge.net/sites/default/files/reviewer_checklist.pdf)

Serving Meat and Meat Alternates at Breakfast (USDA):

<https://www.fns.usda.gov/tn/serving-meats-and-meat-alternates-breakfast>

Serving Meats and Meat Alternates at Lunch and Supper in the USDA CACFP (USDA):

<https://www.fns.usda.gov/tn/serving-meats-meat-alternates-lunch-supper-cacfp>

Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

USDA Memo SP 02-2024, CACFP 02-2024, and SFSP 02-2024: Revised: Crediting Tofu and Soy Yogurt Products in the School Meal Programs, CACFP, and SFSP:

<https://www.fns.usda.gov/cn/crediting-tofu-soy-yogurt-products-school-meals-cacfp>

USDA Memo SP 21-2019, CACFP 08-2019, and SFSP 07-2019: Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-shelf-stable-dried-and-semi-dried-meat-poultry-and-seafood-products-child-nutrition>

USDA Memo SP 24-2019, CACFP 11-2019, and SFSP 10-2019: Crediting Surimi Seafood in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-surimi-seafood-child-nutrition-programs>

USDA Memo SP 25-2019, CACFP 12-2019, and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-tempeh-child-nutrition-programs>

## Resources for the Child and Adult Care Food Program Meal Patterns

USDA Memo SP 26-2019, CACFP 13-2019, and SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs:  
<https://www.fns.usda.gov/cn/crediting-pasta-products-made-vegetable-flour-child-nutrition-programs>

USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Smoothies Offered in the Child Nutrition Programs:  
<https://www.fns.usda.gov/cn/smoothies-offered-child-nutrition-programs>

Worksheet for Crediting Yogurt in the Child and Adult Care Food Program (CSDE):  
[https://portal.ct.gov/-/media/.sde/nutrition/cacfp/crediting/worksheet\\_credit\\_yogurt\\_cacfp.pdf](https://portal.ct.gov/-/media/.sde/nutrition/cacfp/crediting/worksheet_credit_yogurt_cacfp.pdf)

### Menu Planning

Bite Size: Meeting the CACFP Meal Patterns for Children: Module 8: Menu Planning (CSDE training module)  
<https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/bite-size-meal-pattern-training>

Breakfast (“Menu Planning” section of CSDE’s Meal Patterns for the Child and Adult Care Food Program webpage):  
<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/menu-planning#Breakfast>

CACFP Adult Day Care Centers Menu Form for AM Snack, Lunch, and PM Snack (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/adult\\_menu\\_form\\_cacfp\\_am\\_snack\\_lunch\\_pm\\_snack.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/adult_menu_form_cacfp_am_snack_lunch_pm_snack.docx)

CACFP Adult Day Care Centers Menu Form for Breakfast, Lunch and Snack (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/adult\\_menu\\_form\\_cacfp\\_breakfast\\_lunch\\_snack.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/adult_menu_form_cacfp_breakfast_lunch_snack.docx)

CACFP Adult Day Care Centers Menu Form for Lunch and Snack (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/adult\\_menu\\_form\\_cacfp\\_lunch\\_snack.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/adult_menu_form_cacfp_lunch_snack.docx)

CACFP Menu Form for AM and PM Snack for Ages 1-2 (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu\\_form\\_cacfp\\_am\\_pm\\_snack\\_ages\\_1-2.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_am_pm_snack_ages_1-2.docx)

## Resources for the Child and Adult Care Food Program Meal Patterns

CACFP Menu Form for AM and PM Snack for Ages 3-5 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu\\_form\\_cacfp\\_am\\_pm\\_snack\\_ages\\_3-5.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_am_pm_snack_ages_3-5.docx)

CACFP Menu Form for AM Snack, Lunch, and PM Snack for Ages 3-5 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu\\_form\\_cacfp\\_am\\_snack\\_lunch\\_pm\\_snack\\_ages\\_3-5.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_am_snack_lunch_pm_snack_ages_3-5.docx)

