

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

Sample Meals for Children Ages 3-5



## What is in a Breakfast?

Milk (6 fl. oz. or  $\frac{3}{4}$  cup)  
Vegetables, Fruit, or Both ( $\frac{1}{2}$  cup)  
Grains ( $\frac{1}{2}$  serving)

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

$\frac{1}{2}$  serving  
Whole Grain-Rich  
Mini Pancakes



Sample Breakfast

$\frac{3}{4}$  cup  
Unflavored  
Low-Fat (1%)  
or Fat-Free (SKIM) Milk

$\frac{1}{2}$  cup  
Sliced  
Strawberries

$\frac{3}{4}$  cup  
Unflavored Low-Fat (1%)  
or Fat-Free (SKIM) Milk



1 Taco  
Made with:  
 $1\frac{1}{2}$  oz.  
Lean Ground Beef,  
 $\frac{1}{4}$  cup  
Lettuce\*, and  
 $\frac{1}{4}$  cup  
Chopped Tomatoes

$\frac{1}{2}$  serving  
Enriched Flour Tortilla



Sample Lunch/Supper

$\frac{1}{4}$  cup  
Roasted Sweet  
Potatoes

A second, different vegetable may be served in place of fruit at lunch and supper. In this meal, the  $\frac{1}{4}$  cup of lettuce and  $\frac{1}{4}$  cup of tomatoes in the taco make the vegetable component, and the  $\frac{1}{4}$  cup of sweet potatoes is used to meet the fruit component.

\*Use leafy greens, such as lettuce, credit for half the amount served. The  $\frac{1}{4}$  cup of lettuce in this meal counts as  $\frac{1}{2}$  cup of vegetables in this meal.

## What is in a Lunch or Supper?

Milk (6 fl. oz. or  $\frac{3}{4}$  cup)  
Meat/Meat Alternate (1  $\frac{1}{2}$  oz. eq.)  
Vegetables ( $\frac{1}{4}$  cup)  
Fruit ( $\frac{1}{4}$  cup)  
Grains ( $\frac{1}{2}$  serving)



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.

## What is in a Snack?

Pick 2:  
Milk (4 fl. oz. or  $\frac{1}{2}$  cup)  
Meat/Meat Alternate ( $\frac{1}{2}$  oz. eq.)  
Vegetables ( $\frac{1}{4}$  cup)  
Fruit ( $\frac{1}{4}$  cup)  
Grains ( $\frac{1}{2}$  serving)



$\frac{1}{2}$  cup  
Apple Slices



Sample Snack

$\frac{1}{2}$  oz.  
Cheddar Cheese



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>.



Food and Nutrition Service  
FNS-668  
August 2017  
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# Usda Guidelines For Child Care Centers

**United States. Congress. Senate.  
Committee on Agriculture and  
Forestry. Subcommittee on  
Agricultural Research and General  
Legislation**

## **Usda Guidelines For Child Care Centers:**

**Managing Child Nutrition Programs** Josephine Martin, Martha Conklin, 1999 Health Sciences Nutrition *Child Nutrition Programs* United States. Congress. Senate. Committee on Agriculture and Forestry. Subcommittee on Agricultural Research and General Legislation, 1975 2016 Catalog of Federal Domestic Assistance United States. Congress. Senate. Office of Management and Budget. Executive Office of the President, 2016 Identifies and describes specific government assistance opportunities such as loans grants counseling and procurement contracts available under many agencies and programs Child Nutrition Programs United States. Congress. Senate. Agriculture and Forestry Committee, 1975

