# CACFP Child Meal Pattern

Must serve the required components and serving sizes

## Breakfast

Must serve milk, vegetable or fruit, and either a grain or meat/meat alternate

<table>
<thead>
<tr>
<th>Food Components and Food Items</th>
<th>Ages 1-2</th>
<th>Ages 3-5</th>
<th>Ages 6-12</th>
<th>Ages 13-18 (At-risk afterschool programs and emergency shelters)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fluid Milk</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1 year olds: Unflavored whole milk</td>
<td>½ cup (4 oz)</td>
<td>¾ cup (6 oz)</td>
<td>1 cup (8 oz)</td>
<td>1 cup (8 oz)</td>
</tr>
<tr>
<td>• 2-5 year olds: Unflavored 1% or skim</td>
<td>½ cup (4 oz)</td>
<td>¾ cup (6 oz)</td>
<td>1 cup (8 oz)</td>
<td>1 cup (8 oz)</td>
</tr>
<tr>
<td>• 6-18 year olds: Unflavored 1% or skim, or flavored skim</td>
<td>½ cup (4 oz)</td>
<td>¾ cup (6 oz)</td>
<td>1 cup (8 oz)</td>
<td>1 cup (8 oz)</td>
</tr>
<tr>
<td><strong>Vegetables or Fruits (or portions of both)</strong></td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>• Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

## Grains

- Must be whole grain-rich, enriched, or fortified
- At least one serving per day must be whole grain-rich
- Grain-based desserts are not creditable (Refer to the CACFP Grains Chart)
- Cereals must contain no more than 6 grams of sugar per dry ounce

<table>
<thead>
<tr>
<th>Bread</th>
<th>½ slice</th>
<th>½ slice</th>
<th>1 slice</th>
<th>1 slice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread products such as biscuits, rolls, or muffins</td>
<td>½ serving</td>
<td>½ serving</td>
<td>1 serving</td>
<td>1 serving</td>
</tr>
<tr>
<td>Refer to the CACFP Grains Chart for options and serving sizes</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td><strong>Cooked breakfast cereal, cereal grain, rice and/or pasta</strong></td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td><strong>Ready-to-eat breakfast cereal (dry, cold)</strong></td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

## Meat/Meat Alternates

- Not required at breakfast, but may be served in place of the entire grain component a maximum of three times per week

<table>
<thead>
<tr>
<th>Lean meat, poultry, or fish</th>
<th>½ oz</th>
<th>½ oz</th>
<th>1 oz</th>
<th>1 oz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese (natural and process; soft and hard)</td>
<td>½ oz (⅛ cup shredded)</td>
<td>½ oz (⅛ cup shredded)</td>
<td>1 oz (¼ cup shredded)</td>
<td>1 oz (¼ cup shredded)</td>
</tr>
<tr>
<td>Cottage cheese, ricotta cheese, cheese spread, cheese food</td>
<td>1 oz (⅛ cup)</td>
<td>1 oz (⅛ cup)</td>
<td>2 oz (¼ cup)</td>
<td>2 oz (¼ cup)</td>
</tr>
<tr>
<td>Large egg</td>
<td>¼ egg</td>
<td>¼ egg</td>
<td>½ egg</td>
<td>½ egg</td>
</tr>
<tr>
<td>Cooked dry beans or peas</td>
<td>⅛ cup</td>
<td>⅛ cup</td>
<td>¼ cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Yogurt (regular and soy) Must contain no more than 23 grams of total sugars per 6 ounces</td>
<td>⅛ cup (2 oz)</td>
<td>⅛ cup (2 oz)</td>
<td>⅛ cup (4 oz)</td>
<td>⅛ cup (4 oz)</td>
</tr>
<tr>
<td>Peanut butter, soy nut butter or other nut or seed butters</td>
<td>1 Tbsp</td>
<td>1 Tbsp</td>
<td>2 Tbsp</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>Peanuts, soy nuts, tree nuts or seeds</td>
<td>⅛ oz</td>
<td>⅛ oz</td>
<td>1 oz</td>
<td>1 oz</td>
</tr>
<tr>
<td>Tofu (commercially prepared) 2.2 oz. (1/4 cup) must contain at least 5 grams of protein</td>
<td>⅛ oz (1.1 oz)</td>
<td>⅛ oz (1.1 oz)</td>
<td>¼ cup (2.2 oz)</td>
<td>¼ cup (2.2 oz)</td>
</tr>
<tr>
<td>Soy products or alternate protein products Must meet the requirements in Appendix A to Part 226</td>
<td>½ oz</td>
<td>½ oz</td>
<td>1 oz</td>
<td>1 oz</td>
</tr>
</tbody>
</table>
# CACFP Child Meal Pattern

