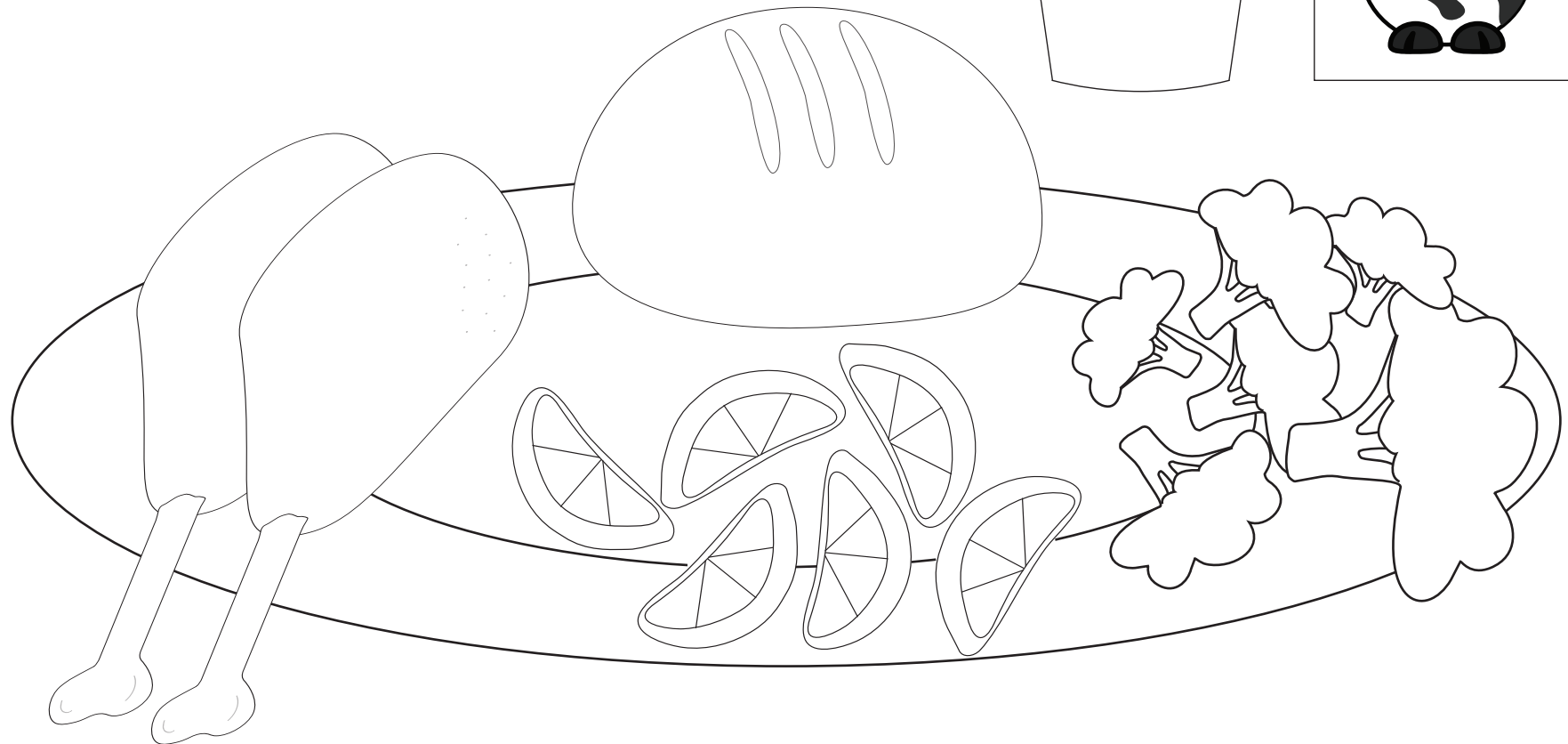


Coloring in the CACFP Meal Patterns





What is my child eating at child care?

Your child care provider participates in the Child and Adult Food Care Program (CACFP). Providers participating in the CACFP follow meal patterns established by the United States Department of Agriculture (USDA).

Breakfast consists of milk, vegetables/fruits or portions of both, and grains.

Up to three times a week, meat/meat alternatives may be used to replace the entire grains component.

Sample Breakfasts:

- Milk, bananas, and oatmeal
- Milk, hash browns, and scrambled eggs

Lunch and dinner requires milk, meat/meat alternatives, two vegetables or one fruit and one vegetable, and grains.

Sample Lunch:

- Milk, chicken drumstick, broccoli, orange slices, and a whole grain-rich roll
- Milk, bean chili, carrots, green beans, and a whole grain-rich bread stick

Snacks include two of the following five components: milk, meat/meat alternatives, vegetables, fruits and grains.

Sample Snacks:

- Applesauce and crackers
- Breadsticks and cheese

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