Handbook of Research on Leadership and Advocacy for Children and Families in Rural Poverty Greene, H. Carol, Zugelder, Bryan S., Manner, Jane C., 2020-03-27 Rural poverty encompasses a distinctive deprivation in quality of life related to a lack of educational support and resources as well as unique issues related to geographical cultural community and social isolation While there have been many studies and accommodations made for the impoverished in urban environments those impoverished in rural settings have been largely overlooked and passed over by current policy The Handbook of Research on Leadership and Advocacy for Children and Families in Rural Poverty is an essential scholarly publication that creates awareness and promotes action for the advocacy of children and families in rural poverty and recommends interdisciplinary approaches to support the cognitive social and emotional needs of children and families in poverty Featuring a wide range of topics such as mental health foster care and public policy this book is ideal for academicians counselors social workers mental health professionals early childhood specialists school psychologists administrators policymakers researchers and students **Child and Adult Care Food Program** Institute of Medicine, Food and Nutrition Board, Committee to Review Child and Adult Care Food Program Meal Requirements, 2011-06-06 The Child and Adult Care Food Program CACFP is a federally funded program designed to provide healthy meals and snacks to children and adults while receiving day care at participating family day care homes traditional child care centers afterschool facilities adult care facilities and emergency shelters CACFP has the broadest scope of any of the U S Department of Agriculture USDA food program serving more than 3 million children and 114 000 adults across the nation To receive reimbursement for the foods served participating programs must abide by requirements set by the USDA Child and Adult Care Food Program assesses the nutritional needs of the CACFP population based on Dietary Guidelines for Americans and the Dietary Reference Intakes DRIs and makes recommendations for revisions to the CACFP meal requirements The book outlines meal requirements that include food specifications that could be used for specific meals and across a full day covering all age groups from infants to older adults and meal patterns designed for use in a variety of settings including in home care and in large centers By implementing these meal requirements consumption of fruits vegetables and whole grain rich foods will increase while consumption of solid fats added sugars and sodium will decrease Not only will this address the high

prevalence of childhood obesity it will also help to achieve consistency with the standards and regulations of other USDA nutrition assistance programs particularly the Supplemental Nutrition Program for Women Infants and Children WIC and the National School Lunch and School Breakfast programs Child and Adult Care Food Program makes practical recommendations that would bring CACFP meals and snacks into alignment with current dietary guidance The book will serve as a vital resource for federal and state public health officials care providers working in child and adult day care facilities WIC agencies officials working with the National School Lunch and School Breakfast programs and other organizations serving at risk populations      Code of Federal Regulations ,1991 Special edition of the Federal Register containing a codification of documents of general applicability and future effect with ancillaries      **Food and Nutrition** ,1983 Annual index in latter issues      *Krause and Mahan's Food and the Nutrition Care Process E-Book* Janice L Raymond,Kelly Morrow,2020-05-03 NEW Food Nutrient Delivery Planning the Diet with Cultural Competency chapter provides international nutrition guidelines and resources to assist you with multicultural meal planning NEW Clinical Nutritional Genomics chapter features an author from the NIH s Human Genome Project and introduces you to the latest research about CRISPR and epigenetics NEW MNT for Neurologic Disorders chapter features two new authors including a speech therapist and displays IDDSI guidelines and an appendix for dysphagia diets to help you carefully and consistently address the nutritional needs of these patients NEW Clinical Water Electrolytes and Acid Base Balance and Clinical Biochemical Physical and Functional Assessment chapters are updated with the most relevant and evidence based complementary and integrative approaches to expand your expertise in these clinical nutritional areas NEW MNT for Adverse Reactions to Food Food Allergies and Intolerance chapter features completely revised guidelines and a new pathophysiology algorithm to ensure you are confident in your knowledge of how to prevent emergencies and what to do when emergencies do happen NEW Coverage of intermittent fasting health at every size and health disparities focuses on the latest nutrition trends to ensure you are well versed in these topics NEW The Mediterranean Diet Choline and Biotin appendices display at a glance information to help you find quickly supplemental information NEW Directions boxes and Focus On boxes as well as useful websites resources and key terms at the end of each chapter help you find information quickly and easily      **Special Summer Project: an Evaluation. Supplemental Food Program Expanded Nutrition Education Program Prepared by ...1969** United States. Congress. Senate. Select Committee on Nutrition and Human Needs,1969      *Special Summer Project, an Evaluation; Supplemental Food Program, Special Food Service Program, Expanded Nutrition Education (nutrition Aides) Program* United States. Congress. Senate. Select Committee on Nutrition and Human Needs,1969      **S. 1614--Better Nutrition and Health for Children Act of 1993** United States. Congress. Senate. Committee on Agriculture, Nutrition, and Forestry,United States. Congress. Senate. Committee on Agriculture, Nutrition, and Forestry. Subcommittee on Nutrition and Investigations,1995      **Agriculture, Rural Development, Food**

