

CACFP MEAL PATTERN FOR CHILDREN AGES 1 THROUGH 12 YEARS

Breakfast

(Select one from each of the three groups)

| | Ages 1–2 Years | Ages 3–5 Years | Ages 6–12 Years |
|---|-------------------------|-------------------------|-----------------------|
| Milk, fluid | 1/2 cup (4 ounces) | 3/4 cup (6 ounces) | 1 cup (8 ounces) |
| Full-strength juice or fruit or vegetables or an equivalent combination of juice or fruit or vegetables | 1/4 cup | 1/2 cup | 1/2 cup |
| Grains/Breads: | | | |
| Bread or | 1/2 slice | 1/2 slice | 1 slice |
| Corn bread, rolls, muffins, etc., or | 1/2 serving | 1/2 serving | 1 serving |
| Cold dry cereal or | 1/4 cup or 1/3 ounce | 1/3 cup or 1/2 ounce | 3/4 cup or 1 ounce |
| Cooked cereal or Cooked pasta or noodle products or Cooked cereal grains or an equivalent quantity of any combination | 1/4 cup | 1/4 cup | 1/2 cup |

Lunch or Supper

(Five components are needed to meet USDA requirements; two must come from the fruit/vegetable category)

| | Ages 1–2 Years | Ages 3–5 Years | Ages 6–12 Years |
|--|-------------------------|-----------------------------------|---------------------------|
| Milk, fluid | 1/2 cup (4 ounces) | 3/4 cup (6 ounces) | 1 cup (8 ounces) |
| Fruits and/or vegetables (two or more kinds) | 1/4 cup (total) | 1/2 cup (total) | 3/4 cup (total) |
| Grains/Breads: | | | |
| Bread or | 1/2 slice | 1/2 slice | 1 slice |
| Corn bread, rolls, muffins, biscuits or | 1/2 serving | 1/2 serving | 1 serving |
| Cooked pasta or noodle products or | 1/4 cup | 1/4 cup | 1/2 cup |
| Cooked cereal grains or combination of any equivalent quantity | 1/4 cup | 1/4 cup | 1/2 cup |
| Meat and meat alternates: | | | |
| Lean meat or poultry or fish (edible portion as served) or cheese (or cottage cheese, cheese food, or cheese spread) or eggs | 1 ounce 1 ounce 1 | 1 1/2 ounces 1 1/2 ounces 1 | 2 ounces 2 ounces 1 |
| or cooked dry beans or cooked dry peas | 1/4 cup | 3/8 cup | 1/2 cup |
| or peanut butter, soy-nut butter, or other nut or seed butters | 2 Tbsp | 3 Tbsp | 4 Tbsp |
| * or peanuts, soy-nuts, tree nuts, or seeds | 1/2 ounce | 3/4 ounce | 1 ounce |
| or yogurt, plain, or sweetened and flavored | 4 ounces or 1/2 cup | 6 ounces or 3/4 cup | 8 ounces or 1 cup |
| or any combination of meat/meat alternate | | | |

*Can meet only one-half of the total meat/meat alternate for lunch or supper.

AM or PM Snack

(Select two items from the four groups)

| | Ages 1–2 Years | Ages 3–5 Years | Ages 6–12 Years |
|---|-----------------------------------|-----------------------------------|-----------------------------|
| Milk, fluid | 1/2 cup (4 ounces) | 1/2 cup (4 ounces) | 1 cup (8 ounces) |
| Full-strength juice or fruit or vegetables or any combination of juice or fruit or vegetables | 1/2 cup | 1/2 cup | 3/4 cup |
| Grains/Breads: | | | |
| Bread or | 1/2 slice | 1/2 slice | 1 slice |
| Corn bread, rolls, muffins, or biscuits or cold dry cereal | 1/2 serving | 1/2 serving | 1 serving |
| or cooked cereal | 1/4 cup or 1/3 ounce | 1/3 cup or 1/2 ounce | 3/4 cup or 1 ounce |
| or cooked cereal grains or a combination of bread or bread alternate | 1/4 cup 1/4 cup | 1/4 cup 1/4 cup | 1/2 cup 1/2 cup |
| Meat and meat alternates: | | | |
| Lean meat or poultry or fish or cheese (or cottage cheese, cheese food, or cheese spread) or eggs | 1/2 ounce 1/2 ounce 1/2 egg | 1/2 ounce 1/2 ounce 1/2 egg | 1 ounce 1 ounce 1 egg |
| or cooked dry beans or cooked dry peas | 1/8 cup | 1/8 cup | 1/4 cup |
| or peanut butter, soy-nut butter, or other nut or seed butters | 1 Tbsp | 1 Tbsp | 2 Tbsp |
| or peanuts, soy-nuts, tree nuts, or seeds | 1/2 ounce | 1/2 ounce | 1 ounce |
| or yogurt, plain, or sweetened and flavored | 2 ounces or 1/4 cup | 2 ounces or 1/4 cup | 4 ounces or 1/2 cup |
| or any combination of meat/meat alternate | | | |