CACFP Menu Form for AM, PM Snack, and Evening Snack for Ages 1-2, 3-5, and 6-18 in Emergency Shelters (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu\\_form\\_cacfp\\_shelter\\_am\\_pm\\_evening\\_snack\\_ages\\_1-2\\_3-5\\_6-18.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_shelter_am_pm_evening_snack_ages_1-2_3-5_6-18.docx)

CACFP Menu Form for AM, PM, and Evening Snack for Ages 6-18 in Emergency Shelters (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu\\_form\\_cacfp\\_shelter\\_am\\_pm\\_evening\\_snack\\_ages\\_6-18.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_shelter_am_pm_evening_snack_ages_6-18.docx)

CACFP Menu Form for At-risk Snack and Supper for Ages 6-18 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu\\_form\\_cacfp\\_at\\_risk\\_snack\\_supper\\_ages\\_6-18.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_at_risk_snack_supper_ages_6-18.docx)

CACFP Menu Form for Breakfast and PM Snack for Ages 3-5 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu\\_form\\_cacfp\\_breakfast\\_snack\\_ages\\_3-5.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_breakfast_snack_ages_3-5.docx)

CACFP Menu Form for Breakfast and PM Snack for Ages 6-12 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu\\_form\\_cacfp\\_breakfast\\_snack\\_ages\\_6-12.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_breakfast_snack_ages_6-12.docx)

CACFP Menu Form for Breakfast, AM Snack, and PM Snack for Ages 3-5 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu\\_form\\_cacfp\\_breakfast\\_am\\_snack\\_pm\\_snack\\_ages\\_3-5.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_breakfast_am_snack_pm_snack_ages_3-5.docx)

CACFP Menu Form for Breakfast, Lunch, and Snack for Ages 1-2 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu\\_form\\_cacfp\\_breakfast\\_lunch\\_snack\\_ages\\_1-2.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_breakfast_lunch_snack_ages_1-2.docx)

CACFP Menu Form for Breakfast, Lunch, and Snack for Ages 3-5 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu\\_form\\_cacfp\\_breakfast\\_lunch\\_snack\\_ages\\_3-5.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_breakfast_lunch_snack_ages_3-5.docx)

## Resources for the Child and Adult Care Food Program Meal Patterns

CACFP Menu Form for Breakfast, Lunch, and Snack for Ages 6-12 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu\\_form\\_cacfp\\_breakfast\\_lunch\\_snack\\_ages\\_6-12.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_breakfast_lunch_snack_ages_6-12.docx)

CACFP Menu Form for Breakfast, Lunch, and Supper for Ages 1-2, 3-5, and 6-18 in Emergency Shelters (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu\\_form\\_cacfp\\_shelter\\_breakfast\\_lunch\\_supper\\_ages\\_1-2\\_3-5\\_6-18.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_shelter_breakfast_lunch_supper_ages_1-2_3-5_6-18.docx)

CACFP Menu Form for Breakfast, Lunch, and Supper for Ages 6-18 in Emergency Shelters (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu\\_form\\_cacfp\\_shelter\\_breakfast\\_lunch\\_supper\\_ages\\_6-18.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_shelter_breakfast_lunch_supper_ages_6-18.docx)

CACFP Menu Form for Two Weeks of AM or PM Snack for Ages 3-5 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu\\_form\\_cacfp\\_snack\\_ages\\_3-5\\_2\\_weeks.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_snack_ages_3-5_2_weeks.docx)

CACFP Menu Form for Two Weeks of At-risk Snack for Ages 6-18 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu\\_form\\_cacfp\\_at\\_risk\\_snack\\_ages\\_6-18\\_2\\_weeks.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_at_risk_snack_ages_6-18_2_weeks.docx)

CACFP Menu Form for Two weeks of At-risk Supper for Ages 6-18 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu\\_form\\_cacfp\\_at\\_risk\\_supper\\_ages\\_6-18\\_2\\_weeks.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/menuform/menu_form_cacfp_at_risk_supper_ages_6-18_2_weeks.docx)

