



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

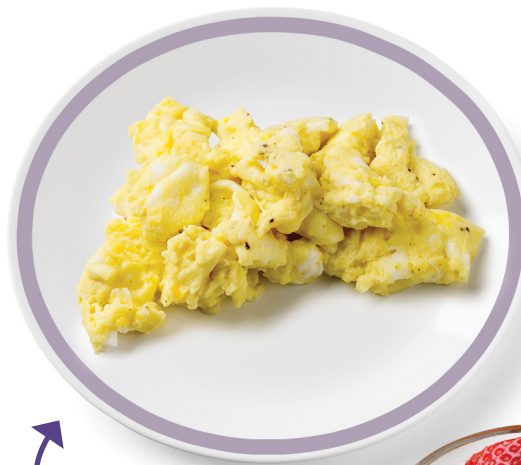
## Sample Meals For Adults



### What is in a Breakfast?

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

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



1 Large Egg  
Scrambled

1/2 cup  
Fruit Salad



3/4 cup (6 oz)  
Yogurt



Sample Breakfast

#### For Adult Participants Only:

- 3/4 cup (6 oz) of yogurt may be used to meet the milk component when yogurt is not served as a meat alternate in the same meal.
- Yogurt must not contain more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).



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

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



Sample Lunch/Supper

2 oz eq  
Whole Grain-Rich  
Pita Bread

### What is in a Lunch or Supper?

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



All grains served must be whole grain-rich or enriched.  
Breakfast cereals may also be fortified.  
At least one grain served each day must be whole grain-rich.

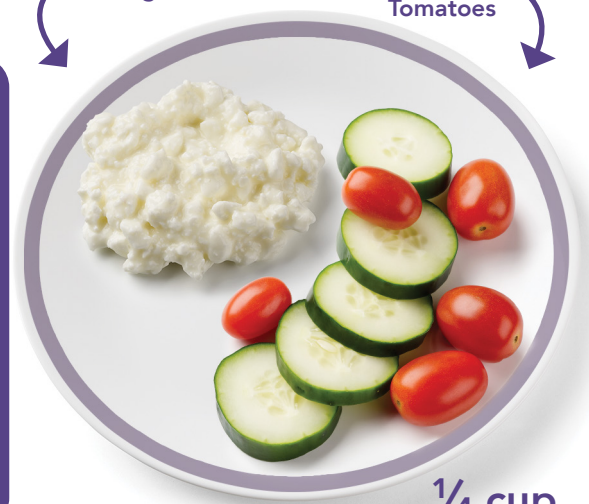
\*Raw leafy greens, such as lettuce, credit for half the amount served. The 1/2 cup of lettuce in the salad counts as 1/4 cup of vegetables in this meal.



### What is in a Snack?

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

1/4 cup (2 oz)  
Cottage Cheese



Sample Snack

1/4 cup  
Cucumber  
Slices

Offer water and make it available all day.

**Note:** Serving sizes are minimums.

Learn more about the CACFP meal patterns at [TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov).

