

Sample Cold Breakfast Menus for Adult Day Care Centers in the Child and Adult Care Food Program

This document provides sample cold breakfast menus with menu planning considerations for adult day care centers that participate in the U.S. Department of Agriculture's (USDA) Child and Adult Care Food Program (CACFP). The specified servings meet or exceed the requirements of the [CACFP adult meal patterns](#) and are indicated in parentheses after each menu item.

The CACFP adult breakfast meal pattern requires the minimum serving of three meal components, including 1 cup of low-fat (1%) or fat-free milk (unflavored or flavored); ½ cup of vegetables, fruits, or both; and 2 ounce equivalents (oz eq) of grains. Meats/meat alternates may substitute for the entire grains component at breakfast up to three times per week.

Each meal component must provide at least the minimum meal pattern serving. CACFP menus may include additional food or larger servings beyond the minimum requirements. Serve nutrient-dense foods that are appropriate to participants' nutrition needs.

For guidance on the CACFP adult meal patterns, refer to the Connecticut State Department of Education's (CSDE) [Guide to Meeting the CACFP Adult Meal Patterns and Crediting Requirements](#). For more information, visit the CSDE's [Meal Patterns for CACFP Adult Care Centers](#) webpage and refer to the CSDE's [Resources for the Child and Adult Care Food Program Meal Patterns](#).

Menu Planning Considerations

Consider the meal pattern requirements and recommendations below when planning CACFP menus. For guidance on crediting foods, refer to the CSDE's [Crediting Summary Charts for CACFP Adult Meal Patterns](#) and visit the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage and [Crediting Documentation for the Child Nutrition Programs](#) webpage.

Meats/meat alternates (MMA) component

- The serving size of MMA refers to the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, fillers, or other ingredients. Commercial processed products that contain added ingredients (such as combination entrees, deli meats, hot dogs, and sausages) require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. For more information, refer to the CSDE's resources, [Crediting Commercial Meat/Meat Alternate Products in the Child and Adult Care Food Program](#) and [Crediting Deli Meats in the Child and Adult Care Food Program](#).
- Nut and seed butters credit by volume (tablespoons) not weight. For more information, refer to the CSDE's resource, [Crediting Nuts and Seeds in the Child and Adult Care Food Program](#).

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- Yogurt and soy yogurt cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce). Effective October 1, 2025, the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), changes the limit for yogurt to no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce). For more information, refer to the CSDE's resource, [Crediting Yogurt in the Child and Adult Care Food Program](#).
- The USDA's [CACFP best practices](#) recommend serving only lean meats, nuts, and beans, peas, and lentils; limiting processed meats to one serving per week; and serving only low-fat or reduced-fat natural cheese.

For more information, visit the "[Meats and Meat Alternates](#)" section of the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage

Fruits component and vegetables component

- Before serving juice at breakfast, make sure that the other daily meals and snacks do not contain juice. Pasteurized full-strength juice credits as either the vegetables component or fruits component at only one meal or snack per day. The juice limit includes fruit and vegetable juice, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies (refer to the CSDE's resources, [Crediting Juice in the Child and Adult Care Food Program](#) and [Crediting Smoothies in the Child and Adult Care Food Program](#)). The USDA's [CACFP best practices](#) recommend serving whole fruits (fresh, frozen, canned, and dried) more often than juice.
- Dried fruit credits as twice the volume served, e.g., $\frac{1}{4}$ cup of raisins credits as $\frac{1}{2}$ cup of the fruits component.
- Raw leafy greens such as lettuce or spinach credit as half the volume served, e.g., $\frac{1}{2}$ cup of raw leafy greens credits as $\frac{1}{4}$ cup of the vegetables component.

For more information, visit the "[Fruits](#)" section and the "[Vegetables](#)" section of the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.

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Grains component

- At least one serving of grains per day must be whole grain-rich (WGR). The USDA's [CACFP best practices](#) recommend at least two servings of WGR grains per day. To meet the CACFP WGR criteria, foods must contain at least 50 percent whole grains and the remaining grain ingredients must be enriched, bran, or germ. For more information, refer to the CSDE's [Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program](#) and "Whole Grain-rich Requirement" in the "Grains" section of the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.
- To credit as the required oz eq, the serving of grain products and recipes must provide either: 1) the required serving weight (groups A-E) or volume (groups H-I) in the USDA's Exhibit A chart (refer to the CSDE's resources, [Grain Ounce Equivalents for the Child and Adult Care Food Program](#) and [How to Use the Grain Ounce Equivalents Chart for the Child and Adult Care Food Program](#)); or 2) the minimum creditable grains per serving (refer to the CSDE's resources, [Calculation Methods for Grains Ounce Equivalents for the Child and Adult Care Food Program](#) and [When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program](#)). For more information, refer to "Serving Requirements" in the "Grains" section of the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.
- Grain-based desserts do not credit. Examples include cookies, piecrusts in sweet pies, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies. Sweet crackers such as graham crackers and animal crackers are not grain-based desserts and may credit as the grains component. However, the CSDE recommends limiting sweet crackers to no more than twice per week between all meals and snacks. For more information, visit the USDA's [Grain-based Desserts in the Child and Adult Care Food Program](#) webpage
- Breakfast cereals must be WGR, enriched, or fortified and cannot contain more than 6 grams of sugars per dry ounce. Effective October 1, 2025, the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), changes the limit for breakfast cereals to no more than 6 grams of added sugars per dry ounce. For more information, refer to the CSDE's resource, [Crediting Breakfast Cereals in the Child and Adult Care Food Program](#).

