

# CACFP Meal Pattern — Children Ages 2 and Older

<b>BREAKFAST — Serve all 3 components for a reimbursable meal:</b>				
<b>Food Components<sup>1</sup></b>	<b>Ages 1 - 2</b>	<b>Ages 3 - 5</b>	<b>Ages 6 - 12</b>	<b>Ages 13 - 18<sup>2</sup></b> (at-risk afterschool programs and emergency shelters)
<b>Milk, Fluid<sup>3</sup></b>	4 fl oz	6 fl oz	8 fl oz	8 fl oz
<b>Fruit, Vegetables or portions of both<sup>4</sup></b>	¼ cup	½ cup	½ cup	½ cup
<b>Grains (oz. eq.)<sup>5,6,7</sup></b>				
<b>Whole grain-rich</b>	½ slice	½ slice	1 slice	1 slice
<b>Whole grain-rich or enriched bread product, such as biscuit, roll or muffin</b>	½ serving	½ serving	1 serving	1 serving
<b>Whole grain-rich, enriched or fortified cooked breakfast cereal<sup>8</sup>, cereal grain, and/or pasta</b>	¼ cup	¼ cup	½ cup	½ cup
<b>Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)<sup>8,9</sup></b>				
<b>Flakes or rounds</b>	½ cup	½ cup	1 cup	1 cup
<b>Puffed cereal</b>	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
<b>Granola</b>	½ cup	½ cup	¼ cup	¼ cup

<sup>1</sup> Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

<sup>2</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

<sup>3</sup> Must be unflavored whole milk for children age one. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children ages two through five years old. Must be unflavored low-fat (1%), unflavored fat-free (skim) or flavored fat-free (skim) milk for children six years and older.

<sup>4</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>5</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count toward meeting the grains requirement.

<sup>6</sup> Meat and meat alternates may be used to meet the entire grains requirement a maximum of three (3) times per week. One ounce of meat and meat alternate is equal to one ounce equivalent of grains.

<sup>7</sup> Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

<sup>8</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose or other sugars per 100 grams of dry cereal).

<sup>9</sup> Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereal is ¼ cup for children ages 1-2; ½ cup for children ages 3-5; and ¾ cup for children ages 6-12.

# CACFP Meal Pattern — Children Ages 2 and Older

<b>LUNCH or SUPPER — Serve all 5 components for a reimbursable meal:</b>				
<b>Food Components</b>	<b>Ages 1 - 2</b>	<b>Ages 3 - 5</b>	<b>Ages 6 - 12</b>	<b>Ages 13 - 18<sup>10,11</sup> (at-risk afterschool programs and emergency shelters)</b>
<b>Milk, Fluid<sup>12</sup></b>	4 fl oz.	6 fl oz.	8 fl oz.	8 fl oz.
<b>Meat or Meat Alternate</b>				
Lean meat, poultry or fish	1 oz.	1 ½ oz.	2 oz.	2 oz.
Tofu, soy product or alternate protein products <sup>13</sup>	1 oz.	1 ½ oz.	2 oz.	2 oz.
Cheese	1 oz.	1 ½ oz.	2 oz.	2 oz.
Large egg	½ egg	¾ egg	1 egg	1 egg
Cooked dry beans or peas	¼ cup	⅜ 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, plain or flavored unsweetened or sweetened <sup>14</sup>	4 oz. or ½ cup	6 oz. or ¾ cup	8 oz. or 1 cup	8 oz. or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/ meat alternate	½ oz. = 50%	¾ oz. = 50%	1 oz. = 50%	1 oz. = 50%
<b>Vegetables<sup>15</sup></b>	¼ cup	¼ cup	½ cup	½ cup
<b>Fruits<sup>15,16</sup></b>	¼ cup	¼ cup	¼ cup	¼ cup
<b>Grains (oz. eq.)<sup>17,18</sup></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 <sup>19</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

<sup>10</sup> Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

<sup>11</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

<sup>12</sup> Must be unflavored whole milk for children age one. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years or older.

<sup>13</sup> Alternate protein products must meet requirements.

<sup>14</sup> Yogurt must contain no more than 23 grams of total sugars per 6 oz.

<sup>15</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>16</sup> A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

<sup>17</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirements.

<sup>18</sup> Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

<sup>19</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

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## SNACK — Select 2 of the 5 components for a reimbursable meal:

Food Component <sup>20</sup>	Ages 1 - 2	Ages 3 - 5	Ages 6 - 12	Ages 13 - 18 <sup>21</sup> (at-risk afterschool programs and emergency shelters)
<b>Milk, Fluid<sup>22</sup></b>	4 fl oz.	6 fl oz.	8 fl oz.	8 fl oz.
<b>Meat or Meat Alternate</b>				
Lean meat, poultry or fish	½ oz.	½ oz.	1 oz.	1 oz.
Tofu, soy product, or alternate protein products <sup>23</sup>	½ oz.	½ oz.	1 oz.	1 oz.
<b>Cheese</b>	½ oz.	½ oz.	1 oz.	1 oz.
Cottage Cheese	2 Tbsp.	2 Tbsp.	2 Tbsp.	2 Tbsp.
Large egg	½ egg	½ egg	½ egg	½ egg
Cooked dry beans or peas	2 Tbsp.	2 Tbsp.	4 Tbsp.	4 Tbsp.
Peanut butter or other nut seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.	2 Tbsp.
Yogurt, plain or flavored unsweetened or sweetened <sup>24</sup>	2 oz. or ¼ cup	2 oz. or ¼ cup	4 oz. or ½ cup	4 oz. or ½ cup
Peanuts, soy nuts, tree nuts or seeds	½ oz.	½ oz.	1 oz.	1 oz.
<b>Vegetables<sup>25</sup></b>	½ cup	½ cup	¾ cup	¾ cup
<b>Fruits<sup>25</sup></b>	½ cup	½ cup	¾ cup	¾ cup
<b>Grains (oz. eq.)<sup>26, 27</sup></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 <sup>28</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>28, 29</sup>				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	½ cup	½ cup	¼ cup	¼ cup

<sup>20</sup> Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

<sup>21</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

<sup>22</sup> Must be unflavored whole milk for children age one. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years or older.

<sup>23</sup> Alternate protein products must meet requirements.

<sup>24</sup> Yogurt must contain no more than 23 grams of total sugars per 6 oz.

<sup>25</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>26</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirements.

<sup>27</sup> Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grains.

<sup>28</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

<sup>29</sup> Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereal is ¼ cup for children ages 1-2; ½ cup for children ages 3-5; and ¾ cup for children ages 6-12.