

Appendix D.

Food and nutrient content and nutritional quality of CACFP meals and
snacks supplementary tables

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Table D.1. Mean nutrient content of CACFP breakfasts served in early child care programs

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Calories (kcal)	226	251	334	238	273	227	257	342~	227	257	339~
Macronutrients											
Total fat (g)	7	6	8	8	8	8	7	9~	7	7	9~
Saturated fat (g)	2.9	2.4	3.3	3.4	2.9	3.2	2.8	3.7~	3.1	2.7	3.6
Monounsaturated fat (g)	1.9	1.7	2.2	2.2	2.2	2.2	2.2	2.8~	2.1	2.1	2.6~
Polyunsaturated fat (g)	1.1	1.2	1.5	1.4	1.5	1.2~	1.3	1.6~	1.2	1.3	1.6~
Linoleic acid (g)	1.0	1.1	1.4	1.2	1.3	1.1~	1.2~	1.5~	1.1	1.2	1.5~
Alpha-linolenic acid (g)	0.1	0.1	0.1	0.1	0.1	0.1~	0.1	0.1~	0.1	0.1	0.1~
Carbohydrate (g)	33	39	53~	32	40	30	37	50~	31	38	51~
Protein (g)	9	10	13	10	11	10	11~	14~	9	11	14~
Vitamins											
Vitamin A (mcg RAE)	109	146	185	111	151	124~	159	202~	119	154	196~
Vitamin C (mg)	12	14	23~	12	14	11~	15~	24~	11	14	24
Vitamin D (mcg)	2.2	2.6	3.1	2.2	2.6	2.1	2.6	3.2~	2.1	2.6	3.2~
Vitamin E (mg AT)	0.0^	0.0^	0.0^	0.2^	0.1	0.1^~	0.0^~	0.0	0.1^	0.0^	0.0^
Vitamin B ₆ (mg)	0.3	0.4	0.4	0.3	0.3	0.3~	0.4~	0.6~	0.3	0.4	0.5~
Vitamin B ₁₂ (mcg)	1.2	1.5	1.7	1.2	1.4	1.2~	1.5~	1.8~	1.2	1.5	1.8
Folate (mcg DFE)	49	63	61~	49	57	45~	58~	74~	46	60	70~
Niacin (mg)	2.7	3.3	3.3	2.5	2.8	2.7~	3.3~	4.3~	2.7	3.3	4.0~
Riboflavin (mg)	0.4	0.5	0.6	0.4	0.5	0.4	0.5~	0.6~	0.4	0.5	0.6~
Thiamin (mg)	0.3	0.4	0.4~	0.3	0.3	0.3	0.4~	0.5~	0.3	0.4	0.4~
Choline (mg)	46	52	66	57	61	56	65	87~	53	61	81~
Minerals											
Calcium (mg)	249	302	388	263	319	255	307	390~	254	307	390~
Iron (mg)	3.7	4.8	4.2	3.1	3.5	2.9~	3.7	4.2~	3.1	4.0	4.2

Appendix D. Food and nutrient content and nutritional quality of CACFP meals and snacks supplementary tables

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Magnesium (mg)	41	48	63	41	50	44~	54~	71~	43	52	69~
Phosphorus (mg)	241	283	377~	247	300	252	304	379~	249	298	379
Potassium (mg)	389	465	661~	391	483	408	503~	707~	402	490	693
Sodium (mg)	238	280	378~	265	318	238	278	352~	240	283	360
Zinc (mg)	1.2	1.4	1.8	1.3	1.5	1.3	1.6	1.9~	1.3	1.5	1.9~
Other dietary components											
Cholesterol (mg)	29	27	28	46	41	44	46	64~	40	40	53~
Dietary fiber (g)	2.3	2.8	3.7~	2.3	2.7	2.6~	3.2	4.2~	2.5	3.0	4.0~
Dietary fiber (g/1,000 calories)	11	11	11	10	10	12~	13~	13~	11	12	12~
Percentage of calories from:											
Total fat	26.1	20.5	20.5~	28.5	23.2	28.1	23.2	22.3~	27.5	22.5	21.7~
Saturated fat	11.3	8.1	8.3~	11.9	8.8	12.0	9.1	8.9~	11.8	8.8	8.7~
Monounsaturated fat	6.9	5.6	5.6	7.6	6.7	7.8	6.8	6.4~	7.5	6.5	6.1~
Polyunsaturated fat	4.1	4.0	3.9~	4.8	4.6	4.2~	4.1	3.8~	4.2	4.1	3.8~
Linoleic acid	3.8	3.6	3.5~	4.3	4.1	3.8~	3.7	3.4~	3.8	3.7	3.4~
Alpha-linolenic acid	0.4	0.4	0.4~	0.5	0.5	0.3	0.3	0.3~	0.4	0.3	0.3
Carbohydrate	59.0	63.7	64.2~	56.1	60.7	55.4	59.3	61.3~	56.4	60.7	62.2~
Added sugar	6.7	7.3	6.6~	7.8	8.0	4.2~	4.4~	3.9~	5.1	5.6	4.7
Protein	15.6	16.6	16.5	16.1	17.0	17.1	18.2	17.1~	16.6	17.6	16.9~
Number of early child care programs	193	213	77	115	304	167	176	78	475	693	155

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates are reported for each program and age group combination where a given meal is served.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

AT = alpha-tocopherol, CACFP = Child and Adult Care Food Program, DFE = dietary folate equivalents, g = grams, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents.

Table D.2. Mean nutrient content of CACFP lunches served in early child care programs

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Calories (kcal)	333	356	525	324	368	328	350	469~	329	353	496
Macronutrients											
Total fat (g)	12	12	19	12	13	12	12	15~	12	12	17
Saturated fat (g)	4.7	4.3	6.8	4.6	4.6	4.7	4.2	5.2~	4.7	4.3	6.0
Monounsaturated fat (g)	3.7	3.7	5.8	3.7	4.0	3.7	3.7	4.4	3.7	3.7	5.1
Polyunsaturated fat (g)	2.2	2.4	4.0~	2.3	2.7	2.1	2.2	3.3~	2.1	2.3	3.7~
Linoleic acid (g)	2.0	2.1	3.6~	2.0	2.4	1.8~	2.0	2.9~	1.9	2.1	3.3~
Alpha-linolenic acid (g)	0.2	0.2	0.4~	0.2	0.3	0.2	0.2	0.3~	0.2	0.2	0.3
Carbohydrate (g)	39	44	65~	38	44	38	43~	62~	38	43	63
Protein (g)	17	19	25~	17	20	17~	19~	24~	17	19	24~
Vitamins											
Vitamin A (mcg RAE)	177	218	316~	170	224	183~	218~	301~	181	219	308
Vitamin C (mg)	13	15	21~	15	17	17	18	24~	16	17	22~
Vitamin D (mcg)	1.9	2.2	2.8~	1.8	2.2	2.0	2.2	2.7~	1.9	2.2	2.7
Vitamin E (mg AT)	0.0^	0.0^	0.0^	0.2^	0.1	0.1^	0.0^~	0.0	0.1^	0.1^	0.0^
Vitamin B ₆ (mg)	0.4	0.4	0.5~	0.4	0.4	0.4~	0.4~	0.5~	0.4	0.4	0.5~
Vitamin B ₁₂ (mcg)	1.3	1.5	1.9~	1.3	1.6	1.3	1.5	1.9~	1.3	1.5	1.9~
Folate (mcg DFE)	51	58	85~	49	58	53	58	82~	53	58	83
Niacin (mg)	4.0	4.3	5.8~	3.9	4.5	4.2~	4.5~	5.4~	4.1	4.4	5.6~
Riboflavin (mg)	0.4	0.5	0.6~	0.4	0.5	0.4	0.5	0.6~	0.4	0.5	0.6
Thiamin (mg)	0.3	0.4	0.5~	0.3	0.4	0.3	0.3~	0.5~	0.3	0.3	0.5~
Choline (mg)	68	75	99~	67	76	68	75	90~	68	75	94~
Minerals											
Calcium (mg)	289	340	472~	287	353	285~	334~	426	286	338	449
Iron (mg)	2.0	2.1	3.0	2.0	2.2	1.9	2.0	2.7	1.9	2.1	2.9

Appendix D. Food and nutrient content and nutritional quality of CACFP meals and snacks supplementary tables

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Magnesium (mg)	62	69	95~	61	71	61~	68~	94~	61	69	95~
Phosphorus (mg)	338	385	527~	333	395	338	385	503~	338	386	515
Potassium (mg)	598	681	919	585	688	595~	681~	907~	596	682	913
Sodium (mg)	588	644	956	563	649	544~	599~	812~	556	616	882
Zinc (mg)	2.3	2.5	3.3~	2.3	2.7	2.3	2.5	3.2~	2.3	2.5	3.2~
Other dietary components											
Cholesterol (mg)	45	44	57	45	45	48	46	46~	47	45	51
Dietary fiber (g)	3.9	4.2	6.5	3.8	4.3	3.7	4.1	6.0~	3.7	4.1	6.3
Dietary fiber (g/1,000 calories)	12	12	12	12	12	12	12	13~	12	12	13
Percentage of calories from:											
Total fat	32.5	29.4	31.4~	33.2	30.7	32.5	29.1~	27.5~	32.5	29.4	29.4~
Saturated fat	12.5	10.5	11.2	12.7	10.9	12.6	10.6	9.7~	12.6	10.6	10.4~
Monounsaturated fat	9.6	8.9	9.6~	10.0	9.5	9.8	9.1	8.2	9.8	9.1	8.9~
Polyunsaturated fat	6.0	6.0	6.8~	6.0	6.5	5.5	5.6	6.2~	5.7	5.8	6.5~
Linoleic acid	5.3	5.3	6.1~	5.4	5.7	4.9	5.0	5.5~	5.0	5.1	5.8~
Alpha-linolenic acid	0.6	0.6	0.6~	0.6	0.6	0.5	0.5	0.6~	0.5	0.6	0.6
Carbohydrate	47.5	49.8	50.0~	46.8	48.6	46.8~	49.3	53.4~	47.0	49.4	51.7
Added sugar	3.1	3.3	3.1~	3.3	3.6	1.8~	1.8~	1.6~	2.2	2.4	2.3
Protein	20.9	21.8	19.8~	21.0	21.6	21.5~	22.4~	20.3~	21.3	22.2	20.0~
Number of early child care programs	196	218	65	115	308	194	197	45	505	723	110

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates are reported for each program and age group combination where a given meal is served.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

AT = alpha-tocopherol, CACFP = Child and Adult Care Food Program, DFE = dietary folate equivalents, g = grams, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents.

Table D.3. Mean nutrient content of CACFP snacks served in early child care programs

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Calories (kcal)	161	183	232	163	183	183~	206~	292~	176	198	274~
Macronutrients											
Total fat (g)	6	6	7	6	6	7	7	10~	7	7	9
Saturated fat (g)	2.1	2.0	2.2	2.1	1.9	2.7~	2.4	3.3~	2.5	2.3	3.0
Monounsaturated fat (g)	1.7	1.8	2.2	1.8	1.8	2.0	2.1	3.0~	1.9	2.0	2.7~
Polyunsaturated fat (g)	1.4	1.7	2.0	1.3	1.5	1.4	1.6	2.2~	1.4	1.6	2.2
Linoleic acid (g)	1.3	1.5	1.9	1.2	1.4	1.3	1.4	2.0~	1.3	1.4	1.9
Alpha-linolenic acid (g)	0.1	0.2	0.2	0.1	0.1	0.1	0.1	0.2~	0.1	0.1	0.2
Carbohydrate (g)	22	26	35	22	26	23~	28~	41~	23	27	39~
Protein (g)	5	6	7	6	7	7~	9~	12~	7	8	10~
Vitamins											
Vitamin A (mcg RAE)	54	68	74	50	75	78~	107~	134~	71	94	115
Vitamin C (mg)	11	11	13	11	10	10~	12~	19~	10	11	17~
Vitamin D (mcg)	0.8	1.0	1.2	1.0	1.2	1.3~	1.6~	2.1~	1.1	1.4	1.8~
Vitamin E (mg AT)	0.0^	0.0^	0.0^	0.1^	0.0^	0.0^	0.0^	0.0^	0.0^	0.0	0.0^
Vitamin B ₆ (mg)	0.1	0.1	0.2	0.1	0.2	0.2~	0.2~	0.3~	0.1	0.2	0.2~
Vitamin B ₁₂ (mcg)	0.5	0.5	0.6	0.6	0.7	0.7~	0.9~	1.1~	0.6	0.8	1.0~
Folate (mcg DFE)	23	28	34	26	31	26~	33	43~	25	31	40~
Niacin (mg)	1.1	1.3	1.7	1.3	1.5	1.6~	1.8~	2.5~	1.4	1.7	2.3~
Riboflavin (mg)	0.2	0.2	0.3	0.2	0.3	0.2~	0.3~	0.4~	0.2	0.3	0.3~
Thiamin (mg)	0.1	0.1	0.2	0.1	0.2	0.2~	0.2~	0.2~	0.1	0.2	0.2~
Choline (mg)	20	23	27	25	28	31~	37~	49~	28	32	42~
Minerals											
Calcium (mg)	144	164	192	158	189	184	222~	288~	172	204	258~
Iron (mg)	0.9	1.1	1.5	1.2	1.4	1.1~	1.3~	1.5~	1.0	1.2	1.5~

Appendix D. Food and nutrient content and nutritional quality of CACFP meals and snacks supplementary tables

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Magnesium (mg)	25	29	38~	28	32	32~	39~	54~	30	36	49~
Phosphorus (mg)	141	165	198	153	184	187~	224~	300~	173	205	268~
Potassium (mg)	217	257	339	238	287	299~	365~	513~	275	330	460~
Sodium (mg)	197	234	284	194	229	223~	259	381~	215	250	351
Zinc (mg)	0.8	0.9	1.0	0.9	1.0	1.0~	1.2~	1.5~	0.9	1.1	1.4~
Other dietary components											
Cholesterol (mg)	12	11	9	17	14	20~	19~	25~	18	16	20~
Dietary fiber (g)	1.4	1.7	2.3~	1.6	1.8	1.6~	2.0	3.2~	1.5	1.9	2.9~
Dietary fiber (g/1,000 calories)	9	10	10~	10	10	9	10	11~	9	10	11~
Percentage of calories from:											
Total fat	30.0	28.3	26.4	30.8	27.4	31.4	27.5	27.7~	31.0	27.7	27.3
Saturated fat	10.4	9.1	8.0~	10.8	8.8	12.3	9.8	9.5~	11.8	9.5	9.0
Monounsaturated fat	8.5	8.3	8.0	9.0	8.4	8.8	8.2	8.5~	8.7	8.2	8.3
Polyunsaturated fat	7.5	7.9	7.6	7.2	7.2	6.3	6.3	6.5~	6.6	6.8	6.9
Linoleic acid	6.8	7.1	6.9	6.4	6.5	5.7	5.7	5.9~	6.0	6.2	6.2
Alpha-linolenic acid	0.7	0.8	0.7~	0.7	0.7	0.6	0.6	0.6~	0.6	0.6	0.6~
Carbohydrate	58.1	59.5	62.2	56.0	58.6	54.0	56.7	57.9~	55.1	57.6	59.2
Added sugar	5.9	6.2	6.7	6.1	6.6	3.9	3.9~	3.7~	4.5	4.8	4.6
Protein	12.9	13.3	12.5	14.3	15.1	15.5~	16.7~	15.7~	14.8	15.7	14.7~
Number of early child care programs	200	228	98	116	293	193	202	99	509	723	197

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates are reported for each program and age group combination where a given meal is served.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

AT = alpha-tocopherol, CACFP = Child and Adult Care Food Program, DFE = dietary folate equivalents, g = grams, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents.

Table D.4. Mean nutrient content of CACFP breakfasts served in outside-school-hours care centers

	By age group		
	1 to 2	3 to 5	6 to 12
Calories (kcal)	247~	281	349
Macronutrients			
Total fat (g)	8~	7	8
Saturated fat (g)	3.3~	2.5	2.8
Monounsaturated fat (g)	2.5~	2.2	2.6
Polyunsaturated fat (g)	1.4~	1.5	2.2
Linoleic acid (g)	1.3~	1.3	1.9
Alpha-linolenic acid (g)	0.1~	0.1	0.2
Carbohydrate (g)	34~	43	56
Protein (g)	10~	12	13
Vitamins			
Vitamin A (mcg RAE)	129~	167	170
Vitamin C (mg)	13~	15	22
Vitamin D (mcg)	2.3~	2.9	3.2
Vitamin E (mg AT)	0.0^~	0.0^	0.0^
Vitamin B ₆ (mg)	0.4~	0.4	0.4
Vitamin B ₁₂ (mcg)	1.2~	1.5	1.7
Folate (mcg DFE)	51~	62	66
Niacin (mg)	2.7~	3.1	3.0
Riboflavin (mg)	0.4~	0.5	0.6
Thiamin (mg)	0.3~	0.4	0.4
Choline (mg)	52~	61	68
Minerals			
Calcium (mg)	266~	325	398
Iron (mg)	3.9~	4.8	4.1
Magnesium (mg)	45~	52	63
Phosphorus (mg)	254~	300	362
Potassium (mg)	412~	498	640
Sodium (mg)	263~	300	339
Zinc (mg)	1.3~	1.6	1.8
Other dietary components			
Cholesterol (mg)	38~	37	35
Dietary fiber (g)	2.5~	3.1	4.2
Dietary fiber (g/1,000 calories)	10~	11	12
Percentage of calories from:			
Total fat	28.3~	21.8	21.1
Saturated fat	11.5~	8.1	7.2

	By age group		
	1 to 2	3 to 5	6 to 12
Monounsaturated fat	8.1~	6.4	6.2
Polyunsaturated fat	4.7~	4.3	5.3~
Linoleic acid	4.3~	3.9	4.7~
Alpha-linolenic acid	0.4~	0.4	0.6~
Carbohydrate	56.5~	62.0	64.1
Added sugar	5.7~	7.8	7.5
Protein	15.9~	17.0	15.9
Number of outside-school-hours care centers	25	33	32

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates are reported for each program and age group combination where a given meal is served.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

AT = alpha-tocopherol, CACFP = Child and Adult Care Food Program, DFE = dietary folate equivalents, g = grams, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents.

Table D.5. Mean nutrient content of CACFP snacks served in before and after school programs

	By provider type and age group								
	At-risk afterschool centers			Outside-school-hours care centers			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Calories (kcal)	201~	217~	244	167~	174	245	192~	211	245
Macronutrients									
Total fat (g)	6~	7~	7	6~	6	7	6~	7	7
Saturated fat (g)	1.4~	1.6~	1.8	2.3~	1.7	2.1	1.7~	1.6	1.8
Monounsaturated fat (g)	2.1~	2.3~	2.4	1.7~	1.8	2.1	2.0~	2.3	2.3
Polyunsaturated fat (g)	1.9~	2.3	2.5	1.4~	1.5	1.9	1.8~	2.2	2.4
Linoleic acid (g)	1.8~	2.1	2.3	1.2~	1.4	1.8	1.6~	2.0	2.2
Alpha-linolenic acid (g)	0.2~	0.1~	0.2	0.1~	0.1	0.2	0.2	0.1	0.2
Carbohydrate (g)	32~	34	39	22~	26	38	30~	33	39
Protein (g)	5~	6	6	6~	5	8	5	6	7
Vitamins									
Vitamin A (mcg RAE)	42^~	74^~	95	70~	55	112	50	72	97
Vitamin C (mg)	23^~	25	28	10~	11	22	19^~	23	27
Vitamin D (mcg)	0.8~	0.7	0.8	1.1~	0.7	1.4	0.9	0.7	0.9
Vitamin E (mg AT)	0.0^~	0.1^~	0.0^	0.0^~	0.0^	0.0^	0.0^	0.0^	0.0^
Vitamin B ₆ (mg)	0.2^~	0.1	0.2	0.1~	0.1	0.2	0.2~	0.1	0.2
Vitamin B ₁₂ (mcg)	0.3~	0.4	0.4	0.6~	0.4	0.8	0.4	0.4	0.5
Folate (mcg DFE)	37^~	37~	37	24~	29	38	34~	36	38
Niacin (mg)	2.1^~	1.7~	1.7	1.2~	1.4	1.7	1.9~	1.7	1.7
Riboflavin (mg)	0.2~	0.2~	0.2	0.2~	0.2	0.3	0.2~	0.2	0.3
Thiamin (mg)	0.2~	0.2~	0.2	0.1~	0.1	0.2	0.2~	0.2	0.2
Choline (mg)	20~	22~	24	23~	19	35	21	22	26
Minerals									
Calcium (mg)	118~	129	151	160~	128	218	130	129	163
Iron (mg)	2.1^~	1.6~	1.5	0.9~	1.0	1.2	1.8^~	1.5	1.4

Appendix D. Food and nutrient content and nutritional quality of CACFP meals and snacks supplementary tables

	By provider type and age group								
	At-risk afterschool centers			Outside-school-hours care centers			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Magnesium (mg)	29~	35	40	26~	26	40	28~	34	40
Phosphorus (mg)	126~	151	176	155~	136	224	134	149	184
Potassium (mg)	235~	294	348	254~	242	411	241	287	359
Sodium (mg)	228~	226~	259	217~	224	288	225~	226	264
Zinc (mg)	0.7~	0.8	1.0	0.8~	0.7	1.2	0.7	0.8	1.0
Other dietary components									
Cholesterol (mg)	6~	7	8	13~	8^	14	8	7	9
Dietary fiber (g)	1.9~	2.1	2.6	1.3~	1.9	2.9	1.7~	2.1	2.6
Dietary fiber (g/1,000 calories)	9~	10	11	9~	12	12	9	10	11
Percentage of calories from:									
Total fat	26.8~	26.9	25.9	30.9~	27.3	25.4	27.9	26.9	25.8
Saturated fat	6.4~	6.3	6.2	11.3~	7.8	7.6	7.7	6.5	6.5
Monounsaturated fat	8.9~	8.9	8.2	8.8~	8.8	7.8	8.9	8.9	8.1
Polyunsaturated fat	9.0~	9.0	8.7	7.3~	7.8	7.2	8.5	8.8	8.4
Linoleic acid	8.2~	8.4	8.1	6.5~	7.1	6.5	7.7	8.2	7.8
Alpha-linolenic acid	0.8~	0.6	0.6	0.8~	0.7	0.6	0.8	0.6	0.6
Carbohydrate	63.9~	63.9	65.0	56.6~	62.6	62.7	62.0	63.7	64.6
Added sugar	11.3~	8.1	7.5	5.1~	5.6	5.4	9.6	7.8	7.1
Protein	10.4~	10.5	10.3	13.3~	11.4	13.3	11.2	10.6	10.8
Number of before and after school programs	10	59	90	28	48	85	38	107	175

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates are reported for each program and age group combination where a given meal is served.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

AT = alpha-tocopherol, CACFP = Child and Adult Care Food Program, DFE = dietary folate equivalents, g = grams, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents.

Table D.6. Mean nutrient content of CACFP suppers served in before and after school programs

	By provider type and age group								
	At-risk afterschool centers			Outside-school-hours care centers			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Calories (kcal)	-	444	640	347~	369~	507~	431~	440	637
Macronutrients									
Total fat (g)	-	16	22	14~	14~	17~	22~	16	22
Saturated fat (g)	-	5.2	6.9	5.9~	5.2~	6.1~	5.1~	5.2	6.9
Monounsaturated fat (g)	-	4.9	6.7	4.2~	4.3~	5.3~	5.4~	4.9	6.6
Polyunsaturated fat (g)	-	4.2	5.7	2.2~	2.6~	3.6~	9.4^~	4.1	5.6
Linoleic acid (g)	-	3.9	5.2	1.9~	2.3~	3.2~	8.8^~	3.8	5.2
Alpha-linolenic acid (g)	-	0.3~	0.4	0.2~	0.2~	0.3~	0.6^~	0.3	0.4
Carbohydrate (g)	-	56	86	37~	40~	61~	42~	55	85
Protein (g)	-	21~	28	18~	21~	28~	19~	21~	28
Vitamins									
Vitamin A (mcg RAE)	-	275	397	166~	232~	321~	396^~	273	395
Vitamin C (mg)	-	17	29	18~	20~	32~	19^~	17	29
Vitamin D (mcg)	-	2.3	3.2	2.2~	2.4~	3.1~	1.8~	2.3	3.2
Vitamin E (mg AT)	-	0.1^	0.0^	0.0~	0.0~	0.0~	0.0~	0.1^	0.0^
Vitamin B ₆ (mg)	-	0.4~	0.6	0.4~	0.4~	0.6~	0.5~	0.4~	0.6
Vitamin B ₁₂ (mcg)	-	1.5~	1.9	1.4~	1.6~	2.1~	1.2~	1.5~	1.9
Folate (mcg DFE)	-	71	100	50~	56~	84~	86~	71	99
Niacin (mg)	-	4.5~	6.4	4.1~	4.5~	6.6~	4.0^~	4.5~	6.4
Riboflavin (mg)	-	0.5~	0.8	0.4~	0.5~	0.7~	0.4~	0.5	0.8
Thiamin (mg)	-	0.4~	0.5	0.3~	0.3~	0.5~	0.3~	0.4	0.5
Choline (mg)	-	73~	103	69~	83~	109~	72~	73~	103
Minerals									
Calcium (mg)	-	410	581	296~	361~	478~	307~	407	578
Iron (mg)	-	2.5~	3.6	1.9~	2.1~	3.1~	2.0~	2.4	3.6

Appendix D. Food and nutrient content and nutritional quality of CACFP meals and snacks supplementary tables

	By provider type and age group								
	At-risk afterschool centers			Outside-school-hours care centers			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Magnesium (mg)	-	80~	112	58~	66~	94~	77~	79~	111
Phosphorus (mg)	-	465	638	332~	390~	528~	488~	461	635
Potassium (mg)	-	748~	1,100	595~	680~	978~	793~	745	1,097
Sodium (mg)	-	665~	981	545~	603~	861~	535~	663	978
Zinc (mg)	-	2.8~	3.8	2.4~	2.8~	3.6~	2.7~	2.8	3.8
Other dietary components									
Cholesterol (mg)	-	42~	57	53~	61~	70~	45~	43~	58
Dietary fiber (g)	-	5.2~	7.8	3.3~	3.7~	5.9~	5.4~	5.2	7.7
Dietary fiber (g/1,000 calories)	-	12	12	10~	10~	12~	13~	12	12
Percentage of calories from:									
Total fat	-	32.1	30.0	36.3~	33.1~	29.7~	44.0~	32.2	30.0
Saturated fat	-	10.6	9.6	15.0~	12.2~	10.6~	11.2~	10.7	9.7
Monounsaturated fat	-	9.8~	9.1	10.6~	10.3~	9.1~	11.1~	9.9	9.1
Polyunsaturated fat	-	8.0	7.8	5.4~	6.2~	6.2~	17.5^~	7.9	7.7
Linoleic acid	-	7.5	7.1	4.7~	5.4~	5.5~	16.4^~	7.4	7.1
Alpha-linolenic acid	-	0.5	0.6	0.5~	0.6~	0.6~	1.1~	0.5	0.6
Carbohydrate	-	50.5	53.4	42.6~	44.2~	48.7~	39.9~	50.2	53.3
Added sugar	-	6.1~	6.9	2.1~	2.6~	2.9~	1.4^~	5.9	6.8
Protein	-	18.9~	18.2	21.5~	23.3~	22.5~	18.2~	19.1~	18.3
Number of before and after school programs	2	48	118	9	18	29	11	66	147

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates are reported for each program and age group combination where a given meal is served.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

AT = alpha-tocopherol, CACFP = Child and Adult Care Food Program, DFE = dietary folate equivalents, g = grams, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents.

