

# Child (Ages 1-18) Meal Pattern

## Child and Adult Care Food Program

FOOD COMPONENTS AND FOOD ITEMS	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>1</sup>
<b>BREAKFAST</b> <sup>2, 3</sup>				
<b>Fluid Milk</b> <sup>4</sup>	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
<b>Vegetables, Fruits or portions of both</b> <sup>5</sup>	¼ cup	½ cup	½ cup	½ cup
<b>Grains</b> <sup>6, 7, 8</sup>				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product (such as biscuit, roll, muffin)	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>9</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>9,10</sup>	¼ cup	⅓ cup	¾ cup	¾ cup
<b>SNACK</b> <sup>2, 11</sup> (Select 2 of the 5 components for a reimbursable snack)				
<b>Fluid Milk</b> <sup>4</sup>	4 fl oz (½ cup)	4 fl oz (½ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
<b>Meat or Meat Alternate</b>				
Lean meat, poultry, or fish	½ oz	½ oz	1 oz	1 oz
Tofu	1.1 oz or ⅙ c	1.1 oz or ⅙ c	2.2 oz or ¼ c	2.2 oz or ¼ c
Soy product or alternate protein products <sup>12</sup>	½ oz	½ oz	1 oz	1 oz
Cheese	½ oz	½ oz	1 oz	1 oz
Large egg	½	½	½	½
Cooked dry beans/peas	⅛ cup	⅛ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.	2 Tbsp.
Yogurt (including soy), plain or flavored, unsweetened or sweetened <sup>13</sup>	2 oz (¼ cup)	2 oz (¼ cup)	4 oz (½ cup)	4 oz (½ cup)
Peanuts soy nuts, tree nuts or seeds	½ oz	½ oz	1 oz	1 oz
<b>Vegetables</b> <sup>5</sup>	½ cup	½ cup	¾ cup	¾ cup
<b>Fruits</b> <sup>5</sup>	½ cup	½ cup	¾ cup	¾ cup
<b>Grains</b> <sup>6, 7,</sup>				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>9</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>9, 10</sup>	¼ cup	⅓ cup	¾ cup	¾ cup
<b>LUNCH OR SUPPER</b> <sup>2,14</sup>				
<b>Fluid Milk</b> <sup>4</sup>	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
<b>Meat or Meat Alternate</b>				
Lean meat, poultry, or fish	1 oz	1½ oz	2 oz	2 oz
Tofu	2.2 oz or ¼ c	3.3 oz or ⅜ c	4.4 oz or ½ c	4.4 oz or ½ c
Soy product, or alternate protein products <sup>12</sup>	1 oz	1½ oz	2 oz	2 oz
Cheese	1 oz	1½ oz	2 oz	2 oz
Large egg	½	¾	1	1
Cooked dry beans/peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.	4 Tbsp.
Yogurt (including soy), plain or flavored, unsweetened or sweetened <sup>13</sup>	4 oz (½ cup)	6 oz (¾ cup)	8 oz (1 cup)	8 oz (1 cup)
Peanuts, soy nuts, tree nuts or seeds (may be used to meet no more than 50% of the meat/meat alternate requirement) (1 oz nuts/seeds = 1 oz cooked lean meat poultry, or fish)	½ oz = 50%	¾ oz = 50%	1 oz = 50%	1 oz = 50%
<b>Vegetables</b> <sup>5, 15</sup>	⅛ cup	¼ cup	½ cup	½ cup
<b>Fruits</b> <sup>5, 15</sup>	⅛ cup	¼ cup	¼ cup	¼ cup
<b>Grains</b> <sup>6, 7</sup>				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, <sup>9</sup> cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

# CACFP Meals for Children 1 - 18 years

- <sup>1</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs..
- <sup>2</sup> Water must be offered to children throughout the day. Water is not part of a reimbursable meal and may not be served instead of fluid milk.
- <sup>3</sup> All three components must be served for a reimbursable breakfast. Offer versus serve is an option only for At-Risk Afterschool sponsors.
- <sup>4</sup> Milk type must be unflavored whole milk for children one year of age (12-23 months). Milk must be unflavored low-fat (1%) or unflavored fat-free (skim) for children two through five years of age. Milk must be unflavored or flavored low-fat (1%) or fat-free (skim) milk for participants 6 years and older.
- <sup>5</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement one time per day.
- <sup>6</sup> At least one serving per day must be whole grain-rich across all eating occasions at each site. Grain-based desserts do not count towards meeting the grains component requirement.
- <sup>7</sup> Ounce equivalents will be used to determine the quantity of creditable grains by October 1, 2019.
- <sup>8</sup> Meat and meat alternates may be used to meet the entire grains component requirement a maximum of three times a week at breakfast. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.
- <sup>9</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).
- <sup>10</sup> Beginning October 1, 2019, the minimum serving size for ready-to-eat cereal will change. This chart and the required serving sizes will be effective until October 1, 2019.
- <sup>11</sup> Only one of the two required components for snack may be a beverage. Offer versus serve is not an option for snack.
- <sup>12</sup> Alternate protein products must meet 7 CFR Part 226, Appendix A requirements.
- <sup>13</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- <sup>14</sup> All five components must be served for a reimbursable lunch and/or supper. Offer versus serve is an option only for At-Risk Afterschool sponsors.
- <sup>15</sup> Lunch and supper must include one fruit and one vegetable **OR** two vegetables. When two vegetables are served two different kinds of vegetables must be served.

## Abbreviations

- Tbsp. = Tablespoon
- cup = measuring cup (8 ounces)
- oz eq = ounce equivalent
- fl oz = fluid ounces
- RTE = ready-to-eat (cereals)

This institution is an equal opportunity provider.