Choking Prevention (CSDE's Food Safety for Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/food-safety-for-child-nutrition-programs/documents/#ChokingPrevention>

Cycle Menus (CSDE's Menu Planning for Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/menu-planning/cycle-menus>

Lunch and Supper ("Menu Planning" section of CSDE's Meal Patterns for the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/menu-planning#LunchSupper>

Menu Forms ("Menu Forms and Production Records" section of CSDE's Meal Patterns for the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/menu-forms-and-production-records>

## Resources for the Child and Adult Care Food Program Meal Patterns

Menu Planning (CSDE's Meal Patterns for the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/menu-planning>

Menu Planning for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/sde/nutrition/menu-planning>

Methods for Healthy Cooking (USDA):

<https://www.fns.usda.gov/tn/methods-healthy-cooking>

Reducing the Risk of Choking in Young Children at Mealtimes (USDA):

<https://www.fns.usda.gov/tn/reducing-risk-choking-young-children-mealtimes>

Reducing the Risk of Choking in Young Children at Mealtimes (USDA):

<https://www.fns.usda.gov/tn/reducing-risk-choking-young-children-mealtimes>

Resource List for Menu Planning and Food Production in Child Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/resources/resources\\_menu\\_planning.pdf](https://portal.ct.gov/-/media/sde/nutrition/resources/resources_menu_planning.pdf)

Sample Cold Breakfast Menus for CACFP Adult Day Care Centers:

[http://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult\\_menu\\_cacfp\\_breakfast\\_cold.pdf](http://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult_menu_cacfp_breakfast_cold.pdf)

Sample Cold Breakfast Menus for CACFP Child Care Centers and Homes (CSDE):

[http://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu\\_cacfp\\_breakfast\\_cold.pdf](http://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu_cacfp_breakfast_cold.pdf)

Sample Cold Lunch and Supper Menus for CACFP Adult Day Care Centers (CSDE):

[http://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult\\_menu\\_cacfp\\_lunch\\_cold.pdf](http://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult_menu_cacfp_lunch_cold.pdf)

Sample Cold Lunch and Supper Menus for CACFP Child Care Centers and Homes (CSDE):

[http://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu\\_cacfp\\_lunch\\_cold.pdf](http://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu_cacfp_lunch_cold.pdf)

Sample Hot Breakfast Menus for CACFP Adult Day Care Centers (CSDE):

[http://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult\\_menu\\_cacfp\\_breakfast\\_hot.pdf](http://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult_menu_cacfp_breakfast_hot.pdf)

Sample Hot Breakfast Menus for CACFP Child Care Centers and Homes (CSDE):

[http://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu\\_cacfp\\_breakfast\\_hot.pdf](http://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu_cacfp_breakfast_hot.pdf)

Sample Hot Lunch and Supper Menus for CACFP Adult Day Care Centers (CSDE):

[http://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult\\_menu\\_cacfp\\_lunch\\_hot.pdf](http://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult_menu_cacfp_lunch_hot.pdf)

Sample Hot Lunch and Supper Menus for CACFP Child Care Centers and Homes (CSDE):

[http://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu\\_cacfp\\_lunch\\_hot.pdf](http://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu_cacfp_lunch_hot.pdf)

## Resources for the Child and Adult Care Food Program Meal Patterns

Sample CACFP Menus (“Menu Planning” CSDE’s Meal Patterns for the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/menu-planning#SampleCACFPMenus>

Sample Snack Menus for CACFP Adult Day Care Centers (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult\\_menu\\_cacfp\\_snack.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult_menu_cacfp_snack.pdf)

Sample Snack Menus for CACFP Child Care Centers and Homes (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu\\_cacfp\\_snack.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/menu_cacfp_snack.pdf)

Serving Snacks in the CACFP (USDA):

<https://www.fns.usda.gov/tn/serving-snacks-cacfp>

Snacks (“Menu Planning” section of CSDE’s Meal Patterns for the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/menu-planning#Snacks>

USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP:

<https://www.fns.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-cacfp>

Using the Nutrition Facts Label in the CACFP (USDA):

<https://www.fns.usda.gov/tn/using-nutrition-facts-label-cacfp>

### Milk Component

Allowable Milk Substitutes for Adult Participants without Disabilities in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/milk\\_substitutes\\_cacfp\\_adults.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/milk_substitutes_cacfp_adults.pdf)

Allowable Milk Substitutes for Children without Disabilities in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/milk\\_substitutes\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/milk_substitutes_cacfp.pdf)

Bite Size: Meeting the CACFP Meal Patterns for Children: Module 1: Milk Component (CSDE training module)

<https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/bite-size-meal-pattern-training>

Crediting Fluid Milk in the Child Nutrition Programs Tip Sheet (USDA)

<https://www.fns.usda.gov/tn/crediting-milk-child-nutrition-programs-tip-sheet>

## Resources for the Child and Adult Care Food Program Meal Patterns

Determining if Nondairy Beverages Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/determining\\_allowable\\_nondairy\\_milk\\_substitute\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/determining_allowable_nondairy_milk_substitute_cacfp.pdf)

Food Buying Guide Section 5: Overview of Crediting Requirements for the Milk Component (USDA):

[https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA\\_FBG\\_Section5\\_Milk.pdf](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section5_Milk.pdf)

Food Buying Guide Section 5: Yield Table for Milk (USDA):

[https://foodbuyingguide.fns.usda.gov/files/Reports/USDA\\_FBG\\_Section5\\_MilkYieldTable.pdf](https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section5_MilkYieldTable.pdf)

Milk Component (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/milk>

Serving Milk in the CACFP (USDA):

<https://www.fns.usda.gov/tn/serving-milk-cacfp>

USDA Memo CACFP 01-2025: Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program, Questions and Answers

<https://www.fns.usda.gov/cacfp/nutrition-requirements-fluid-milk-qas>

### Product Formulation Statements

Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products in Child Nutrition Programs (USDA):

[https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS\\_Meats-Meat\\_Alternates\\_Fillable\\_508.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS_Meats-Meat_Alternates_Fillable_508.pdf)

Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/PFS\\_Grains\\_Oz\\_Eq\\_Fillable\\_508.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains_Oz_Eq_Fillable_508.pdf)

Product Formulation Statement for Documenting Grains in Child Nutrition Programs – Completed Sample (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/PFS\\_Example\\_Grains\\_Oz\\_Eq.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Example_Grains_Oz_Eq.pdf)

Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/PFS\\_Total\\_Veg\\_Fruits\\_Fillable\\_508.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Total_Veg_Fruits_Fillable_508.pdf)

## Resources for the Child and Adult Care Food Program Meal Patterns

Product Formulation Statements (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/product-formulation-statements>

Reviewer's Checklist for Evaluating Manufacturer Product Formulation Statements (Product Analysis) for Meat/Meat Alternate (M/MA) Products

[https://fns-prod.azureedge.us/sites/default/files/reviewer\\_checklist.pdf](https://fns-prod.azureedge.us/sites/default/files/reviewer_checklist.pdf)

Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

Using Product Formulation Statements in the Child and Adult Care Food Program (CSDE):

[http://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/using\\_product\\_formulation\\_statements\\_cacfp.pdf](http://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/using_product_formulation_statements_cacfp.pdf)

When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/when\\_commercial\\_grain\\_products\\_require\\_pfs\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/when_commercial_grain_products_require_pfs_cacfp.pdf)

### Production Records

Instructions for the Production Record Templates for Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/prodrecord/instructions\\_production\\_record\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/prodrecord/instructions_production_record_cacfp.pdf)

Production Record for CACFP Adult Day Care Centers (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/prodrecord/production\\_record\\_cacfp\\_adult\\_centers.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/prodrecord/production_record_cacfp_adult_centers.docx)