Table D.7. Mean and distribution of calories and nutrients in CACFP breakfasts served to 1 to 2 year olds in early child care programs

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	227	51.0	167	180	195	221	250	283	311
Macronutrients									
Total fat (g)	7	3.3	3	4	5	7	9	11	13
Saturated fat (g)	3	1.3	1	2	2	3	4	5	5
Monounsaturated fat (g)	2	1.2	1	1	1	2	3	4	4
Polyunsaturated fat (g)	1	0.7	0	0	1	1	1	2	3
Linoleic acid (g)	1	0.6	0	0	1	1	1	2	2
Alpha-linolenic acid (g)	0	0.1	0	0	0	0	0	0	0
Carbohydrate (g)	31	6.5	23	26	29	31	34	37	39
Protein (g)	9	2.1	7	7	8	9	10	12	14
Vitamins									
Vitamin A (mcg RAE)	119	36.3	68	74	94	112	140	169	182
Vitamin C (mg)	11	6.3	3	5	7	10	15	18	21
Vitamin D (mcg)	2	0.3	2	2	2	2	2	3	3
Vitamin E (mg AT)	0^	0.5^	0^	0^	0^	0^	0^	0^	0^
Vitamin B ₆ (mg)	0	0.2	0	0	0	0	0	1	1
Vitamin B ₁₂ (mcg)	1	0.2	1	1	1	1	1	1	2
Folate (mcg DFE)	46	21.6	23	25	31	43	55	76	89
Niacin (mg)	3	1.4	1	1	2	2	3	5	6
Riboflavin (mg)	0	0.1	0	0	0	0	0	1	1
Thiamin (mg)	0	0.1	0	0	0	0	0	0	1
Choline (mg)	53	21.5	31	33	38	45	66	79	91
Minerals									
Calcium (mg)	254	29.6	218	223	238	251	266	289	314
Iron (mg)	3	1.7	1	1	2	3	4	5	6
Magnesium (mg)	43	9.4	33	34	38	42	46	56	62
Phosphorus (mg)	249	43.3	182	201	222	248	275	307	321
Potassium (mg)	402	65.1	325	344	362	399	440	475	493
Sodium (mg)	240	86.0	141	163	186	220	274	329	439
Zinc (mg)	1	0.3	1	1	1	1	1	2	2
Other dietary components									
Cholesterol (mg)	40	33.7	9	12	15	24	57	83	108
Dietary fiber (g)	2	0.8	1	2	2	2	3	3	4
Dietary fiber (g/1,000 calories)	11	3.8	6	7	9	11	13	15	18
Percentage of calories from:									
Total fat	27.5	7.58	15.1	18.3	22.1	27.2	32.4	36.0	41.1
Saturated fat	11.8	3.80	6.2	7.9	9.2	11.3	14.1	16.4	17.9

Appendix D. Food and nutrient content and nutritional quality of CACFP meals and snacks supplementary tables

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Monounsaturated fat	7.5	2.67	3.6	4.4	5.6	7.2	9.2	11.0	12.7
Polyunsaturated fat	4.2	1.69	1.8	2.0	3.0	4.1	5.2	6.8	7.2
Linoleic acid	3.8	1.50	1.7	1.9	2.8	3.6	4.8	6.0	6.8
Alpha-linolenic acid	0.4	0.16	0.2	0.2	0.2	0.3	0.4	0.6	0.7
Carbohydrate	56.4	8.73	39.9	46.7	51.5	56.0	62.6	66.8	68.9
Added sugar	5.1	3.53	1.0	1.6	2.8	4.4	6.8	8.9	11.6
Protein	16.6	2.68	13.2	14.1	14.9	16.5	17.5	19.1	21.8
Number of early child care programs	475								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes. Early child care programs may also provide care to older children.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

AT = alpha-tocopherol, CACFP = Child and Adult Care Food Program, DFE = dietary folate equivalents, g = grams, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table D.8. Mean and distribution of calories and nutrients in CACFP breakfasts served to 3 to 5 year olds in early child care programs

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	257	56.6	196	207	223	244	273	320	353
Macronutrients									
Total fat (g)	7	3.6	3	3	5	7	8	11	14
Saturated fat (g)	3	1.2	1	1	2	3	3	4	5
Monounsaturated fat (g)	2	1.4	1	1	1	2	2	4	5
Polyunsaturated fat (g)	1	0.9	0	1	1	1	2	2	3
Linoleic acid (g)	1	0.8	0	0	1	1	1	2	3
Alpha-linolenic acid (g)	0	0.1	0	0	0	0	0	0	0
Carbohydrate (g)	38	6.9	29	32	34	38	40	44	46
Protein (g)	11	2.5	9	9	9	10	12	14	16
Vitamins									
Vitamin A (mcg RAE)	154	38.0	106	111	128	147	174	205	221
Vitamin C (mg)	14	7.7	5	6	8	13	19	23	31
Vitamin D (mcg)	3	0.4	2	2	2	3	3	3	3
Vitamin E (mg AT)	0^	0.3^	0^	0^	0^	0^	0^	0^	0^
Vitamin B ₆ (mg)	0	0.2	0	0	0	0	1	1	1
Vitamin B ₁₂ (mcg)	1	0.3	1	1	1	1	2	2	2
Folate (mcg DFE)	60	28.2	25	29	36	55	73	98	117
Niacin (mg)	3	1.8	1	2	2	3	4	5	8
Riboflavin (mg)	1	0.1	0	0	0	0	1	1	1
Thiamin (mg)	0	0.1	0	0	0	0	0	1	1
Choline (mg)	61	23.0	40	41	44	53	72	89	103
Minerals									
Calcium (mg)	307	37.6	261	268	281	302	321	353	372
Iron (mg)	4	2.3	1	1	2	4	5	7	9
Magnesium (mg)	52	12.2	40	42	46	49	55	66	74
Phosphorus (mg)	298	49.7	236	245	264	290	319	362	381
Potassium (mg)	490	74.2	402	423	446	477	518	562	638
Sodium (mg)	283	95.1	188	193	221	258	318	388	504
Zinc (mg)	2	0.3	1	1	1	1	2	2	2
Other dietary components									
Cholesterol (mg)	40	34.3	9	10	15	26	57	90	104
Dietary fiber (g)	3	0.9	2	2	2	3	3	4	5
Dietary fiber (g/1,000 calories)	12	2.9	8	9	10	12	14	16	18
Percentage of calories from:									
Total fat	22.5	6.96	11.8	13.6	18.1	22.2	26.9	31.8	34.8
Saturated fat	8.8	2.82	4.8	5.5	6.9	8.8	10.5	12.6	13.5

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Monounsaturated fat	6.5	2.75	3.1	3.4	4.5	6.0	7.6	10.0	12.3
Polyunsaturated fat	4.1	1.72	1.8	2.0	2.7	3.9	5.2	6.5	7.3
Linoleic acid	3.7	1.55	1.7	1.9	2.5	3.4	4.7	5.8	6.8
Alpha-linolenic acid	0.3	0.16	0.2	0.2	0.2	0.3	0.4	0.5	0.6
Added sugar	5.6	3.33	1.6	1.8	3.2	4.9	7.1	10.0	11.7
Carbohydrate	60.7	7.81	48.2	50.8	56.0	61.3	65.9	70.5	72.2
Protein	17.6	2.33	14.4	15.0	16.2	17.4	19.0	20.2	21.8
Number of early child care programs	693								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes. Early child care programs may also provide care to older children.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

AT = alpha-tocopherol, CACFP = Child and Adult Care Food Program, DFE = dietary folate equivalents, g = grams, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table D.9. Mean and distribution of calories and nutrients in CACFP lunches served to 1 to 2 year olds in early child care programs

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	329	45.9	266	279	303	325	350	377	396
Macronutrients									
Total fat (g)	12	3.1	7	8	11	12	14	16	17
Saturated fat (g)	5	1.4	2	3	4	5	6	7	7
Monounsaturated fat (g)	4	1.0	2	2	3	4	4	5	5
Polyunsaturated fat (g)	2	0.8	1	1	2	2	3	3	3
Linoleic acid (g)	2	0.7	1	1	1	2	2	3	3
Alpha-linolenic acid (g)	0	0.1	0	0	0	0	0	0	0
Carbohydrate (g)	38	5.7	31	33	34	38	40	44	47
Protein (g)	17	2.6	13	14	15	17	19	20	22
Vitamins									
Vitamin A (mcg RAE)	181	63.1	101	108	130	169	215	276	299
Vitamin C (mg)	16	7.7	5	7	9	15	22	26	30
Vitamin D (mcg)	2	0.5	2	2	2	2	2	2	3
Vitamin E (mg AT)	0^	0.5^	0^	0^	0^	0^	0^	0^	0^
Vitamin B ₆ (mg)	0	0.1	0	0	0	0	0	0	1
Vitamin B ₁₂ (mcg)	1	0.3	1	1	1	1	1	2	2
Folate (mcg DFE)	53	12.2	34	39	44	52	61	70	74
Niacin (mg)	4	0.9	3	3	3	4	5	5	6
Riboflavin (mg)	0	0.0	0	0	0	0	0	0	0
Thiamin (mg)	0	0.1	0	0	0	0	0	0	0
Choline (mg)	68	13.2	52	54	60	66	73	84	88
Minerals									
Calcium (mg)	286	44.0	223	233	251	282	312	351	366
Iron (mg)	2	0.5	1	2	2	2	2	2	3
Magnesium (mg)	61	8.4	50	51	55	61	66	72	77
Phosphorus (mg)	338	35.4	283	295	317	337	359	386	397
Potassium (mg)	596	67.6	483	518	555	592	641	677	708
Sodium (mg)	556	99.5	428	444	493	543	609	702	750
Zinc (mg)	2	0.4	2	2	2	2	2	3	3
Other dietary components									
Cholesterol (mg)	47	17.7	28	32	38	43	52	66	80
Dietary fiber (g)	4	0.8	3	3	3	4	4	5	5
Dietary fiber (g/1,000 calories)	12	2.5	8	8	10	11	13	15	16
Percentage of calories from:									
Total fat	32.5	5.15	23.5	25.0	29.6	32.8	36.2	39.0	40.3
Saturated fat	12.6	2.69	7.8	8.8	10.8	12.5	14.2	16.1	17.8

Appendix D. Food and nutrient content and nutritional quality of CACFP meals and snacks supplementary tables

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Monounsaturated fat	9.8	1.78	6.7	7.5	8.7	9.8	11.0	11.9	12.6
Polyunsaturated fat	5.7	1.75	3.3	3.7	4.4	5.4	6.9	7.8	8.7
Linoleic acid	5.0	1.56	2.9	3.3	3.9	4.8	6.2	7.0	7.7
Alpha-linolenic acid	0.5	0.18	0.3	0.4	0.4	0.5	0.6	0.8	0.9
Carbohydrate	47.0	4.48	40.2	41.5	44.2	46.7	49.9	53.6	54.5
Added sugar	2.2	1.91	0.2	0.3	0.8	1.9	2.8	4.5	5.5
Protein	21.3	3.14	16.3	17.4	19.0	21.2	23.2	25.1	26.9
Number of early child care programs	505								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes. Early child care programs may also provide care to older children.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

AT = alpha-tocopherol, CACFP = Child and Adult Care Food Program, DFE = dietary folate equivalents, g = grams, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table D.10. Mean and distribution of calories and nutrients in CACFP lunches served to 3 to 5 year olds in early child care programs

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	353	50.4	291	300	321	346	379	410	435
Macronutrients									
Total fat (g)	12	3.1	7	8	10	11	14	16	17
Saturated fat (g)	4	1.3	3	3	3	4	5	6	7
Monounsaturated fat (g)	4	1.1	2	2	3	4	4	5	6
Polyunsaturated fat (g)	2	0.8	1	1	2	2	3	3	4
Linoleic acid (g)	2	0.7	1	1	2	2	3	3	3
Alpha-linolenic acid (g)	0	0.1	0	0	0	0	0	0	0
Carbohydrate (g)	43	6.5	34	36	39	43	46	50	52
Protein (g)	19	2.7	15	16	17	19	21	23	24
Vitamins									
Vitamin A (mcg RAE)	219	63.3	134	148	170	209	260	302	330
Vitamin C (mg)	17	8.8	4	6	10	16	23	28	33
Vitamin D (mcg)	2	0.3	2	2	2	2	2	3	3
Vitamin E (mg AT)	0^	0.4^	0^	0^	0^	0^	0^	0^	0^
Vitamin B ₆ (mg)	0	0.1	0	0	0	0	0	1	1
Vitamin B ₁₂ (mcg)	2	0.3	1	1	1	2	2	2	2
Folate (mcg DFE)	58	12.8	39	43	48	57	67	73	81
Niacin (mg)	4	0.9	3	3	4	4	5	6	6
Riboflavin (mg)	0	0.1	0	0	0	0	1	1	1
Thiamin (mg)	0	0.1	0	0	0	0	0	0	0
Choline (mg)	75	12.3	58	62	68	74	81	90	94
Minerals									
Calcium (mg)	338	56.0	259	271	298	336	372	407	429
Iron (mg)	2	0.5	1	2	2	2	2	3	3
Magnesium (mg)	69	9.1	55	57	62	69	73	80	84
Phosphorus (mg)	386	42.3	318	334	359	386	411	435	451
Potassium (mg)	682	70.0	565	589	637	685	725	760	786
Sodium (mg)	616	116.9	460	472	533	601	683	764	832
Zinc (mg)	3	0.5	2	2	2	3	3	3	3
Other dietary components									
Cholesterol (mg)	45	16.0	22	31	37	44	51	62	68
Dietary fiber (g)	4	0.8	3	3	4	4	5	5	5
Dietary fiber (g/1,000 calories)	12	2.4	8	9	10	11	14	15	16
Percentage of calories from:									
Total fat	29.4	4.80	21.4	23.4	26.8	29.9	32.3	35.1	35.8
Saturated fat	10.6	2.32	7.2	7.9	9.1	10.7	12.3	13.1	14.0

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Monounsaturated fat	9.1	1.82	6.2	6.9	8.0	9.1	10.4	11.5	12.1
Polyunsaturated fat	5.8	1.75	3.3	3.8	4.6	5.5	7.0	7.8	8.9
Linoleic acid	5.1	1.58	2.9	3.3	4.0	4.9	6.2	7.0	7.9
Alpha-linolenic acid	0.6	0.19	0.3	0.4	0.4	0.5	0.7	0.8	0.9
Added sugar	2.4	1.92	0.2	0.4	0.9	2.0	3.0	4.8	5.8
Carbohydrate	49.4	4.11	43.1	44.4	47.0	48.9	51.7	54.3	55.7
Protein	22.2	3.17	17.7	18.2	19.6	22.0	24.2	26.3	27.7
Number of early child care programs	723								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes. Early child care programs may also provide care to older children.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

AT = alpha-tocopherol, CACFP = Child and Adult Care Food Program, DFE = dietary folate equivalents, g = grams, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table D.11. Mean and distribution of calories and nutrients in CACFP snacks served to 1 to 2 year olds in early child care programs

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	176	53.6	108	119	139	165	198	250	281
Macronutrients									
Total fat (g)	7	3.0	3	3	5	6	8	10	12
Saturated fat (g)	3	1.3	1	1	2	2	3	4	5
Monounsaturated fat (g)	2	1.0	1	1	1	2	2	3	4
Polyunsaturated fat (g)	1	0.7	1	1	1	1	2	2	3
Linoleic acid (g)	1	0.6	1	1	1	1	2	2	2
Alpha-linolenic acid (g)	0	0.1	0	0	0	0	0	0	0
Carbohydrate (g)	23	6.0	15	17	19	21	26	31	35
Protein (g)	7	3.1	3	3	5	6	8	10	12
Vitamins									
Vitamin A (mcg RAE)	71	49.6	12	17	37	62	93	129	167
Vitamin C (mg)	10	11.0	0	1	3	8	14	23	37
Vitamin D (mcg)	1	0.7	0	0	1	1	2	2	2
Vitamin E (mg AT)	0^	0.1^	0^	0^	0^	0^	0^	0^	0^
Vitamin B ₆ (mg)	0	0.1	0	0	0	0	0	0	0
Vitamin B ₁₂ (mcg)	1	0.4	0	0	0	1	1	1	1
Folate (mcg DFE)	25	11.2	12	14	19	24	28	38	47
Niacin (mg)	1	0.9	1	1	1	1	2	3	3
Riboflavin (mg)	0	0.1	0	0	0	0	0	0	0
Thiamin (mg)	0	0.1	0	0	0	0	0	0	0
Choline (mg)	28	16.4	6	9	16	27	34	49	56
Minerals									
Calcium (mg)	172	77.0	53	66	114	176	224	273	305
Iron (mg)	1	0.8	0	0	1	1	1	2	3
Magnesium (mg)	30	11.9	14	16	22	29	37	47	56
Phosphorus (mg)	173	70.5	64	85	121	167	217	270	309
Potassium (mg)	275	114.5	120	140	186	270	335	412	483
Sodium (mg)	215	99.3	117	130	159	192	235	349	399
Zinc (mg)	1	0.4	0	0	1	1	1	1	2
Other dietary components									
Cholesterol (mg)	18	17.3	3	5	8	12	19	47	51
Dietary fiber (g)	2	0.7	1	1	1	2	2	2	3
Dietary fiber (g/1,000 calories)	9	3.8	4	4	7	9	12	14	16
Percentage of calories from:									
Total fat	31.0	7.44	18.6	21.3	26.0	30.5	36.6	40.1	42.6
Saturated fat	11.8	4.10	5.5	6.5	8.4	12.0	14.7	16.6	17.7

Appendix D. Food and nutrient content and nutritional quality of CACFP meals and snacks supplementary tables

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Monounsaturated fat	8.7	2.56	4.8	5.6	6.9	8.6	10.6	12.3	12.9
Polyunsaturated fat	6.6	2.48	2.9	3.7	5.0	6.7	8.1	9.5	10.5
Linoleic acid	6.0	2.21	2.7	3.5	4.6	6.1	7.3	8.5	9.5
Alpha-linolenic acid	0.6	0.28	0.3	0.3	0.5	0.6	0.8	1.0	1.1
Carbohydrate	55.1	9.68	40.0	42.7	48.4	55.6	62.7	67.0	69.6
Added sugar	4.5	3.29	0.4	1.0	2.5	3.8	5.8	8.6	10.4
Protein	14.8	3.96	7.7	9.1	12.3	15.3	17.7	19.5	20.8
Number of early child care programs	509								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes. Early child care programs may also provide care to older children.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

AT = alpha-tocopherol, CACFP = Child and Adult Care Food Program, DFE = dietary folate equivalents, g = grams, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table D.12. Mean and distribution of calories and nutrients in CACFP snacks served to 3 to 5 year olds in early child care programs

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	198	54.2	128	142	164	185	216	285	308
Macronutrients									
Total fat (g)	7	2.9	3	4	5	6	8	11	12
Saturated fat (g)	2	1.1	1	1	1	2	3	4	5
Monounsaturated fat (g)	2	1.0	1	1	1	2	3	4	4
Polyunsaturated fat (g)	2	0.8	1	1	1	1	2	3	3
Linoleic acid (g)	1	0.7	1	1	1	1	2	2	3
Alpha-linolenic acid (g)	0	0.1	0	0	0	0	0	0	0
Carbohydrate (g)	27	6.6	19	20	23	26	30	37	40
Protein (g)	8	3.4	3	4	6	8	9	13	14
Vitamins									
Vitamin A (mcg RAE)	94	64.4	12	17	41	93	123	157	227
Vitamin C (mg)	11	10.5	0	1	4	9	17	23	31
Vitamin D (mcg)	1	0.8	0	0	1	1	2	2	3
Vitamin E (mg AT)	0	0.1	0	0	0	0	0	0	0
Vitamin B ₆ (mg)	0	0.1	0	0	0	0	0	0	0
Vitamin B ₁₂ (mcg)	1	0.5	0	0	0	1	1	1	1
Folate (mcg DFE)	31	12.8	14	17	24	29	36	53	57
Niacin (mg)	2	0.9	1	1	1	1	2	3	4
Riboflavin (mg)	0	0.1	0	0	0	0	0	0	0
Thiamin (mg)	0	0.1	0	0	0	0	0	0	0
Choline (mg)	32	19.8	8	11	18	32	40	53	64
Minerals									
Calcium (mg)	204	92.6	62	78	134	205	278	318	355
Iron (mg)	1	0.9	0	1	1	1	1	2	3
Magnesium (mg)	36	14.1	17	19	26	33	42	56	66
Phosphorus (mg)	205	83.8	83	102	136	197	261	319	355
Potassium (mg)	330	135.6	144	160	213	327	401	513	606
Sodium (mg)	250	97.8	125	155	189	232	279	388	449
Zinc (mg)	1	0.5	0	1	1	1	1	2	2
Other dietary components									
Cholesterol (mg)	16	20.4	2	4	7	11	17	32	51
Dietary fiber (g)	2	0.9	1	1	1	2	2	3	4
Dietary fiber (g/1,000 calories)	10	4.0	4	5	7	9	13	15	17
Percentage of calories from:									
Total fat	27.7	7.10	15.3	18.3	24.0	28.0	31.9	36.6	38.3
Saturated fat	9.5	3.34	4.5	5.8	7.1	9.4	11.7	13.9	15.1

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Monounsaturated fat	8.2	2.67	3.7	4.8	6.4	8.3	9.9	11.8	12.4
Polyunsaturated fat	6.8	2.69	2.4	3.7	5.1	6.7	8.5	10.1	10.8
Linoleic acid	6.2	2.42	2.1	3.4	4.5	6.0	7.8	9.0	9.9
Alpha-linolenic acid	0.6	0.30	0.2	0.3	0.4	0.6	0.8	1.1	1.2
Added sugar	4.8	3.09	0.6	1.3	2.7	4.1	6.1	8.9	10.6
Carbohydrate	57.6	8.43	44.1	48.1	51.9	57.6	63.5	67.9	70.5
Protein	15.7	4.58	7.7	9.5	12.6	16.0	18.9	21.2	22.5
Number of early child care programs	723								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Early child care programs include child care centers, Head Start centers, and family day care homes. Early child care programs may also provide care to older children.

AT = alpha-tocopherol, CACFP = Child and Adult Care Food Program, DFE = dietary folate equivalents, g = grams, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table D.13. Mean and distribution of calories and nutrients in CACFP snacks served to 3 to 5 year olds in before and after school programs

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	211	82.6	126	147	159	183	233	348	411
Macronutrients									
Total fat (g)	7	3.6	3	3	5	5	7	11	14
Saturated fat (g)	2	1.0	1	1	1	1	2	3	5
Monounsaturated fat (g)	2	1.4	1	1	1	2	3	4	5
Polyunsaturated fat (g)	2	1.3	1	1	1	2	3	4	5
Linoleic acid (g)	2	1.3	1	1	1	2	2	4	5
Alpha-linolenic acid (g)	0	0.1	0	0	0	0	0	0	0
Carbohydrate (g)	33	12.3	18	19	24	29	39	57	63
Protein (g)	6	3.5	2	2	3	5	7	9	15
Vitamins									
Vitamin A (mcg RAE)	72	108.8	2	3	9	20	93	165	238
Vitamin C (mg)	23	16.8	1	1	9	19	36	48	54
Vitamin D (mcg)	1	0.8	0	0	0	0	1	2	3
Vitamin E (mg AT)	0^	0.2^	0^	0^	0^	0^	0^	0^	1^
Vitamin B ₆ (mg)	0	0.1	0	0	0	0	0	0	0
Vitamin B ₁₂ (mcg)	0	0.4	0	0	0	0	1	1	1
Folate (mcg DFE)	36	20.8	13	14	26	31	41	69	92
Niacin (mg)	2	1.2	1	1	1	1	2	3	5
Riboflavin (mg)	0	0.1	0	0	0	0	0	0	1
Thiamin (mg)	0	0.1	0	0	0	0	0	0	0
Choline (mg)	22	16.3	7	8	10	15	28	38	52
Minerals									
Calcium (mg)	129	112.3	26	29	36	91	190	298	440
Iron (mg)	2	1.6	1	1	1	1	1	2	7
Magnesium (mg)	34	16.5	16	18	23	30	38	50	72
Phosphorus (mg)	149	95.2	52	57	81	119	187	278	424
Potassium (mg)	287	150.2	148	158	193	238	326	477	667
Sodium (mg)	226	104.1	127	138	150	185	264	376	440
Zinc (mg)	1	0.5	0	0	0	1	1	2	2
Other dietary components									
Cholesterol (mg)	7	8.0	0	0	1	5	9	16	32
Dietary fiber (g)	2	1.1	1	1	1	2	2	4	4
Dietary fiber (g/1,000 calories)	10	3.6	6	7	8	9	12	15	19
Percentage of calories from:									
Total fat	26.9	7.08	15.2	17.3	21.7	25.7	32.0	38.4	39.0
Saturated fat	6.5	2.45	3.4	3.7	4.5	6.4	8.1	9.1	10.1

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Monounsaturated fat	8.9	3.10	4.8	6.1	6.5	8.3	11.2	12.9	14.1
Polyunsaturated fat	8.8	3.93	3.3	4.5	5.8	8.9	11.1	12.9	17.3
Linoleic acid	8.2	3.91	2.9	4.2	5.2	8.1	10.4	12.2	17.2
Alpha-linolenic acid	0.6	0.26	0.2	0.3	0.4	0.7	0.8	0.9	1.1
Added sugar	7.8	4.42	1.3	2.2	4.2	7.2	10.1	13.5	16.1
Carbohydrate	63.7	8.29	50.6	53.2	55.4	64.0	70.2	73.9	78.1
Protein	10.6	4.62	5.1	6.0	6.7	9.2	13.2	17.9	20.3
Number of before and after school programs	107								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Before and after school programs include at-risk afterschool centers and outside-school-hours care centers.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

AT = alpha-tocopherol, CACFP = Child and Adult Care Food Program, DFE = dietary folate equivalents, g = grams, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table D.14. Mean and distribution of calories and nutrients in CACFP snacks served to 6 to 12 year olds in before and after school programs

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	245	89.9	174	179	191	208	283	326	464
Macronutrients									
Total fat (g)	7	3.7	3	4	5	6	8	11	18
Saturated fat (g)	2	1.2	1	1	1	2	2	3	5
Monounsaturated fat (g)	2	1.4	1	1	2	2	3	4	6
Polyunsaturated fat (g)	2	1.3	1	1	1	2	3	4	6
Linoleic acid (g)	2	1.3	1	1	1	2	3	4	5
Alpha-linolenic acid (g)	0	0.1	0	0	0	0	0	0	0
Carbohydrate (g)	39	13.5	26	27	30	34	46	52	75
Protein (g)	7	4.4	3	3	4	5	9	13	18
Vitamins									
Vitamin A (mcg RAE)	97	138.9	2	3	10	36	146	235	297
Vitamin C (mg)	27	16.5	2	6	13	26	38	48	52
Vitamin D (mcg)	1	1.1	0	0	0	0	2	3	3
Vitamin E (mg AT)	0^	0.2^	0^	0^	0^	0^	0^	0^	0^
Vitamin B ₆ (mg)	0	0.1	0	0	0	0	0	0	0
Vitamin B ₁₂ (mcg)	0	0.5	0	0	0	0	1	1	2
Folate (mcg DFE)	38	17.4	19	20	26	35	43	56	72
Niacin (mg)	2	0.9	1	1	1	1	2	3	3
Riboflavin (mg)	0	0.2	0	0	0	0	0	1	1
Thiamin (mg)	0	0.1	0	0	0	0	0	0	0
Choline (mg)	26	20.7	9	10	11	17	35	53	66
Minerals									
Calcium (mg)	163	135.3	34	41	67	117	254	373	464
Iron (mg)	1	1.0	1	1	1	1	1	2	3
Magnesium (mg)	40	19.5	19	21	26	37	45	61	90
Phosphorus (mg)	184	119.0	66	80	102	140	245	363	437
Potassium (mg)	359	194.5	191	204	231	281	433	597	806
Sodium (mg)	264	122.4	135	160	190	227	320	378	514
Zinc (mg)	1	0.6	0	1	1	1	1	2	2
Other dietary components									
Cholesterol (mg)	9	11.3	0	0	2	6	11	20	36
Dietary fiber (g)	3	1.4	1	1	2	2	3	5	5
Dietary fiber (g/1,000 calories)	11	4.2	4	6	9	10	13	18	18
Percentage of calories from:									
Total fat	25.8	7.02	13.2	15.0	22.0	25.7	30.3	36.2	38.5
Saturated fat	6.5	2.59	3.3	3.4	4.6	5.8	8.0	9.1	12.4

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Monounsaturated fat	8.1	3.04	3.9	4.4	6.2	7.8	10.0	11.9	14.2
Polyunsaturated fat	8.4	3.52	3.8	4.2	5.9	8.3	10.3	13.5	16.8
Linoleic acid	7.8	3.50	3.3	3.7	5.3	7.6	9.6	12.8	15.9
Alpha-linolenic acid	0.6	0.26	0.2	0.3	0.4	0.6	0.8	1.0	1.0
Carbohydrate	64.6	8.29	50.1	52.4	58.4	65.5	69.9	75.5	78.5
Added sugar	7.1	4.65	1.4	2.0	3.6	6.3	9.0	13.3	17.1
Protein	10.8	4.22	5.6	6.2	6.8	10.1	13.2	17.1	18.6
Number of before and after school programs	175								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Before and after school programs include at-risk afterschool centers and outside-school-hours care centers.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

AT = alpha-tocopherol, CACFP = Child and Adult Care Food Program, DFE = dietary folate equivalents, g = grams, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table D.15. Mean and distribution of calories and nutrients in CACFP suppers served to 3 to 5 year olds in before and after school programs

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	440	85.0	332	353	366	423	492	541	591
Macronutrients									
Total fat (g)	16	5.5	9	10	12	15	18	25	26
Saturated fat (g)	5	1.2	3	3	4	5	6	7	7
Monounsaturated fat (g)	5	1.6	3	3	3	5	7	7	7
Polyunsaturated fat (g)	4	3.2	1	1	2	3	5	10	10
Linoleic acid (g)	4	3.1	1	1	2	3	5	9	10
Alpha-linolenic acid (g)	0	0.1	0	0	0	0	0	1	1
Carbohydrate (g)	55	10.7	36	44	49	53	59	73	77
Protein (g)	21~	4.3~	15~	17~	18~	20~	22~	27~	27~
Vitamins									
Vitamin A (mcg RAE)	273	135.4	116	120	185	249	310	511	589
Vitamin C (mg)	17	10.3	4	5	9	14	25	28	31
Vitamin D (mcg)	2	0.4	2	2	2	2	2	3	3
Vitamin E (mg AT)	0^	0.2^	0^	0^	0^	0^	0^	0^	0^
Vitamin B ₆ (mg)	0~	0.1~	0~	0~	0~	0~	0~	1~	1~
Vitamin B ₁₂ (mcg)	1~	0.3~	1~	1~	1~	1~	2~	2~	2~
Folate (mcg DFE)	71	25.6	42	44	53	62	86	122	123
Niacin (mg)	5~	1.8~	3~	3~	4~	4~	5~	7~	7~
Riboflavin (mg)	1	0.1	0	0	0	1	1	1	1
Thiamin (mg)	0	0.1	0	0	0	0	0	0	1
Choline (mg)	73~	15.6~	52~	53~	62~	73~	79~	93~	107~
Minerals									
Calcium (mg)	407	91.4	293	308	361	407	444	482	573
Iron (mg)	2	0.7	2	2	2	2	3	3	4
Magnesium (mg)	79~	17.0~	58~	59~	69~	75~	87~	100~	102~
Phosphorus (mg)	461	93.9	352	369	410	429	487	620	698
Potassium (mg)	745	122.0	629	635	676	716	796	966	1,029
Sodium (mg)	663	163.9	392	501	559	661	740	880	891
Zinc (mg)	3	0.5	2	2	2	3	3	4	4
Other dietary components									
Cholesterol (mg)	43~	18.3~	23~	24~	33~	39~	52~	64~	75~
Dietary fiber (g)	5	1.3	3	4	4	5	6	7	7
Dietary fiber (g/1,000 calories)	12	1.9	9	10	10	12	13	14	16
Percentage of calories from:									
Total fat	32.2	6.40	24.3	24.9	27.1	30.0	36.2	40.8	41.7
Saturated fat	10.7	1.98	7.8	8.6	9.7	10.5	11.6	12.7	13.8

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Monounsaturated fat	9.9	2.06	6.9	7.1	8.1	9.3	11.6	12.4	12.7
Polyunsaturated fat	7.9	5.21	2.8	3.5	4.8	6.3	9.2	16.1	20.5
Linoleic acid	7.4	5.12	2.4	3.1	4.4	5.8	8.5	15.2	20.4
Alpha-linolenic acid	0.5	0.21	0.3	0.3	0.4	0.5	0.7	0.8	0.9
Added sugar	5.9	4.22	0.8	1.0	2.7	4.3	9.2	12.0	13.6
Carbohydrate	50.2	5.80	36.6	42.4	46.5	51.2	54.7	55.9	57.1
Protein	19.1~	3.12~	14.1~	16.5~	17.3~	18.4~	21.4~	23.7~	24.9~
Number of before and after school programs	66								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Before and after school programs include at-risk afterschool centers and outside-school-hours care centers.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

AT = alpha-tocopherol, CACFP = Child and Adult Care Food Program, DFE = dietary folate equivalents, g = grams, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table D.16. Mean and distribution of calories and nutrients in CACFP suppers served to 6 to 12 year olds in before and after school programs

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Calories (kcal)	637	135.3	464	496	549	617	680	836	851
Macronutrients									
Total fat (g)	22	7.1	13	14	16	20	26	33	34
Saturated fat (g)	7	2.1	4	4	6	7	8	11	11
Monounsaturated fat (g)	7	2.3	4	4	5	6	8	10	11
Polyunsaturated fat (g)	6	3.2	2	2	3	4	8	10	13
Linoleic acid (g)	5	3.1	2	2	3	4	7	10	12
Alpha-linolenic acid (g)	0	0.2	0	0	0	0	1	1	1
Carbohydrate (g)	85	18.7	62	64	70	85	94	108	112
Protein (g)	28	6.4	21	22	25	27	29	38	41
Vitamins									
Vitamin A (mcg RAE)	395	153.0	202	222	297	371	458	674	691
Vitamin C (mg)	29	13.7	8	10	20	27	39	47	48
Vitamin D (mcg)	3	0.6	3	3	3	3	3	4	5
Vitamin E (mg AT)	0^	0.2^	0^	0^	0^	0^	0^	0^	0^
Vitamin B ₆ (mg)	1	0.1	0	0	0	1	1	1	1
Vitamin B ₁₂ (mcg)	2	0.5	1	1	2	2	2	3	3
Folate (mcg DFE)	99	28.7	62	66	80	93	119	135	152
Niacin (mg)	6	2.3	4	4	5	6	7	9	12
Riboflavin (mg)	1	0.1	1	1	1	1	1	1	1
Thiamin (mg)	1	0.2	0	0	0	0	1	1	1
Choline (mg)	103	22.9	77	82	89	98	107	128	137
Minerals									
Calcium (mg)	578	145.6	422	449	501	541	616	729	863
Iron (mg)	4	1.0	2	3	3	3	4	5	6
Magnesium (mg)	111	27.0	81	87	94	105	120	143	177
Phosphorus (mg)	635	139.6	482	525	555	592	666	765	844
Potassium (mg)	1,097	171.9	890	932	993	1,072	1,125	1,349	1,479
Sodium (mg)	978	276.2	650	694	810	941	1,072	1,360	1,504
Zinc (mg)	4	0.8	3	3	3	4	4	5	5
Other dietary components									
Cholesterol (mg)	58	28.1	30	34	44	54	67	86	119
Dietary fiber (g)	8	1.9	5	6	6	7	9	10	11
Dietary fiber (g/1,000 calories)	12	2.1	9	10	11	12	13	14	16
Percentage of calories from:									
Total fat	30.0	5.44	22.6	23.1	25.2	29.8	32.8	37.9	40.8
Saturated fat	9.7	2.01	6.6	7.0	8.4	9.7	10.9	12.6	13.8

			Percentiles						
	Mean	SD	5th	10th	25th	50th	75th	90th	95th
Monounsaturated fat	9.1	1.80	6.2	6.7	7.6	9.2	10.5	11.3	12.5
Polyunsaturated fat	7.7	3.82	3.0	4.1	5.1	6.8	9.6	13.2	17.4
Linoleic acid	7.1	3.71	2.6	3.6	4.6	6.0	8.7	11.9	17.2
Alpha-linolenic acid	0.6	0.29	0.2	0.3	0.4	0.5	0.7	1.0	1.2
Carbohydrate	53.3	5.52	43.4	45.3	49.6	53.6	57.8	60.1	62.3
Added sugar	6.8	3.85	1.6	2.4	3.9	5.9	10.2	12.3	13.7
Protein	18.3	2.92	13.9	15.1	16.5	17.9	20.1	22.2	23.7
Number of before and after school programs	147								

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Before and after school programs include at-risk afterschool centers and outside-school-hours care centers.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

AT = alpha-tocopherol, CACFP = Child and Adult Care Food Program, DFE = dietary folate equivalents, g = grams, mcg = micrograms, mg = milligrams, RAE = retinol activity equivalents, SD = standard deviation.

