

## CACFP CHILD MEAL PATTERNS

| <b>Breakfast</b><br>(All three components required for a reimbursable meal)                       |                 |                 |                  |                               |
|---|-----------------|-----------------|------------------|-------------------------------|
| <b>Food Components and Food Items</b>   | <b>Ages 1-2</b> | <b>Ages 3-5</b> | <b>Ages 6-12</b> | <b>Ages 13-18<sup>a</sup></b> |
| <b>Fluid Milk</b>   | ½ cup           | ¾ cup           | 1 cup            | 1 cup                         |
| <b>Vegetables or Fruits</b> (or portions of both)   | ¼ cup           | ½ cup           | ½ cup            | ½ cup                         |
| <b>Grains</b>   |                 |                 |                  |                               |
| 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> |                 |                 |                  |                               |
| <b>Lunch and Supper</b><br>(All five components required for a reimbursable meal)                 |                 |                 |                  |                               |
| <b>Food Components and Food Items</b>   | <b>Ages 1-2</b> | <b>Ages 3-5</b> | <b>Ages 6-12</b> | <b>Ages 13-18<sup>a</sup></b> |
| <b>Fluid Milk</b>   | ½ cup           | ¾ cup           | 1 cup            | 1 cup                         |
| <b>Meat/Meat Alternates</b>   |                 |                 |                  |                               |
| 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                        |
| <b>Vegetables</b>   | ⅓ cup           | ¼ cup           | ½ cup            | ½ cup                         |
| <b>Fruits</b>   | ⅓ cup           | ¼ cup           | ¼ cup            | ¼ cup                         |
| <b>Grains</b>   |                 |                 |                  |                               |
| 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                         |
| <b>Snack</b><br>(Select two of the five components for a reimbursable snack)                      |                 |                 |                  |                               |
| <b>Food Components and Food Items</b>   | <b>Ages 1-2</b> | <b>Ages 3-5</b> | <b>Ages 6-12</b> | <b>Ages 13-18</b>             |
| <b>Fluid Milk</b>   | ½ cup           | ½ cup           | 1 cup            | 1 cup                         |
| <b>Meat/Meat Alternates</b>   | ½ oz M/MA       | ½ oz M/MA       | 1 oz M/MA        | 1 oz M/MA                     |
| <b>Vegetables</b>   | ½ cup           | ½ cup           | ¾ cup            | ¾ cup                         |
| <b>Fruits</b>   | ½ cup           | ½ cup           | ¾ cup            | ¾ cup                         |
| <b>Grains</b>   | ½ serving       | ½ serving       | 1 serving        | 1 serving                     |

<sup>a</sup> At-risk afterschool programs and emergency shelters