Production Record for CACFP Child Care Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/prodrecord/production\\_record\\_cacfp\\_child\\_care\\_programs.docx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/prodrecord/production_record_cacfp_child_care_programs.docx)

Production Records ("Menu Forms and Production Records" section of the CSDE's Meal Patterns for the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/menu-forms-and-production-records>

## Resources for the Child and Adult Care Food Program Meal Patterns

Using Production Records in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/prodrecord/using\\_production\\_records\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/prodrecord/using_production_records_cacfp.pdf)

### Vegetables Component

Bite Size: Meeting the CACFP Meal Patterns for Children: Module 5: Vegetables Component (CSDE training module)

<https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/bite-size-meal-pattern-training>

Crediting Beans, Peas, and Lentils in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit\\_beans\\_peas\\_lentils\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_beans_peas_lentils_cacfp.pdf)

Crediting Juices in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit\\_juices\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_juices_cacfp.pdf)

Crediting Smoothies in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit\\_smoothies\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_smoothies_cacfp.pdf)

Crediting Soups in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit\\_soups\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_soups_cacfp.pdf)

Crediting Vegetable Noodles and Coconut in the Child Nutrition Programs (USDA Webinar):

<https://www.fns.usda.gov/tn/crediting-vegetable-noodles-and-coconut-child-nutrition-programs>

Crediting Vegetables in Child Nutrition Programs Tip Sheet (USDA):

<https://www.fns.usda.gov/tn/crediting-vegetables-child-nutrition-programs-tip-sheet>

Food Buying Guide Section 2: Overview of Crediting Requirements for the Vegetables Component (USDA):

[https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA\\_FBG\\_Section2\\_Vegetables.pdf](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section2_Vegetables.pdf)

Food Buying Guide Section 2: Yield Table for Vegetables (USDA):

[https://foodbuyingguide.fns.usda.gov/files/Reports/USDA\\_FBG\\_Section2\\_Vegetables\\_YieldTable.pdf](https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section2_Vegetables_YieldTable.pdf)

## Resources for the Child and Adult Care Food Program Meal Patterns

Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA):

[https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS\\_Document\\_Total\\_Veg\\_Fruits.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Document_Total_Veg_Fruits.pdf)

Serving Vegetables in the Child and Adult Care Food Program (USDA webpage):

<https://www.fns.usda.gov/tn/serving-vegetables-cacfp>

USDA Memo CACFP 09-2017: Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/vegetable-fruit-requirements-qas>

USDA Memo SP 26-2019, CACFP 13-2019, and SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-pasta-products-made-vegetable-flour-child-nutrition-programs>

USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:

<https://www.fns.usda.gov/cn/smoothies-offered>

Vegetable Subgroups in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/vegetable\\_subgroups\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/vegetable_subgroups_cacfp.pdf)

Vegetables Component (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/vegetables>

Webinar: Crediting Vegetable Noodles and Coconut in the Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/crediting-vegetable-noodles-and-coconut-child-nutrition-programs>

## Water Availability During Meal Service

Grab and Go Lesson: Offering and Making Water Available in Child Care (ICN):

<https://theicn.org/resources/1538/nutrition-and-meal-management/117771/offering-and-making-water-available-in-child-care.pdf>

Offering Water in the USDA Child and Adult Care Food Program (USDA):

<https://www.fns.usda.gov/tn/offering-water-cacfp>

USDA Memo CACFP 18-2016: Water Availability in the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/water-availability-child-and-adult-care-food-program>

USDA Memo CACFP 20-2016: Resources for Making Potable Water Available in Schools and Child Care Facilities:

<https://www.fns.usda.gov/cn/resources-making-potable-water-available-schools-and-child-care-facilities-0>

## Resources for the Child and Adult Care Food Program Meal Patterns

For more information, visit the CSDE's [Crediting Foods in the Child and Adult Care Food Program](#) webpage or contact the [CACFP staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at [https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/resources\\_cacfp\\_meal\\_patterns.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/resources_cacfp_meal_patterns.pdf).

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1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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