

Child and Adult Care Food Program

FOOD CHART

Meal Pattern Requirements for Children Ages 1 Through 12 Years

	Children 1 and 2 years	Children 3 through 5 years	Children 6 through 12 years
BREAKFAST			
Fluid milk	1/2 cup	3/4 cup	1 cup
Juice or fruit or vegetable	1/4 cup	1/2 cup	1/2 cup
Grains/breads	1/2 slice (or 1/2 serving)	1/2 slice (or 1/2 serving)	1 slice (or 1 serving)
or cold dry cereal or cooked cereal	1/4 cup (or 1/3 ounce) ¹ 1/4 cup	1/3 cup (or 1/2 ounce) ² 1/4 cup	3/4 cup (or 1 ounce) ³ 1/2 cup
SNACK			
Select two different items from the following four components. Juice may not be served when milk is served as the only other component.			
Fluid milk	1/2 cup	1/2 cup	1 cup
Juice or fruit or vegetable	1/2 cup	1/2 cup	3/4 cup
Meat or meat alternate or yogurt	1/2 ounce 2 ounces (or 1/4 cup)	1/2 ounce 2 ounces (or 1/4 cup)	1 ounce 4 ounces (or 1/2 cup)
Grains/breads	1/2 slice (or 1/2 serving)	1/2 slice (or 1/2 serving)	1 slice (or 1 serving)
LUNCH/SUPPER			
Fluid milk	1/2 cup	3/4 cup	1 cup
Meat or poultry or fish or cheese	1 ounce 1 ounce	1-1/2 ounces 1-1/2 ounces	2 ounces 2 ounces
or cottage cheese, cheese food or cheese spread	2 ounces (1/4 cup)	3 ounces (3/8 cup)	4 ounces (1/2 cup)
or egg	1 egg	1 egg	1 egg
or cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup
or peanut butter, soynut butter, or nut or seed butters	2 tablespoons	3 tablespoons	4 tablespoons
or peanuts, soynuts, tree nuts, or seeds	1/2 ounce = 50 percent ⁴	3/4 ounce = 50 percent ⁴	1 ounce = 50 percent ⁴
or yogurt or an equivalent quantity of any combination of the above meat/meat alternates	4 ounces (1/2 cup)	6 ounces (3/4 cup)	8 ounces (1 cup)
Vegetables and/or fruit (2 or more)	1/4 cup (total)	1/2 cup (total)	3/4 cup (total)
Grains/breads	1/2 slice (or 1/2 serving)	1/2 slice (or 1/2 serving)	1 slice (or 1 serving)

¹ 1/4 cup (volume) or 1/3 ounce (weight), whichever is less.

² 1/3 cup (volume) or 1/2 ounce (weight), whichever is less.

³ 3/4 cup (volume) or 1 ounce (weight), whichever is less.

⁴ This portion can meet only one-half of the total serving of the meat/meat alternate requirement for lunch or supper. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry, or fish.

NOTE: For family day care home providers in Department of Early Learning licensed homes, the age limit for the meal pattern is through 11 years of age instead of 12.