Must serve the required components and serving sizes

## Lunch and Supper

All five components required for a reimbursable meal

<table>
<thead>
<tr>
<th>Food Components and Food Items</th>
<th>Ages 1-2</th>
<th>Ages 3-5</th>
<th>Ages 6-12</th>
<th>Ages 13-18 (At-risk afterschool programs and emergency shelters)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fluid Milk</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1 year olds: Unflavored whole milk</td>
<td>½ cup (4 oz)</td>
<td>¾ cup (6 oz)</td>
<td>1 cup (8 oz)</td>
<td>1 cup (8 oz)</td>
</tr>
<tr>
<td>• 2-5 year olds: Unflavored 1% or skim</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 6-18 year olds: Unflavored 1% or skim, or flavored skim</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Meat/Meat Alternates</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lean meat, poultry, or fish</td>
<td>1 oz</td>
<td>1½ oz</td>
<td>2 oz</td>
<td>2 oz</td>
</tr>
<tr>
<td>Cheese (natural and processed; soft and hard)</td>
<td>1 oz (¼ cup shredded)</td>
<td>1½ oz (3/8 cup shredded)</td>
<td>2 oz (½ cup shredded)</td>
<td>2 oz (½ cup shredded)</td>
</tr>
<tr>
<td>Cottage cheese, ricotta cheese, cheese spread, cheese food</td>
<td>2 oz (¾ cup)</td>
<td>3 oz (3/8 cup)</td>
<td>4 oz (1/2 cup)</td>
<td>4 oz (1/2 cup)</td>
</tr>
<tr>
<td>Large egg</td>
<td>½ egg</td>
<td>¾ egg</td>
<td>1 egg</td>
<td>1 egg</td>
</tr>
<tr>
<td>Cooked dry beans or peas</td>
<td>1/4 cup</td>
<td>3/8 cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Peanut butter, soy nut butter or other nut or seed butters</td>
<td>2 Tbsp</td>
<td>3 Tbsp</td>
<td>4 Tbsp</td>
<td>4 Tbsp</td>
</tr>
<tr>
<td>Peanuts, soy nuts, tree nuts or seeds</td>
<td>½ oz = 50%</td>
<td>¾ oz = 50%</td>
<td>1 oz = 50%</td>
<td>1 oz = 50%</td>
</tr>
<tr>
<td>Yogurt (regular and soy)</td>
<td>½ cup (4 oz)</td>
<td>¾ cup (6 oz)</td>
<td>1 cup (8 oz)</td>
<td>1 cup (8 oz)</td>
</tr>
<tr>
<td>Must contain no more than 23 grams of total sugars per 6 ounces</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tofu (commercially prepared)</td>
<td>¼ cup (2.2 oz)</td>
<td>3/8 cup (3.3 oz)</td>
<td>½ cup (4.4 oz)</td>
<td>½ cup (4.4 oz)</td>
</tr>
<tr>
<td>2 oz (1/4 cup) must contain at least 5 grams of protein</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soy products or alternate protein products</td>
<td>1 oz</td>
<td>1½ oz</td>
<td>2 oz</td>
<td>2 oz</td>
</tr>
<tr>
<td>Must meet the requirements in Appendix A to Part 226</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• May replace fruit, but must offer two different vegetables</td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>• Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day</td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td><strong>Grains</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Must be whole grain-rich, enriched, or fortified</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• At least one serving per day must be whole grain-rich</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Grain-based desserts are not creditable (Refer to the CACFP Grains Chart)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Cereals must contain no more than 6 grams of sugar per dry ounce</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread</td>
<td>½ slice</td>
<td>½ slice</td>
<td>1 slice</td>
<td>1 slice</td>
</tr>
<tr>
<td>Bread products, such as biscuits, rolls, or muffins</td>
<td>Refer to the CACFP Grains Chart for options and serving sizes</td>
<td>½ serving</td>
<td>½ serving</td>
<td>1 serving</td>
</tr>
<tr>
<td>Rice, pasta, grains, and/or cooked cereals</td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
</tbody>
</table>
# CACFP Child Meal Pattern

