

# CACFP Special Diets Resources



Check out these resources! Learn more about policies and regulations related to special diet requests and accommodations. Explore handouts, webinars, and trainings available to you from TDA, USDA, ICN, and more!

## Texas Department of Agriculture (TDA)

- [CACFP Handbooks](#)
- [TDA CACFP Trainings](#)
- [CACFP Medical Statement Sample Form](#)

## US Department of Agriculture (USDA)

- [Meal Pattern Worksheets](#)
- [Crediting Handbook for CACFP](#)
- [Modifications to Accommodate Disabilities in CACFP and SFSP](#)
- [Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the CACFP, Q&A's](#)
- [Credibility of Infant Formulas Imported Through the FDA's 2022 Infant Formula Discretion Policy in the CACFP](#)
- [Q&A's Regarding the 2022 Infant Formula Shortage in the CACFP](#)
- [Food Allergy Resources](#)

## Institute of Child Nutrition (ICN)

- [Food Allergy Resources](#)
- [Menus of Flavor](#)

## Academy of Nutrition and Dietetics (AND)

- [Nutrition for Autism Spectrum Disorder](#)
- [Food Allergies and Intolerances](#)
- [Lactose Intolerance](#)
- [Celiac Disease: An Introduction](#)

## Food Allergy Research and Education (FARE)

- [Recognizing and Responding to a Reaction](#)
- [Avoiding Cross-Contact](#)
- [Food Allergy & Anaphylaxis Emergency Care Plan](#)
- [Section 504 and Written Management Plans](#)
- [Food Allergies and Early Childhood: Your Rights and Responsibilities](#)
- [Preschool and Early Child Care Food Allergy Training](#)

## National CACFP Association (NCA)

- [Meal Pattern Minute](#)
- [Thirty on Thursday](#)
- [Policies and Regulation](#)



TEXAS DEPARTMENT OF AGRICULTURE  
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Updated 2/21/2023  
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# CACFP Special Diets Recipes



Check out these resources! Learn new recipes and explore ways to incorporate new, safe foods into your menus!

## Allergy-Friendly



- [FARE](#)
- [Pancakes](#)
- [Dairy-Free Grilled Cheese](#)
- [Pupusas and Salsa Roja](#)
- [Chicken and Sausage Gumbo](#)
- [Jerk Jackfruit and Mango Chutney](#)
- [Veggie Tacos](#)

## Vegetarian and Vegan

- [Institute of Child Nutrition](#)
- [Berry Medley and Quinoa Bake](#)
- [Egg and Broccoli Scramble](#)
- [Roasted Sweet Potato Hash](#)
- [Baked Tofu Bites](#)
- [Sauteed Tempeh with Vegetables](#)
- [Roasted Spaghetti Squash & Tomato Sauce](#)

## Gluten Free

- [National Celiac Association](#)
- [Chili Taco Salad](#)
- [Buttermilk Pancakes](#)
- [Pumpkin Muffins](#)
- [Chicken Pot Pie](#)
- [Broccoli Cheddar Soup](#)

## Cultural and Religious

- [Academy of Nutrition and Dietetics](#)
- [Cultural Cuisine and Traditions](#)
- [Holidays and Celebrations](#)
- [USDA](#)
- [Multicultural Child Care Recipes](#)



## Diabetic-Friendly

- [Center for Disease Control and Prevention](#)
- [Spanish Omelet](#)
- [Turkey Stew](#)
- [Two Cheese Pizza](#)
- [Cuban Beans and Rice](#)
- [Pozole](#)
- [Tropical Fruits Fantasia](#)

## Texture Modified

- [Cherry Cocoa Smoothie \(Moderately Thick\)](#)
- [Butternut Squash Soup \(Moderately Thick\)](#)
- [Mini Turkey Meatloaves \(Minced & Moist\)](#)
- [Corn muffin Breakfast \(Minced & Moist\)](#)
- [Sausage Pancake Squares \(Soft & Bite Sized\)](#)



Make sure recipes meet CACFP Meal Pattern Requirements!



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