

CACFP CHILD MEAL PATTERNS

Breakfast (All three components required for a reimbursable meal)				
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (at-risk afterschool programs and emergency shelters)
Fluid Milk -Unflavored whole milk for age one -Unflavored 1% or non-fat for age two – five -Unflavored 1% or unflavored or flavored non-fat for age six and older	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables or Fruits (or portions of both) -Juice may only be used to meet the fruit or vegetable requirement at one meal per day	¼ cup	½ cup	½ cup	½ cup
Grains --Whole grain-rich or enriched -One serving per day must be whole grain-rich -Grain based desserts do not meet the grain requirement -Breakfast cereals may not contain more than 6 grams of sugar per dry ounce	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Meat/meat alternates -*Not required, but may be used to meet grain requirement a maximum of three times per week (one oz eq M/MA equals one oz eq Grains)*	½ oz eq*	½ oz eq*	1 oz eq *	1 oz eq *



Lunch and Supper

(All five components required for a reimbursable meal)

Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (at-risk afterschool programs and emergency shelters)
Fluid Milk -Unflavored whole milk for age one -Unflavored 1% or non-fat for age two – five -Unflavored 1% or unflavored or flavored non-fat for age six and older	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates	1 oz eq	1½ oz eq	2 oz eq	2 oz eq
Vegetables -May replace fruit, but must offer two kinds -Juice may only be used to meet the fruit or vegetable requirement at one meal per day	⅛ cup	¼ cup	½ cup	½ cup
Fruits -Juice may only be used to meet the fruit or vegetable requirement at one meal per day	⅛ cup	¼ cup	¼ cup	¼ cup
Grains -Whole grain-rich or enriched -One serving per day must be whole grain-rich -Grain based desserts do not meet the grain requirement	½ oz eq	½ oz eq	1 oz eq	1 oz eq



Snack

(Select two of the five components for a reimbursable snack)

Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (at-risk afterschool programs and emergency shelters)
Fluid Milk -Unflavored whole milk for age one -Unflavored 1% or non-fat for age two – five -Unflavored 1% or unflavored or flavored non-fat for age six and older	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Vegetables -Juice may only be used to meet the fruit or vegetable requirement at one meal per day	½ cup	½ cup	¾ cup	¾ cup
Fruits -Juice may only be used to meet the fruit or vegetable requirement at one meal per day	½ cup	½ cup	¾ cup	¾ cup
Grains -Whole grain-rich or enriched -One serving per day must be whole grain-rich -Grain based desserts do not meet the grain requirement -Breakfast cereals may not contain more than 6 grams of sugar per dry ounce	½ oz eq	½ oz eq	1 oz eq	1 oz eq

