



## CACFP CHILD MEAL PATTERN

FOOD COMPONENT	1-2 years	3-5 years	6-12 years
<b>BREAKFAST (SERVE 3 COMPONENTS)</b>			
● MILK (Whole Milk for 1 Y, 0-1% for 2-12 Y)	4 oz	6 oz	8 oz
● VEGETABLE, Fruit or both <sup>2</sup>	¼ cup	½ cup	½ cup
● *GRAINS: Whole grain or Enriched (Can serve meat/ meat alternative instead of grains for maximum of 3 times/week. 1oz meat = 1oz grains.)	½ oz equivalent	½ oz equivalent	1 oz equivalent
Breakfast Cereals (no >6-gram sugar/oz.)			
<b>LUNCH AND SUPPER (SERVE 5 COMPONENTS)</b>			
● 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 ½ oz	2 oz
Tofu, soy products, alternate protein products	1 oz	1 ½ oz	2 oz
Cheese	1 oz	1 ½ oz	2 oz
Large Egg	½ egg	¾ egg	1 egg
Beans, peas- cooked or dry	¼ cup	⅓ cup	½ 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 ½ cup	6 oz or ¾ cup	8 oz or 1 cup
Nuts: 1 oz = 1 oz of meat (no >50% of requirement)	½ oz = 50%	¾ oz = 50%	1 oz = 50%
● VEGETABLES	⅓ cup	¼ cup	½ cup
● FRUITS (A vegetable can be used to meet the fruit requirement but must be a different kind of vegetable)	⅓ cup	¼ cup	¼ cup
● *GRAINS: whole grain or enriched	½ oz equivalent	½ oz equivalent	1 oz equivalent
<b>SNACK (SERVE 2 of 5 COMPONENTS- ONLY 1 CAN BE A BEVERAGE)</b>			
● 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	½ oz	½ oz	1oz
Tofu, soy products, alternate protein products	½ oz	½ oz	1 oz
Cheese	½ oz	½ oz	1 oz
Large Egg	½ egg	½ egg	½ egg
Beans; cooked or dry, peas	⅓ cup	⅓ cup	¼ cup
Peanut, nut, or seed butter	1 tablespoon	1 tablespoon	2 tablespoon
Yogurt (dairy or soy)	2 oz or ¼ cup	2 oz or ¼ cup	4 oz or ½ cup
Nuts: 1 oz = 1 oz of meat (no >50% of requirement)	½ oz	½ oz	1 oz
● VEGETABLES	½ cup	½ cup	¾ cup
● FRUITS	½ cup	½ cup	¾ cup
● *GRAINS: whole grain or enriched	½ oz equivalent	½ oz equivalent	1 oz equivalent

\*At least one serving per day, across all eating occasions, must be whole grain rich

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## CACFP INFANT MEAL PATTERN

FOOD COMPONENT	Birth through 5 months	6 - 11 months*
<b>BREAKFAST, LUNCH AND DINNER</b>		
Iron-fortified formula or breastmilk (recommended)	4 - 6 fluid oz	6 - 8 fluid oz
Iron-fortified Infant Cereal Meat/meat alternative		0 - 1/2 oz of infant cereal or 0 - 4 tablespoon of meat, fish, poultry, whole egg, cooked dry beans or peas or 0 - 2 oz of cheese or 0- 4 oz cottage cheese or 0 - 4 oz or 1/2 cup of yogurt (< 23g of total sugars per 6oz) or combination of the above.
Fruit and / or vegetable		0 - 2 tablespoon (Fruit and vegetable juices must not be served)  Or combination of both
<b>SNACK</b>		
Iron-fortified formula or breastmilk (recommended)	4 - 6 fluid oz	2- 4 fluid oz
Fruit and / or vegetable		0 - 2 tablespoons (Fruit and vegetable juices must not be served)
Whole grain or enriched grain		0 - 1/2 oz eq bread or 0 - 1/4 oz eq crackers or 0 - 1/2 oz eq infant cereal 0 - 1/4 oz eq ready to eat breakfast cereal (< 6g of sugar per dry oz)

\*Introduce solid foods to infants around 6 months as developmentally appropriate.



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