Table D.17. Early child care programs serving all required meal components in CACFP breakfasts

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Mean percentage of each program's daily breakfast menus with all required food components	93.4	94.1	91.6~	94.0	96.7	92.2	96.5	87.3~	92.6	95.8	88.7~
Distribution of programs											
Few or none (0 to 20 percent)	-	-	0.7^	-	0.0	-	-	5.2^~	2.7^	0.6^	3.8^~
Some (21 to 40 percent)	0.0	-	0.0	0.0	-	-	0.0	0.0	-	-	0.0
Approximately half (41 to 60 percent)	-	-	-	-	0.3^	-	-	3.2^~	0.6^	0.5^	3.1^~
Most (61 to 80 percent)	1.1*^	1.4**^	-	8.0^	7.4^	6.1^~	4.1^~	11.0^~	4.7^	3.7^	9.3^~
All (81 to 100 percent)	95.4	95.4	90.7~	89.3	92.3	88.4####	95.5~	80.7~	90.5	95.1	83.8~
Number of early child care programs	193	213	77	115	304	167	176	78	475	693	155

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

To be counted as serving all required food components, providers must serve the following components in all daily breakfast menus: fluid milk, fruits or vegetables, and grains.

Meats/meat alternates are counted as meeting the grains requirement for up to 3 breakfast days per week.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.18. Early child care programs serving all required food components in CACFP lunches

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Mean percentage of each program's daily lunch menus with all required food components	82.5	80.9	79.0~	77.8	84.4	81.3~	82.0~	65.6~	81.5	81.9	72.2~
Distribution of programs											
Few or none (0 to 20 percent)	-	-	6.6^~	-	-	0.2^	0.4^	15.0^~	0.3^	0.6^	10.9^~
Some (21 to 40 percent)	0.0	-	-	0.0	0.9^	2.5^	3.4^~	16.3^~	1.8^	2.4^	8.9^~
Approximately half (41 to 60 percent)	9.9^	8.7^	6.5^~	14.5^	6.8^	7.9^~	5.8^~	-	8.7^	6.6^	3.6^~
Most (61 to 80 percent)	19.9	19.5	11.4^~	27.2	21.4	20.6	19.0	13.3^~	20.7	19.3	12.4^~
All (81 to 100 percent)	69.9	70.0	74.3~	57.7	70.5	68.6	71.5~	54.6~	68.5	71.0	64.2~
Number of early child care programs	196	218	65	115	308	194	197	45	505	723	110

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

To be counted as serving all required food components, providers must serve the following components in all daily lunch menus: fluid milk, fruits, vegetables, grains, and meat/meat alternates. If fruit was not served on a menu day, a vegetable was counted as meeting the fruit requirement if at least two different vegetables were served. Beans and peas were counted as vegetables, however, if a meat/meat alternate was not served on a menu day, beans and peas were counted as meeting the meat/meat alternate requirement if another vegetable was served.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program, ,.

Table D.19. Early child care programs serving all required food components in CACFP snacks

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Mean percentage of each program's daily snack menus with all required food components	95.4	95.5	92.6**	96.4+++	94.1+++	99.6###	99.3###	98.6~	98.4	97.9	96.7
Distribution of programs											
Few or none (0 to 20 percent)	-	-	2.7^	0.0	-	-	-	-	-	0.1^	0.9^
Some (21 to 40 percent)	0.0	0.0	-	0.0	0.0	0.0	0.0	0.0	0.0	0.0	-
Approximately half (41 to 60 percent)	0.5^	0.6^	0.7^	1.0+^	1.4^	0.0	0.0#	-	0.2^	0.3^	0.5^
Most (61 to 80 percent)	6.8^	6.2^	4.6^	3.9+^	8.7+++	0.2##^	0.2##^	-	2.1^	2.5	1.6^
All (81 to 100 percent)	92.7	93.2	91.9*	95.1++	89.6+++	99.7##	99.7##	99.2	97.7	97.1	96.9
Number of early child care programs	200	228	98	116	293	193	202	99	509	723	197

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

To be counted as serving all required food components, providers must serve at least two of the following components in all daily snack menus: fluid milk, fruits, vegetables, grains, or meat/meat alternates.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

CACFP = Child and Adult Care Food Program.

Table D.20. Early child care programs serving all required food components across all CACFP meals and snacks

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Mean percentage of each program's daily menus with all required food components	74.3	73.4*	76.6~	70.8	78.1	76.4~	77.7~	74.8~	75.7	76.7	75.3~
Distribution of programs											
Few or none (0 to 20 percent)	2.3^	3.1^	3.1^	3.3^	0.8^	1.7^	1.3^	6.8^~	1.9^	1.7^	5.8^~
Some (21 to 40 percent)	5.8^	5.8^	9.9^~	-	1.4^	5.9^~	7.0^~	4.6^~	5.7^	6.1^	6.0^
Approximately half (41 to 60 percent)	10.3	12.0	3.5^	17.5^	11.5	5.4^~	6.2#^~	9.7^~	7.2^	8.2	8.1^
Most (61 to 80 percent)	18.5	19.5*	16.4^	30.8	28.4	27.7#	20.3	11.5^~	25.5	20.9	12.8
All (81 to 100 percent)	63.0	59.5	67.1~	46.5	58.1	59.3~	65.2~	67.4~	59.7	63.1	67.3~
Number of early child care programs	203	231	98	119	323	196	205	108	518	759	206

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

To be counted as serving all required food components, providers must serve all required food components in all daily menus across all meals and snacks.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

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CACFP = Child and Adult Care Food Program.

Table D.21. Early child care programs serving each required meal component in CACFP breakfasts

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Mean percentage of each program's daily breakfast menus with required food components											
Fluid milk	99.5	99.3	98.3	99.3	99.8	99.4~	99.1	93.9~	99.5	99.2	95.3~
Allowed milk types only for 1-year-olds	91.3	91.3	91.3**	89.1++	89.1++	76.9###~	76.9###~	76.9~	82.3	82.3	82.0
Allowed milk types only for 2-year-olds	88.3	88.3	88.3**	78.1	78.1	74.9###~	74.9###~	74.9~	79.3	79.3	79.4
Allowed milk types only	n.a.	90.2**	96.2***	n.a.	96.0++	n.a.	83.0~	74.3~	n.a.	86.4	81.1~
Fruits or vegetables	94.7	95.3	93.9~	96.7	98.7	93.7	98.0~	95.3~	94.1	97.3	94.9~
Grains	98.1	98.4	98.0	95.9	98.1	95.7	99.0	97.8~	96.4	98.7	97.9
Number of early child care programs	193	213	193	115	304	167	176	150	475	693	343

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Allowed types of fluid milk vary by age group: must be unflavored whole milk for 1-year-old children; must be unflavored low-fat (1 percent fat or less) or unflavored fat-free (skim) milk for children 2 to 5 years; must be unflavored or flavored fat-free (skim) or low-fat (1 percent fat or less) milk for children 6 to 12 years. Meats/meat alternates are counted as meeting the grains requirement for up to 3 breakfast days per week.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, #0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

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CACFP = Child and Adult Care Food Program, n.a. = not applicable.

Table D.22. Early child care programs serving each required meal component in CACFP lunches

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Mean percentage of each program's daily lunch menus with required food components											
Fluid milk	99.3	97.8*	93.5~	99.3	99.9	98.8~	98.3	86.9~	99.0	98.3	90.1~
Allowed milk types only for 1-year-olds	90.2	90.2	90.2**	90.0†	90.0†	79.2##	79.2##	79.2~	82.8	82.8	82.5
Allowed milk types only for 2-year-olds	88.5	88.5	88.5**	77.2	77.2	75.2##~	75.2##~	75.2~	79.0	79.0	79.1
Allowed milk types only	n.a.	89.6*	90.7~	n.a.	94.6†	n.a.	84.9~	86.4~	n.a.	87.1	88.5~
Fruits	99.1	98.6	96.8	97.1	97.7	97.0~	97.3~	87.7~	97.5	97.7	92.1~
Vegetables	90.1	89.7	91.1	89.3	92.3††	87.6	87.4~	89.1~	88.3	88.5	90.1
Grains	94.7	94.8	94.3~	91.9††	95.0††	97.6#	98.0##	96.7~	96.6	96.8	95.5
Meats/meat alternates	98.1	98.6	98.6	98.3	98.3	97.3	98.4	98.2~	97.6	98.4	98.4
Number of early child care programs	196	218	195	115	308	194	197	176	505	723	371

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Allowed types of fluid milk vary by age group: must be unflavored whole milk for 1-year-old children; must be unflavored low-fat (1 percent fat or less) or unflavored fat-free (skim) milk for children 2 to 5 years; must be unflavored or flavored fat-free (skim) or low-fat (1 percent fat or less) milk for children 6 to 12 years.

If fruit was not served on a menu day, a vegetable was counted as meeting the fruit requirement if at least two different vegetables were served. Beans and peas were counted as vegetables, however, if a meat/meat alternate was not served on a menu day, beans and peas were counted as meeting the meat/meat alternate requirement if another vegetable was served.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

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CACFP = Child and Adult Care Food Program, n.a. = not applicable.

Table D.23. Early child care programs serving each required food component in CACFP snacks

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Mean percentage of each program's daily snack menus with required food components											
Served at least two of the required food components	95.4	95.5	92.6**	96.4+++	94.1+++	99.6###	99.3###	98.6~	98.4	97.9	96.7
Fluid milk	42.0	39.2	37.1**~	45.3++	47.0+++	66.7###	70.8###~	58.0~	59.4	60.5	51.6~
Allowed milk types only for 1-year-olds	87.8	87.8	87.8	85.6	85.6	81.6~	81.6~	81.6~	83.4	83.4	83.3
Allowed milk types only for 2-year-olds	86.6	86.6	86.6	71.7	71.7	74.1~	74.1~	74.1~	77.3	77.3	77.5~
Allowed milk types only	n.a.	36.8	36.6~	n.a.	45.2++	n.a.	59.9###~	50.1~	n.a.	52.6	45.9~
Fruits	52.2	54.9	51.3***~	56.2+	50.8+++	69.2###	70.6###	72.5~	64.2	64.7	66.0~
Vegetables	9.1	9.4	4.7*^~	7.1+	10.3	12.4	13.4	14.3^~	11.4	12.1	11.4^~
Grains	88.0***	87.3***	88.7~	78.0	77.6+	83.8~	84.1~	80.2~	84.7	84.3	82.8~
Meats/meat alternates	34.0	34.7	30.7**~	34.2+	35.1+	42.2#	44.0#~	48.2~	39.7	40.8	42.8~
Number of early child care programs	200	228	132	116	293	193	202	132	509	723	264

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Allowed types of fluid milk vary by age group: must be unflavored whole milk for 1-year-old children; must be unflavored low-fat (1 percent fat or less) or unflavored fat-free (skim) milk for children 2 to 5 years; must be unflavored or flavored fat-free (skim) or low-fat (1 percent fat or less) milk for children 6 to 12 years. Snacks must include at least two of the following required components: fluid milk, fruits, vegetables, grains, or meat/meat alternates.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

CACFP = Child and Adult Care Food Program, n.a. = not applicable.

Table D.24. Early child care programs meeting select requirements on all days across all meals and snacks

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Percentage of programs meeting requirement for all days											
Limited 100 percent juice to no more than one meal or snack per day	97.5	97.7	95.3~	99.9	97.7	99.9	99.9	100.0	99.3	99.1	98.7
Served at least 1 whole grain rich food per day	56.7	56.6	38.8~	54.4	46.0	57.9~	55.0	26.1~	57.5	54.6	29.6~
Met all requirements	34.8	37.0	47.4	23.4 ⁺	34.2 ⁺	38.5	43.2	41.3~	37.0	40.8	43.0~
Number of early child care programs	203	231	98	119	323	196	205	108	518	759	206

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

To be counted as meeting all requirements for all days, providers must serve all required food components in all daily menus across all meals and snacks, including the requirements that 100 percent juice can only be served once a day (across all meals and snacks) and at least one whole grain-rich food must be served every day.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

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CACFP = Child and Adult Care Food Program.

Table D.25. Before and after school programs serving all required food components in CACFP snacks

	By provider type and age group					
	At-risk afterschool centers		Outside-school- hours care centers		All	
	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Mean percentage of each program's daily snack menus with all required food components	84.5	84.1	84.0	89.1	84.4	85.0
Distribution of programs						
Few or none (0 to 20 percent)	5.3 [^]	3.8 [^]	-	-	4.9 [^]	3.4 [^]
Some (21 to 40 percent)	0.5 [^]	0.3 [^]	-	2.4 [^]	0.7 [^]	0.7 [^]
Approximately half (41 to 60 percent)	8.4 ^{^~}	8.4 ^{*^}	-	-	7.4 [^]	7.1 [^]
Most (61 to 80 percent)	7.9 [^]	8.5 [^]	5.2 [^]	6.4 [^]	7.5 [^]	8.2 [^]
All (81 to 100 percent)	77.9	78.9	89.3	89.4	79.5	80.7
Number of before and after school programs	59	90	48	85	107	175

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

To be counted as serving all required food components, providers must serve at least two of the following components in all daily snack menus: fluid milk, fruits, vegetables, grains, or meat/meat alternates.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

[^] Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

[~] Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.26. Before and after school programs serving all required meal components in CACFP snacks, by share of minority children

	By share of minority children and age group							
	0 to less than 40 percent		40 to less than 80 percent		80 to 100 percent		All	
	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Mean percentage of each program's daily snack menus with all required food components	78.1	84.3	83.4~	86.4	88.9	83.9	84.4	85.0
Distribution of programs								
Few or none (0 to 20 percent)	18.1^	10.2^	0.0	0.0	-	-	4.9^	3.4^
Some (21 to 40 percent)	2.6^	1.4^	0.0	-	0.0	0.0	0.7^	0.7^
Approximately half (41 to 60 percent)	-	0.8^	-	-	-	-	7.4^	7.1^
Most (61 to 80 percent)	-	2.9^	20.9^~	10.5^	1.3^	10.9^~	7.5^	8.2^
All (81 to 100 percent)	78.2	84.7	64.5~	74.9	91.8	82.9~	79.5	80.7
Number of before and after school programs	35	64	34	66	37	43	106	173

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023 and American Community Survey, 2021.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

To be counted as serving all required food components, providers must serve at least two of the following components in all daily snack menus: fluid milk, fruits, vegetables, grains, or meat/meat alternates.

The percentage of minority children residing in the area is defined as the percentage of children ages 0–11 in the program's zip code who are non-White or Hispanic.

Difference between programs in an area with zero to less than 40 percent minority children and 40 to less than 80 percent minority children is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between programs in an area with zero to less than 40 percent minority children and 80 to 100 percent minority children is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between programs in an area with 40 to less than 80 percent minority children and 80 to 100 percent minority children is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

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CACFP = Child and Adult Care Food Program.

Table D.27. Before and after school programs serving all required food components in CACFP suppers

	By provider type and age group					
	At-risk afterschool centers		Outside-school- hours care centers		All	
	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Mean percentage of each program's daily supper menus with all required food components	71.6	77.8	77.7~	77.5~	71.9	77.7
Distribution of programs						
Few or none (0 to 20 percent)	-	3.4^	-	-	8.4^	3.4^
Some (21 to 40 percent)	8.0^~	6.0^	-	-	7.9^	6.1^
Approximately half (41 to 60 percent)	5.4^~	3.4^	0.0~	0.0~	5.2^	3.3^
Most (61 to 80 percent)	23.7	25.8	23.7~	23.9^~	23.7	25.8
All (81 to 100 percent)	54.4	61.4	64.5~	65.2~	54.9	61.5
Number of before and after school programs	48	118	18	29	66	147

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

To be counted as serving all required food components, providers must serve the following components in all daily supper menus: fluid milk, fruits, vegetables, grains, and meat/meat alternates. If fruit was not served on a menu day, a vegetable was counted as meeting the fruit requirement if at least two different vegetables were served. Beans and peas were counted as vegetables, however, if a meat/meat alternate was not served on a menu day, beans and peas were counted as meeting the meat/meat alternate requirement if another vegetable was served.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program, ,.

Table D.28. Before and after school programs serving all required food components across all CACFP meals and snacks

	By provider type and age group					
	At-risk afterschool centers		Outside-school- hours care centers		All	
	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Mean percentage of each program's daily menus with all required food components	74.3	77.6	72.6	80.7	74.1	77.9
Distribution of programs						
Few or none (0 to 20 percent)	3.4^	1.8^	4.9^	2.4^	3.6^	1.8^
Some (21 to 40 percent)	8.5^	6.4^	4.3^	3.1^	8.1^	6.1^
Approximately half (41 to 60 percent)	8.1^	7.7^	11.9^	6.2^	8.5^	7.6^
Most (61 to 80 percent)	22.4**	24.1***	7.2^	5.6^	20.8	22.4
All (81 to 100 percent)	57.5	60.0**	71.7	82.6	59.0	62.1
Number of before and after school programs	87	173	57	94	144	267

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

To be counted as serving all required food components, providers must serve all required food components in all daily menus across all meals and snacks.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

CACFP = Child and Adult Care Food Program.

Table D.29. Before and after school programs serving all required meal components across all CACFP meals and snacks, by share of minority children

	By share of minority children and age group							
	0 to less than 40 percent		40 to less than 80 percent		80 to 100 percent		All	
	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Mean percentage of each program's daily menus with all required food components	81.2	81.0	71.1	81.9	72.9~	72.8~	74.1	77.9
Distribution of programs								
Few or none (0 to 20 percent)	14.1^	8.6^	-	-	-	-	3.6^	1.8^
Some (21 to 40 percent)	-	0.9^	-	5.8^	14.8##^	8.8^	8.1^	6.1^
Approximately half (41 to 60 percent)	1.2*^	1.6*^	17.5^	9.2^	4.8^	8.9^	8.5^	7.6^
Most (61 to 80 percent)	1.7***^	15.4^	38.2^~	15.4+^	16.1#^	32.0#	20.8	22.4
All (81 to 100 percent)	81.8***	73.5	39.2	69.5	63.6~	49.9#	59.0	62.1
Number of before and after school programs	47	92	47	96	49	77	143	265

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023 and American Community Survey, 2021.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

To be counted as serving all required food components, providers must serve all required food components in all daily menus across all meals and snacks.

The percentage of minority children residing in the area is defined as the percentage of children ages 0–11 in the program's zip code who are non-White or Hispanic.

Difference between programs in an area with zero to less than 40 percent minority children and 40 to less than 80 percent minority children is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between programs in an area with zero to less than 40 percent minority children and 80 to 100 percent minority children is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between programs in an area with 40 to less than 80 percent minority children and 80 to 100 percent minority children is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.30. Mean percentage of providers serving each required food component in CACFP breakfasts in outside-school-hours care centers

	By age group		
	1 to 2	3 to 5	6 to 12
Mean percentage of each program's daily breakfast menus with required food components			
Fluid milk	100.0	100.0	92.2~
Allowed milk types only for 1-year-olds	86.2~	86.2~	86.2~
Allowed milk types only for 2-year-olds	81.3~	81.3~	81.3~
Allowed milk types only	89.1	89.1	85.2
Fruits or vegetables	95.4	95.4	97.7
Grains	96.3	96.3	98.7
Number of outside-school-hours care centers	33	33	32

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Allowed types of fluid milk vary by age group: must be unflavored whole milk for 1-year-old children; must be unflavored low-fat (1 percent fat or less) or unflavored fat-free (skim) milk for children 2 to 5 years; must be unflavored or flavored fat-free (skim) or low-fat (1 percent fat or less) milk for children 6 to 12 years. Meats/meat alternates are counted as meeting the grains requirement for up to 3 breakfast days per week.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program, n.a. = not applicable.

Table D.31. Before and after school programs serving each required food component in CACFP snacks

	By provider type and age group					
	At-risk afterschool centers		Outside-school- hours care centers		All	
	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Mean percentage of each program's daily snack menus with required food components						
Served at least two of the required food components	84.5	84.1	84.0	89.1	84.4	85.0
Fluid milk	25.0	22.2**	28.4	47.6	25.5	26.6
Allowed milk types only	16.0^	21.5*	24.0	44.8	17.1^	25.5
Fruits	77.8	75.9	63.9	64.2	75.9	73.8
Vegetables	13.1^	11.3^	7.6^	8.3	12.4^	10.8^
Grains	73.7~	72.0	80.5	79.1	74.6	73.2
Meats/meat alternates	28.0	26.8	23.5^	27.3	27.4	26.9
Number of before and after school programs	59	90	48	85	107	175

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Allowed types of fluid milk vary by age group: must be unflavored low-fat (1 percent fat or less) or unflavored fat-free (skim) milk for children 3 to 5 years; must be unflavored or flavored fat-free (skim) or low-fat (1 percent fat or less) milk for children 6 to 12 years.

Snacks must include at least two of the following required components: fluid milk, fruits, vegetables, grains, or meat/meat alternates.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program,.

Table D.32. Before and after school programs serving each required food component in CACFP suppers

	By provider type and age group					
	At-risk afterschool centers		Outside-school- hours care centers		All	
	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Mean percentage of each program's daily supper menus with required food components						
Fluid milk	96.7	98.7	98.3~	96.6~	96.8	98.6
Allowed milk types only	62.3~	96.7*	66.4~	76.2~	62.5~	96.2
Fruits	96.4	97.2	88.1~	88.2~	96.0	96.9
Vegetables	83.1~	88.1	92.3~	92.6~	83.6	88.2
Grains	94.0	94.7	92.7~	95.4~	93.9	94.7
Meats/meat alternates	99.3	98.6	100.0~	99.7~	99.3	98.6
Number of before and after school programs	48	118	18	29	66	147

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Allowed types of fluid milk vary by age group: must be unflavored low-fat (1 percent fat or less) or unflavored fat-free (skim) milk for children 3 to 5 years; must be unflavored or flavored fat-free (skim) or low-fat (1 percent fat or less) milk for children 6 to 12 years.

If fruit was not served on a menu day, a vegetable was counted as meeting the fruit requirement if at least two different vegetables were served. Beans and peas were counted as vegetables, however, if a meat/meat alternate was not served on a menu day, beans and peas were counted as meeting the meat/meat alternate requirement if another vegetable was served.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.33. Before and after school programs meeting select requirements on all days across all meals and snacks

	By provider type and age group					
	At-risk afterschool centers		Outside-school- hours care centers		All	
	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Percentage of programs meeting requirement for all days						
Limited 100 percent juice to no more than one meal or snack per day	92.8*	95.8	100.0	98.8	93.6	96.1
Served at least 1 whole grain rich food per day	15.8^	11.3^	25.5^	7.6^	16.8^	11.0^
Met all requirements	39.8	45.3	23.7^	38.5	38.1	44.7
Number of before and after school programs	87	173	57	94	144	267

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

To be counted as meeting all requirements for all days, providers must serve all required food components in all daily menus across all meals and snacks, including the requirements that 100 percent juice can only be served once a day (across all meals and snacks) and at least one whole grain-rich food must be served every day.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

CACFP = Child and Adult Care Food Program; oz. = ounce equivalents..

Table D.34. CACFP meal pattern food group amounts in breakfasts in early child care programs

		Child care centers		Head Start centers		Family day care homes		All	
	Minimum portion required	Mean amount	Percentage meeting required portion	Mean amount	Percentage meeting required portion	Mean amount	Percentage meeting required portion	Mean amount	Percentage meeting required portion
Milk (cups)									
Ages 1 to 2	0.5	0.62~	67.8~	0.65~	51.3~	0.66~	68.3~	0.65~	67.6~
Ages 3 to 5	0.75	0.69~	25.8	0.78	48.7	0.66~	17.8^~	0.69	25.8
Ages 6 to 12	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Fruits and vegetables (cups)									
Ages 1 to 2	0.25	0.37~	59.8~	0.47~	78.7~	0.42~	74.5~	0.41~	70.7~
Ages 3 to 5	0.5	0.51	39.3	0.46	33.4	0.43~	26.3^~	0.46	31.7
Ages 6 to 12	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Grains (oz.)									
Ages 1 to 2	0.5	0.86~	82.8~	0.77~	72.9~	0.85~	75.9~	0.85~	77.7~
Ages 3 to 5	0.5	0.95	75.6	1.03	84.9	0.97~	86.7~	0.97	82.4
Ages 6 to 12	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Number of daily breakfast menus									
Ages 1-2		50		28		43		121	
Ages 3-5		110		164		52		326	
Ages 6-12		.n		.n		.n		0	

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet and Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Required food components for breakfasts include fluid milk, fruits or vegetables, and grains.

Meats/meat alternates are counted as meeting the grains requirement for up to 3 breakfast days per week.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

CACFP = Child and Adult Care Food Program; oz. = ounce equivalents..

Table D.35. CACFP meal pattern food group amounts in lunches and suppers in early child care programs

		Child care centers		Head Start centers		Family day care homes		All	
	Minimum portion required	Mean amount	Percentage meeting required portion	Mean amount	Percentage meeting required portion	Mean amount	Percentage meeting required portion	Mean amount	Percentage meeting required portion
Milk (cups)									
Ages 1 to 2	0.50	0.64~	66.5~	0.65~	47.0~	0.67~	80.9~	0.66~	75.7
Ages 3 to 5	0.75	0.70~	27.2~	0.78	51.3	0.67~	12.8^~	0.70	23.8
Ages 6 to 12	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Fruits (cups)									
Ages 1 to 2	0.125	0.28	92.4	0.27~	73.0~	0.42~	76.5~	0.38~	80.6~
Ages 3 to 5	0.25	0.29	47.5	0.36	53.5	0.44~	64.0~	0.38	57.1
Ages 6 to 12	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Vegetables (cups)									
Ages 1 to 2	0.125	0.44~	99.3	0.34~	82.3~	0.46~	98.4~	0.45~	98.2
Ages 3 to 5	0.25	0.44	90.9	0.34	60.1	0.33~	63.0~	0.37	72.5
Ages 6 to 12	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Grains (oz.)									
Ages 1 to 2	0.5	1.19~	80.8~	1.09~	65.2~	1.05~	76.5~	1.08~	77.2~
Ages 3 to 5	0.5	1.31	85.0	1.40	88.0	1.05~	78.9~	1.19	82.3
Ages 6 to 12	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Meats/meat alternates (oz.)									
Ages 1 to 2									
Lean meat, poultry, or fish	1.0	1.40~	55.6~	0.97~	35.6~	0.99~	52.6~	1.11~	52.8~
Tofu, soy products, or alternate protein products	1.0~	-	-	-	-	0.13^~	9.4^~	0.34^~	25.1^~
Cheese	0.67~	0.46~	9.4^~	0.28~	6.3^~	0.80~	89.7~	0.70~	67.7~
Eggs	0.87~	-	-	-	-	0.20^~	19.2^~	0.19^~	17.6^~
Cooked dry beans or peas	0.25~	.	.	0.16~	21.9^~	0.27~	9.5^~	0.26~	10.6^~

		Child care centers		Head Start centers		Family day care homes		All	
	Minimum portion required	Mean amount	Percentage meeting required portion	Mean amount	Percentage meeting required portion	Mean amount	Percentage meeting required portion	Mean amount	Percentage meeting required portion
Peanut butter or soy nut butter or other nut or seed butters	-	-	-	-	-
Yogurt, plain or flavored unsweetened or sweetened	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Ages 3 to 5									
Lean meat, poultry, or fish	1.50	1.22	34.7	1.26	28.8	0.94~	19.6^~	1.10	27.0
Tofu, soy products, or alternate protein products	1.50~	0.57~	0.0~	0.18^~	0.0~	-	-	0.26^~	0.0~
Cheese	1.0	0.48~	9.1^~	0.43	0.0	0.68~	2.2^~	0.55~	4.3^
Eggs	1.3~	0.07~	0.0~	0.07~	0.0~	0.40^~	0.0~	0.34^~	0.0~
Cooked dry beans or peas	0.375~	0.08^~	0.0~	0.34~	35.0^~	0.30~	10.4^~	0.25~	12.8^~
Peanut butter or soy nut butter or other nut or seed butters	1.5~	-	-	1.18~	0.0~	1.33~	0.0~	1.61~	21.7^~
Yogurt, plain or flavored unsweetened or sweetened	0.75~	-	-	-	-	-	-	0.35~	0.0~
Ages 6 to 12									
Lean meat, poultry, or fish	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Tofu, soy products, or alternate protein products	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Cheese	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Eggs	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Cooked dry beans or peas	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Peanut butter or soy nut butter or other nut or seed butters	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Yogurt, plain or flavored unsweetened or sweetened	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.

		Child care centers		Head Start centers		Family day care homes		All	
	Minimum portion required	Mean amount	Percentage meeting required portion	Mean amount	Percentage meeting required portion	Mean amount	Percentage meeting required portion	Mean amount	Percentage meeting required portion
Number of daily lunch and supper menus									
Ages 1-2		54		28		46		128	
Ages 3-5		119		175		53		347	
Ages 6-12		.n		.n		.n		0	

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet and Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Required food components for lunches and suppers include fluid milk, fruits, vegetables, grains, and meat/meat alternates. If fruit was not served on a menu day, a vegetable was counted as meeting the fruit requirement if at least two different vegetables were served. Beans and peas were counted as vegetables, however, if a meat/meat alternate was not served on a menu day, beans and peas were counted as meeting the meat/meat alternate requirement if another vegetable was served. Amounts of meat/meat alternates were counted separately by type to match the meal pattern requirements.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program; oz. = ounce equivalents..

