

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 ^a
Fluid Milk	½ cup	¾ cup	1 cup	1 cup
Vegetables or Fruits (or portions of both)	¼ cup	½ cup	½ cup	½ cup
Grains				
Bread	½ slice	½ slice	1 slice	1 slice
Ready to Eat Cereal	⅓ oz	½ oz	1 oz	1 oz
Cooked Cereal	¼ cup	¼ cup	½ cup	½ cup
Meat/Meat Alternates*	½ oz M/MA*	½ oz M/MA*	1 oz M/MA*	1 oz M/MA *
<i>*Not required, but may be used to meet grain requirement a maximum of three times per week</i>				

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 ^a
Fluid Milk	½ cup	¾ cup	1 cup	1 cup
Meat/Meat Alternates				
Meat/ Poultry / Fish	1 oz	1½ oz	2 oz	2 oz
Cheese	1 oz	1½ oz	2 oz	2 oz
Egg	½	¾	1	1
Yogurt	½ cup	¾ cup	1 cup	1 cup
Cooked beans	¼ cup	⅜ cup	½ cup	½ cup
Tofu	1 oz	1½ oz	2 oz	2 oz
Nut or Seed Butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp
Vegetables	⅛ cup	¼ cup	½ cup	½ cup
Fruits	⅛ cup	¼ cup	¼ cup	¼ cup
Grains				
Bread	½ slice	½ slice	1 slice	1 slice
Bread Product	½ serving	½ serving	1 serving	1 serving
Pasta or Rice	¼ cup	¼ cup	½ cup	½ cup

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
Fluid Milk	½ cup	½ cup	1 cup	1 cup
Meat/Meat Alternates	½ oz M/MA	½ oz M/MA	1 oz M/MA	1 oz M/MA
Vegetables	½ cup	½ cup	¾ cup	¾ cup
Fruits	½ cup	½ cup	¾ cup	¾ cup
Grains	½ serving	½ serving	1 serving	1 serving

^a At-risk afterschool programs and emergency shelters