



# Child & Adult Care Food Program



## Meal Pattern for Children

(These are minimum requirements; larger amounts and/or additional foods may be served.)

### BREAKFAST: Must serve all three components

Food Component and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18*
<b>Fluid Milk</b>	4 fl. oz.	6 fl. oz.	8 fl. oz.	8 fl. oz.
<b>Vegetable, fruit, or portions of both</b>	¼ cup	½ cup	½ cup	½ cup
<b>Grains (oz. eq.)</b>				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as a biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, 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)				
<i>Flakes or rounds</i>	½ cup	½ cup	1 cup	1 cup
<i>Puffed cereal</i>	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
<i>Granola</i>	1/8 cup	1/8 cup	¼ cup	¼ cup
<b>Meat/ Meat Alternate</b>	Optional	Optional	Optional	Optional

### LUNCH/SUPPER: Must serve all five component

Food Component and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18*
<b>Fluid Milk</b>	4 fl. oz.	6 fl. oz.	8 fl. oz.	8 fl. oz.
<b>Meat/ Meat Alternate</b>				
Lean Meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large Egg	½ ea.	¾ ea.	1 ea.	1 ea.
Cooked dry beans or peas	¼ cup	3/8 cup	½ cup	½ cup
Peanut butter, soy nut butter or other nut or seed butters	2 tbsp.	3 tbsp.	4 tbsp.	4 tbsp.
Yogurt, plain or flavored unsweetened or sweetened	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
Peanuts, soy nuts, tree nuts, or seeds (may not be used to meet more than 50% of the requirement)	½ ounce	¾ ounce	1 ounce	1 ounce
<b>Vegetables</b>	1/8 cup	¼ cup	½ cup	½ cup
<b>Fruits</b>	1/8 cup	¼ cup	¼ cup	¼ cup
<b>Grains (oz. eq.)</b>				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as a biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup



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### SNACK: Must serve two of the five components

Food Component and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18*
<b>Fluid Milk</b>	4 fl. oz.	6 fl. oz.	8 fl. oz.	8 fl. oz.
<b>Meat/ Meat Alternate</b>				
Lean Meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Tofu, soy product, or alternate protein products	½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Large Egg	½ ea.	½ ea.	½ ea.	½ ea.
Cooked dry beans or peas	1/8 cup	1/8 cup	¼ cup	¼ cup
Peanut butter, soy nut butter or other nut or seed butters	1 tbsp.	1 tbsp.	2 tbsp.	2 tbsp.
Yogurt, plain or flavored unsweetened or sweetened	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds (may not be used to meet more than 50% of the requirement)	½ ounce	½ ounce	1 ounce	1 ounce
<b>Vegetables</b>	½ cup	½ cup	¾ cup	¾ cup
<b>Fruits</b>	½ cup	½ cup	¾ cup	¾ cup
<b>Grains (oz. eq.)</b>				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as a biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal, cereal grain, and/or pasta				
<i>Flakes or Rounds</i>	½ cup	½ cup	1 cup	1 cup
<i>Puffed Cereal</i>	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
<i>Granola</i>	1/8 cup	1/8 cup	¼ cup	¼ cup

\* Only for at-risk programs and emergency shelters.