Table D.36. CACFP meal pattern food group amounts in suppers in before and after school programs

		At-risk afterschool centers		Outside-school-hours care centers		All	
	Minimum portion required	Mean amount	Percentage meeting required portion	Mean amount	Percentage meeting required portion	Mean amount	Percentage meeting required portion
Milk (cups)							
Ages 1 to 2	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Ages 3 to 5	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Ages 6 to 12	1.0	0.97	0.0	0.94~	0.0~	0.97	0.0
Fruits (cups)							
Ages 1 to 2	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Ages 3 to 5	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Ages 6 to 12	0.25	0.65~	93.0~	0.63~	77.4^~	0.65	92.8~
Vegetables (cups)							
Ages 1 to 2	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Ages 3 to 5	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Ages 6 to 12	0.5	0.59	66.1	0.68~	49.6~	0.59	65.8
Grains (oz.)							
Ages 1 to 2	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Ages 3 to 5	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Ages 6 to 12	1.0	2.03~	83.0~	1.47~	89.2~	2.02~	83.0~
Meats/meat alternates (oz.)							
Ages 1 to 2							
Lean meat, poultry, or fish	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Tofu, soy products, or alternate protein products	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Cheese	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Eggs	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Cooked dry beans or peas	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.

		At-risk afterschool centers		Outside-school-hours care centers		All	
	Minimum portion required	Mean amount	Percentage meeting required portion	Mean amount	Percentage meeting required portion	Mean amount	Percentage meeting required portion
Peanut butter or soy nut butter or other nut or seed butters	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Yogurt, plain or flavored unsweetened or sweetened	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Ages 3 to 5							
Lean meat, poultry, or fish	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Tofu, soy products, or alternate protein products	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Cheese	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Eggs	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Cooked dry beans or peas	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Peanut butter or soy nut butter or other nut or seed butters	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Yogurt, plain or flavored unsweetened or sweetened	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Ages 6 to 12							
Lean meat, poultry, or fish	2.0	1.61~	25.6^~	1.59~	24.2^~	1.61~	25.6^~
Tofu, soy products, or alternate protein products	-	-	-	.	.	-	-
Cheese	1.33	0.95~	20.7^~	-	-	0.94	20.5^~
Eggs	1.75~	0.24^~	0.0~	.	.	0.24^~	0.0~
Cooked dry beans or peas	0.5~	0.22~	0.0~	.	.	0.22~	0.0~
Peanut butter or soy nut butter or other nut or seed butters	2~	1.60^~	19.2^~	.	.	1.60^~	19.2^~
Yogurt, plain or flavored unsweetened or sweetened	1.0~	0.40~	0.0~	.	.	0.40~	0.0~

		At-risk afterschool centers		Outside-school-hours care centers		All	
	Minimum portion required	Mean amount	Percentage meeting required portion	Mean amount	Percentage meeting required portion	Mean amount	Percentage meeting required portion
Number of daily supper menus							
Ages 1-2		.n		.n		0	
Ages 3-5		.n		.n		0	
Ages 6-12		58		10		68	

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Meal Observation Booklet and Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Required food components for suppers include fluid milk, fruits, vegetables, grains, and meat/meat alternates. If fruit was not served on a menu day, a vegetable was counted as meeting the fruit requirement if at least two different vegetables were served. Beans and peas were counted as vegetables, however, if a meat/meat alternate was not served on a menu day, beans and peas were counted as meeting the meat/meat alternate requirement if another vegetable was served.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program; oz. = ounce equivalents..

Table D.37. Mean Healthy Eating Index–2015 scores for CACFP breakfasts served in early child care programs

		Mean score (percentage of maximum score), by provider type and age group										
		Child care centers			Head Start centers		Family day care homes			All		
	Max. score	2	3 to 5	6 to 12	2	3 to 5	2	3 to 5	6 to 12	2	3 to 5	6 to 12
Adequacy components (higher scores reflect higher concentrations in CACFP meals)												
Total fruits	5	4.8 (96.0)	4.8 (96.0)	5.0 (100.0)	4.8 (96.0)	5.0 (100.0)	4.8~ (.)	5.0 (100.0)	5.0 (100.0)	4.8 (96.0)	4.9 (98.0)	5.0 (100.0)
Whole fruits	5	4.9 (98.0)	4.9 (98.0)	5.0 (100.0)	4.8 (96.0)	4.9+++ (98.0)	4.8~ (.)	5.0 (100.0)	5.0 (100.0)	4.9 (98.0)	5.0 (100.0)	5.0 (100.0)
Total vegetables	5	0.1**^ (2.0)	0.1^ (2.0)	0.0***^ (0.0)	0.3 (6.0)	0.2 (4.0)	0.4### (8.0)	0.4### (8.0)	0.2^ (4.0)	0.3 (6.0)	0.3 (6.0)	0.1^ (2.0)
Greens and beans	5	0.1^ (2.0)	0.1^ (2.0)	0.0^ (0.0)	0.5^ (10.0)	0.2^ (4.0)	0.2^~ (.)	0.2^~ (.)	0.1^ (2.0)	0.2^ (4.0)	0.2^ (4.0)	0.0^ (0.0)
Whole grains	10	9.0 (90.0)	9.0 (90.0)	8.2~ (.)	8.6 (86.0)	8.9 (89.0)	8.8 (88.0)	9.4~ (.)	8.1~ (.)	8.9 (89.0)	9.2 (92.0)	8.2~ (.)
Dairy	10	9.9 (99.0)	10.0 (100.0)	10.0 (100.0)	9.8++ (98.0)	10.0 (100.0)	8.6###~ (.)	10.0 (100.0)	9.5~ (.)	9.1 (91.0)	10.0 (100.0)	9.7~ (.)
Total protein foods	5	1.4 (28.0)	1.2** (24.0)	1.2~ (.)	2.0 (40.0)	1.6 (32.0)	2.1#### (42.0)	2.0#### (40.0)	1.8~ (.)	1.9 (38.0)	1.7 (34.0)	1.6~ (.)
Seafood and plant proteins	5	0.4^ (8.0)	0.3^ (6.0)	0.3^ (6.0)	0.9^ (18.0)	0.6 (12.0)	1.0## (20.0)	0.9## (18.0)	0.7^~ (.)	0.8 (16.0)	0.7 (14.0)	0.6^~ (.)
Fatty acids	10	2.4 (24.0)	1.6 (16.0)	1.7 (17.0)	2.2 (22.0)	1.9 (19.0)	2.5~ (.)	1.5 (15.0)	1.7^~ (.)	2.5 (25.0)	1.6 (16.0)	1.7~ (.)
Moderation components (higher scores reflect lower concentrations in CACFP meals)												
Refined grains	10	7.5 (75.0)	8.1 (81.0)	8.3~ (.)	7.9 (79.0)	8.2++ (82.0)	8.1 (81.0)	8.8# (88.0)	9.1~ (.)	7.9 (79.0)	8.6 (86.0)	8.8 (88.0)
Sodium	10	8.9 (89.0)	9.1* (91.0)	8.5~ (.)	8.7 (87.0)	8.7+ (87.0)	8.9~ (.)	9.2 (92.0)	9.4~ (.)	8.9 (89.0)	9.1 (91.0)	9.1 (91.0)
Added sugars	10	9.0 (90.0)	9.2 (92.0)	9.3**~ (.)	8.7++ (87.0)	8.9+++ (89.0)	9.5#~ (.)	9.8###~ (.)	9.9~ (.)	9.3 (93.0)	9.6 (96.0)	9.7 (97.0)

Appendix D. Food and nutrient content and nutritional quality of CACFP meals and snacks supplementary tables

		Mean score (percentage of maximum score), by provider type and age group										
		Child care centers			Head Start centers		Family day care homes			All		
	Max. score	2	3 to 5	6 to 12	2	3 to 5	2	3 to 5	6 to 12	2	3 to 5	6 to 12
Saturated fats	10	7.6 (76.0)	8.2 (82.0)	7.7~ (.)	6.4 (64.0)	7.5 (75.0)	6.4#~ (.)	7.4# (74.0)	7.4~ (.)	6.7 (67.0)	7.7 (77.0)	7.5 (75.0)
Total score	100	66.0 (66.0)	66.6 (66.6)	65.2~ (.)	65.6 (65.6)	66.6+++ (66.6)	66.1 (66.1)	69.6## (69.6)	67.7~ (.)	66.0 (66.0)	68.4 (68.4)	67.0~ (.)
Number of early child care programs		193	213	77	115	304	167	176	78	475	693	155

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Mean Healthy Eating Index scores were estimated based on each provider's average meals and snacks using the simple Healthy Eating Index scoring algorithm method.

Foods served in meals and snacks were reported by CACFP meal pattern age group, so foods served to 1-year-old children versus 2-year-old children are not distinguishable. The one exception is for fluid milk which was reported separately (given the different CACFP requirements for allowed types of milk)—any fluid milks served only to 1-year-olds are excluded from this table since the Healthy Eating Index applies to individuals ages 2 and older.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.38. Mean Healthy Eating Index–2015 scores for CACFP lunches served in early child care programs

		Mean score (percentage of maximum score), by provider type and age group										
		Child care centers			Head Start centers		Family day care homes			All		
	Max. score	2	3 to 5	6 to 12	2	3 to 5	2	3 to 5	6 to 12	2	3 to 5	6 to 12
Adequacy components (higher scores reflect higher concentrations in CACFP meals)												
Total fruits	5	4.6 (92.0)	4.6* (92.0)	4.8 (96.0)	4.4+ (88.0)	4.5++ (90.0)	4.7~ (.)	4.7~ (.)	4.4~ (.)	4.7 (94.0)	4.7 (94.0)	4.6 (92.0)
Whole fruits	5	5.0** (100.0)	5.0*** (100.0)	4.9 (98.0)	4.8 (96.0)	4.9 (98.0)	4.8 (96.0)	4.8 (96.0)	4.5~ (.)	4.9 (98.0)	4.9 (98.0)	4.7 (94.0)
Total vegetables	5	4.8 (96.0)	4.5 (90.0)	4.3 (86.0)	4.8+ (96.0)	4.5 (90.0)	4.7 (94.0)	4.5~ (.)	4.5 (90.0)	4.7 (94.0)	4.5 (90.0)	4.4 (88.0)
Greens and beans	5	3.3 (66.0)	3.2 (64.0)	2.2~ (.)	3.4 (68.0)	3.3 (66.0)	3.2 (64.0)	3.1 (62.0)	1.5^~ (.)	3.2 (64.0)	3.1 (62.0)	1.9~ (.)
Whole grains	10	8.6 (86.0)	8.3 (83.0)	8.1* (81.0)	8.4++ (84.0)	8.4+++ (84.0)	7.5### (75.0)	7.4### (74.0)	6.4~ (.)	7.8 (78.0)	7.7 (77.0)	7.2 (72.0)
Dairy	10	9.7 (97.0)	9.9 (99.0)	9.5~ (.)	9.7+++ (97.0)	10.0 (100.0)	9.1## (91.0)	10.0 (100.0)	9.2~ (.)	9.3 (93.0)	10.0 (100.0)	9.3 (93.0)
Total protein foods	5	4.8 (96.0)	4.7 (94.0)	4.2 (84.0)	4.7 (94.0)	4.7 (94.0)	4.7 (94.0)	4.6 (92.0)	4.2~ (.)	4.7 (94.0)	4.7 (94.0)	4.2 (84.0)
Seafood and plant proteins	5	3.1 (62.0)	3.0* (60.0)	2.1~ (.)	2.8 (56.0)	2.5 (50.0)	2.4##~ (.)	2.5##~ (.)	2.9~ (.)	2.6 (52.0)	2.6 (52.0)	2.5~ (.)
Fatty acids	10	2.8 (28.0)	2.2 (22.0)	2.8~ (.)	2.9 (29.0)	2.6 (26.0)	2.7 (27.0)	2.2 (22.0)	3.1~ (.)	2.7 (27.0)	2.2 (22.0)	3.0~ (.)
Moderation components (higher scores reflect lower concentrations in CACFP meals)												
Refined grains	10	8.4 (84.0)	8.7 (87.0)	8.6 (86.0)	8.6+ (86.0)	8.6 (86.0)	7.7## (77.0)	8.2 (82.0)	7.7~ (.)	8.0 (80.0)	8.4 (84.0)	8.2 (82.0)
Sodium	10	1.8 (18.0)	2.4 (24.0)	2.5 (25.0)	2.3 (23.0)	2.7+ (27.0)	2.9### (29.0)	3.3##~ (.)	3.4~ (.)	2.6 (26.0)	3.0 (30.0)	2.9 (29.0)
Added sugars	10	9.8 (98.0)	9.9 (99.0)	9.8~ (.)	10.0 (100.0)	9.9++ (99.0)	10.0# (100.0)	10.0# (100.0)	10.0 (100.0)	9.9 (99.0)	10.0 (100.0)	9.9 (99.0)

Appendix D. Food and nutrient content and nutritional quality of CACFP meals and snacks supplementary tables

		Mean score (percentage of maximum score), by provider type and age group										
		Child care centers			Head Start centers		Family day care homes			All		
	Max. score	2	3 to 5	6 to 12	2	3 to 5	2	3 to 5	6 to 12	2	3 to 5	6 to 12
Saturated fats	10	6.0 (60.0)	6.4 (64.0)	5.7** (57.0)	5.4 (54.0)	6.2 (62.0)	5.6 (56.0)	6.4 (64.0)	7.4~ (.)	5.7 (57.0)	6.3 (63.0)	6.6~ (.)
Total score	100	72.7 (72.7)	72.7 (72.7)	69.5 (69.5)	72.3 (72.3)	72.7 (72.7)	69.9###~ (.)	71.7 (71.7)	69.2~ (.)	70.7 (70.7)	72.0 (72.0)	69.3~ (.)
Number of early child care programs		196	218	65	115	308	194	197	45	505	723	110

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Mean Healthy Eating Index scores were estimated based on each provider's average meals and snacks using the simple Healthy Eating Index scoring algorithm method.

Foods served in meals and snacks were reported by CACFP meal pattern age group, so foods served to 1-year-old children versus 2-year-old children are not distinguishable. The one exception is for fluid milk which was reported separately (given the different CACFP requirements for allowed types of milk)—any fluid milks served only to 1-year-olds are excluded from this table since the Healthy Eating Index applies to individuals ages 2 and older.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, #0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

CACFP = Child and Adult Care Food Program.

Table D.39. Mean Healthy Eating Index–2015 scores for CACFP snacks served in early child care programs

		Mean score (percentage of maximum score), by provider type and age group										
		Child care centers			Head Start centers		Family day care homes			All		
	Max. score	2	3 to 5	6 to 12	2	3 to 5	2	3 to 5	6 to 12	2	3 to 5	6 to 12
Adequacy components (higher scores reflect higher concentrations in CACFP meals)												
Total fruits	5	4.3 (86.0)	4.3 (86.0)	4.3* (86.0)	4.3 (86.0)	4.3 (86.0)	4.4 (88.0)	4.4 (88.0)	4.8~ (.)	4.4 (88.0)	4.3 (86.0)	4.6 (92.0)
Whole fruits	5	3.6 (72.0)	3.7 (74.0)	3.5*~ (.)	4.1 (82.0)	4.2 (84.0)	4.4## (88.0)	4.4## (88.0)	4.5~ (.)	4.2 (84.0)	4.2 (84.0)	4.2 (84.0)
Total vegetables	5	0.9 (18.0)	0.8 (16.0)	0.5^~ (.)	0.8 (16.0)	0.9 (18.0)	0.9 (18.0)	0.8 (16.0)	0.9^~ (.)	0.9 (18.0)	0.8 (16.0)	0.8~ (.)
Greens and beans	5	0.3^ (6.0)	0.2^ (4.0)	0.4^ (8.0)	0.7^ (14.0)	0.4 (8.0)	0.5 (10.0)	0.6## (12.0)	0.7^~ (.)	0.5 (10.0)	0.5 (10.0)	0.6^ (12.0)
Whole grains	10	7.2 (72.0)	7.2* (72.0)	7.1 (71.0)	7.8+++ (78.0)	7.7+++ (77.0)	6.0## (60.0)	6.0##~ (.)	5.7~ (.)	6.4 (64.0)	6.5 (65.0)	6.1~ (.)
Dairy	10	8.9 (89.0)	8.8 (88.0)	8.7 (87.0)	9.0 (90.0)	9.1 (91.0)	8.5~ (.)	9.3~ (.)	8.7~ (.)	8.6 (86.0)	9.2 (92.0)	8.7 (87.0)
Total protein foods	5	1.2 (24.0)	1.1 (22.0)	1.2*** (24.0)	1.4++ (28.0)	1.3+++ (26.0)	2.2### (44.0)	2.0### (40.0)	2.2~ (.)	1.9 (38.0)	1.7 (34.0)	1.9~ (.)
Seafood and plant proteins	5	1.6 (32.0)	1.6 (32.0)	1.9 (38.0)	1.3^ (26.0)	1.4+++ (28.0)	2.1 (42.0)	2.3# (46.0)	2.5~ (.)	1.9 (38.0)	2.0 (40.0)	2.3~ (.)
Fatty acids	10	4.7 (47.0)	4.8 (48.0)	5.8**~ (.)	4.2 (42.0)	4.9+++ (49.0)	3.4##~ (.)	3.5### (35.0)	4.1~ (.)	3.8 (38.0)	3.9 (39.0)	4.6 (46.0)
Moderation components (higher scores reflect lower concentrations in CACFP meals)												
Refined grains	10	3.8*** (38.0)	3.8*** (38.0)	3.6**~ (.)	5.9 (59.0)	5.5 (55.0)	5.3##~ (.)	5.8### (58.0)	5.9~ (.)	4.9 (49.0)	5.3 (53.0)	5.2 (52.0)
Sodium	10	7.6 (76.0)	7.6 (76.0)	7.9 (79.0)	8.1 (81.0)	7.9 (79.0)	7.6 (76.0)	8.0~ (.)	7.7~ (.)	7.6 (76.0)	7.9 (79.0)	7.8 (78.0)
Added sugars	10	9.4 (94.0)	9.4 (94.0)	9.2** (92.0)	9.3+ (93.0)	9.0+++ (90.0)	9.8### (98.0)	9.8### (98.0)	9.8~ (.)	9.7 (97.0)	9.6 (96.0)	9.6 (96.0)

Appendix D. Food and nutrient content and nutritional quality of CACFP meals and snacks supplementary tables

		Mean score (percentage of maximum score), by provider type and age group										
		Child care centers			Head Start centers		Family day care homes			All		
	Max. score	2	3 to 5	6 to 12	2	3 to 5	2	3 to 5	6 to 12	2	3 to 5	6 to 12
Saturated fats	10	6.8 (68.0)	7.3 (73.0)	8.5** (85.0)	6.8 (68.0)	7.8†† (78.0)	5.7###~ (.)	6.7 (67.0)	7.4~ (.)	6.0 (60.0)	7.0 (70.0)	7.7 (77.0)
Total score	100	60.1** (60.1)	60.6** (60.6)	62.6~ (.)	63.7† (63.7)	64.3 (64.3)	60.9 (60.9)	63.9# (63.9)	64.8~ (.)	60.8 (60.8)	63.1 (63.1)	64.1 (64.1)
Number of early child care programs		200	228	98	116	293	193	202	99	509	723	197

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Mean Healthy Eating Index scores were estimated based on each provider's average meals and snacks using the simple Healthy Eating Index scoring algorithm method.

Foods served in meals and snacks were reported by CACFP meal pattern age group, so foods served to 1-year-old children versus 2-year-old children are not distinguishable. The one exception is for fluid milk which was reported separately (given the different CACFP requirements for allowed types of milk)—any fluid milks served only to 1-year-olds are excluded from this table since the Healthy Eating Index applies to individuals ages 2 and older.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, #0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the ††0.001 level, †0.01 level, or †0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.40. Mean Healthy Eating Index–2015 scores for CACFP breakfasts served in outside-school-hours care centers

		Mean score (percentage of maximum score), by age group		
	Max. score	2	3 to 5	6 to 12
Adequacy components (higher scores reflect higher concentrations in CACFP meals)				
Total fruits	5	4.8~ (.)	5.0 (100.0)	5.0 (100.0)
Whole fruits	5	4.8~ (.)	5.0 (100.0)	5.0 (100.0)
Total vegetables	5	0.4 (8.0)	0.4 (8.0)	0.2^ (4.0)
Greens and beans	5	0.2^~ (.)	0.2^~ (.)	0.1^ (2.0)
Whole grains	10	8.8 (88.0)	9.4~ (.)	8.1~ (.)
Dairy	10	8.6~ (.)	10.0 (100.0)	9.5~ (.)
Total protein foods	5	2.1 (42.0)	2.0 (40.0)	1.8~ (.)
Seafood and plant proteins	5	1.0 (20.0)	0.9 (18.0)	0.7^~ (.)
Fatty acids	10	2.5~ (.)	1.5 (15.0)	1.7^~ (.)
Moderation components (higher scores reflect lower concentrations in CACFP meals)				
Refined grains	10	8.1 (81.0)	8.8 (88.0)	9.1~ (.)
Sodium	10	8.9~ (.)	9.2 (92.0)	9.4~ (.)
Added sugars	10	9.5~ (.)	9.8~ (.)	9.9~ (.)
Saturated fats	10	6.4~ (.)	7.4 (74.0)	7.4~ (.)
Total score	100	66.1 (66.1)	69.6 (69.6)	67.7~ (.)
Number of outside-school-hours care centers		167	176	78

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Mean Healthy Eating Index scores were estimated based on each provider's average meals and snacks using the simple Healthy Eating Index scoring algorithm method.

Foods served in meals and snacks were reported by CACFP meal pattern age group, so foods served to 1-year-old children versus 2-year-old children are not distinguishable. The one exception is for fluid milk which was reported separately (given the different CACFP requirements for allowed types of milk)—any fluid milks served only to 1-year-olds are excluded from this table since the Healthy Eating Index applies to individuals ages 2 and older.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.41. Mean Healthy Eating Index–2015 scores for CACFP snacks served in before and after school programs

		Mean score (percentage of maximum score), by provider type and age group					
		At-risk afterschool centers		Outside-school-hours care centers		All	
	Max. score	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Adequacy components (higher scores reflect higher concentrations in CACFP meals)							
Total fruits	5	4.7 (94.0)	4.8 (96.0)	4.3 (86.0)	4.6 (92.0)	4.6 (92.0)	4.7 (94.0)
Whole fruits	5	3.0** (60.0)	2.9*** (58.0)	4.3 (86.0)	4.4 (88.0)	3.2 (64.0)	3.1 (62.0)
Total vegetables	5	1.0^ (20.0)	1.0 (20.0)	1.5 (30.0)	1.4 (28.0)	1.1 (22.0)	1.1 (22.0)
Greens and beans	5	0.4^ (8.0)	0.4^ (8.0)	0.2^ (4.0)	0.1^ (2.0)	0.4^ (8.0)	0.3^ (6.0)
Whole grains	10	6.7 (67.0)	7.1** (71.0)	5.5 (55.0)	5.5 (55.0)	6.5 (65.0)	6.8 (68.0)
Dairy	10	5.3 (53.0)	6.0 (60.0)	6.2 (62.0)	7.7 (77.0)	5.4 (54.0)	6.3 (63.0)
Total protein foods	5	2.0** (40.0)	1.4 (28.0)	1.0^ (20.0)	1.0^ (20.0)	1.8 (36.0)	1.3 (26.0)
Seafood and plant proteins	5	2.5**~ (.)	1.8* (36.0)	1.0^ (20.0)	0.9^ (18.0)	2.3 (46.0)	1.7 (34.0)
Fatty acids	10	8.3 (83.0)	8.4*** (84.0)	6.6 (66.0)	6.2 (62.0)	8.1 (81.0)	8.0 (80.0)
Moderation components (higher scores reflect lower concentrations in CACFP meals)							
Refined grains	10	4.9*~ (.)	5.0 (50.0)	2.7^ (27.0)	3.8 (38.0)	4.6 (46.0)	4.8 (48.0)
Sodium	10	9.2** (92.0)	9.2 (92.0)	7.7 (77.0)	8.6 (86.0)	9.0 (90.0)	9.1 (91.0)
Added sugars	10	8.5*** (85.0)	8.8 (88.0)	9.6 (96.0)	9.2 (92.0)	8.6 (86.0)	8.9 (89.0)
Saturated fats	10	9.6** (96.0)	9.7** (97.0)	7.9 (79.0)	8.6 (86.0)	9.4 (94.0)	9.5 (95.0)
Total score	100	66.0*** (66.0)	66.5* (66.5)	58.4 (58.4)	61.9 (61.9)	64.9 (64.9)	65.7 (65.7)
Number of before and after school programs		59	90	48	85	107	175

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Mean Healthy Eating Index scores were estimated based on each provider's average meals and snacks using the simple Healthy Eating Index scoring algorithm method.

Foods served in meals and snacks were reported by CACFP meal pattern age group, so foods served to 1-year-old children versus 2-year-old children are not distinguishable. The one exception is for fluid milk which was reported separately (given the different

CACFP requirements for allowed types of milk)—any fluid milks served only to 1-year-olds are excluded from this table since the Healthy Eating Index applies to individuals ages 2 and older.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.42. Mean Healthy Eating Index–2015 scores for CACFP suppers served in before and after school programs

		Mean score (percentage of maximum score), by provider type and age group					
		At-risk afterschool centers		Outside- school-hours care centers		All	
	Max. score	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Adequacy components (higher scores reflect higher concentrations in CACFP meals)							
Total fruits	5	4.8** (96.0)	4.9*** (98.0)	4.4~ (.)	4.6~ (.)	4.8 (96.0)	4.9 (98.0)
Whole fruits	5	4.9 (98.0)	5.0 (100.0)	4.4~ (.)	4.7~ (.)	4.9 (98.0)	5.0 (100.0)
Total vegetables	5	3.6**~ (.)	3.9*** (78.0)	4.5~ (.)	4.7~ (.)	3.7 (74.0)	3.9 (78.0)
Greens and beans	5	2.3*** (46.0)	2.7** (54.0)	4.1~ (.)	3.9~ (.)	2.4 (48.0)	2.8 (56.0)
Whole grains	10	6.2~ (.)	6.5* (65.0)	7.3~ (.)	7.7~ (.)	6.2 (62.0)	6.5 (65.0)
Dairy	10	9.9 (99.0)	10.0 (100.0)	10.0~ (.)	10.0~ (.)	9.9 (99.0)	10.0 (100.0)
Total protein foods	5	4.0**~ (.)	4.2*** (84.0)	4.8~ (.)	4.9~ (.)	4.1~ (.)	4.2 (84.0)
Seafood and plant proteins	5	2.9** (58.0)	3.1 (62.0)	1.9~ (.)	2.4^~ (.)	2.9 (58.0)	3.0 (60.0)
Fatty acids	10	3.6* (36.0)	4.2*** (42.0)	1.7^~ (.)	2.3^~ (.)	3.5 (35.0)	4.2 (42.0)
Moderation components (higher scores reflect lower concentrations in CACFP meals)							
Refined grains	10	7.9 (79.0)	8.3 (83.0)	9.0~ (.)	8.7~ (.)	8.0 (80.0)	8.3 (83.0)
Sodium	10	5.3~ (.)	5.1*** (51.0)	4.1~ (.)	3.3~ (.)	5.2 (52.0)	5.0 (50.0)
Added sugars	10	9.2*** (92.0)	9.0*** (90.0)	10.0~ (.)	10.0~ (.)	9.2 (92.0)	9.0 (90.0)
Saturated fats	10	6.7*** (67.0)	7.6** (76.0)	4.5~ (.)	6.5~ (.)	6.6 (66.0)	7.6 (76.0)
Total score	100	71.2 (71.2)	74.4 (74.4)	70.6~ (.)	73.8~ (.)	71.2 (71.2)	74.4 (74.4)
Number of before and after school programs		48	118	18	29	66	147

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Mean Healthy Eating Index scores were estimated based on each provider's average meals and snacks using the simple Healthy Eating Index scoring algorithm method.

Foods served in meals and snacks were reported by CACFP meal pattern age group, so foods served to 1-year-old children versus 2-year-old children are not distinguishable. The one exception is for fluid milk which was reported separately (given the different

CACFP requirements for allowed types of milk)—any fluid milks served only to 1-year-olds are excluded from this table since the Healthy Eating Index applies to individuals ages 2 and older.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.43. Mean Healthy Eating Index–2015 scores for all CACFP meals served in early child care programs

		Mean score (percentage of maximum score), by provider type and age group										
		Child care centers			Head Start centers		Family day care homes			All		
	Max. score	2	3 to 5	6 to 12	2	3 to 5	2	3 to 5	6 to 12	2	3 to 5	6 to 12
Adequacy components (higher scores reflect higher concentrations in CACFP meals)												
Total fruits	5	4.9 (98.0)	4.9 (98.0)	4.8 (96.0)	4.8 (96.0)	4.9 (98.0)	4.9 (98.0)	5.0~ (.)	4.8~ (.)	4.9 (98.0)	4.9 (98.0)	4.8 (96.0)
Whole fruits	5	5.0 (100.0)	5.0 (100.0)	4.7 (94.0)	4.9 (98.0)	5.0++ (100.0)	4.9 (98.0)	5.0 (100.0)	4.8~ (.)	4.9 (98.0)	5.0 (100.0)	4.8 (96.0)
Total vegetables	5	2.8 (56.0)	2.4 (48.0)	1.6~ (.)	2.8++ (56.0)	2.5 (50.0)	3.1#~ (.)	2.7#~ (.)	2.2~ (.)	3.0 (60.0)	2.6 (52.0)	2.1~ (.)
Greens and beans	5	2.4* (48.0)	2.1 (42.0)	1.2 (24.0)	3.0 (60.0)	2.4 (48.0)	2.6~ (.)	2.3~ (.)	1.7~ (.)	2.6 (52.0)	2.3 (46.0)	1.5 (30.0)
Whole grains	10	9.2 (92.0)	9.1 (91.0)	8.8 (88.0)	8.9 (89.0)	9.0 (90.0)	8.9 (89.0)	8.8~ (.)	8.3~ (.)	9.0 (90.0)	8.9 (89.0)	8.4 (84.0)
Dairy	10	9.9 (99.0)	9.8 (98.0)	9.4 (94.0)	9.8++ (98.0)	10.0 (100.0)	9.2###~ (.)	10.0 (100.0)	9.4~ (.)	9.4 (94.0)	9.9 (99.0)	9.4 (94.0)
Total protein foods	5	3.7 (74.0)	3.3 (66.0)	2.4** (48.0)	3.8 (76.0)	3.5+++ (70.0)	4.1##~ (.)	4.0###~ (.)	3.4~ (.)	4.0 (80.0)	3.8 (76.0)	3.1~ (.)
Seafood and plant proteins	5	2.5 (50.0)	2.3 (46.0)	2.0 (40.0)	2.5++ (50.0)	2.1+++ (42.0)	3.3###~ (.)	3.2###~ (.)	2.7~ (.)	3.0 (60.0)	2.9 (58.0)	2.5 (50.0)
Fatty acids	10	2.7 (27.0)	2.3 (23.0)	3.6 (36.0)	2.7 (27.0)	2.5+ (25.0)	2.2~ (.)	2.0 (20.0)	2.7~ (.)	2.4 (24.0)	2.1 (21.0)	3.0 (30.0)
Moderation components (higher scores reflect lower concentrations in CACFP meals)												
Refined grains	10	7.5** (75.0)	7.9 (79.0)	6.9~ (.)	8.3 (83.0)	8.2 (82.0)	7.8~ (.)	8.4 (84.0)	8.2~ (.)	7.7 (77.0)	8.2 (82.0)	7.9 (79.0)
Sodium	10	5.5 (55.0)	6.1 (61.0)	6.8 (68.0)	5.8 (58.0)	6.1 (61.0)	5.8~ (.)	6.4~ (.)	6.8~ (.)	5.7 (57.0)	6.3 (63.0)	6.8 (68.0)
Added sugars	10	9.8 (98.0)	9.8 (98.0)	9.6* (96.0)	9.8++ (98.0)	9.7+++ (97.0)	10.0## (100.0)	10.0### (100.0)	9.9~ (.)	9.9 (99.0)	9.9 (99.0)	9.8 (98.0)

Appendix D. Food and nutrient content and nutritional quality of CACFP meals and snacks supplementary tables

		Mean score (percentage of maximum score), by provider type and age group										
		Child care centers			Head Start centers		Family day care homes			All		
	Max. score	2	3 to 5	6 to 12	2	3 to 5	2	3 to 5	6 to 12	2	3 to 5	6 to 12
Saturated fats	10	7.0 (70.0)	7.5 (75.0)	7.8 (78.0)	6.1 (61.0)	7.3 (73.0)	6.0##~ (.)	7.0 (70.0)	7.2 (72.0)	6.3 (63.0)	7.2 (72.0)	7.4 (74.0)
Total score	100	73.0 (73.0)	72.5 (72.5)	69.8~ (.)	73.2 (73.2)	73.1+ (73.1)	72.9~ (.)	74.6# (74.6)	72.2 (72.2)	73.0 (73.0)	73.9 (73.9)	71.5 (71.5)
Number of early child care programs		203	231	98	119	323	196	205	108	518	759	206

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Mean Healthy Eating Index scores were estimated based on each provider's average meals and snacks using the simple Healthy Eating Index scoring algorithm method.

