



Child Meal Pattern

			REQUIRED MINIMUM QUANTITIES		
	FOOD COMPONENTS	FOOD ITEMS	AGES 1-2	AGES 3-5	AGES 6-18
BREAKFAST	Milk¹	Fat-free or Low-fat (1%) Milk	1/2 cup	3/4 cup	1 cup
<i>All 3 components must be served</i>	Vegetables/Fruits²	Vegetable, Fruit or both or 100% Juice	1/4 cup	1/2 cup	1/2 cup
	Grains/Bread^{3,4}	Bread <i>or</i>	1/2 slice	1/2 slice	1 slice
		Biscuit, Roll or Muffin <i>or</i>	1/2 serving	1/2 serving	1 serving
		Cooked Cereal <i>or</i>	1/4 cup	1/4 cup	1/2 cup
	Dry Cereal Flakes or Rounds Puffed Cereal Granola	1/2 cup 3/4 cup 1/8 cup	1/2 cup 3/4 cup 1/8 cup	1 cup 1 1/4 cup 1/4 cup	
SNACK	Milk	Fat-free or Low-fat (1%) Milk	1/2 cup	1/2 cup	1 cup
<i>Select 2 different components of the 5 listed</i>	Vegetables	Vegetable or 100% Juice	1/2 cup	1/2 cup	3/4 cup
	Fruits	Fruit or 100% Juice	1/2 cup	1/2 cup	3/4 cup
	Grains/Bread	See list above and below	1/2 serving	1/2 serving	1 serving
	Meat/Meat Alternate (see list below)	Lean Meat, Poultry or Fish <i>or</i>	1/2 oz.	1/2 oz.	1 oz.
		Peanut Butter, Soy Nut Butter, other Nut or Seed Butter <i>or</i>	1 Tbsp.	1 Tbsp.	2 Tbsp.
	Peanuts, Nuts or Seeds <i>or</i> Yogurt	1/2 oz. 2 oz.	1/2 oz. 2 oz.	1 oz. 4 oz.	
LUNCH OR SUPPER	Milk	Fat-free or Low-fat (1%) Milk	1/2 cup	3/4 cup	1 cup
<i>All 5 components must be served</i>	Vegetables	Vegetable or 100% Juice	1/8 cup	1/4 cup	1/2 cup
	Fruits⁵	Fruit or 100% Juice	1/8 cup	1/4 cup	1/4 cup
	Grains/Bread (see list above)	Bread <i>or</i>	1/2 slice	1/2 slice	1 slice
		Cooked Pasta, Noodles or Grains <i>or</i>	1/4 cup	1/4 cup	1/2 cup
		6-inch Tortilla	1/2 tortilla	1/2 tortilla	1 tortilla
	Meat/Meat Alternate	Lean Meat, Poultry or Fish <i>or</i>	1 oz.	1 1/2 oz.	2 oz.
		Tofu <i>or</i>	2 oz.	3 oz.	4 oz.
		Cheese <i>or</i>	1 oz.	1 1/2 oz.	2 oz.
		Yogurt <i>or</i>	4 oz.	6 oz.	8 oz.
		Cottage Cheese <i>or</i>	2 oz.	3 oz.	4 oz.
		Cooked Dry Beans, Peas or Lentils <i>or</i>	1/4 cup	3/8 cup	1/2 cup
		Egg <i>or</i>	1/2	3/4	1
Peanut Butter, Soy Nut Butter, other Nut or Seed Butter <i>or</i>		2 Tbsp.	3 Tbsp.	4 Tbsp.	
Peanuts, Nuts or Seeds	1/2 oz.=50%	3/4 oz.=50%	1 oz.=50%		

¹ Whole milk is required for children up to 2 years of age. Unflavored milk is required for children younger than 6 years old. If served, flavored milk must be fat-free for six year olds and older.

² No more than one serving of 100% juice may be served per day.

³ At breakfast, meat/meat alternate may be served in place of the entire grain component up to 3 times per week. When serving meat/meat alternate, use the quantities listed for snack.

⁴ At least one serving of whole-grain rich Grains/Bread must be served and recorded on the menu every day.

⁵ At lunch or supper, one vegetable and one fruit or two different vegetables may be served.

Refer to the *Crediting Foods in CACFP* for information about specific meal components.