

# Quick Reference for CACFP Meal Planning

## CACFP Meal Requirements Cheat Sheet for Child Care Providers

### Breakfast Requirements

Serve all 3 components:

- Milk
- Grain (bread, cereal, oatmeal, etc.)
- Fruit OR Vegetable

You may substitute a meat/meat alternate (protein) for the grain  
Up to 3 times per week  
At breakfast only

### Lunch / Supper Requirements

Serve all 5 components:

- Milk
- Protein (meat, beans, eggs, yogurt, etc.)
- Grain
- Fruit
- Vegetable

### Snack Requirements

Choose any 2 components:

- Milk
- Grain
- Protein
- Fruit
- Vegetable

Milk is optional but counts as one component

### Simple Planning Tips

- Repeat meals children enjoy
- Use seasonal produce
- Keep meals simple
- Rotate weekly menus
- Plan ahead with a template

### Make menu planning easier!

Use a reusable system to stay organized and save time each week.

Pair this cheat sheet with your weekly and monthly menu planning tools.

### Easy Meal Combinations

#### Breakfast Ideas

- Oatmeal + bananas + milk
- Toast + yogurt + berries
- Cereal + milk + peaches

#### Lunch Ideas

- Chicken + rice + green beans + fruit + milk
- Spaghetti + peas + fruit + milk
- Sandwich + cucumbers + apples + milk

#### Snack Ideas

- Cheese + crackers
- Apples + peanut butter
- Yogurt + granola
- Carrots + hummus

