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**UPDATED MEAL PATTERNS**  
CHILD AND ADULT CARE FOOD PROGRAM  
EFFECTIVE OCTOBER 1, 2017

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## Child and Adult Meal Pattern

Early Implementation for CACFP

Infant Meal Pattern

**Child and Adult Meal Pattern**

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### CACFP MEAL PATTERNS: **CHILD AND ADULT**

#### Greater Variety of Vegetables and Fruits

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- Juice is limited to once per day, across all eating occasions

#### More Whole Grains

- At least one serving per day across all eating occasions must be whole grain-rich;
- Grain-based deserts no longer count towards the grain component; and
- Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019)

#### More Protein Options

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- Tofu counts as a meat alternate

#### Age Appropriate Meals

- A new age group addresses the needs of older children 13 through 18 years old

#### Less Added Sugar

- Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce

#### Making Every Sip Count

- Unflavored whole milk must be served to 1-year olds, unflavored low-fat or fat-free milk must be served to children 2 through 5 years old, and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older and adults.
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk
- Yogurt may be served in place of milk once per day for adults only.

**Additional Improvements**

- Extends offer versus serve to at-risk afterschool programs, and
- Frying is not allowed as a way of preparing foods on-site

*Note. The changes made to the federal CACFP meal patterns are based on the Dietary Guideline for Americans, scientific recommendations from the National Academy of Medicine, and stakeholder input.*

Click on chart for downloadable PDF version:

Breakfast Meal Patterns	AGES 1-2		AGES 3-5		AGES 6-12 & 13-16		ADULTS	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	½ cup	½ cup	1 cup	1 cup	1 cup	1 cup
Vegetables, fruit, or both	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
Grains	½ serving	½ oz eq*	½ serving	½ oz eq*	1 serving	1 oz eq*	2 servings	2 oz eq*

\*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.  
 oz eq = ounce equivalents  
 Yogurt may be used to fulfill the fluid milk requirement for adults once per day, when yogurt is not used as a meat alternate in the same meal.

Lunch and Supper Meal Patterns	AGES 1-2		AGES 3-5		AGES 6-12 & 13-16		ADULTS	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	½ cup	½ cup	1 cup	1 cup	1 cup	1 cup
Meat/Meat Alternates	1 oz	1 oz	1 ½ oz	1 ½ oz	2 oz	2 oz	2 oz	2 oz
Vegetables	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	1 cup	½ cup
Fruits	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	1 cup	½ cup
Grains	½ serving	½ oz eq*	½ serving	½ oz eq*	1 serving	1 oz eq	2 servings	2 oz eq

\*A serving of milk is not required at supper meals for adults  
 oz eq = ounce equivalents  
 Yogurt may be used to fulfill the fluid milk requirement for adults once per day, when yogurt is not used as a meat alternate in the same meal.

Snack Meal Patterns	AGES 1-2		AGES 3-5		AGES 6-12 & 13-16		ADULTS	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	½ cup	½ cup	1 cup	1 cup	1 cup	1 cup
Meat/Meat Alternates	½ oz	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
Vegetables	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
Fruits	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	1 servings	1 oz eq

Select two of the five components for snack.  
 oz eq = ounce equivalents

\*All serving sizes for components and amounts in the food patterns are in metric (a minimum of 10 grams).  
 \*Component updates to the child and adult patterns have been updated from USDA recommendations from 2012 and are effective 6/13/16.  
 \*Previously, 1/2 2017 ounce equivalents will be used to determine the amount of the vegetable group.

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