Foods served in meals and snacks were reported by CACFP meal pattern age group, so foods served to 1-year-old children versus 2-year-old children are not distinguishable. The one exception is for fluid milk which was reported separately (given the different CACFP requirements for allowed types of milk)—any fluid milks served only to 1-year-olds are excluded from this table since the Healthy Eating Index applies to individuals ages 2 and older.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.44. Mean Healthy Eating Index–2015 scores for all CACFP meals served in before and after school programs

		Mean score (percentage of maximum score), by provider type and age group					
		At-risk afterschool centers		Outside- school-hours care centers		All	
	Max. score	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Adequacy components (higher scores reflect higher concentrations in CACFP meals)							
Total fruits	5	4.7 (94.0)	4.9 (98.0)	4.8 (96.0)	4.9 (98.0)	4.7 (94.0)	4.9 (98.0)
Whole fruits	5	4.4 (88.0)	4.7 (94.0)	4.8 (96.0)	4.9 (98.0)	4.4 (88.0)	4.7 (94.0)
Total vegetables	5	2.7 (54.0)	3.2** (64.0)	2.6 (52.0)	2.0 (40.0)	2.7 (54.0)	3.0 (60.0)
Greens and beans	5	1.8 (36.0)	2.2*** (44.0)	1.7^ (34.0)	1.0^ (20.0)	1.8 (36.0)	2.1 (42.0)
Whole grains	10	6.6 (66.0)	6.8 (68.0)	7.1 (71.0)	6.9 (69.0)	6.7 (67.0)	6.8 (68.0)
Dairy	10	9.1~ (.)	9.2 (92.0)	7.6 (76.0)	8.6 (86.0)	8.9 (89.0)	9.1 (91.0)
Total protein foods	5	3.4 (68.0)	3.5*** (70.0)	2.6 (52.0)	2.0 (40.0)	3.3 (66.0)	3.4 (68.0)
Seafood and plant proteins	5	3.0*** (60.0)	2.9*** (58.0)	1.4^ (28.0)	1.2 (24.0)	2.8 (56.0)	2.7 (54.0)
Fatty acids	10	5.2 (52.0)	5.5 (55.0)	4.6^ (46.0)	5.0 (50.0)	5.2 (52.0)	5.4 (54.0)
Moderation components (higher scores reflect lower concentrations in CACFP meals)							
Refined grains	10	6.5 (65.0)	7.3 (73.0)	5.7 (57.0)	5.8 (58.0)	6.5 (65.0)	7.1 (71.0)
Sodium	10	6.3 (63.0)	6.0*** (60.0)	6.9 (69.0)	8.0 (80.0)	6.4 (64.0)	6.2 (62.0)
Added sugars	10	9.1** (91.0)	9.1 (91.0)	9.7 (97.0)	9.3 (93.0)	9.2 (92.0)	9.1 (91.0)
Saturated fats	10	7.8 (78.0)	8.3 (83.0)	7.6 (76.0)	8.4 (84.0)	7.8 (78.0)	8.3 (83.0)
Total score	100	70.6 (70.6)	73.4** (73.4)	67.1 (67.1)	67.9 (67.9)	70.2 (70.2)	72.9 (72.9)
Number of before and after school programs		87	173	57	94	144	267

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Mean Healthy Eating Index scores were estimated based on each provider's average meals and snacks using the simple Healthy Eating Index scoring algorithm method.

Foods served in meals and snacks were reported by CACFP meal pattern age group, so foods served to 1-year-old children versus 2-year-old children are not distinguishable. The one exception is for fluid milk which was reported separately (given the different

CACFP requirements for allowed types of milk)—any fluid milks served only to 1-year-olds are excluded from this table since the Healthy Eating Index applies to individuals ages 2 and older.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.45. Mean Healthy Eating Index–2015 scores for all CACFP meals served in early child care programs, by share of minority children

		Mean score (percentage of maximum score), by share of minority children and age group											
		0 to less than 40 percent			40 to less than 80 percent			80 to 100 percent			All		
	Max. score	2	3 to 5	6 to 12	2	3 to 5	6 to 12	2	3 to 5	6 to 12	2	3 to 5	6 to 12
Adequacy components (higher scores reflect higher concentrations in CACFP meals)													
Total fruits	5	4.9~ (.)	4.9 (98.0)	4.9 (98.0)	4.8 (96.0)	5.0 (100.0)	4.6~ (.)	5.0 (100.0)	5.0 (100.0)	4.8~ (.)	4.9 (98.0)	4.9 (98.0)	4.8 (96.0)
Whole fruits	5	5.0 (100.0)	5.0* (100.0)	5.0 (100.0)	4.9 (98.0)	5.0 (100.0)	4.5~ (.)	5.0 (100.0)	5.0 (100.0)	4.8~ (.)	4.9 (98.0)	5.0 (100.0)	4.8 (96.0)
Total vegetables	5	2.8 (56.0)	2.3* (46.0)	1.8~ (.)	2.9+++ (58.0)	2.6 (52.0)	1.5+~ (.)	3.5#### (70.0)	2.9##~ (.)	2.8##~ (.)	3.0 (60.0)	2.6 (52.0)	2.1~ (.)
Greens and beans	5	2.1 (42.0)	1.7* (34.0)	1.1^~ (.)	2.5~ (.)	2.4 (48.0)	1.0+^~ (.)	3.2#### ~ (.)	2.8#### (56.0)	2.3##~ (.)	2.6 (52.0)	2.3 (46.0)	1.5 (30.0)
Whole grains	10	8.7 (87.0)	8.7* (87.0)	8.1~ (.)	9.1 (91.0)	9.2~ (.)	8.6~ (.)	9.2 (92.0)	8.8 (88.0)	8.6 (86.0)	9.0 (90.0)	8.9 (89.0)	8.4 (84.0)
Dairy	10	9.8 (98.0)	10.0 (100.0)	9.9~ (.)	9.5 (95.0)	9.9 (99.0)	9.8~ (.)	8.9#~ (.)	10.0 (100.0)	8.7~ (.)	9.4 (94.0)	9.9 (99.0)	9.4 (94.0)
Total protein foods	5	3.9 (78.0)	3.6 (72.0)	3.2**~ (.)	3.9+~ (.)	3.7+~ (74.0)	2.4+++~ (.)	4.4## (88.0)	4.1## (82.0)	3.7~ (.)	4.0 (80.0)	3.8 (76.0)	3.1~ (.)
Seafood and plant proteins	5	2.9 (58.0)	2.8 (56.0)	3.1~ (.)	3.1~ (.)	2.8~ (.)	2.2~ (.)	3.1 (62.0)	2.9 (58.0)	2.3~ (.)	3.0 (60.0)	2.9 (58.0)	2.5 (50.0)
Fatty acids	10	2.1 (21.0)	2.0 (20.0)	2.9~ (.)	2.3 (23.0)	2.2 (22.0)	2.9~ (.)	2.8~ (.)	2.1 (21.0)	3.1~ (.)	2.4 (24.0)	2.1 (21.0)	3.0 (30.0)
Moderation components (higher scores reflect lower concentrations in CACFP meals)													
Refined grains	10	7.0** (70.0)	7.7*** (77.0)	7.4 (74.0)	8.1 (81.0)	8.5 (85.0)	7.7~ (.)	8.1#~ (.)	8.5## (85.0)	8.5##~ (.)	7.7 (77.0)	8.2 (82.0)	7.9 (79.0)
Sodium	10	6.0~ (.)	6.4~ (.)	6.9~ (.)	6.0+~ (60.0)	6.5+ (65.0)	7.4~ (.)	5.2 (52.0)	6.0 (60.0)	6.3~ (.)	5.7 (57.0)	6.3 (63.0)	6.8 (68.0)

Appendix D. Food and nutrient content and nutritional quality of CACFP meals and snacks supplementary tables

		Mean score (percentage of maximum score), by share of minority children and age group											
		0 to less than 40 percent			40 to less than 80 percent			80 to 100 percent			All		
	Max. score	2	3 to 5	6 to 12	2	3 to 5	6 to 12	2	3 to 5	6 to 12	2	3 to 5	6 to 12
Added sugars	10	9.9 (99.0)	9.9 (99.0)	9.9 (99.0)	10.0 ⁺ (100.0)	9.9 (99.0)	9.7~ (.)	9.8 (98.0)	9.9 (99.0)	9.9~ (.)	9.9 (99.0)	9.9 (99.0)	9.8 (98.0)
Saturated fats	10	5.9 (59.0)	7.1 (71.0)	7.6~ (.)	6.0~ (.)	7.1 (71.0)	7.5~ (.)	7.0#~ (.)	7.3 (73.0)	7.0~ (.)	6.3 (63.0)	7.2 (72.0)	7.4 (74.0)
Total score	100	71.2 (71.2)	72.2* (72.2)	71.7~ (.)	72.9~ (.)	74.7 (74.7)	69.9~ (.)	75.1## ~ (.)	75.3## # (75.3)	72.7 (72.7)	73.0 (73.0)	73.9 (73.9)	71.5 (71.5)
Number of early child care programs		194	294	93	183	242	57	140	218	56	517	754	206

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Mean Healthy Eating Index scores were estimated based on each provider's average meals and snacks using the simple Healthy Eating Index scoring algorithm method.

Foods served in meals and snacks were reported by CACFP meal pattern age group, so foods served to 1-year-old children versus 2-year-old children are not distinguishable. The one exception is for fluid milk which was reported separately (given the different CACFP requirements for allowed types of milk)—any fluid milks served only to 1-year-olds are excluded from this table since the Healthy Eating Index applies to individuals ages 2 and older.

The percentage of minority children residing in the area is defined as the percentage of children ages 0–11 in the program's zip code who are non-White or Hispanic.

Difference between programs in an area with zero to less than 40 percent minority children and 40 to less than 80 percent minority children is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between programs in an area with zero to less than 40 percent minority children and 80 to 100 percent minority children is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between programs in an area with 40 to less than 80 percent minority children and 80 to 100 percent minority children is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

CACFP = Child and Adult Care Food Program.

Table D.46. Mean Healthy Eating Index–2015 scores for all CACFP meals served in before and after school programs, by share of minority children

		Mean score (percentage of maximum score), by share of minority children and age group							
		0 to less than 40 percent		40 to less than 80 percent		80 to 100 percent		All	
	Max. score	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Adequacy components (higher scores reflect higher concentrations in CACFP meals)									
Total fruits	5	4.9 (98.0)	5.0 (100.0)	4.9 ⁺⁺ (98.0)	5.0 (100.0)	4.3 [#] (86.0)	4.9 (98.0)	4.7 (94.0)	4.9 (98.0)
Whole fruits	5	5.0 (100.0)	4.9 (98.0)	4.9 ⁺⁺⁺ (98.0)	4.8 (96.0)	3.7 ^{###} (74.0)	4.5 (90.0)	4.4 (88.0)	4.7 (94.0)
Total vegetables	5	2.7 [~] (.)	2.5 (50.0)	2.7 [~] (.)	3.1 (62.0)	2.6 [~] (.)	3.3 [#] (66.0)	2.7 (54.0)	3.0 (60.0)
Greens and beans	5	1.6 ^{^~} (.)	1.3 [^] (26.0)	1.9 (38.0)	2.0 (40.0)	1.9 (38.0)	2.7 ^{##} (54.0)	1.8 (36.0)	2.1 (42.0)
Whole grains	10	5.9 [~] (.)	6.5 (65.0)	7.5 [~] (.)	7.0 (70.0)	6.3 (63.0)	6.8 (68.0)	6.7 (67.0)	6.8 (68.0)
Dairy	10	10.0 ^{**} (100.0)	9.0 (90.0)	8.2 [~] (.)	8.8 (88.0)	9.0 [~] (.)	9.5 [~] (.)	8.9 (89.0)	9.1 (91.0)
Total protein foods	5	3.6 [~] (.)	3.0 (60.0)	3.5 [~] (.)	3.2 (64.0)	3.0 [~] (.)	3.8 (76.0)	3.3 (66.0)	3.4 (68.0)
Seafood and plant proteins	5	3.1 [~] (.)	2.7 (54.0)	2.8 [~] (.)	2.2 ⁺⁺ (44.0)	2.7 (54.0)	3.1 (62.0)	2.8 (56.0)	2.7 (54.0)
Fatty acids	10	4.9 [~] (.)	5.5 (55.0)	5.2 [~] (.)	5.1 (51.0)	5.3 [~] (.)	5.6 (56.0)	5.2 (52.0)	5.4 (54.0)
Moderation components (higher scores reflect lower concentrations in CACFP meals)									
Refined grains	10	8.0 [~] (.)	7.0 (70.0)	6.6 [~] (.)	7.2 (72.0)	5.5 ^{##~} (.)	7.1 (71.0)	6.5 (65.0)	7.1 (71.0)
Sodium	10	7.5 [~] (.)	7.7 [*] (77.0)	6.1 [~] (.)	6.3 (63.0)	6.0 (60.0)	5.4 ^{###} (54.0)	6.4 (64.0)	6.2 (62.0)
Added sugars	10	8.8 (88.0)	8.8 ^{**} (88.0)	9.1 [~] (.)	9.5 ⁺⁺⁺ (95.0)	9.4 [~] (.)	8.9 (89.0)	9.2 (92.0)	9.1 (91.0)

		Mean score (percentage of maximum score), by share of minority children and age group							
		0 to less than 40 percent		40 to less than 80 percent		80 to 100 percent		All	
	Max. score	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Saturated fats	10	8.0 (80.0)	8.6 (86.0)	7.5~ (.)	8.0 (80.0)	8.0 (80.0)	8.4 (84.0)	7.8 (78.0)	8.3 (83.0)
Total score	100	74.1 (74.1)	72.4 (72.4)	70.7 (70.7)	72.2 (72.2)	67.8~ (.)	73.8 (73.8)	70.2 (70.2)	72.9 (72.9)
Number of before and after school programs		47	92	47	96	49	77	143	265

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Mean Healthy Eating Index scores were estimated based on each provider's average meals and snacks using the simple Healthy Eating Index scoring algorithm method.

Foods served in meals and snacks were reported by CACFP meal pattern age group, so foods served to 1-year-old children versus 2-year-old children are not distinguishable. The one exception is for fluid milk which was reported separately (given the different CACFP requirements for allowed types of milk)—any fluid milks served only to 1-year-olds are excluded from this table since the Healthy Eating Index applies to individuals ages 2 and older.

The percentage of minority children residing in the area is defined as the percentage of children ages 0–11 in the program's zip code who are non-White or Hispanic.

Difference between programs in an area with zero to less than 40 percent minority children and 40 to less than 80 percent minority children is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between programs in an area with zero to less than 40 percent minority children and 80 to 100 percent minority children is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between programs in an area with 40 to less than 80 percent minority children and 80 to 100 percent minority children is significantly different from zero at the +++0.001 level, ++0.01 level, or +0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.47. Major food group sources of calories, key nutrients, and other dietary components in CACFP breakfasts

	Percentage contribution of each major food group, by age group		
	1 to 2	3 to 5	6 to 12
Calories			
Breads and grains	36.6	38.3	31.9
Milk	34.6	30.8	29.9~
Fruit	14.5	15.8	23.2
Meat/meat alternate	7.7	8.1	6.8
Accompaniments	3.3	3.2	3.7
Combination entrees	2.2^	2.6	3.0^~
Other menu items or dessert	0.6^	0.8	1.3^
Vegetables	0.6^	0.5	0.3^
Total fat			
Breads and grains	27.4	34.3	31.7
Milk	43.9	30.8	29.7~
Meat/meat alternate	14.4	17.4	15.5
Accompaniments	7.9	8.7	11.2
Combination entrees	2.9^	4.5	5.3^~
Fruit	1.8	2.4	4.1~
Other menu items or dessert	0.8^	1.2^	2.1^
Vegetables	0.8^	0.8^	0.5^
Saturated fat			
Milk	57.3	44.4	41.8~
Breads and grains	16.7	21.6	20.1
Meat/meat alternate	12.0	15.7	13.1
Accompaniments	9.3	10.8	14.1
Combination entrees	2.9^	4.8	5.2^~
Fruit	0.8	1.3	3.5^~
Other menu items or dessert	0.7^	1.1^	1.9^
Vegetables	0.3^	0.4	0.3^
Linoleic acid			
Breads and grains	57.3	61.9	57.8
Meat/meat alternate	15.8	16.5	16.1~
Milk	15.5	9.1	9.0
Combination entrees	3.0	3.8	4.8^~
Accompaniments	3.5	3.3	4.6
Fruit	2.6	3.0	4.5
Other menu items or dessert	1.2^	1.5^	2.7^
Vegetables	1.1^	0.9^	0.6^

	Percentage contribution of each major food group, by age group		
	1 to 2	3 to 5	6 to 12
Sodium			
Breads and grains	54.1	53.9	52.7
Milk	27.2	26.7	27.6~
Meat/meat alternate	10.7	11.0	9.2
Combination entrees	3.2^	3.9	4.1^~
Accompaniments	2.3	2.1	2.7
Other menu items or dessert	1.1^	1.1^	2.0^
Fruit	0.8	0.9	1.3
Vegetables	0.5^	0.4	0.4^
Dietary fiber			
Breads and grains	56.6	56.8	46.1
Fruit	37.1	37.2	49.0
Combination entrees	2.6^	2.6	2.6^~
Meat/meat alternate	1.4	1.5	1.2^
Vegetables	1.6	1.2	0.5
Other menu items or dessert	0.6^	0.6^	0.5^
Accompaniments	0.1	0.1	0.1^
Milk	0.0^	0.0^	0.0^
Iron			
Breads and grains	86.4	86.9	82.4
Meat/meat alternate	5.9	5.2	4.9
Fruit	4.2	4.5	8.6
Combination entrees	1.8^	1.8	2.3^
Other menu items or dessert	0.5^	0.6^	1.2^
Milk	0.6	0.5	0.3^
Vegetables	0.5^	0.4	0.2^
Accompaniments	0.1	0.1	0.1
Zinc			
Milk	51.1	51.2	52.4~
Breads and grains	30.3	29.6	25.9~
Meat/meat alternate	9.8	10.0	8.6
Fruit	5.5	5.6	8.7
Combination entrees	2.0^	2.4	2.5^~
Other menu items or dessert	0.6^	0.7^	1.2^
Vegetables	0.4	0.3	0.2^
Accompaniments	0.3	0.3	0.3
Calcium			
Milk	73.4	73.3	71.9~
Breads and grains	18.5	17.9	18.5~

	Percentage contribution of each major food group, by age group		
	1 to 2	3 to 5	6 to 12
Meat/meat alternate	3.7	4.1	3.1
Fruit	2.3	2.4	3.6
Combination entrees	1.4^	1.6	2.1^~
Other menu items or dessert	0.3	0.3	0.5^
Accompaniments	0.2	0.2	0.2
Vegetables	0.1	0.1^	0.1^
Potassium			
Milk	57.3	57.8	52.2~
Fruit	21.8	21.9	31.2~
Breads and grains	13.4	12.8	10.2
Meat/meat alternate	4.7	4.9	3.8~
Combination entrees	1.0^	1.1	1.0^
Vegetables	1.3	1.0	0.6^
Other menu items or dessert	0.3^	0.3^	0.7^
Accompaniments	0.2	0.2	0.2
Choline			
Milk	54.9	55.8	53.7~
Meat/meat alternate	17.8	17.0	16.7~
Breads and grains	17.4	16.7	14.7
Fruit	7.1	7.2	11.9~
Combination entrees	1.8^	2.3	1.8^~
Accompaniments	0.5	0.4	0.6
Vegetables	0.4	0.3	0.2^
Other menu items or dessert	0.2^	0.2	0.4^
Number of programs	500	726	187

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs and before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

CACFP programs include child care centers, Head Start programs, family day care homes, at-risk afterschool centers and outside school hours care centers. Early child care programs may also provide care to older children.

For each nutrient panel, major food categories are listed in order of their contribution to that nutrient by the 3 to 5 age group column. Accompaniments include condiments and salad dressings.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

CACFP = Child and Adult Care Food Program,.

Table D.48. Major food group sources of calories, key nutrients, and other dietary components in CACFP lunches

	Percentage contribution of each major food group, by age group		
	1 to 2	3 to 5	6 to 12
Calories			
Combination entrees	28.2	29.7	34.0~
Milk	23.0	21.5	18.2
Meat/meat alternate	16.7	16.3	13.4
Breads and grains	14.4	14.3	13.1~
Fruit	8.4	9.2	11.1
Vegetables	7.7	7.2	8.0
Accompaniments	1.3	1.5	2.1
Other menu items or dessert	0.3^	0.3^	0.1^
Total fat			
Combination entrees	32.4	37.2	44.4~
Meat/meat alternate	26.2	28.5	24.8~
Milk	24.3	15.0	11.3
Breads and grains	7.4	8.7	8.3~
Vegetables	5.9	5.7	5.1
Accompaniments	2.6	3.5	5.1
Fruit	0.8	0.9	1.0
Other menu items or dessert	0.5^	0.3^	0.1^
Saturated fat			
Combination entrees	29.6	36.3	44.4~
Meat/meat alternate	22.2	25.8	23.6~
Milk	36.4	24.3	18.4
Breads and grains	5.2	6.4	5.3
Vegetables	3.9	3.9	3.8
Accompaniments	1.9	2.5	4.0^
Fruit	0.3	0.5	0.5
Other menu items or dessert	0.4^	0.3^	0.0^
Linoleic acid			
Combination entrees	34.9	35.9	40.7~
Meat/meat alternate	27.2	27.5	22.9~
Breads and grains	15.2	16.3	16.2~
Vegetables	9.3	8.3	8.0
Accompaniments	4.7	6.4	7.8
Milk	6.9	4.1	3.0
Fruit	1.1	1.2	1.3
Other menu items or dessert	0.7^	0.3^	0.1^

	Percentage contribution of each major food group, by age group		
	1 to 2	3 to 5	6 to 12
Sodium			
Combination entrees	35.3	36.7	40.6~
Meat/meat alternate	22.9	22.0	18.7
Breads and grains	15.0	14.6	12.9~
Vegetables	12.6	11.7	13.7
Milk	10.6	11.4	10.4
Accompaniments	2.4	2.8	3.0
Other menu items or dessert	0.8^	0.5^	0.1^
Fruit	0.4	0.4	0.5~
Dietary fiber			
Combination entrees	27.6	28.6	30.8~
Vegetables	28.9	27.0	27.7
Fruit	20.7	22.3	22.6
Breads and grains	18.9	18.4	15.4~
Meat/meat alternate	3.5	3.2	3.0
Accompaniments	0.2	0.3	0.3^
Other menu items or dessert	0.2^	0.2^	0.0^
Milk	0.0^	0.0	0.0^
Iron			
Combination entrees	37.9	39.9	44.7~
Breads and grains	22.8	21.8	19.6~
Meat/meat alternate	16.1	15.1	10.7~
Vegetables	15.2	14.4	15.0
Fruit	6.7	7.1	9.1
Milk	0.7	0.8	0.4^
Other menu items or dessert	0.3^	0.5^	0.1^
Accompaniments	0.4	0.4	0.5
Zinc			
Milk	28.3	30.5	29.0
Combination entrees	28.8	29.5	33.6~
Meat/meat alternate	22.7	21.0	15.5~
Breads and grains	10.0	9.4	10.3
Vegetables	6.5	6.0	7.5
Fruit	3.0	3.0	3.8
Other menu items or dessert	0.4^	0.3^	0.0
Accompaniments	0.2	0.2	0.3
Calcium			
Milk	65.4	66.2	57.5
Combination entrees	16.0	16.4	21.1

	Percentage contribution of each major food group, by age group		
	1 to 2	3 to 5	6 to 12
Meat/meat alternate	6.2	5.7	6.3
Breads and grains	5.4	5.2	7.1
Vegetables	4.2	3.6	4.4
Fruit	2.2	2.2	3.0
Other menu items or dessert	0.4^	0.4^	0.3^~
Accompaniments	0.2	0.2	0.4
Potassium			
Milk	38.1	40.7	36.3
Combination entrees	16.6	16.7	18.7~
Vegetables	15.5	13.9	14.7
Fruit	12.4	12.8	16.3
Meat/meat alternate	11.7	10.5	8.3~
Breads and grains	5.0	4.7	5.1
Accompaniments	0.4	0.5	0.5
Other menu items or dessert	0.3^	0.3^	0.0^
Choline			
Milk	38.7	41.2	38.8
Meat/meat alternate	23.0	20.7	15.7~
Combination entrees	18.2	18.8	21.3~
Vegetables	10.2	9.3	11.9
Breads and grains	4.8	4.6	5.5
Fruit	4.4	4.6	6.0
Accompaniments	0.4	0.5	0.8
Other menu items or dessert	0.3^	0.2^	0.0^
Number of programs	537	784	155

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs and before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

CACFP programs include child care centers, Head Start programs, family day care homes, at-risk afterschool centers and outside school hours care centers. Early child care programs may also provide care to older children.

For each nutrient panel, major food categories are listed in order of their contribution to that nutrient by the 3 to 5 age group column. Accompaniments include condiments and salad dressings.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

CACFP = Child and Adult Care Food Program,.

Table D.49. Major food group sources of calories, key nutrients, and other dietary components in CACFP snacks

	Percentage contribution of each major food group, by age group		
	1 to 2	3 to 5	6 to 12
Calories			
Breads and grains	36.3	38.5	36.5
Milk	23.7	21.1	17.4
Meat/meat alternate	17.1	16.3	15.1
Fruit	15.1	15.1	19.7
Combination entrees	2.8^	3.6	4.4^
Other menu items or dessert	2.5	3.0	4.5
Vegetables	1.4	1.4	1.5
Accompaniments	1.2	1.1	0.9
Total fat			
Breads and grains	33.7	40.1	39.9
Meat/meat alternate	28.4	27.9	27.3
Milk	26.0	17.3	13.9
Combination entrees	3.1	4.4	5.7^
Other menu items or dessert	2.9	3.8	6.3
Accompaniments	2.5	2.7	2.3
Fruit	1.9	2.3	2.8
Vegetables	1.5	1.6	1.9^
Saturated fat			
Meat/meat alternate	32.8	33.4	32.7
Breads and grains	21.4	27.1	28.4
Milk	36.7	27.0	22.5
Combination entrees	3.0^	4.5	5.8^
Other menu items or dessert	2.2	3.3	5.7
Accompaniments	2.4	2.8	2.5
Fruit	0.8	1.1	1.6
Vegetables	0.7	0.8	0.9^
Linoleic acid			
Breads and grains	60.4	62.9	59.5
Meat/meat alternate	17.6	16.4	17.1
Milk	7.6	4.8	3.5^
Other menu items or dessert	3.7	4.2	6.2
Combination entrees	3.0	3.9	5.4^
Accompaniments	2.9	2.9	2.5
Fruit	2.3	2.7	3.1^
Vegetables	2.5	2.2	2.6^

	Percentage contribution of each major food group, by age group		
	1 to 2	3 to 5	6 to 12
Sodium			
Breads and grains	48.9	50.2	49.9
Meat/meat alternate	22.2	19.2	17.7
Milk	17.5	17.4	15.6
Combination entrees	3.6^	5.2	6.4^
Other menu items or dessert	3.0	3.5	5.3
Vegetables	2.4	2.2	2.4
Accompaniments	1.4	1.3	1.4
Fruit	1.0	1.0	1.2
Dietary fiber			
Breads and grains	49.1	49.0	43.3
Fruit	33.2	31.8	37.2
Vegetables	5.5	5.4	5.4
Meat/meat alternate	4.8	5.1	4.8
Combination entrees	4.3^	4.9	4.3
Other menu items or dessert	2.9	3.6	4.7
Accompaniments	0.2^	0.2^	0.2^
Milk	0.0^	0.0^	0.0^
Iron			
Breads and grains	70.7	69.6	64.6
Fruit	9.9	9.7	12.3
Meat/meat alternate	8.6	8.2	8.3
Combination entrees	4.2^	5.2	5.4^
Other menu items or dessert	3.0	4.0	5.4
Vegetables	2.9	2.7	2.9
Milk	0.4^	0.4^	0.8^
Accompaniments	0.3	0.2	0.3^
Zinc			
Milk	36.0	35.6	31.3
Breads and grains	25.4	26.6	28.3
Meat/meat alternate	27.3	25.5	24.4
Fruit	4.2	4.4	5.6
Combination entrees	3.0^	3.7	4.3
Other menu items or dessert	2.3	2.7	4.5
Vegetables	1.6	1.5	1.5
Accompaniments	0.1	0.1	0.2
Calcium			
Milk	51.5	51.2	43.9
Meat/meat alternate	26.4	24.8	25.6

	Percentage contribution of each major food group, by age group		
	1 to 2	3 to 5	6 to 12
Breads and grains	12.6	13.5	15.0
Fruit	4.5	4.9	7.1
Combination entrees	2.0^	2.7	4.1^
Other menu items or dessert	2.0	2.0	3.0
Vegetables	0.9	0.9	1.2^
Accompaniments	0.2	0.2	0.2
Potassium			
Milk	41.4	40.9	32.8
Fruit	25.5	25.0	30.9
Breads and grains	13.7	13.7	14.4
Meat/meat alternate	12.4	13.0	13.1
Vegetables	3.9	3.7	3.8
Combination entrees	1.7^	2.0	2.3
Other menu items or dessert	1.3	1.4	2.3
Accompaniments	0.2	0.2	0.3
Choline			
Milk	48.6	47.3	39.5
Meat/meat alternate	18.7	18.3	18.4
Breads and grains	15.6	16.4	18.6
Fruit	11.3	11.6	15.5
Combination entrees	2.0^	2.4	2.8
Vegetables	2.2	2.0	1.9
Other menu items or dessert	1.2	1.5	2.8
Accompaniments	0.4	0.4	0.4
Number of programs	547	830	372

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs and before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

CACFP programs include child care centers, Head Start programs, family day care homes, at-risk afterschool centers and outside school hours care centers. Early child care programs may also provide care to older children.

