

## 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
<b>Milk, fluid</b>	1/2 cup (4 ounces)	3/4 cup (6 ounces)	1 cup (8 ounces)
<b>Full-strength juice or fruit or vegetables or an equivalent combination of juice or fruit or vegetables</b>	1/4 cup	1/2 cup	1/2 cup
<b>Grains/Breads:</b>			
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
<b>Milk, fluid</b>	1/2 cup (4 ounces)	3/4 cup (6 ounces)	1 cup (8 ounces)
<b>Fruits and/or vegetables</b> (two or more kinds)	1/4 cup (total)	1/2 cup (total)	3/4 cup (total)
<b>Grains/Breads:</b>			
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
<b>Meat and meat alternates:</b>			
Lean meat or poultry or fish (edible portion as served) or cheese (or cottage cheese, cheese food, or cheese spread)	1 ounce 1 ounce	1 1/2 ounces 1 1/2 ounces	2 ounces 2 ounces
or eggs	1	1	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
<b>Milk, fluid</b>	1/2 cup (4 ounces)	1/2 cup (4 ounces)	1 cup (8 ounces)
<b>Full-strength juice or fruit or vegetables or any combination of juice or fruit or vegetables</b>	1/2 cup	1/2 cup	3/4 cup
<b>Grains/Breads:</b>			
Bread or	1/2 slice	1/2 slice	1 slice
Corn bread, rolls, muffins, or biscuits	1/2 serving	1/2 serving	1 serving
or cold dry cereal	1/4 cup or 1/3 ounce	1/3 cup or 1/2 ounce	3/4 cup or 1 ounce
or cooked cereal	1/4 cup	1/4 cup	1/2 cup
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
<b>Meat and meat alternates:</b>			
Lean meat or poultry or fish	1/2 ounce	1/2 ounce	1 ounce
or cheese (or cottage cheese, cheese food, or cheese spread)	1/2 ounce	1/2 ounce	1 ounce
or eggs	1/2 egg	1/2 egg	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			