



# Adult Day Care Fact Sheet

for the USDA Child and Adult Care Food Program

No. 1

## CACFP Meal Pattern for Adults

Adult day care centers participating in the Child and Adult Care Food Program (CACFP) are required to serve meals and snacks that meet the requirements of the CACFP meal pattern.

For a meal to be reimbursable, the CACFP meal pattern requires the following minimum components and quantities. Reimbursement cannot be claimed for more than two meals and one snack or two snacks and one meal per participant per day.

### Breakfast

- One serving of fluid milk
- One serving of vegetable(s) and/or fruit(s) or full-strength vegetable or fruit juice or any combination of vegetable(s), fruit(s), and juice
- Two servings of bread or bread alternate

### Lunch/Supper

- One serving of fluid milk (lunch only—not required for supper)
- Two servings of vegetable(s) and/or fruit(s) or full-strength vegetable or fruit juice or any combination of vegetable(s), fruit(s), and juice
- Two servings of bread or bread alternate
- One serving of meat or meat alternate

### Supplemental Food (Snack)

Select two of the following four components:

- One serving of fluid milk
- One serving of vegetable(s) and/or fruit(s) or full-strength vegetable or fruit juice or any combination of vegetable(s), fruit(s), and juice
- One serving of bread or bread alternate
- One serving of meat or meat alternate

A detailed description of the serving sizes and four meal components can be found at [www.fns.usda.gov/cnd/care/Regs-Policy/AdultCare/adults.htm](http://www.fns.usda.gov/cnd/care/Regs-Policy/AdultCare/adults.htm).

The center can be reimbursed for up to two meals and one snack, or two snacks and one meal, provided daily to each participant. Reimbursement rates are based on the participant's family size and household income.



National Food Service Management Institute  
The University of Mississippi

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## CACFP Meal Pattern for Adults (continued)

### Types of Meal Service

CACFP meals can be prepared in-house, provided by a vendor, or catered from a central kitchen.

Centers may choose to serve the meals

- with participants moving through a cafeteria-style line,
- pre-plated and served from a line or to the table, or
- family-style with food served in bowls or dishes on the table.

### Offer Versus Serve

Adult day care centers may use the “offer versus serve” meal service option. This option allows participants to select foods they wish to eat at breakfast, lunch, or supper.

Centers using “offer versus serve” must offer participants all of the required meal components.

However, participants are permitted to decline

- at breakfast—one of the required four food items.
- at lunch—two of the required six food items.
- at supper—two of the required five food items.

Participants must be served both snack components.

Centers may provide additional choices of required meal components to increase food intake and decrease plate waste.



### Special Nutrition Needs

If an adult participant cannot eat certain foods for medical reasons, substitutions can be made to the CACFP meal pattern if there is a written statement from a medical authority and a list of recommended alternate foods. Documentation of the medical need and lists of alternate foods and all meal component substitutions must be kept on file and in the individual plan of care.

A Registered Dietitian (RD) will need to write menus for participants with special nutrition needs.

### Source:

National Food Service Management Institute. (2005). *Adult Day Care Resources for the USDA Child and Adult Care Food Program*. University, MS: Author.

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