For each nutrient panel, major food categories are listed in order of their contribution to that nutrient by the 3 to 5 age group column. Accompaniments include condiments and salad dressings.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

CACFP = Child and Adult Care Food Program,.

Table D.50. Minor food group sources of calories, key nutrients, and other dietary components in CACFP breakfasts

	Percentage contribution of top 10 minor food groups, by age group		
	1 to 2	3 to 5	6 to 12
Calories			
One-percent milk, unflavored	12.6	24.3	21.5
Cold cereal, unsweetened	10.2	12.3	9.4
Pancakes, waffles, French toast	9.3	8.6	8.1
Breads, rolls, bagels, and other plain breads	8.2	8.3	10.2
Banana, fresh	4.7	5.0	9.6~
Hot cereal	4.3	3.7	0.0
Condiments and toppings	3.3	3.1	3.7
Eggs	3.0	2.9	3.0~
Fat-free milk, unflavored	1.0	2.2	3.1^
Muffins, sweet/quick breads	1.9	2.0	1.2^
Total fat			
One-percent milk, unflavored	10.9	23.5	20.2
Pancakes, waffles, French toast	11.2	12.8	12.6
Condiments and toppings	7.8	8.6	11.2
Eggs	6.1	7.4	7.7~
Cold cereal, unsweetened	3.9	6.2	6.6^~
Breads, rolls, bagels, and other plain breads	3.4	4.2	6.7
Nuts, nut butters, seeds, nut mixtures	3.1	3.9	2.7^
Whole milk, unflavored	28.0	3.6^	4.8^~
Hot cereal	3.4	3.5	0.0
Muffins, sweet/quick breads	2.6	3.3	2.3^
Saturated fat			
One-percent milk, unflavored	15.8	35.6	29.9
Condiments and toppings	9.3	10.8	14.1
Pancakes, waffles, French toast	6.3	7.7	7.6
Eggs	4.7	6.4	6.5~
Whole milk, unflavored	36.4	4.7^	6.1^~
Biscuits and cornbread	3.2	4.1	3.1^
Two-percent milk, unflavored	4.4^	2.8^	4.1^~
Sausage, frankfurters, and cold cuts	2.5	2.8	3.0^
Cold cereal, unsweetened	1.5	2.7	3.7^~
Hot cereal	2.6	2.6	0.0
Linoleic acid			
Pancakes, waffles, French toast	22.8	23.0	22.7
Cold cereal, unsweetened	10.1	12.9	11.7

	Percentage contribution of top 10 minor food groups, by age group		
	1 to 2	3 to 5	6 to 12
Breads, rolls, bagels, and other plain breads	9.9	10.4	15.1
Eggs	7.4	7.5	8.4~
Muffins, sweet/quick breads	5.3	5.9	3.9^
Hot cereal	6.0	5.8	0.0
One-percent milk, unflavored	2.8	5.3	5.0
Nuts, nut butters, seeds, nut mixtures	4.3	5.0	3.6^
Condiments and toppings	3.4	3.2	4.6
Sausage, frankfurters, and cold cuts	3.1	3.2	3.3^
Sodium			
One-percent milk, unflavored	11.2	21.2	19.4
Cold cereal, unsweetened	13.1	14.8	13.5~
Pancakes, waffles, French toast	16.4	14.8	15.4
Breads, rolls, bagels, and other plain breads	13.7	13.3	17.5
Hot cereal	4.6	4.1	0.0
Eggs	3.9	3.5	3.7~
Sausage, frankfurters, and cold cuts	3.1	3.2	2.9
Biscuits and cornbread	3.1	3.1	3.3^
Fat-free milk, unflavored	1.1	2.3	3.6^
Condiments and toppings	2.3	2.1	2.7
Dietary fiber			
Cold cereal, unsweetened	21.9	24.2	18.6
Breads, rolls, bagels, and other plain breads	13.9	13.4	16.6
Pancakes, waffles, French toast	9.1	7.9	7.1
Banana, fresh	7.6	7.6	13.3
Hot cereal	7.7	6.4	0.0
Apple, fresh	5.3	4.8	6.2
Orange, fresh	4.3	4.4	7.4
Strawberries, fresh	3.2	3.5	3.7~
Blueberries, fresh	3.0	2.8	3.0
Cold cereal, sweetened	1.2	1.8	1.2^
Iron			
Cold cereal, unsweetened	52.6	55.5	51.2
Pancakes, waffles, French toast	12.7	11.5	12.3
Breads, rolls, bagels, and other plain breads	10.8	9.5	14.0
Hot cereal	5.4	4.7	0.0
Eggs	4.0	3.2	3.6
Cold cereal, sweetened	1.9	2.7	1.9
Biscuits and cornbread	1.4	1.4	2.2^
Muffins, sweet/quick breads	1.1	1.1	0.7^

	Percentage contribution of top 10 minor food groups, by age group		
	1 to 2	3 to 5	6 to 12
Sausage, frankfurters, and cold cuts	0.8	0.9	0.6^
Nuts, nut butters, seeds, nut mixtures	0.7^	0.7^	0.5^~
Zinc			
One-percent milk, unflavored	22.4	41.1	38.2
Cold cereal, unsweetened	9.4	10.4	9.7~
Breads, rolls, bagels, and other plain breads	7.7	7.3	10.1
Pancakes, waffles, French toast	5.4	4.8	4.5
Fat-free milk, unflavored	2.3	4.6	7.0^
Hot cereal	5.8	4.6	0.0
Eggs	3.9	3.4	3.6~
Whole milk, unflavored	21.7	2.3^	3.3^~
Two-percent milk, unflavored	3.8^	2.3^	3.5^~
Sausage, frankfurters, and cold cuts	2.2	2.2	2.1^
Calcium			
One-percent milk, unflavored	32.1	58.5	53.4
Cold cereal, unsweetened	6.3	7.0	8.1^~
Fat-free milk, unflavored	3.3	6.4	9.1^
Pancakes, waffles, French toast	4.9	4.1	4.2
Breads, rolls, bagels, and other plain breads	4.2	4.0	5.2
Whole milk, unflavored	30.8	3.5^	4.4^
Two-percent milk, unflavored	5.2^	3.3^	4.3^~
Yogurt	1.2	1.6	1.3^
Hot cereal	1.9	1.5	0.0
Cheese	1.1^	1.3^	0.5^
Potassium			
One-percent milk, unflavored	25.5	46.6	38.9
Banana, fresh	8.7	8.4	15.1~
Fat-free milk, unflavored	2.6	5.2	6.8^
Cold cereal, unsweetened	3.2	3.5	2.6
Breads, rolls, bagels, and other plain breads	3.5	3.3	4.1
Pancakes, waffles, French toast	3.3	2.9	2.6
Two-percent milk, unflavored	4.1^	2.6^	2.7^~
Whole milk, unflavored	24.1	2.5^	3.2^~
Orange, fresh	1.8	1.9	3.2
Hot cereal	2.3	1.7	0.0
Choline			
One-percent milk, unflavored	24.8	44.4	39.3
Eggs	14.3	13.1	13.7~
Pancakes, waffles, French toast	7.1	6.4	6.0

	Percentage contribution of top 10 minor food groups, by age group		
	1 to 2	3 to 5	6 to 12
Fat-free milk, unflavored	2.4	5.1	7.1 [^]
Cold cereal, unsweetened	3.0	3.3	3.3 ^{^~}
Breads, rolls, bagels, and other plain breads	2.9	2.7	3.7
Two-percent milk, unflavored	4.1 [^]	2.6 [^]	3.0 ^{^~}
Whole milk, unflavored	22.2	2.5 [^]	3.3 ^{^~}
Banana, fresh	2.4	2.2	5.6 ^{^~}
Hot cereal	2.2	1.7	0.0
Number of programs	500	726	187

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023. Tabulations are weighted to be nationally representative of all early child care programs and before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

CACFP programs include child care centers, Head Start programs, family day care homes, at-risk afterschool centers and outside school hours care centers. Early child care programs may also provide care to older children.

For each nutrient panel, minor food categories are listed in order of their contribution to that nutrient by the 3 to 5 age group column.

[^] Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

CACFP = Child and Adult Care Food Program.

Table D.51. Minor food group sources of calories, key nutrients, and other dietary components in CACFP lunches

	Percentage contribution of top 10 minor food groups, by age group		
	1 to 2	3 to 5	6 to 12
Calories			
One-percent milk, unflavored	8.2	17.0	15.1
Breads, rolls, bagels, and other plain breads	6.0	6.2	5.9
Rice	4.9~	4.2	4.8^~
Pizza	3.0	4.0	6.4^
Sandwich with plain (not breaded or fried) meat, poultry, or fish	2.4	3.6	4.4
Breaded or fried chicken and turkey	3.5	3.3	4.0^
Breaded or fried beef and pork	3.2	3.0	1.1^
Plain (not breaded or fried) chicken and turkey	2.7	2.6	1.7^~
Spaghetti	2.9	2.4	1.1
Macaroni and cheese	3.2	2.4	2.8^
Total fat			
One-percent milk, unflavored	5.2	11.5	10.5
Breaded or fried chicken and turkey	5.4	5.7	6.4
Breaded or fried beef and pork	5.1	5.4	1.6^
Pizza	3.2	4.8	7.5^
Plain (not breaded or fried) chicken and turkey	3.3	3.8	3.2^~
Sandwich with plain (not breaded or fried) meat, poultry, or fish	2.2	3.5	4.6
Breads, rolls, bagels, and other plain breads	3.0	3.5	3.0
Cheese	2.9	3.4	4.1
Macaroni and cheese	3.8	3.2	3.9^
Sausage, frankfurters, and cold cuts	2.4	2.9	2.7^
Saturated fat			
One-percent milk, unflavored	8.5	19.4	17.3
Breaded or fried beef and pork	5.0	5.6	1.6^
Pizza	3.5	5.4	8.9^~
Cheese	4.0	5.1	6.1^
Macaroni and cheese	4.3	3.7	4.3
Breaded or fried chicken and turkey	3.1	3.4	4.3^
Sandwich with plain (not breaded or fried) meat, poultry, or fish	2.0	3.4	4.6
Sausage, frankfurters, and cold cuts	2.3	2.9	3.0^
Sandwich with only cheese	2.2	2.9	2.2^
Plain (not breaded or fried) chicken and turkey	2.3	2.9	2.5^~
Linoleic acid			
Breaded or fried chicken and turkey	10.4	10.2	10.0
Breads, rolls, bagels, and other plain breads	6.1	6.5	5.3

	Percentage contribution of top 10 minor food groups, by age group		
	1 to 2	3 to 5	6 to 12
Plain (not breaded or fried) chicken and turkey	4.3	4.3	3.6^~
Salad dressings	2.9	3.9	4.6^
Rice	4.3^	3.9	4.9^~
Sandwich with plain (not breaded or fried) meat, poultry, or fish	2.6^	3.8	4.5
Pizza	2.9	3.8	5.6^
Breaded or fried fish and shellfish	3.2	3.4	4.6^
Other mixtures with meat/meat alternate and/or vegetables	3.7	3.3	1.2^
Chicken/turkey, beef or pork with noodles	2.8^	3.3	0.8^
Sodium			
One-percent milk, unflavored	4.3	9.0	8.4
Breads, rolls, bagels, and other plain breads	6.4	6.4	5.8
Sandwich with plain (not breaded or fried) meat, poultry, or fish	4.6	6.4	7.2
Pizza	3.5	4.5	7.3^
Breaded or fried beef and pork	4.9	4.5	3.0^~
Rice	5.1~	4.3	4.7^~
Breaded or fried chicken and turkey	4.2	3.9	4.6^
Plain (not breaded or fried) chicken and turkey	3.5	3.3	1.9^~
Other mixtures with meat/meat alternate and/or vegetables	3.3	3.0	1.7^
Spaghetti	3.3	2.7	1.3
Dietary fiber			
Breads, rolls, bagels, and other plain breads	9.7	10.1	9.2
Pizza	3.5	4.5	6.0
Rice	5.1	4.2	4.5^~
Sandwich with plain (not breaded or fried) meat, poultry, or fish	2.3	3.5	3.9
Spaghetti	4.5	3.5	1.5
Vegetable mixture, cooked	3.5	3.5	6.9^~
Apple, fresh	2.6	3.2	3.0
Orange, fresh	2.9	3.0	3.2^
Green peas, cooked	3.3	3.0	3.7^
String beans, cooked	2.7	2.3	3.2
Iron			
Breads, rolls, bagels, and other plain breads	11.0	11.1	10.6
Pizza	4.5	5.9	9.5^
Sandwich with plain (not breaded or fried) meat, poultry, or fish	3.4	5.0	6.0
Rice	5.7~	4.6	4.7^~
Breaded or fried beef and pork	4.7	4.3	1.4^
Spaghetti	5.1	4.1	2.0
Hamburger, similar beef/pork sandwiches	2.4	3.2	1.5^
Breaded or fried chicken and turkey	2.8	2.6	3.0

	Percentage contribution of top 10 minor food groups, by age group		
	1 to 2	3 to 5	6 to 12
Chicken/turkey, beef or pork with noodles	2.1	2.5	1.3^
Other mixtures with meat/meat alternate and/or vegetables	2.7	2.4	1.5^
Zinc			
One-percent milk, unflavored	11.9	24.5	23.7
Breaded or fried beef and pork	8.3	7.5	2.8^
Breads, rolls, bagels, and other plain breads	4.4	4.5	5.9
Pizza	3.0	4.0	7.2^
Sandwich with plain (not breaded or fried) meat, poultry, or fish	2.4	3.5	4.4
Plain (not breaded or fried) chicken and turkey	3.4	3.2	2.7^~
Fat-free milk, unflavored	1.6	3.1	4.4^~
Hamburger, similar beef/pork sandwiches	2.4	3.1	1.4^
Rice	3.5~	2.9	3.4^~
Beef and pork with sauce, gravy, or mayonnaise	3.3	2.6	2.6^
Calcium			
One-percent milk, unflavored	27.5	52.4	46.8
Fat-free milk, unflavored	4.0	6.9	8.6^~
Breads, rolls, bagels, and other plain breads	4.2	4.0	5.4^
Cheese	3.4	3.4	3.8
Pizza	2.7	3.4	5.9^~
Two-percent milk, unflavored	4.1^	2.8^	0.3^
Sandwich with plain (not breaded or fried) meat, poultry, or fish	2.0	2.6	3.6
Whole milk, unflavored	28.3	2.5^	0.3^
Sandwich with only cheese	1.7	1.9	1.2^
Macaroni and cheese	2.1	1.5	1.7^
Potassium			
One-percent milk, unflavored	16.5	32.8	29.6
Fat-free milk, unflavored	2.3	4.2	5.4^~
Breaded or fried beef and pork	2.7	2.4	1.2^~
Breads, rolls, bagels, and other plain breads	2.4	2.4	2.8
Sandwich with plain (not breaded or fried) meat, poultry, or fish	1.6	2.3	3.1
Pizza	1.7	2.1	3.6
Plain (not breaded or fried) chicken and turkey	2.3	2.1	1.1^~
Spaghetti	2.5	1.9	0.9
Banana, fresh	1.6	1.9	2.1^
Other mixtures with meat/meat alternate and/or vegetables	2.0	1.7	1.0^
Choline			
One-percent milk, unflavored	16.3	32.9	31.6
Breaded or fried beef and pork	5.7	5.0	2.5^
Plain (not breaded or fried) chicken and turkey	4.7	4.5	2.7^~

	Percentage contribution of top 10 minor food groups, by age group		
	1 to 2	3 to 5	6 to 12
Fat-free milk, unflavored	2.3	4.3	5.9 ^{^~}
Sandwich with plain (not breaded or fried) meat, poultry, or fish	1.7	2.5	3.2
Breaded or fried chicken and turkey	2.8	2.5	4.0 [^]
Breads, rolls, bagels, and other plain breads	2.2	2.2	2.8
Eggs	2.6	2.1	0.9 [^]
Other mixtures with meat/meat alternate and/or vegetables	2.2	1.9	0.9 [^]
Pizza	1.3	1.7	3.1 [^]
Number of programs	537	784	155

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023. Tabulations are weighted to be nationally representative of all early child care programs and before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

CACFP programs include child care centers, Head Start programs, family day care homes, at-risk afterschool centers and outside school hours care centers. Early child care programs may also provide care to older children.

For each nutrient panel, minor food categories are listed in order of their contribution to that nutrient by the 3 to 5 age group column.

[^] Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

[~] Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.52. Minor food group sources of calories, key nutrients, and other dietary components in CACFP snacks

	Percentage contribution of top 10 minor food groups, by age group		
	1 to 2	3 to 5	6 to 12
Calories			
Crackers, croutons, and pretzels	26.2	28.3	26.3
One-percent milk, unflavored	8.2	16.3	13.2
Cheese	7.6	5.8	5.1
Nuts, nut butters, seeds, nut mixtures	4.3	4.6	4.8
Yogurt	2.7	3.8	3.2
Breads, rolls, bagels, and other plain breads	2.7	2.5	2.6
Banana, fresh	2.1	2.2	2.7
Muffins, sweet/quick breads	1.9	2.1	2.7
Apple juice	2.5	2.0	2.2
Cold cereal, unsweetened	1.7	1.9	1.3
Total fat			
Crackers, croutons, and pretzels	26.3	31.5	29.8
One-percent milk, unflavored	6.4	13.0	11.6
Cheese	14.6	12.2	10.8
Nuts, nut butters, seeds, nut mixtures	8.1	9.6	10.7
Muffins, sweet/quick breads	2.3	3.0	4.0
Yogurt	1.5	2.4	2.1
Condiments and toppings	2.2	2.2	1.6
Whole milk, unflavored	17.5	2.2^	0.8^
Grain-based desserts	1.4	2.2	3.1
Peanut butter sandwich	1.1^	1.5	1.4^
Saturated fat			
One-percent milk, unflavored	9.6	21.1	19.3
Crackers, croutons, and pretzels	16.0	21.0	21.6
Cheese	21.4	19.3	17.3
Nuts, nut butters, seeds, nut mixtures	4.9	6.3	7.7
Yogurt	2.8	4.5	4.5
Whole milk, unflavored	24.2	2.9^	1.2^
Condiments and toppings	2.2	2.5	2.0^
Grain-based desserts	1.0	2.0	3.2
Two-percent milk, unflavored	2.5^	1.9^	1.1^
Muffins, sweet/quick breads	1.2	1.8	2.4
Linoleic acid			
Crackers, croutons, and pretzels	48.4	50.5	44.5
Nuts, nut butters, seeds, nut mixtures	9.8	10.6	11.3

	Percentage contribution of top 10 minor food groups, by age group		
	1 to 2	3 to 5	6 to 12
Muffins, sweet/quick breads	4.3	4.6	6.3^
One-percent milk, unflavored	1.9^	3.1	2.8^
Grain-based desserts	2.2	2.5	3.1
Cheese	3.1	2.4	2.1
Condiments and toppings	2.3^	2.0^	1.0^
Peanut butter sandwich	1.5^	1.8	1.6^
Breads, rolls, bagels, and other plain breads	1.8	1.7	2.3^
Corn/tortilla chips	0.6^	1.6	3.7
Sodium			
Crackers, croutons, and pretzels	36.7	38.6	37.8
One-percent milk, unflavored	7.2	13.2	12.0
Cheese	13.4	10.3	9.3
Breads, rolls, bagels, and other plain breads	3.8	3.5	3.5
Yogurt	1.9	2.7	2.5
Nuts, nut butters, seeds, nut mixtures	2.7	2.6	3.1
Cold cereal, unsweetened	2.1	2.2	1.4
Muffins, sweet/quick breads	1.9	2.0	3.0^
Fat-free milk, unflavored	0.8^	1.8^	2.1^
Grain-based desserts	0.9	1.4	1.9^
Dietary fiber			
Crackers, croutons, and pretzels	32.9	33.4	28.9
Apple, fresh	6.3	6.3	9.2
Breads, rolls, bagels, and other plain breads	5.2	4.7	4.5^
Cold cereal, unsweetened	4.3	4.6	3.5
Nuts, nut butters, seeds, nut mixtures	4.1	4.3	3.8
Banana, fresh	4.4	4.2	4.1
Orange, fresh	3.0	2.9	3.3
Blueberries, fresh	2.3	2.1	3.5
Snacks	1.8	1.8	2.7
Grain-based desserts	1.1	1.7^	2.0^
Iron			
Crackers, croutons, and pretzels	45.7	45.8	43.4
Cold cereal, unsweetened	11.7	11.5	6.6
Breads, rolls, bagels, and other plain breads	5.5	4.9	5.4
Nuts, nut butters, seeds, nut mixtures	3.2	3.3	3.5
Grain-based desserts	1.7	2.5	2.9
Muffins, sweet/quick breads	2.5^	2.3	3.9^
Cold cereal, sweetened	1.1^	1.6	1.6^
Peanut butter sandwich	1.1^	1.6	1.7^

	Percentage contribution of top 10 minor food groups, by age group		
	1 to 2	3 to 5	6 to 12
Snacks	1.3	1.3	2.2
Raisins, dried	1.4^	1.2^	1.1^
Zinc			
One-percent milk, unflavored	14.8	28.1	24.2
Crackers, croutons, and pretzels	16.9	18.7	19.7
Cheese	14.7	11.2	9.9
Yogurt	5.3	7.1	7.1
Nuts, nut butters, seeds, nut mixtures	3.8	4.1	4.8
Fat-free milk, unflavored	1.8	3.3^	3.7^
Breads, rolls, bagels, and other plain breads	2.8	2.6	2.7
Two-percent milk, unflavored	2.7^	2.0^	1.3^
Cold cereal, unsweetened	1.6	1.7	1.4^
Whole milk, unflavored	16.2	1.7^	0.8^
Calcium			
One-percent milk, unflavored	20.5	40.1	33.7
Cheese	18.3	14.6	14.3
Yogurt	6.6	8.7	9.5
Crackers, croutons, and pretzels	6.7	8.0	9.0
Fat-free milk, unflavored	3.0^	5.0	5.3^
Two-percent milk, unflavored	3.8^	2.6^	1.6^
Whole milk, unflavored	23.3	2.6^	1.2^
Breads, rolls, bagels, and other plain breads	1.9	1.7	2.0
Cold cereal, unsweetened	1.5	1.6	1.1^
Orange, fresh	1.1	1.2	1.3
Potassium			
One-percent milk, unflavored	16.8	32.2	24.8
Crackers, croutons, and pretzels	9.1	9.7	10.4
Yogurt	5.0	6.5	5.8
Banana, fresh	4.4	4.3	4.9
Fat-free milk, unflavored	2.6^	4.0	3.9^
Apple juice	4.0	3.2	3.4
Nuts, nut butters, seeds, nut mixtures	3.0	3.1	3.3
Apple, fresh	2.0	2.2	3.8
Juice blend	1.9	2.2	3.7
Two-percent milk, unflavored	2.8^	2.1^	1.7^
Choline			
One-percent milk, unflavored	19.5	37.7	30.0
Crackers, croutons, and pretzels	9.1	9.8	11.6
Yogurt	3.9	5.3	5.4

	Percentage contribution of top 10 minor food groups, by age group		
	1 to 2	3 to 5	6 to 12
Fat-free milk, unflavored	2.4	4.4	4.5 [^]
Nuts, nut butters, seeds, nut mixtures	3.7	3.9	4.6
Eggs	4.6	3.9	1.6 [^]
Cheese	3.7	2.9	3.4 [^]
Muffins, sweet/quick breads	2.3	2.5	3.0 [^]
Two-percent milk, unflavored	3.4 [^]	2.3 [^]	2.0 [^]
Whole milk, unflavored	22.4	2.2 [^]	0.9 [^]
Number of programs	547	830	372

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023. Tabulations are weighted to be nationally representative of all early child care programs and before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

CACFP programs include child care centers, Head Start programs, family day care homes, at-risk afterschool centers and outside school hours care centers. Early child care programs may also provide care to older children.

For each nutrient panel, minor food categories are listed in order of their contribution to that nutrient by the 3 to 5 age group column.

[^] Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

CACFP = Child and Adult Care Food Program.

Table D.53. Foods served most frequently in CACFP breakfasts in early child care programs

	Percentage of daily menus, by provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Milk	99.5	99.3	98.7	99.6	99.7	99.5	99.1	97.8	99.5	99.2	98.0
One-percent milk, unflavored	77.9	84.4	84.7	75.9	94.5	61.9	84.9~	74.2~	67.5	85.7	77.3
Fat-free milk, unflavored	12.2	13.9	16.0^	5.4^	6.5^	5.2^	7.0^	12.4^~	7.4	9.0	13.4^
Whole milk, unflavored	86.2	6.8	2.5^	78.9	3.0	62.3~	9.8^~	13.5^~	70.5	8.2^	10.3^~
Two-percent milk, unflavored	2.7^	2.3^	0.1^	0.4^	0.8^	10.9^~	7.9^~	9.7^~	7.9^	5.6^	6.9^~
Fruit	94.0	94.7	93.5	95.7	97.5	94.0	96.2	95.2	94.1	95.9	94.7
Banana, fresh	16.8	15.2	16.7	11.3	11.1	24.9	26.6	32.3	21.7	21.7	27.7
Apple, fresh	7.7	8.5	6.7	6.8	8.5	11.4	11.5	11.1	10.1	10.3	9.8
Strawberries, fresh	2.8	2.5	2.1^	4.6^	2.7	11.8	14.7	12.3	8.6	9.9	9.3
Orange, fresh	8.2	9.7	8.3^	6.6	7.3	8.7	7.8	11.9	8.5	8.3	10.9
Blueberries, fresh	1.9^	1.8^	2.6^	3.3^	3.8	8.3	8.3	5.3	6.1	5.9	4.5
Applesauce, canned	7.2	7.9	7.6^	7.9	9.9	3.9	4.0	4.2^	5.1	5.7	5.2
Meat/meat alternate	13.7	13.0	14.5	25.7^	21.7	24.6	26.5	30.9~	21.2	22.0	26.1
Eggs	3.7	3.4	1.6^	10.3^	7.6	12.1	12.4	17.9	9.4	9.3	13.1
Breads and grains	93.2	93.5	92.8	88.8	88.1	90.7	92.2	88.2	91.4	92.2	89.6
Cold cereal, unsweetened	37.5	38.5	32.4	26.2	23.2	22.7	23.3	21.6	27.5	27.7	24.8
Breads, rolls, bagels, and other plain breads	15.6	15.8	17.9	20.8	21.8	26.4	27.4	27.7	22.8	23.5	24.8
Pancakes, waffles, French toast	19.8	20.2	22.6	14.2	14.8	22.6	22.5	24.3	21.3	21.1	23.8
Hot cereal	10.3	8.5	8.9	5.7^	6.6	14.6	15.3	12.3^~	12.9	12.4	11.3
Other menu items or dessert	9.3	8.7	10.1^	12.5	12.0	13.7^~	11.0^~	16.3^~	12.3	10.4	14.5
Water	8.1^	7.5^	7.5^	10.6^	9.5	11.4^~	9.9^~	12.7^~	10.3^	9.1	11.1^~
Number of daily breakfast menus	943	1,037	332	531	1,376	770	821	320	2,244	3,234	652

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates are reported for each program and age group combination where a given meal is served.

Indented rows show minor food groups served in at least 5 percent of daily menus for any program type and age group. Minor food groups are listed in descending order based on the frequency served to children ages 3 to 5 across all providers.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.54. Foods served most frequently in CACFP lunches in early child care programs

	Percentage of daily menus, by provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Milk	99.3	97.8	97.4	99.6	99.9	99.0	98.5	92.5~	99.1	98.4	95.0
One-percent milk, unflavored	80.2	85.6	81.5~	75.7	94.7	59.6	81.8~	82.9~	65.7	84.0	82.2~
Fat-free milk, unflavored	10.6	12.2^	18.1^~	5.2^	6.1^	8.9	10.4	9.1^~	9.2	10.5	13.7^~
Whole milk, unflavored	86.6	5.9	3.7^	79.3	3.4^	66.5	8.0^~	0.0	72.4	7.0^	1.8^
Two-percent milk, unflavored	2.5^	2.1^	0.2^	0.4^	0.8^	11.4^~	7.3^~	0.5^	8.6^	5.3^	0.4^
Fruit	94.2	94.3	94.3	88.8	89.7	91.4	91.4	90.8~	92.0	92.0	92.5
Apple, fresh	6.7	9.2	8.1^	8.7^	10.4	9.3	10.7	9.0	8.6	10.3	8.6
Orange, fresh	9.4	10.7	7.4^	6.9	9.8	11.3	9.4	10.1^~	10.6	9.8	8.8^
Banana, fresh	5.5	5.3	2.6^	3.6^	3.9	6.5	7.9	12.5^~	6.1	6.8	7.5^
Grapes, fresh	1.3^	1.3^	2.1^	-	0.6^	10.0	9.5	15.2	7.3	6.5	8.6
Fruit cocktail, canned	11.6	12.4	11.0	8.5	9.2	3.9^	3.4^	0.4^	6.1	6.4	5.7^
Applesauce, canned	8.2	7.1	8.8	5.6	5.1	5.1	4.8	7.4^	6.0	5.5	8.1
Peaches, canned	10.0	8.7	10.2	7.5	7.8	3.5	3.8	3.4^	5.4	5.5	6.8
Strawberries, fresh	1.0^	1.1^	0.1^	2.0^	1.9	7.1	7.8	7.7^	5.3	5.4	3.9^
Mandarin oranges, canned	9.0	7.9	8.6^	7.2^	5.3	2.0^	2.2^	-	4.1	4.0	5.5^
Vegetables	90.2	90.0	89.7	89.1	92.0	87.2	87.0	88.2	88.0	88.3	88.9
Corn, cooked	9.8	10.5	10.3	6.9	8.6	11.3	11.1	14.0^~	10.8	10.7	12.1
String beans, cooked	12.9	12.3	14.2	8.4	8.8	10.4	10.2	11.1^	11.0	10.6	12.7
Vegetable mixture, cooked	9.8	9.3	12.9	11.4	8.4	7.5	8.8	25.8^~	8.3	8.9	19.3
Broccoli, cooked	4.4	4.7	2.0^	10.5	8.3	10.2	9.2	3.7^~	8.7	8.0	2.8^
Side salads, raw	8.5	9.5	8.2^	6.2	11.4	5.5	6.6	4.5^	6.4	7.9	6.4
Carrots, raw	5.4	7.0	5.8^	1.7^	6.7	6.9	7.1	5.5^	6.3	7.1	5.6^
Green peas, cooked	7.0	6.2	9.2^	8.1	6.0	6.6	6.6	8.2^~	6.7	6.4	8.7^
Carrots, cooked	6.2	5.4	5.2^	5.5	4.6	7.8	6.7	1.4^	7.3	6.2	3.3^
White potatoes, cooked	7.6	7.1	5.0^	10.3	8.9	6.0	5.3	3.8^	6.6	6.1	4.4^

Appendix D. Food and nutrient content and nutritional quality of CACFP meals and snacks supplementary tables

	Percentage of daily menus, by provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
French fries/similar products, cooked	6.4	6.1	5.2	4.5	6.3	5.1	4.4	2.8^~	5.4	5.0	4.0^
Combination entrees	55.1	55.0	65.4	54.9	58.3	51.4	51.6	55.9~	52.5	53.1	60.7
Sandwich with plain (not breaded or fried) meat, poultry, or fish	5.0	5.2	7.2	6.8^	7.2	5.7^	6.8^	8.5^	5.6	6.4	7.9
Spaghetti	8.4^	7.3^	2.2^	5.5	5.4	7.0	6.1	5.1^	7.3	6.4	3.7^
Pizza	5.5	5.3	7.3	5.8	5.1	5.7	5.3	9.9^~	5.7	5.3	8.6^
Macaroni and cheese	3.6	3.1	6.3^	1.8^	2.9	5.8	4.8	4.5^	5.1	4.1	5.4^
Peanut butter sandwich	2.1^	2.0^	2.6^	0.9^	0.8^	3.1^	3.2^	8.3^~	2.7	2.6	5.4^
Meat/meat alternate	46.5	46.7	36.9	44.8	43.4	54.0	53.5	52.3~	51.6	50.8	44.6
Breaded or fried chicken and turkey	11.2	10.5	10.7^	7.8	9.0	9.0	9.1	7.4^	9.5	9.5	9.1
Plain (not breaded or fried) chicken and turkey	5.2	5.4	1.6^	3.8	5.4	11.1	11.0	10.1^~	9.2	9.0	5.8^
Breaded or fried beef and pork	6.7	6.1	6.4^	7.1	6.9	11.0	10.4	4.5^~	9.7	8.9	5.5^
Cheese	5.4	6.2	6.2	4.8	6.5	5.5	6.8	18.6^~	5.5	6.6	12.3^
Sausage, frankfurters, and cold cuts	5.6^	5.6	7.8^	1.2^	2.7	5.4	6.2	4.8^~	5.3	5.7	6.3^
Breads and grains	58.3	57.3	41.6	50.2	50.1	54.4	54.6	47.1~	55.3	54.9	44.4
Breads, rolls, bagels, and other plain breads	37.9	37.1	26.7	25.8	26.4	25.1	26.8	15.8^	28.5	29.5	21.3
Rice	10.9	10.4	9.3^	9.6	8.5	18.1~	16.8	20.5^~	15.9	14.3	14.9^~
Crackers, croutons, and pretzels	3.9	4.2	4.3^	1.5^	3.6	3.2^	4.2	11.7^~	3.3	4.1	8.0^
Other menu items or dessert	8.5^	8.6^	9.0^~	16.2	13.7	21.1~	16.3^~	9.0^~	17.5	14.0	9.0^
Water	8.0^	7.6^	8.7^~	16.0	12.3	19.1^~	15.0^~	8.9^~	16.0	12.8	8.8^
Number of daily lunch menus	957	1,060	245	529	1,382	913	934	148	2,399	3,376	393

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates are reported for each program and age group combination where a given meal is served.

