

CACFP CHILD MEAL PATTERN

FOOD COMPONENT	1-2 years	3-5 years	6-12 years
BREAKFAST (SERVE 3 COMPONENTS)			
Milk (Whole Milk for 1 Y, 0-1% for 2-12 Y)	4 oz	6 oz	8 oz
Vegetable, Fruit or both ²	1/4 cup	1/2 cup	1/2 cup
*Grains: Whole grain or Enriched (Can serve meat/ meat alternative instead of grains for maximum of 3 times/week. 1oz meat = 1oz grains.)	1/2 oz equivalent	1/2 oz equivalent	1 oz equivalent
Breakfast Cereals (no >6-gram sugar/oz.)			
LUNCH AND SUPPER (SERVE 5 COMPONENTS)			
Milk (Whole Milk for 1 Y, 0-1% for 2-12 Y)	4 oz	6 oz	8 oz
Meat/meat alternative:			
Lean meat, poultry, and fish	1 oz	1 1/2 oz	2 oz
Tofu, soy products, alternate protein products	1 oz	1 1/2 oz	2 oz
Cheese	1 oz	1 1/2 oz	2 oz
Large Egg	1/2 egg	3/4 egg	1 egg
Beans, peas- cooked or dry	1/4 cup	3/8 cup	1/2 cup
Peanut, nut, or seed butter	2 tablespoons	3 tablespoons	4 tablespoons
Yogurt (dairy or soy) <23 grams of sugar per 6 oz	4 oz or 1/2 cup	6 oz or 3/4 cup	8 oz or 1 cup
Nuts: 1 oz = 1 oz of meat (no >50% of requirement)	1/2 oz = 50%	3/4 oz = 50%	1 oz = 50%
Vegetables	1/8 cup	1/4 cup	1/2 cup
Fruits (A vegetable can be used to meet the fruit requirement but must be a different kind of vegetable)	1/8 cup	1/4 cup	1/4 cup
*Grains: whole grain or enriched	1/2 oz equivalent	1/2 oz equivalent	1 oz equivalent
SNACK (SERVE 2 of 5 COMPONENTS- ONLY 1 CAN BE A BEVERAGE)			
Milk (Whole Milk for 1 Y, 0-1% for 2-12 Y)	4 oz	4 oz	8 oz
Meat/meat alternative:			
Lean meat, poultry, fish	1/2 oz	1/2 oz	1oz
Tofu, soy products, alternate protein products	1/2 oz	1/2 oz	1 oz
Cheese	1/2 oz	1/2 oz	1 oz
Large Egg	1/2 egg	1/2 egg	1/2 egg
Beans; cooked or dry, peas	1/8 cup	1/8 cup	1/4 cup
Peanut, nut, or seed butter	1 tablespoon	1 tablespoon	2 tablespoon
Yogurt (dairy or soy)	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup
Nuts: 1 oz = 1 oz of meat (no >50% of requirement)	1/2 oz	1/2 oz	1 oz
Vegetables	1/2 cup	1/2 cup	3/4 cup
Fruit	1/2 cup	1/2 cup	3/4 cup
*Grains: whole grain or enriched	1/2 oz equivalent	1/2 oz equivalent	1 oz equivalent
*At least one serving per day, across all eating occasions, must be whole grain rich			