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Milk component

- Milk must be low-fat (1%) milk or fat-free milk and may be unflavored or flavored. The USDA's [CACFP best practices](#) recommend serving only unflavored milk.
- Yogurt that meets the CACFP sugars limit may be served in place of milk once per day when it is not served as the MMA component in the same meal (refer to the CSDE's resource, [Crediting Yogurt in the Child and Adult Care Food Program](#)). Six ounces (weight) or $\frac{3}{4}$ cup (volume) of yogurt credits as 8 fluid ounces of milk

For more information, visit the "Milk" section of the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.

Noncreditable foods

Noncreditable foods cannot be served in place of the required meal components. Examples of noncreditable foods include potato chips, pudding, ice cream, gelatin, cream cheese, bacon, condiments (e.g., syrup, jam, ketchup, mustard, mayonnaise, and butter), and water. For more information, refer to the CSDE's resource, [Noncreditable Foods for Adult Day Care Centers in the Child and Adult Care Food Program](#).

Crediting Documentation

Adult day care centers must be able to document that CSCFP menus provide the minimum serving of each required meal component. Use the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine the amount of purchased food that meets the meal pattern requirements.

- Commercial processed products require a CN label or PFS to document crediting information unless they are listed in the FBG. CACFP sponsors must verify PFS forms for accuracy prior to purchasing, serving, and claiming the product in reimbursable meals and snacks. For more information, refer to the CSDE's resources, [Using Child Nutrition \(CN\) Labels in the Child and Adult Care Food Program](#), [Using Product Formulation Statements in the Child and Adult Care Food Program](#), and [Accepting Processed Product Documentation in the Child and Adult Care Food Program](#).
- Foods made from scratch must have a recipe that documents the crediting information per serving. Standardized recipes are encouraged to ensure accurate crediting information. For more information, refer to the "Standardized Recipes" section of the CSDE's [Crediting Documentation for the Child Nutrition Programs](#) webpage.

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Additional guidance on meal pattern documentation is available on the CSDE's [Crediting Documentation for the Child Nutrition Program](#) webpage.

Abbreviations for Sample Menus

The abbreviations used in the CACFP sample menus are indicated below.

Meal components

M = Milk component

FV = Vegetables component

G = Grains component

WGR = Whole grain-rich

MMA = Meats/meat alternates substituted for the grains component

Menu items not credited

A = Additional creditable food (credits but does not provide full serving)

O = Other food (noncreditable)

Measurements

c = cup

Tbsp = tablespoon

tsp = teaspoon

oz = ounce

oz eq = ounce equivalent

Note: The CSDE's sample menus are intended for informational purposes and do not guarantee compliance with the CACFP adult meal patterns. Crediting information for local menus will vary depending on the types of foods purchased by the CACFP adult day care center and the recipes and preparation techniques used. CACFP adult day care centers are responsible for ensuring that their menus meet the CACFP adult meal patterns and maintaining appropriate crediting documentation on file (refer to "[Crediting Documentation](#)" above).

Sample Cold Breakfast Menus for Adult Day Care Centers in the Child and Adult Care Food Program

Week 1

Component	Monday	Tuesday	Wednesday	Thursday	Friday
M 1 cup	Unflavored Low-fat milk (1 c)	Unflavored Low-fat milk (1 c)	Unflavored Low-fat milk (1 c)	Unflavored Low-fat milk (1 c)	Unflavored Low-fat milk (1 c)
G 2 oz eq	Low-fat yogurt (1 c) MMA	Cheese roll-up: Whole-wheat tortilla (2 oz) WGR	Whole-grain bagel (2 oz) WGR	Whole-grain puffed cereal (2½ c) WGR	Enriched blueberry muffin (4 oz)
FV ½ cup	Mixed berries (½ c)	Pineapple chunks (½ c)	Green grapes (½ c)	Banana slices (½ c)	Apricots (½ c)
A		Low-fat cheese (1 oz)	Peanut butter (1 Tbsp)		
O			Jelly (1 tsp)		