Indented rows show minor food groups served in at least 5 percent of daily menus for any program type and age group. Minor food groups are listed in descending order based on the frequency served to children ages 3 to 5 across all providers.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.55. Foods served most frequently in CACFP morning and afternoon snacks in early child care programs

	Percentage of daily menus, by provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Milk	41.5	39.5	35.2	44.2	45.6	60.1	62.4	59.7~	54.8	55.6	52.5
One-percent milk, unflavored	32.8	36.4	33.2	27.4	42.9	31.8	51.1	45.1~	31.9	46.9	41.6
Fat-free milk, unflavored	4.2^	3.2^	2.6^	1.7^	2.5^	5.2^	5.6^	10.5^~	4.8	4.8	8.1^~
Whole milk, unflavored	29.3	1.1^	0.2^	34.0	1.2^	42.3	6.1^~	3.8^~	38.7	4.5^	2.7^
Two-percent milk, unflavored	1.3^	1.0^	0.3^	0.0	0.4^	7.9^~	5.4^~	4.0^~	6.0^	4.0^	2.9^
Fruit	49.0	52.1	51.1	55.5	48.1	66.4	67.1	76.1	61.6	62.0	68.7
Juice	17.7	16.4	18.2	13.9	10.9	11.7	10.9	13.4^~	13.3	12.2	14.8
Apple, fresh	6.9	8.7	9.2	3.9	5.2	10.6	12.3	18.9~	9.4	10.9	16.0
Banana, fresh	3.6	4.8	5.9^	4.5^	4.0	10.4	9.8	10.6	8.5	8.2	9.2
Orange, fresh	4.3	3.6	2.9^	3.8^	2.7^	4.5	5.6	7.6	4.4	4.9	6.2
Grapes, fresh	2.3^	2.8^	2.2^	-	1.1^	5.6	4.6	7.6^	4.7	3.9	6.0^
Blueberries, fresh	0.3^	0.3^	0.3^	1.4^	1.2	5.1	4.7	8.0^	3.8	3.4	5.8
Vegetables	8.0	8.6	4.8^	6.7	9.9	11.1	11.6	16.1^~	10.2	10.7	12.8^
Combination entrees	4.7^	4.7^	2.7^	1.2^	2.1	3.3^	5.4	7.5^~	3.6^	5.0	6.1^
Meat/meat alternate	26.0	26.9	28.3	31.7	31.0	33.6	32.4	38.5~	31.6	31.0	35.5
Cheese	13.9	14.4	14.6	13.8	13.0	13.9	11.9	14.0^~	13.9	12.6	14.2
Yogurt	7.3	7.2	8.1	10.5	10.8	7.1	7.7	8.7	7.3	7.8	8.5
Nuts, nut butters, seeds, nut mixtures	3.5^	4.1^	5.0^	1.7^	3.7	5.6	6.5	8.3	4.9	5.7	7.3
Breads and grains	78.0	77.8	82.1	74.5	74.9	74.3	72.6	74.7	75.2	74.0	76.9
Crackers, croutons, and pretzels	64.5	62.4	66.9	54.6	51.7	52.2	52.2	48.6~	55.4	54.6	54.0
Breads, rolls, bagels, and other plain breads	4.2	5.0	2.9^	8.5	7.8	7.9	7.6	11.1^	7.0	7.0	8.7^
Other menu items or dessert	44.0	42.7	49.4	33.0	35.4	36.8	31.3	29.2~	38.5	34.4	35.2
Water	39.2	38.6	44.9	30.2	31.5	34.9	29.4	26.8~	35.8	31.7	32.1

	Percentage of daily menus, by provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Number of daily snack menus	1,111	1,231	479	558	1,357	1,187	1,273	483	2,856	3,861	962

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates are reported for each program and age group combination where a given meal is served.

Indented rows show minor food groups served in at least 5 percent of daily menus for any program type and age group. Minor food groups are listed in descending order based on the frequency served to children ages 3 to 5 across all providers.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.56. Foods served most frequently in CACFP breakfasts in outside of school hours programs

	Percentage of daily menus, by age group		
	1 to 2	3 to 5	6 to 12
Milk	100.0	100.0	91.8
One-percent milk, unflavored	72.4	83.6	85.8
Whole milk, unflavored	80.1	5.4^	3.7^
Fat-free milk, unflavored	8.4^	10.5^	3.1^
Two-percent milk, unflavored	6.0^	5.9^	2.9^
Fruit	94.7	95.5	96.4
Apple, fresh	11.2	9.0	42.9^~
Orange, fresh	12.7^	10.5^	30.3^
Pear, fresh	-	-	23.6^
Banana, fresh	15.9	16.7	7.6^
Applesauce, canned	8.9	8.3	5.3^
Juice	5.4^	8.0^	4.8^
Peaches, canned	5.5^	7.4	4.3^
Mandarin oranges, canned	4.1^	5.3	3.7^
Fruit cocktail, canned	1.8^	6.0^	3.2^
Strawberries, fresh	10.2	8.8	2.8^
Meat/meat alternate	24.3	27.9	23.4
Yogurt	3.2^	7.8	14.3
Eggs	7.9^	9.2	5.0^
Sausage, frankfurters, and cold cuts	9.1^	7.5^	1.1^
Breads and grains	94.0	93.7	96.6
Cold cereal, unsweetened	32.5	33.4	28.0
Breads, rolls, bagels, and other plain breads	27.4	25.2	23.7
Muffins, sweet/quick breads	5.6	6.8	20.9^
Crackers, croutons, and pretzels	0.0	0.0	-
Pancakes, waffles, French toast	15.8	17.3	8.4^
Hot cereal	12.1^	9.8^	6.2^
Cold cereal, sweetened	5.7^	10.6	6.0^
Other menu items or dessert	9.5^	13.5^	7.5^
Water	8.6^	11.3^	6.1^
Number of daily breakfast menus	122	158	143

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates are reported for each program and age group combination where a given meal is served.

Indented rows show minor food groups served in at least 5 percent of daily menus for any age group. Minor food groups are listed in descending order based on the frequency served to children ages 6 to 12.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

CACFP = Child and Adult Care Food Program.

Table D.57. Foods served most frequently in CACFP afternoon snacks in before and after school programs

	Percentage of daily menus, by provider type and age group					
	At-risk afterschool centers		Outside-school- hours care centers		All	
	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Milk	27.3	22.2	27.9	47.8	27.4	26.9
One-percent milk, unflavored	19.7^	15.3	22.1^	44.8^	20.1^	20.7
Fat-free milk, flavored	7.2^	8.1^	0.0	0.0	6.1^	6.6^
Fruit	75.7	75.6	64.5	64.9	74.0	73.6
Juice	52.6	52.3	6.1^	10.4^	45.6	44.6
Apple, fresh	7.7^	8.3	17.7^	19.4	9.2	10.4
Orange, fresh	3.8^	1.7^	14.5^	21.6^	5.4^	5.4^
Applesauce, canned	5.9^	5.1^	2.3^	1.9^	5.4^	4.5^
Vegetables	12.7^	11.2^	7.6^	8.6	11.9^	10.7^
Carrots, raw	8.5^	7.9^	2.3^	4.3^	7.5^	7.2^
Meat/meat alternate	25.7	25.7	22.5^	26.9	25.3	25.9
Cheese	7.6^	10.6	10.6^	12.5^	8.0	11.0
Yogurt	7.0^	8.3	6.6^	7.1	6.9^	8.0
Nuts, nut butters, seeds, nut mixtures	10.2^	6.9^	3.4^	3.9^	9.2^	6.3^
Breads and grains	72.3	70.2	76.9	75.4	73.0	71.2
Crackers, croutons, and pretzels	49.4	47.5	65.8	62.5	51.9	50.2
Corn/tortilla chips	4.9^	7.5	5.2^	6.0^	4.9^	7.2
Muffins, sweet/quick breads	9.1^	7.2^	2.3^	1.3^	8.1^	6.1^
Other menu items or dessert	15.9	25.9	37.1	24.4	19.1	25.6
Water	2.5^	9.2^	25.0^	13.4^	5.9^	10.0^
Snacks	6.7^	9.1^	10.7^	8.4^	7.3^	9.0
Number of daily snack menus	259	391	230	399	489	790

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates are reported for each program and age group combination where a given meal is served.

Indented rows show minor food groups served in at least 5 percent of daily menus for any program type and age group. Minor food groups are listed in descending order based on the frequency served to children ages 6 to 12 across all providers.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

CACFP = Child and Adult Care Food Program.

Table D.58. Foods served most frequently in CACFP suppers in before and after school programs

	Percentage of daily menus, by provider type and age group					
	At-risk afterschool centers		Outside-school-hours care centers		All	
	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Milk	99.2	99.7	98.2	96.6	99.2	99.6
One-percent milk, unflavored	92.3	87.8	69.1	74.3	91.1	87.4
Fat-free milk, flavored	27.5^~	51.4	0.0	2.8^	26.2^	50.0
Fat-free milk, unflavored	18.3^	26.6	11.2	2.8^	17.9^	25.9
One-percent milk, flavored	1.4^	13.5^	10.0^	6.7^	1.8^	13.3^
Fruit	93.6	96.6	85.3	85.9	93.2	96.3
Apple, fresh	22.2	23.0	10.9	10.3	21.7	22.7
Applesauce, canned	21.2	15.4	5.0^	6.0^	20.4	15.1
Orange, fresh	8.6	12.4	16.1	14.9	9.0	12.5
Juice	11.3	12.1	-	3.8^	10.8	11.8
Banana, fresh	3.4^	6.4	-	4.7^	3.3^	6.3
Cranberries, dried	6.7^	6.2	0.0	0.0	6.4^	6.0
Peaches, canned	6.9^	4.3	8.1^	6.1	6.9^	4.3
Vegetables	81.9	88.1	92.7	92.9	82.5	88.3
Carrots, raw	22.6	26.2	5.1^	7.7	21.7	25.7
Cucumber, raw	4.8^	8.6	5.8^	3.8^	4.9^	8.5
Celery, raw	5.9^	6.8	-	4.7^	5.7^	6.7
Broccoli, raw	3.0^	5.8	6.1^	4.7	3.1^	5.8
Corn, cooked	5.4^	5.7	7.1	8.4^	5.5^	5.8
String beans, cooked	4.3^	5.1^	13.5	9.0	4.8^	5.2^
Other beans, cooked	8.0^	5.3	0.0	0.0	7.6^	5.2
Vegetable juice blend	6.0^	3.8^	0.0	0.0	5.7^	3.7^
Combination entrees	57.1	64.1	45.9	48.6	56.6	63.7
Sandwich with plain (not breaded or fried) meat, poultry, or fish	9.1	15.0	9.3	12.9	9.1	15.0
Peanut butter sandwich	7.7^	10.3	-	-	7.4^	10.0
Pizza	9.1^	9.0	-	-	8.7^	8.8
Frankfurter, corn dog, similar sausage sandwiches	5.8	5.7	-	1.9^	5.6	5.6
Meat/meat alternate	48.2	43.4	61.6	58.1	48.9	43.8
Cheese	19.7	18.5	11.4	14.2	19.3	18.3
Nuts, nut butters, seeds, nut mixtures	16.0^	14.1	0.0	0.0	15.2^	13.7
Yogurt	6.7^	6.6	5.1^	-	6.6^	6.5
Sausage, frankfurters, and cold cuts	6.5^	6.5^	-	2.9^	6.4^	6.4^
Plain (not breaded or fried) chicken and turkey	4.7^	3.7^	11.8	8.7^	5.1^	3.9^

	Percentage of daily menus, by provider type and age group					
	At-risk afterschool centers		Outside-school-hours care centers		All	
	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Chicken and turkey with sauce, gravy, or mayonnaise	5.3^	2.7^	4.6^	7.9^	5.2^	2.8^
Breads and grains	46.3	39.8	60.5	54.1	47.0	40.2
Crackers, croutons, and pretzels	20.5^	14.4	7.3^	7.6	19.9^	14.2
Breads, rolls, bagels, and other plain breads	11.7^	8.2^	45.4	34.2	13.4^	9.0
Corn/tortilla chips	7.2^	8.2^	-	-	6.9^	8.0^
Other menu items or dessert	22.3	15.4	19.7^	2.3^	22.2	15.1
Water	4.2^	5.5^	19.7^	1.7^	5.0^	5.4^
Fruit drinks (not 100 percent)	8.4^~	3.4^	0.0	0.0	8.0^	3.3^
Number of daily supper menus	199	509	82	137	281	646

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Estimates are reported for each program and age group combination where a given meal is served.

Indented rows show minor food groups served in at least 5 percent of daily menus for any program type and age group. Minor food groups are listed in descending order based on the frequency served to children ages 6 to 12 across all providers.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.59. Availability of fresh fruits and vegetables in CACFP breakfasts in early child care programs

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Frequency of any fresh fruits or vegetables											
Never served	8.3^	9.0^	12.5^	22.5	20.7	4.4^	-	0.5^	6.4^	4.9	4.2^
Rarely (greater than 0 to less than 34 percent)	22.4	21.0	26.3^~	13.1^	21.5	2.8^	1.9^	1.7^	9.0	9.4	9.4^
Sometimes (34 to less than 67 percent)	33.8	34.4	27.0	35.3	34.7	11.2	11.3	16.8^~	18.9	20.3	20.0
Often (67 to less than 100 percent)	19.7	21.5	13.4^~	22.5^	16.4	28.4	29.2	19.5^~	25.5	25.7	17.6^~
Always served	15.7	14.0	20.7^~	6.6^	6.7^	53.2	57.4~	61.5~	40.0	39.8	48.8~
Mean provider percentage	52.4	52.4	49.9~	44.0	41.4	82.4	86.8	86.4~	71.8	72.2	75.1~
Frequency of any fresh vegetables, raw or cooked											
Never served	98.2	98.3	100.0	88.4	92.9	92.0	90.5~	95.3~	93.6	93.0	96.7
Rarely (greater than 0 to less than 34 percent)	1.8^	1.7^	0.0	-	6.8^	3.7^	5.2^	4.0^~	3.5^	4.4^	2.7^
Sometimes (34 to less than 67 percent)	0.0	0.0	0.0	0.0	0.0	2.7^	1.5^	-	1.8^	0.9^	-
Often (67 to less than 100 percent)	0.0	0.0	0.0	0.0	0.0	-	1.5^~	0.0	-	0.9^	0.0
Always served	0.0	0.0	0.0	1.5^	-	1.5^	1.3^	-	1.0^	0.8^	-
Mean provider percentage	0.4^	0.4^	0.0	3.5^	1.8^	4.0^	4.5^	1.5^	2.9^	3.1^	1.0^
Frequency of any fresh raw vegetables											
Never served	98.3	98.4	100.0	88.8	94.2	93.3	92.3	99.2	94.5	94.2	99.5
Rarely (greater than 0 to less than 34 percent)	1.7^	1.6^	0.0	-	5.4^	3.9^	3.5^	-	3.5^	3.2^	-
Sometimes (34 to less than 67 percent)	0.0	0.0	0.0	0.0	0.0	-	1.5^	0.0	-	0.9^	0.0
Often (67 to less than 100 percent)	0.0	0.0	0.0	0.0	0.0	0.0	-	0.0	0.0	-	0.0
Always served	0.0	0.0	0.0	1.5^	-	1.5^	1.3^	-	1.0^	0.8^	-
Mean provider percentage	0.4^	0.4^	0.0	3.4^	1.5^	3.1^	4.1^	0.6^	2.4^	2.8^	0.4^

Appendix D. Food and nutrient content and nutritional quality of CACFP meals and snacks supplementary tables

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Frequency of any fresh cooked vegetables											
Never served	99.9	99.9	100.0	99.7	98.6	97.2	98.1	95.8~	98.1	98.7	97.1
Rarely (greater than 0 to less than 34 percent)	-	-	0.0	-	-	-	-	-	0.9^	1.2^	-
Sometimes (34 to less than 67 percent)	0.0	0.0	0.0	0.0	0.0	1.5^	-	-	1.0^	-	-
Often (67 to less than 100 percent)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Always served	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mean provider percentage	0.0^	0.0^	0.0	0.1^	0.3^	0.9^	0.4^	0.9^~	0.6^	0.3^	0.6^
Frequency of any fresh fruits											
Never served	8.3^	9.0^	12.5^	23.9	21.1	4.4^	-	0.8^	6.5^	4.9	4.5^
Rarely (greater than 0 to less than 34 percent)	23.7	22.2	26.3^~	22.8^	27.0	2.8^	2.4^	2.9^	9.9	10.6	10.2^
Sometimes (34 to less than 67 percent)	32.7	33.4	27.0	25.5^	29.3	14.6	12.9	15.6^~	20.5	20.4	19.2
Often (67 to less than 100 percent)	19.5	21.3	13.4^~	22.5^	16.5	28.9	29.7	22.3~	25.9	26.0	19.5~
Always served	15.7	14.0	20.7^~	5.2	6.1^	49.2	54.8	58.4~	37.3	38.1	46.7~
Mean provider percentage	52.1	52.0	49.9~	40.5	39.6	80.6	85.5	85.3~	70.3	71.2	74.3~
Number of early child care programs	193	213	77	115	304	167	176	78	475	693	155

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Estimates are reported for each program and age group combination where a given meal is served.

Fresh fruits and vegetables exclude canned, frozen, and dried fruits and vegetables and all juices.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

CACFP = Child and Adult Care Food Program.

Table D.60. Availability of fresh fruits and vegetables in CACFP lunches in early child care programs

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Frequency of any fresh fruits or vegetables											
Never served	14.5^	10.5^	24.9^~	4.5^	3.3^	2.4^	3.8^	3.6^~	5.6	5.5	14.0^
Rarely (greater than 0 to less than 34 percent)	15.3	14.6	10.7^	16.1^	11.2	3.2^	3.4^~	1.0^	6.9^	7.1^	5.7^
Sometimes (34 to less than 67 percent)	33.7	35.4	32.5	32.6	39.5	20.9~	19.2~	25.1^~	24.7	25.5	28.7~
Often (67 to less than 100 percent)	23.0	22.0	7.8^	26.1^	23.4	23.8~	23.3~	15.1^~	23.7	23.0	11.5^~
Always served	13.6	17.4	24.2	20.7^	22.6	49.6	50.3~	55.1	39.2	39.0	40.0
Mean provider percentage	51.8	55.7	49.7~	60.6	64.2	80.3	79.5~	84.1~	72.2	71.8	67.3
Frequency of any fresh vegetables, raw or cooked											
Never served	29.2	24.5	40.9	11.1^	11.3	14.8	17.3	22.8^~	18.4	18.6	31.7~
Rarely (greater than 0 to less than 34 percent)	34.1	32.0	23.4	39.4	27.5	25.0	24.0	41.5^~	27.9	26.4	32.6~
Sometimes (34 to less than 67 percent)	24.7	29.8	23.5^	38.2	42.5	38.1~	39.0~	20.3^~	34.7	37.0	21.9^~
Often (67 to less than 100 percent)	10.9^	11.6^	3.7^	6.7^	12.7	15.7~	13.1^~	0.5^	14.1	12.7	2.1^
Always served	1.1^	2.0^	8.4^~	4.6^	6.0	6.4^	6.6^	14.9^~	5.0^	5.3^	11.7^~
Mean provider percentage	28.3	32.1	28.2~	38.4	44.6	42.5	40.7	39.0~	38.7	38.9	33.7~
Frequency of any fresh raw vegetables											
Never served	48.4	41.7	55.7~	40.5	28.2	39.9	37.6~	53.5~	42.1	37.7	54.5~
Rarely (greater than 0 to less than 34 percent)	28.9	28.4	17.6^~	24.2	27.5	30.4	30.0	39.2^~	29.7	29.4	28.6~
Sometimes (34 to less than 67 percent)	16.8	24.5	24.9^~	32.3	36.6	20.7	25.5~	5.0^~	20.2	26.3	14.7^
Often (67 to less than 100 percent)	5.8^	5.2^	-	1.5^	4.9	7.7^	6.6^	1.3^	7.0^	6.1^	1.1^
Always served	-	-	0.9^	1.5^	2.8^	1.4^	0.2^	1.1^	1.0^	0.5^	1.0^
Mean provider percentage	19.0	22.4	17.2~	24.4	31.3	23.8	24.0~	16.3~	22.6	24.3	16.8

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Frequency of any fresh cooked vegetables											
Never served	60.9	61.8	75.6~	39.9	51.1	45.7	42.9	54.2~	49.4	48.6	64.7~
Rarely (greater than 0 to less than 34 percent)	24.3	23.7	11.7^	48.1	33.3	30.1	37.5	25.8^~	29.4	33.5	18.9^~
Sometimes (34 to less than 67 percent)	14.2	12.9	6.5^	9.2^	12.7	19.2	17.1~	7.0^~	17.5	15.6	6.8^
Often (67 to less than 100 percent)	0.5^	1.5^	-	2.5^	2.3^	2.6^	1.0^	0.0	2.0^	1.3^	-
Always served	0.0	0.0	-	-	0.6^	-	1.4^	13.0^~	1.7^	1.0^	9.4^
Mean provider percentage	11.4	11.5	12.0^~	16.8	15.7	19.5	17.6	22.7^~	17.3	15.8	17.5~
Frequency of any fresh fruits											
Never served	29.8	25.6	44.2~	27.6^	18.1	6.7^	8.2^	16.6^~	13.5	13.7	30.1
Rarely (greater than 0 to less than 34 percent)	17.7^	15.9^	15.8^~	21.9	26.5	6.8^	6.2^	8.4^~	10.2	10.8	12.0^~
Sometimes (34 to less than 67 percent)	28.0^~	30.5	16.2^~	29.9	36.9	31.7	32.1	36.2^~	30.7	32.1	26.4^~
Often (67 to less than 100 percent)	13.2^	14.4^	8.6^	6.6^	8.8	18.0	15.1	11.3^~	16.3	14.3	10.0^~
Always served	11.4^	13.7	15.3^	13.9^	9.7	36.9	38.4~	27.6~	29.4	29.1	21.5
Mean provider percentage	37.5	41.7	33.1	38.1	40.5	70.0	69.0~	62.6~	60.3	59.1	48.2
Number of early child care programs	196	218	65	115	308	194	197	45	505	723	110

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Estimates are reported for each program and age group combination where a given meal is served.

Fresh fruits and vegetables exclude canned, frozen, and dried fruits and vegetables and all juices.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.61. Availability of fresh fruits and vegetables in CACFP snacks in early child care programs

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Frequency of any fresh fruits or vegetables											
Never served	39.8	33.9	46.4	32.2^	29.6	16.5	15.6	8.8^~	23.2	21.6	20.4
Rarely (greater than 0 to less than 34 percent)	22.0	19.6	20.7^	23.4^	32.3	9.6^	12.5^~	12.2^~	13.4	16.2	14.8
Sometimes (34 to less than 67 percent)	27.4	28.3	23.4	40.3	28.9	32.5~	27.6	47.0~	31.5	27.9	39.8
Often (67 to less than 100 percent)	6.6^	10.9^	4.3^	2.3^	3.9^	15.6~	15.1	5.4^~	12.7	13.0	5.1^
Always served	4.1^	7.3^	5.1^	1.9^	5.4^	25.8	29.2	26.6	19.2	21.4	20.0
Mean provider percentage	27.1	33.3	23.5	28.2	29.2	57.8	59.2	59.2	48.6	49.8	48.2
Frequency of any fresh vegetables, raw or cooked											
Never served	79.0	76.1	91.4	78.7	69.8	73.8	73.9	76.6~	75.4	74.1	81.2
Rarely (greater than 0 to less than 34 percent)	15.4	16.3	5.1^	18.6^	25.4	15.1	13.3	14.4^~	15.3	15.2	11.5^
Sometimes (34 to less than 67 percent)	5.4^	7.5^	3.3^	-	3.7^	9.1	8.1^	4.5^~	7.8	7.5	4.1^
Often (67 to less than 100 percent)	-	-	-	0.0	-	1.8^~	3.6^~	-	1.3^	2.5^	-
Always served	0.0	0.0	0.0	0.0	0.0	0.2^	1.0^	4.2^	0.2^	0.7^	2.9^
Mean provider percentage	5.5	6.5	2.6^	5.6^	8.6	9.1	10.8	10.3^~	8.0	9.5	7.9^
Frequency of any fresh raw vegetables											
Never served	80.5	77.5	91.4	79.4	70.1	77.2	75.5~	78.5~	78.1	75.5	82.5
Rarely (greater than 0 to less than 34 percent)	14.2^	15.6	5.1^	18.0^	26.4	14.3	13.7	13.5^~	14.5	15.4	10.9^
Sometimes (34 to less than 67 percent)	5.2^	6.9^	3.3^	-	2.4^	8.0^	7.5^	5.4^~	7.0	6.9	4.8^
Often (67 to less than 100 percent)	-	-	-	0.0	-	0.3^	2.2^	-	0.2^	1.6^	-
Always served	0.0	0.0	0.0	0.0	0.0	0.2^	1.0^	-	0.2^	0.7^	-
Mean provider percentage	5.1^	6.1	2.6^	5.4^	8.1	7.3	9.5	8.8^~	6.7	8.5	6.9^

Appendix D. Food and nutrient content and nutritional quality of CACFP meals and snacks supplementary tables

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Frequency of any fresh cooked vegetables											
Never served	98.1	97.9	99.8	98.4	98.1	94.8~	95.4	95.0~	95.8	96.3	96.5
Rarely (greater than 0 to less than 34 percent)	1.9^	2.1^	-	1.6^	0.8^	2.7^	2.3^	3.1^	2.4^	2.1^	2.2^
Sometimes (34 to less than 67 percent)	0.0	0.0	0.0	0.0	-	-	2.3^	-	-	1.6^	-
Often (67 to less than 100 percent)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Always served	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mean provider percentage	0.4^	0.4^	0.0^	0.3^	0.6^	1.8^~	1.7^~	1.5^~	1.4^	1.2^	1.1^
Frequency of any fresh fruits											
Never served	42.8	37.3	47.1	39.5	37.7	17.6	15.8	10.7^~	25.0	23.3	21.9
Rarely (greater than 0 to less than 34 percent)	26.7	24.8	24.2	24.1^	39.6	9.6	13.3~	13.0^~	14.6	18.7	16.4
Sometimes (34 to less than 67 percent)	23.0	24.9	19.8	33.0	18.2	36.7~	32.3~	44.4~	33.0	29.1	36.8
Often (67 to less than 100 percent)	3.7^	6.5^	4.0^	1.5^	2.8^	17.7~	14.9	13.9^~	13.4	11.6	10.9^~
Always served	3.8^	6.6^	5.0^	1.9^	1.8^	18.5~	23.8~	18.0^~	14.0	17.3	14.0^
Mean provider percentage	22.8	28.0	21.8	24.0	21.6	53.4	55.7~	55.5	44.2	45.4	45.1
Number of early child care programs	200	228	98	116	293	193	202	99	509	723	197

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Estimates are reported for each program and age group combination where a given meal is served.

Fresh fruits and vegetables exclude canned, frozen, and dried fruits and vegetables and all juices.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.62. Availability of fresh fruits and vegetables in CACFP breakfasts in outside-school-hours care centers

	By age group		
	1 to 2	3 to 5	6 to 12
Frequency of any fresh fruits or vegetables			
Never served	13.8 [^] ~	20.6	16.4 [^]
Rarely (greater than 0 to less than 34 percent)	19.7~	14.4	5.0 [^]
Sometimes (34 to less than 67 percent)	27.4~	31.4	29.0 [^]
Often (67 to less than 100 percent)	8.6 [^] ~	6.3 [^]	-
Always served	30.4 [^] ~	27.3 [^]	47.3 [^]
Mean provider percentage	56.9~	51.6	65.4
Frequency of any fresh vegetables, raw or cooked			
Never served	95.0~	96.3	97.5
Rarely (greater than 0 to less than 34 percent)	-	-	-
Sometimes (34 to less than 67 percent)	0.0~	0.0	0.0
Often (67 to less than 100 percent)	0.0~	0.0	0.0
Always served	0.0~	0.0	0.0
Mean provider percentage	1.0 [^] ~	0.7 [^]	0.5 [^]
Frequency of any fresh raw vegetables			
Never served	95.0~	96.3	97.5
Rarely (greater than 0 to less than 34 percent)	-	-	-
Sometimes (34 to less than 67 percent)	0.0~	0.0	0.0
Often (67 to less than 100 percent)	0.0~	0.0	0.0
Always served	0.0~	0.0	0.0
Mean provider percentage	1.0 [^] ~	0.7 [^]	0.5 [^]
Frequency of any fresh cooked vegetables			
Never served	100.0~	100.0	100.0
Rarely (greater than 0 to less than 34 percent)	0.0~	0.0	0.0
Sometimes (34 to less than 67 percent)	0.0~	0.0	0.0
Often (67 to less than 100 percent)	0.0~	0.0	0.0
Always served	0.0~	0.0	0.0
Mean provider percentage	0.0~	0.0	0.0
Frequency of any fresh fruits			
Never served	13.8 [^] ~	20.6	16.4 [^]
Rarely (greater than 0 to less than 34 percent)	24.7~	18.0	7.5 [^]
Sometimes (34 to less than 67 percent)	22.4 [^] ~	27.7 [^]	26.5 [^]
Often (67 to less than 100 percent)	8.6 [^] ~	6.3 [^]	-
Always served	30.4 [^] ~	27.3 [^]	47.3 [^]
Mean provider percentage	55.9~	50.9	64.9
Number of outside-school-hours care centers	25	33	32

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Estimates are reported for each program and age group combination where a given meal is served.