**and Drug Administration, and Related Agencies Appropriations for 2015** United States. Congress. House. Committee on Appropriations. Subcommittee on Agriculture, Rural Development, Food and Drug Administration, and Related Agencies, 2014

Handbook of Obesity Prevention Shiriki Kumanyika, Ross Brownson, 2007-09-23 Comprehensive in scope and meticulously researched Handbook of Obesity Prevention analyzes the intricate causes of this public health crisis and sets out concrete multilevel strategies for meeting it head on This innovative handbook starts by clearly defining obesity in clinical epidemiologic and financial terms From there expert contributors provide insights on current issues methods and controversies in the field focusing on new opportunities for prevention successful interventions and initiatives and guidelines for planning and implementing programs and evaluating results This systematic approach to large scale social and policy change gives all parties involved from individual practitioners to multinational corporations the tools to set and attain realistic goals based on solid evidence and best practice in public health

**Catalog of Federal Domestic Assistance**, 1997 Identifies and describes specific government assistance opportunities such as loans grants counseling and procurement contracts available under many agencies and programs

*Update to the ... Catalog of Federal Domestic Assistance*, 1997

US Agricultural and Food Policies Gerald D. Toland, Jr., William E. Nganje, Raphael Onyeaghala, 2017-09-18 Policy analysis is a dynamic process of discovery rather than a passive exercise of memorizing facts and conclusions This text provides opportunities to practice the craft of policy analysis by engaging the reader in realistic case studies and problem solving scenarios that require the selection and use of applicable investigative techniques US Agricultural and Food Policies will assist undergraduate students to learn how policy choices impact the overall performance of agricultural and food markets It encourages students to systematically investigate scenarios with appropriate positive and normative tools The book emphasizes the importance of employing critical thinking skills to address the complexities associated with the design and implementation of twenty first century agricultural and food policies Students are asked to suspend their personal opinions and emotions and instead apply research methods that require the careful consideration of both facts and values The opportunities to build these investigative skills are abundant when we consider the diversity of modern agricultural and food policy concerns Featuring case studies and critical thinking exercises throughout and supported by a Companion Website with slides a test bank glossary and web video links this is the ideal textbook for any agricultural policy class

**Staff Memorandum to Members of the Special Committee on Performance-Based Disease Management Programs for Large Populations: Options for legislation**, 2008

*Health Promotion Throughout the Life Span - E-Book* Carole Lium Edelman, Elizabeth Connelly Kudzma, 2017-07-25 Promote health and wellness for all ages and population groups Health Promotion Throughout the Life Span 9th Edition provides a comprehensive guide to leading health promotion concepts from assessment to interventions to application Its lifespan approach addresses patients unique needs with case studies and care plans with an assessment framework based on Gordon

s Functional Health Patterns New to this edition is expanded coverage of genomics and QSEN competencies Written by nursing experts Carole Edelman and Elizabeth Kudzma this bestselling text covers all the latest research and trends in health promotion and disease prevention Separate chapters on population groups the individual family and community highlight the unique aspects of assessment and health promotion for each group Coverage of growth and development helps you apply health promotion concepts to each age and each stage of development through the lifespan Case studies present realistic situations with questions asking you to apply key concepts and care plans include nursing diagnoses defining characteristics related factors expected outcomes and interventions Quality and Safety Scenario boxes focus on QSEN related competencies with examples of health promotion Innovative Practice boxes outline unique and creative health promotion programs and projects currently being implemented Healthy People 2020 boxes present goals and objectives relating to national health issues and priorities Research for Evidence Based Practice boxes summarize current health promotion studies showing the links between research theory and practice Diversity Awareness boxes address cultural perspectives relating to planning care Hot Topics boxes introduce significant issues trends and controversies in health promotion Think About It clinical scenarios open each chapter and include questions to encourage critical thinking NEW An increased focus on genomics reflects scientific evidence supporting the use of genetic tests and family health history to guide public health interventions NEW Expanded discussion of QSEN competencies is included as related to health promotion NEW Guidelines and recommendations are included from the latest Guide to Clinical Preventive Services from the U S Preventive Services Task Force NEW The latest information about the Affordable Care Act is included NEW Updated photos reflect the latest in health promotion and disease prevention

**USDA's Commodity Procurement Process** United States. Congress. House. Committee on Small Business. Subcommittee on Export Opportunities and Special Small Business Problems,1981

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