Must serve the required components and serving sizes

## Snack
Must serve 2 of the 5 components. Only 1 of the 2 components may be a beverage.

<table>
<thead>
<tr>
<th>Food Components and Food Items</th>
<th>Ages 1-2</th>
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<th>Ages 6-12</th>
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<tbody>
<tr>
<td><strong>Fluid Milk</strong></td>
<td>½ cup (4 oz)</td>
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<tr>
<td>- 1 year olds: Unflavored whole milk</td>
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<td></td>
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<td>- 2-5 year olds: Unflavored 1% or skim</td>
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<td>Lean meat, poultry, or fish</td>
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<td>Cheese (natural and processed; soft and hard)</td>
<td>¼ oz (⅛ cup shredded)</td>
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<tr>
<td>Cottage cheese, ricotta cheese, cheese spread, cheese food</td>
<td>1 oz (⅛ cup)</td>
<td>1 oz (⅛ cup)</td>
<td>2 oz (¼ cup)</td>
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</tr>
<tr>
<td>Large egg</td>
<td>½ egg</td>
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</tr>
<tr>
<td>Cooked dry beans or peas</td>
<td>½ cup</td>
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<tr>
<td>Peanut butter, soy nut butter or other nut or seed butters</td>
<td>1 Tbsp</td>
<td>1 Tbsp</td>
<td>2 Tbsp</td>
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<tr>
<td>Peanuts, soy nuts, tree nuts or seeds</td>
<td>½ oz</td>
<td>½ oz</td>
<td>1 oz</td>
<td>1 oz</td>
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<tr>
<td>Yogurt (regular and soy)</td>
<td>¼ cup (2 oz)</td>
<td>¼ cup (2 oz)</td>
<td>½ cup (4 oz)</td>
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</tr>
<tr>
<td>Tofu (commercially prepared)</td>
<td>⅛ cup (1.1 oz)</td>
<td>⅛ cup (1.1 oz)</td>
<td>¼ cup (2.2 oz)</td>
<td>¼ cup (2.2 oz)</td>
</tr>
<tr>
<td>2.2 oz. (1/4 cup) must contain at least 5 grams of protein</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soy products or alternate protein products</td>
<td>½ oz</td>
<td>½ oz</td>
<td>1 oz</td>
<td>1 oz</td>
</tr>
<tr>
<td>Must meet the requirements in Appendix A to Part 226</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>½ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>¾ cup</td>
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<tr>
<td>- Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day</td>
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<td><strong>Fruits</strong></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Grains</strong></td>
<td>½ slice</td>
<td>½ slice</td>
<td>1 slice</td>
<td>1 slice</td>
</tr>
<tr>
<td>- Must be whole grain-rich, enriched, or fortified</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>- At least one serving per day must be whole grain-rich</td>
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<td>- Grain-based desserts are not creditable (Refer to the CACFP Grains Chart)</td>
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<tr>
<td>Bread</td>
<td>½ slice</td>
<td>½ slice</td>
<td>1 slice</td>
<td>1 slice</td>
</tr>
<tr>
<td>Bread products, such as biscuits, rolls, crackers, or muffins</td>
<td>½ serving</td>
<td>½ serving</td>
<td>1 serving</td>
<td>1 serving</td>
</tr>
<tr>
<td><em>Refer to the CACFP Grains Chart for options and serving sizes</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cooked breakfast cereal, cereal grain, rice and/or pasta</td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Ready-to-eat breakfast cereal (dry, cold)</td>
<td>¼ cup</td>
<td>1/3 cup</td>
<td>¾ cup</td>
<td>¾ cup</td>
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</tbody>
</table>