Fresh fruits and vegetables exclude canned, frozen, and dried fruits and vegetables and all juices.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

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CACFP = Child and Adult Care Food Program.

Table D.63. Availability of fresh fruits and vegetables in CACFP snacks in before and after school programs

	By provider type and age group					
	At-risk afterschool centers		Outside-school- hours care centers		All	
	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Frequency of any fresh fruits or vegetables						
Never served	49.8	42.2	20.0^	23.0^	45.7	38.9
Rarely (greater than 0 to less than 34 percent)	13.2^	26.5^	18.7^	12.1^	14.0^	24.0
Sometimes (34 to less than 67 percent)	20.5^	18.4^	22.3^	30.0^	20.7	20.4
Often (67 to less than 100 percent)	-	6.6^	-	-	2.8^	5.7^
Always served	13.7^~	6.3^	36.2^	33.3^	16.9^	10.9^
Mean provider percentage	27.4	25.0	52.8	51.1	31.0	29.5
Frequency of any fresh vegetables, raw or cooked						
Never served	76.2	73.9	73.2	68.8	75.8	73.0
Rarely (greater than 0 to less than 34 percent)	10.4^	18.1^	22.3^	28.4^	12.0^	19.9
Sometimes (34 to less than 67 percent)	-	2.0^	4.0^	2.5^	4.9^	2.1^
Often (67 to less than 100 percent)	0.0	-	0.0	-	0.0	-
Always served	8.4^~	5.9^	-	0.0	7.3^	4.9^
Mean provider percentage	12.5^~	10.6^	6.6^	7.0	11.7^	9.9^
Frequency of any fresh raw vegetables						
Never served	76.2	73.9	73.2	68.8	75.8	73.0
Rarely (greater than 0 to less than 34 percent)	10.4^	18.1^	22.3^	28.4^	12.0^	19.9
Sometimes (34 to less than 67 percent)	-	2.0^	4.0^	2.5^	4.9^	2.1^
Often (67 to less than 100 percent)	0.0	-	0.0	-	0.0	-
Always served	8.4^~	5.9^	-	0.0	7.3^	4.9^
Mean provider percentage	12.5^~	10.6^	6.6^	7.0	11.7^	9.9^
Frequency of any fresh cooked vegetables						
Never served	100.0	100.0	100.0	100.0	100.0	100.0
Rarely (greater than 0 to less than 34 percent)	0.0	0.0	0.0	0.0	0.0	0.0
Sometimes (34 to less than 67 percent)	0.0	0.0	0.0	0.0	0.0	0.0
Often (67 to less than 100 percent)	0.0	0.0	0.0	0.0	0.0	0.0
Always served	0.0	0.0	0.0	0.0	0.0	0.0
Mean provider percentage	0.0	0.0	0.0	0.0	0.0	0.0
Frequency of any fresh fruits						
Never served	61.0	58.1	28.2^	28.8^	56.4	53.0
Rarely (greater than 0 to less than 34 percent)	17.7^	23.3^	19.0^	21.6^	17.9^	23.1^
Sometimes (34 to less than 67 percent)	18.0^	16.1^	17.1^	16.5^	17.9^	16.2^
Often (67 to less than 100 percent)	3.1^	2.3^	0.0	-	2.6^	1.9^
Always served	-	0.2^	35.7^	32.7^	5.2^	5.8^
Mean provider percentage	15.0	14.7	47.2^	44.6^	19.5	19.9

	By provider type and age group					
	At-risk afterschool centers		Outside-school- hours care centers		All	
	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Number of before and after school programs	59	90	48	85	107	175

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Estimates are reported for each program and age group combination where a given meal is served.

Fresh fruits and vegetables exclude canned, frozen, and dried fruits and vegetables and all juices.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.64. Availability of fresh fruits and vegetables in CACFP suppers in before and after school programs

	By provider type and age group					
	At-risk afterschool centers		Outside-school- hours care centers		All	
	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Frequency of any fresh fruits or vegetables						
Never served	14.5^~	7.1^	0.0~	0.0~	13.8^~	6.9^
Rarely (greater than 0 to less than 34 percent)	-	1.5^	-	-	3.5^	1.6^
Sometimes (34 to less than 67 percent)	24.7^~	20.6	50.5~	41.7~	25.9^~	21.2
Often (67 to less than 100 percent)	15.0^	20.9	10.3^~	32.9~	14.7^	21.2
Always served	42.5^~	49.9	31.0~	22.6^~	42.0^~	49.2
Mean provider percentage	68.7~	78.0	66.8~	71.6~	68.6~	77.8
Frequency of any fresh vegetables, raw or cooked						
Never served	20.0^~	9.4^	0.0~	-	19.1^	9.2^
Rarely (greater than 0 to less than 34 percent)	14.8^	14.8^	37.6~	20.9^~	15.9^	15.0^
Sometimes (34 to less than 67 percent)	27.2^~	32.6	44.6~	52.2~	28.0^~	33.2
Often (67 to less than 100 percent)	15.3^	22.0	-	14.8^~	14.9^	21.8
Always served	22.6^~	21.2	-	-	22.1^~	20.9
Mean provider percentage	51.8~	58.9	45.7~	51.6~	51.6~	58.7
Frequency of any fresh raw vegetables						
Never served	30.0^~	14.7^	38.6~	34.0~	30.4	15.3^
Rarely (greater than 0 to less than 34 percent)	12.3^	13.6^	20.2~	20.1~	12.7^	13.7^
Sometimes (34 to less than 67 percent)	28.1^~	34.0	25.9~	29.5~	28.0^~	33.9
Often (67 to less than 100 percent)	9.7^~	21.5	-	-	9.4^	21.2
Always served	19.9^~	16.2	-	-	19.5^~	15.9
Mean provider percentage	42.5~	53.0	30.9~	32.0~	42.0~	52.4
Frequency of any fresh cooked vegetables						
Never served	73.5~	77.8	42.4~	41.5^~	72.0~	76.8
Rarely (greater than 0 to less than 34 percent)	14.4^~	16.6^	48.4~	32.1~	16.0^	17.0^
Sometimes (34 to less than 67 percent)	12.1^~	5.6^	9.2^~	20.6^~	12.0^~	6.0^
Often (67 to less than 100 percent)	0.0	0.0	0.0~	-	0.0	-
Always served	0.0	0.0	0.0~	0.0~	0.0	0.0
Mean provider percentage	10.1^~	6.9^	14.9~	20.4^~	10.3^~	7.3^
Frequency of any fresh fruits						
Never served	23.9^~	13.8	21.1~	16.4~	23.7^	13.9
Rarely (greater than 0 to less than 34 percent)	18.3^	20.2	-	10.9^~	17.8^	19.9
Sometimes (34 to less than 67 percent)	29.5	34.5	51.7~	58.1~	30.5	35.2
Often (67 to less than 100 percent)	14.5^~	12.4	-	7.6^~	14.1^	12.3
Always served	13.9^~	19.1^	14.4^~	7.0^~	13.9^	18.8^
Mean provider percentage	43.4	51.1	49.4~	47.0~	43.7	51.0

	By provider type and age group					
	At-risk afterschool centers		Outside-school- hours care centers		All	
	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Number of before and after school programs	48	118	18	29	66	147

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Estimates are reported for each program and age group combination where a given meal is served.

Fresh fruits and vegetables exclude canned, frozen, and dried fruits and vegetables and all juices.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.65. Availability of whole grain-rich foods in CACFP breakfasts in early child care programs

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Frequency of any whole grain-rich foods											
Never served	0.2^	-	13.3^~	-	1.4^	8.1^	1.4^	3.3^~	5.5^	1.0^	6.4^
Rarely (greater than 0 to less than 34 percent)	14.8^	14.2^	6.1^	14.5	15.4	2.8^	4.0^	2.8^~	6.9	8.1	3.8^
Sometimes (34 to less than 67 percent)	50.6	52.4	44.9~	48.2	51.5	44.2~	44.4	39.1~	46.3	47.4	40.9
Often (67 to less than 100 percent)	17.3	16.8	6.6^	28.7	25.1	33.3	38.4	36.9~	28.4	30.9	27.5
Always served	17.1^	16.5^	29.1~	6.3^	6.6^	11.7^~	11.9^~	17.8^~	13.0	12.6	21.3
Mean provider percentage	60.0	60.4	61.6~	56.0	56.7	61.5~	65.8~	66.2~	60.8	63.3	64.7
Number of early child care programs	193	213	77	115	304	167	176	78	475	693	155

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Estimates are reported for each program and age group combination where a given meal is served.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

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CACFP = Child and Adult Care Food Program.

Table D.66. Availability of whole grain-rich foods in CACFP lunches in early child care programs

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Frequency of any whole grain-rich foods											
Never served	2.3^	3.2^	11.2^	6.7^	9.1	9.2	8.1^	28.5~	7.4	6.9	20.0
Rarely (greater than 0 to less than 34 percent)	14.3	14.3	13.6^	14.0^	13.2	18.4	17.7	14.1^~	17.2	16.4	13.8^~
Sometimes (34 to less than 67 percent)	50.2	48.0	40.6	46.1	39.5	38.7~	46.7~	24.8^~	42.0	46.3	32.5
Often (67 to less than 100 percent)	16.7	19.4	12.4^	25.9^	27.3	21.8	14.1	12.1^~	20.7	16.8	12.3^~
Always served	16.5	15.2^	22.2^~	7.1^	10.9	11.8^~	13.4^~	20.4^~	12.8	13.6	21.3^~
Mean provider percentage	59.3	58.5	57.3~	54.8	55.4	52.6	52.6	49.3~	54.4	54.4	53.2
Number of early child care programs	196	218	65	115	308	194	197	45	505	723	110

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Estimates are reported for each program and age group combination where a given meal is served.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

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CACFP = Child and Adult Care Food Program.

Table D.67. Availability of whole grain-rich foods in CACFP snacks in early child care programs

	By provider type and age group										
	Child care centers			Head Start centers		Family day care homes			All		
	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	1 to 2	3 to 5	6 to 12	1 to 2	3 to 5	6 to 12
Frequency of any whole grain-rich foods											
Never served	44.0	46.0	47.7	50.4	44.5	46.2~	43.7~	49.4~	45.8	44.4	48.9~
Rarely (greater than 0 to less than 34 percent)	31.6	32.2	30.2~	25.5	37.0	26.6	26.4~	25.0~	27.8	28.9	26.6
Sometimes (34 to less than 67 percent)	18.9	16.9	21.3	23.8^	17.1	20.9~	22.7~	13.8^~	20.5	20.7	16.1
Often (67 to less than 100 percent)	-	-	0.0	-	-	4.2^~	3.5^	5.7^~	3.5^	2.8^	3.9^~
Always served	-	3.2^	0.8^	0.0	-	2.1^~	3.6^~	6.1^~	2.4^	3.2^	4.5^
Mean provider percentage	20.0	18.9	16.6	16.2	17.7	21.4~	23.4~	23.2~	20.8	21.7	21.2~
Number of early child care programs	200	228	98	116	293	193	202	99	509	723	197

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Estimates are reported for each program and age group combination where a given meal is served.

Fresh fruits and vegetables exclude canned, frozen, and dried fruits and vegetables and all juices.

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- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

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CACFP = Child and Adult Care Food Program.

Table D.68. Availability of whole grain-rich foods in CACFP breakfasts in outside-school-hours care centers

	By age group		
	1 to 2	3 to 5	6 to 12
Frequency of any whole grain-rich foods			
Never served	0.0~	-	-
Rarely (greater than 0 to less than 34 percent)	-	-	38.8^~
Sometimes (34 to less than 67 percent)	61.1~	58.7	39.6^
Often (67 to less than 100 percent)	23.9^~	27.9	12.8^
Always served	-	6.1	5.2^
Mean provider percentage	60.4~	61.8	44.4
Number of outside-school-hours care centers	25	33	32

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Estimates are reported for each program and age group combination where a given meal is served.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

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CACFP = Child and Adult Care Food Program.

Table D.69. Availability of whole grain-rich foods in CACFP snacks in before and after school programs

	By provider type and age group					
	At-risk afterschool centers		Outside-school- hours care centers		All	
	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Frequency of any whole grain-rich foods						
Never served	57.9	57.7	78.3	69.8	60.7	59.8
Rarely (greater than 0 to less than 34 percent)	23.7	25.1^	13.5^	20.5	22.3	24.3
Sometimes (34 to less than 67 percent)	11.4^	12.2^	8.2^	9.7^	10.9^	11.7^
Often (67 to less than 100 percent)	0.0	0.0	0.0	0.0	0.0	0.0
Always served	-	5.0^	0.0	0.0	-	4.2^
Mean provider percentage	17.0	15.3	6.1^	8.5	15.5	14.2
Number of before and after school programs	59	90	48	85	107	175

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Estimates are reported for each program and age group combination where a given meal is served.

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- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

CACFP = Child and Adult Care Food Program.

Table D.70. Availability of whole grain-rich foods in CACFP suppers in before and after school programs

	By provider type and age group					
	At-risk afterschool centers		Outside-school- hours care centers		All	
	3 to 5	6 to 12	3 to 5	6 to 12	3 to 5	6 to 12
Frequency of any whole grain-rich foods						
Never served	27.1	15.3	-	-	26.0	15.0
Rarely (greater than 0 to less than 34 percent)	23.8^	27.5	34.9~	29.3~	24.4^	27.5
Sometimes (34 to less than 67 percent)	32.3	36.6	51.9~	40.0~	33.2	36.7
Often (67 to less than 100 percent)	8.8^~	9.8^	-	21.1^~	8.9^	10.1^
Always served	7.9^~	10.8^	0.0~	-	7.6^~	10.6^
Mean provider percentage	36.3~	43.4	42.1~	47.7~	36.5~	43.5
Number of before and after school programs	48	118	18	29	66	147

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Estimates are reported for each program and age group combination where a given meal is served.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

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CACFP = Child and Adult Care Food Program.

Table D.71. Mean total Healthy Eating Index-2015 score and mean nutrient content of CACFP breakfasts served to children ages 3 to 5 in early child care programs in SNACS-I and SNACS-II

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Mean total HEI-2015 score (out of 100)	67.0	73.1	6.1***
Calories (kcal)	303.8	257.1	-46.6***
Saturated fat (g)	3.3	2.7	-0.6***
Potassium (mg)	562.4	490.1	-72.3***
Sodium (mg)	357.7	282.9	-74.8***
Dietary fiber (g)	3.2	3.0	-0.2*
Dietary fiber (g/1,000 calories)	11.4	12.1	0.7*
Percentage of calories from saturated fat	8.8	8.8	0.0
Percentage of calories from added sugars	8.0	5.6	-2.4***
Number of early child care programs	595	693	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Menu Survey, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively.

For this comparison table, mean Healthy Eating Index scores for SNACS-II were estimated using the population ratio method to replicate the SNACS-I methodology.

Early child care programs include child care centers, Head Start centers, and family day care homes. Early child care programs may also provide care to older children.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

CACFP = Child and Adult Care Food Program, HEI = Healthy Eating Index, mg = milligrams, g = grams.

Table D.72. Mean total Healthy Eating Index-2015 score and mean nutrient content of CACFP lunches served to children ages 3 to 5 in early child care programs in SNACS-I and SNACS-II

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Mean total HEI-2015 score (out of 100)	72.6	78.0	5.5***
Calories (kcal)	457.2	353.2	-104.0***
Saturated fat (g)	6.0	4.3	-1.7***
Potassium (mg)	813.8	681.7	-132.1***
Sodium (mg)	880.1	615.9	-264.2***
Dietary fiber (g)	5.1	4.1	-0.9***
Dietary fiber (g/1,000 calories)	11.3	11.9	0.6**
Percentage of calories from saturated fat	11.3	10.6	-0.8**
Percentage of calories from added sugars	4.0	2.4	-1.7***
Number of early child care programs	633	723	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Menu Survey, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively.

For this comparison table, mean Healthy Eating Index scores for SNACS-II were estimated using the population ratio method to replicate the SNACS-I methodology.

Early child care programs include child care centers, Head Start centers, and family day care homes. Early child care programs may also provide care to older children.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

CACFP = Child and Adult Care Food Program, HEI = Healthy Eating Index, mg = milligrams, g = grams.

Table D.73. Mean total Healthy Eating Index-2015 score for all CACFP meals and snacks served to children ages 3 to 5 in early child care programs in SNACS-I and SNACS-II

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Mean total HEI-2015 score (out of 100)	71.5	76.6	5.1***
Number of early child care programs	664	759	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Menu Survey, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively.

Early child care programs include child care centers, Head Start centers, and family day care homes. Early child care programs may also provide care to older children.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

Table D.74. Mean total Healthy Eating Index-2015 score and mean nutrient content of CACFP afternoon snacks served to children ages 6 to 12 in before and after school programs in SNACS-I and SNACS-II

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Mean total HEI-2015 score (out of 100)	69.6	79.8	10.2**
Calories (kcal)	270.9	244.5	-26.4
Saturated fat (g)	2.4	1.8	-0.6**
Potassium (mg)	386.3	359.3	-27.1
Sodium (mg)	308.6	264.0	-44.5
Dietary fiber (g)	2.4	2.6	0.2
Dietary fiber (g/1,000 calories)	9.3	11.0	1.7
Percentage of calories from saturated fat	7.6	6.5	-1.1**
Percentage of calories from added sugars	10.6	7.1	-3.5***
Number of before and after school programs	178	175	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Menu Survey, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively.

For this comparison table, mean Healthy Eating Index scores for SNACS-II were estimated using the population ratio method to replicate the SNACS-I methodology.

Before and after school programs include at-risk afterschool centers and outside-school-hours care centers.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

CACFP = Child and Adult Care Food Program, HEI = Healthy Eating Index, mg = milligrams, g = grams.

Table D.75. Mean total Healthy Eating Index-2015 score and mean nutrient content of CACFP suppers served to children ages 6 to 12 in before and after school programs in SNACS-I and SNACS-II

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Mean total HEI-2015 score (out of 100)	76.2	82.7	6.6**
Calories (kcal)	639.6	636.6	-3.0
Saturated fat (g)	7.4	6.9	-0.5
Potassium (mg)	1,096.7	1,096.8	0.1
Sodium (mg)	1,107.6	977.5	-130.1**
Dietary fiber (g)	7.1	7.7	0.6
Dietary fiber (g/1,000 calories)	11.2	12.2	0.9*
Percentage of calories from saturated fat	10.3	9.7	-0.6
Percentage of calories from added sugars	7.2	6.8	-0.4
Number of before and after school programs	128	147	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Menu Survey, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively.

For this comparison table, mean Healthy Eating Index scores for SNACS-II were estimated using the population ratio method to replicate the SNACS-I methodology.

Before and after school programs include at-risk afterschool centers and outside-school-hours care centers.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

CACFP = Child and Adult Care Food Program, HEI = Healthy Eating Index, mg = milligrams, g = grams.

Table D.76. Mean total Healthy Eating Index-2015 score for all CACFP meals and snacks served to children ages 6 to 12 in before and after school programs in SNACS-I and SNACS-II

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Mean total HEI-2015 score (out of 100)	74.6	81.7	7.0**
Number of before and after school programs	283	267	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Menu Survey, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively.

Early child care programs include child care centers, Head Start centers, and family day care homes. Early child care programs may also provide care to older children.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

Table D.77. Major food groups served in CACFP breakfasts to children ages 3 to 5 in early child care programs in SNACS-I and SNACS-II

	Percentage of daily menus		Difference (SNACS-II - SNACS-I)
	SNACS-I	SNACS-II	
Milk	99.8	99.2	-0.6
Fruit	97.0	95.9	-1.1
Meat/meat alternate	10.7	22.0	11.4***
Breads and grains	94.1	92.2	-1.9
Other menu items or dessert	11.3	10.4~	-0.9~
Number of daily breakfast menus	2,804	3,234	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Menu Survey, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively.

Early child care programs include child care centers, Head Start centers, and family day care homes. Early child care programs may also provide care to older children.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.78. Major food groups served in CACFP lunches to children ages 3 to 5 in early child care programs in SNACS-I and SNACS-II

	Percentage of daily menus		Difference (SNACS-II - SNACS-I)
	SNACS-I	SNACS-II	
Milk	98.7	98.4	-0.3
Fruit	85.0	92.0	7.0**
Vegetables	86.3	88.3	2.0
Combination entrees	62.3	53.1	-9.2***
Meat/meat alternate	39.3	50.8	11.4***
Breads and grains	44.2	54.9	10.7**
Other menu items or dessert	16.9	14.0~	-2.9~
Number of daily lunch menus	2,986	3,376	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Menu Survey, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively.

Early child care programs include child care centers, Head Start centers, and family day care homes. Early child care programs may also provide care to older children.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.79. Major food groups served in CACFP afternoon snacks to children ages 6 to 12 in before and after school programs in SNACS-I and SNACS-II

	Percentage of daily menus		Difference (SNACS-II - SNACS-I)
	SNACS-I	SNACS-II	
Milk	39.2	26.9	-12.3
Fruit	57.5	73.6	16.1**
Vegetables	9.8	10.7^~	0.9~
Meat/meat alternate	21.6	25.9	4.3
Breads and grains	71.2	71.2	0.0
Other menu items or dessert	36.5	25.6	-10.9
Number of daily snack menus	831	790	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Menu Survey, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively.

Before and after school programs include at-risk afterschool centers and outside-school-hours care centers.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.80. Major food groups served in CACFP suppers to children ages 6 to 12 in before and after school programs in SNACS-I and SNACS-II

	Percentage of daily menus		Difference (SNACS-II - SNACS-I)
	SNACS-I	SNACS-II	
Milk	99.3	99.6	0.2
Fruit	93.6	96.3	2.6
Vegetables	80.2	88.3	8.1
Combination entrees	70.1	63.7	-6.4
Meat/meat alternate	36.2	43.8	7.6
Breads and grains	38.3	40.2	1.8
Other menu items or dessert	4.8^	15.1~	10.2**~
Number of daily supper menus	582	646	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Menu Survey, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively.

Before and after school programs include at-risk afterschool centers and outside-school-hours care centers.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

Table D.81. Availability of fresh fruits and vegetables in CACFP breakfasts served to children ages 3 to 5 in early child care programs in SNACS-I and SNACS-II

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Mean percentage of daily breakfasts with any fresh fruits or vegetables	65.3	72.2	6.9*
Mean percentage of daily breakfasts with any fresh vegetables, raw or cooked	0.8^	3.1^	2.2*
Mean percentage of daily breakfasts with any fresh raw vegetables	0.4^	2.8^	2.4*
Mean percentage of daily breakfasts with any fresh cooked vegetables	0.4^	0.3^	-0.1
Mean percentage of daily breakfasts with any fresh fruits	64.7	71.2	6.5*
Number of early child care programs	595	693	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Menu Survey, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively.

Early child care programs include child care centers, Head Start centers, and family day care homes. Early child care programs may also provide care to older children.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

CACFP = Child and Adult Care Food Program.

Table D.82. Availability of fresh fruits and vegetables in CACFP lunches served to children ages 3 to 5 in early child care programs in SNACS-I and SNACS-II

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Mean percentage of daily lunches with any fresh fruits or vegetables	65.2	71.8	6.6
Mean percentage of daily lunches with any fresh vegetables, raw or cooked	36.1	38.9	2.7
Mean percentage of daily lunches with any fresh raw vegetables	25.0	24.3	-0.6
Mean percentage of daily lunches with any fresh cooked vegetables	12.3	15.8	3.6
Mean percentage of daily lunches with any fresh fruits	49.9	59.1	9.1*
Number of early child care programs	633	723	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Menu Survey, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively.

Early child care programs include child care centers, Head Start centers, and family day care homes. Early child care programs may also provide care to older children.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

CACFP = Child and Adult Care Food Program.

Table D.83. Availability of fresh fruits and vegetables in CACFP afternoon snacks served to children ages 6 to 12 in before and after school programs in SNACS-I and SNACS-II

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Mean percentage of daily afternoon snacks with any fresh fruits or vegetables	25.6	29.5	3.9
Mean percentage of daily afternoon snacks with any fresh vegetables, raw or cooked	8.2	9.9^	1.7
Mean percentage of daily afternoon snacks with any fresh raw vegetables	8.0	9.9^	2.0
Mean percentage of daily afternoon snacks with any fresh cooked vegetables	0.3^	0.0^	-0.3
Mean percentage of daily afternoon snacks with any fresh fruits	17.4	19.9	2.5
Number of before and after school programs	178	175	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Menu Survey, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively.

Before and after school programs include at-risk afterschool centers and outside-school-hours care centers.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

CACFP = Child and Adult Care Food Program.

Table D.84. Availability of fresh fruits and vegetables in CACFP suppers served to children ages 6 to 12 in before and after school programs in SNACS-I and SNACS-II

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Mean percentage of daily suppers with any fresh fruits or vegetables	68.4	77.8	9.4
Mean percentage of daily suppers with any fresh vegetables, raw or cooked	43.2	58.7	15.5*
Mean percentage of daily suppers with any fresh raw vegetables	39.0	52.4	13.4
Mean percentage of daily suppers with any fresh cooked vegetables	4.3	7.3^	3.0
Mean percentage of daily suppers with any fresh fruits	47.3	51.0	3.7
Number of before and after school programs	128	147	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Menu Survey, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively.

Before and after school programs include at-risk afterschool centers and outside-school-hours care centers.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

CACFP = Child and Adult Care Food Program.

Table D.85. Multivariate analysis of total HEI scores on provider characteristics, using meal pattern group for ages 1 to 2

	Estimate (SE)
Early child care indicator	-2.19 (2.64)
Meals: Breakfast, lunch, dinner, at least 1 snack	3.59 ** (1.44)
Meals: Other	4.61 ** (1.89)
Number of Providers	466

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey and Provider Survey, winter through summer, 2023.

Coefficient estimates for selected covariates reported (standard errors in parentheses).

HEI = Health Eating Index. HEI 2015 Index scores used as model dependent variable.

* Significantly different from zero at the 0.10 level, two-tailed test.

** Significantly different from zero at the 0.05 level, two-tailed test.

*** Significantly different from zero at the 0.01 level, two-tailed test.

Table D.86. Multivariate analysis of total HEI scores on provider characteristics, using meal pattern group for ages 3 to 5

	Estimate (SE)
Early child care indicator	0.05 (2.35)
Meals: Breakfast, lunch, dinner, at least 1 snack	2.4 ** (0.94)
Meals: Other	1.64 (1.51)
Top three factors considered during menu planning: Prices of food and beverages	-1.73 * (0.92)
Top three factors considered during menu planning: Staff cooking skills	1.82 (1.81)
Top three factors considered during menu planning: Kitchen or preparation space	-4.63 ** (1.91)
Top three factors considered during menu planning: Food storage capacity	-3.16 (2.29)
Equipment available in food preparation area: Toaster oven/toaster	-1.84 * (1.01)
Equipment available in food storage area: Walk-in freezer	-1.85 (1.56)
Barriers to purchasing/serving healthier food: Cost of healthier foods	-1.51 (1.22)
Barriers to purchasing/serving healthier food: Child preferences	-2.41 * (1.16)
Venue where food is purchased: Grocery store or supermarket	0.97 (1.13)
Venue where food is purchased: Farmers market	2.14 (1.62)
Venue where food is purchased: Convenience Store	4.18 * (2.08)
Venue where food is purchased: State Agency	-7.23 * (3.34)
Venue where food is purchased: School District	-4.19 * (2.03)
Second servings are allowed: Grain/bread	2.78 ** (1.0)
Strategies to reduce food waste: Preparing multicultural foods	0.36 (0.83)
Food for lunch: Parents are required to send food from home	3.56 (4.29)
Food for lunch: Parents are not allowed to send food from home	0.98 (1.37)
Resources that would be helpful: Resources for school care providers	1.08 (1.34)
Resources that would be helpful: Resources provided as downloadable applications	2.22 * (1.12)
Challenges to children getting physical activity: Weather too rainy or snowy	-0.36 (1.49)
Challenges to children getting physical activity: Other weather conditions	-6.3 *** (1.7)
What happens to food that is not served after meals? Saved to be served again	1.08 (1.01)
Does the site use cycle menus, such as menus that repeat every week or month?	2.51 * (1.2)
What is the frequency of the cycle? 3-week cycle	3.36 ** (1.52)
What is the frequency of the cycle? 5-week cycle	3.76 *** (0.92)
Provider Type: Family day care homes	1.54 (0.91)
Is there a policy describing what staff should do if a child declines food? Yes, a written policy	2.03 * (0.94)
Is there a policy describing what staff should do if a child declines food? Don't know	-1.98 (2.98)
Region: Midwest	-1.38 (1.24)
Region: Northeast	0.93 (1.14)
Region: West	2.07 ** (0.88)
Number of Providers	762

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey and Provider Survey, winter through summer, 2023.

Coefficient estimates for selected covariates reported (standard errors in parentheses).

HEI = Health Eating Index. HEI 2015 Index scores used as model dependent variable.

* Significantly different from zero at the 0.10 level, two-tailed test.
** Significantly different from zero at the 0.05 level, two-tailed test.
*** Significantly different from zero at the 0.01 level, two-tailed test.

Table D.87. Multivariate analysis of total HEI scores on provider characteristics, using meal pattern group for ages 6 to 12

	Estimate (SE)
Early child care indicator	0.4 (2.42)
Meals: Breakfast, lunch, dinner, at least 1 snack	0.69 (2.41)
Meals: Other	2.65 (2.87)
Venue where food is purchased: Farmers market	3.96 (3.16)
Strategies to reduce food waste: Allowing children to choose their portions	5.35 * (2.69)
Food for dinner: Parents are allowed to send food from home	7.25 ** (3.12)
Challenges to children getting physical activity: Weather too rainy or snowy	-0.35 (2.47)
Does the site use cycle menus, such as menus that repeat every week or month?	5.51 ** (2.61)
Number of Providers	400

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey and Provider Survey, winter through summer, 2023.

Coefficient estimates for selected covariates reported (standard errors in parentheses).

HEI = Health Eating Index. HEI 2015 Index scores used as model dependent variable.

* Significantly different from zero at the 0.10 level, two-tailed test.

** Significantly different from zero at the 0.05 level, two-tailed test.

*** Significantly different from zero at the 0.01 level, two-tailed test.