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Week 2

Component	Monday	Tuesday	Wednesday	Thursday	Friday
M 1 cup	Unflavored Low-fat milk (1 c)	Unflavored Low-fat milk (1 c)	Unflavored Low-fat milk (1 c)	Unflavored Low-fat milk (1 c)	Unflavored Low-fat milk (1 c)
G 2 oz eq	Low-fat cottage cheese (½ c) MMA	Whole-grain cereal rounds (2 c) WGR	Yogurt-fruit parfait: Vanilla Greek yogurt (1 c) MMA	Enriched banana bread (4 oz)	Whole-grain granola cereal (¼ c) WGR Whole-wheat roll (1 oz) WGR
FV ½ cup	Pineapple tidbits in juice (½ c)	Blueberries (½ c)	Sliced strawberries (¼ c) and peaches (¼ c)	Applesauce (½ c)	Orange slices (½ c)
A			Whole-grain granola (1 Tbsp)	Almond butter (1 Tbsp)	
O					Margarine (1 tsp) or jelly (1 tsp)

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Week 3

Component	Monday	Tuesday	Wednesday	Thursday	Friday
M 1 cup	Unflavored Low-fat milk (1 c)	Unflavored Low-fat milk (1 c)	Unflavored Low-fat milk (1 c)	Unflavored Low-fat milk (1 c)	Unflavored Low-fat milk (1 c)
G 2 oz eq	Hard-boiled egg (1 large) MMA	Cold quinoa fruit salad: Cooked quinoa (1 c) WGR	Whole-wheat roll (2 oz) WGR	Enriched buttermilk biscuit (2 oz)	Whole-grain granola cereal (½ c) WGR
FV ½ cup	Cantaloupe cubes (½ c)	Sliced grapes, bananas, peaches, strawberries (½ c)	Diced fresh pears (½ c)	Clementine (½ c)	Cherries (½ c)
A			Low-fat cheese (½ oz)	Sliced ham (½ oz)	Low-fat yogurt (¼ c)
O		Orange yogurt sauce (1 Tbsp)			

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Week 4

Component	Monday	Tuesday	Wednesday	Thursday	Friday
M 1 cup	Unflavored Low-fat milk (1 c)	Unflavored Low-fat milk (1 c)	Unflavored Low-fat milk (1 c)	Unflavored Low-fat milk (1 c)	Unflavored Low-fat milk (1 c)
G 2 oz eq	Enriched corn muffin (3 oz) WGR	Cheddar cheese (2 oz) MMA	Cold pancake roll-up: Whole-grain pancakes (2½ oz) WGR	Whole-grain puffed cereal (1¼ c) WGR Enriched blueberry muffin (2 oz)	Whole-wheat English muffin (2 oz) WGR
FV ½ cup	Banana (½ c)	Apple slices (½ c)	Diced strawberries (½ c)	Honeydew melon (½ c)	Sliced peaches (½ c)
A					
O			Syrup (1 Tbsp)		Sunflower butter (½ Tbsp)

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Week 5

Component	Monday	Tuesday	Wednesday	Thursday	Friday
M 1 cup	Unflavored Low-fat milk (1 c)	Unflavored Low-fat milk (1 c)	Unflavored Low-fat milk (1 c)	Unflavored Low-fat milk (1 c)	Unflavored Low-fat milk (1 c)
G 2 oz eq	Whole-grain flaked cereal (2 c) WGR	Cinnamon cottage cheese (½ c) MMA	Peach-mango smoothie: Low-fat yogurt (1 c) MMA	Apple roll-up: Whole-grain tortilla (2 oz) WGR	Enriched pumpkin-cranberry bread (4 oz)
FV ½ cup	Orange slices (½ c)	Red grapes (½ c)	Pureed peaches (¼ c) and mangos (¼ c)	Diced apples (½ c)	Cantaloupe cubes (½ c)
A			Enriched apple muffin (2 oz)	Peanut butter (1 Tbsp)	
O					

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Resources

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

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

Crediting Foods in CACFP Adult Day Care Centers (CSDE webpage):

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

Crediting Summary Charts for the CACFP Adult Meal Patterns (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/crediting_summary_charts_cacfp_adults.pdf

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

https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide_cacfp_meal_patterns_adults.pdf

Meal Patterns for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-adult-centers>

Menu Planning for CACFP Adult Day Care Centers (CSDE's Meal Patterns for CACFP Adult Day Care Centers webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-adult-centers/menu-planning>

Recipes for Child Nutrition Programs (CSDE's Menu Planning for Child Nutrition Programs webpage)

<https://portal.ct.gov/sde/nutrition/menu-planning/recipes-for-child-nutrition-programs>

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

https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/resources_cacfp_meal_patterns.pdf

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For more information, visit the [Meal Patterns for CACFP Adult Day Care Centers](#) webpage and [Crediting Foods in CACFP Adult Day Care Centers](#) webpage or contact the [CACFP staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/adult_menu_cacfp_breakfast_cold.pdf.

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

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