CACFP MEAL PATTERN FOR CHILDREN BREAKFAST- SELECT ALL THREE COMPONENTS FOR A REIMBURSABLE MEAL			
MILK			
1 serving, fluid milk	1/2 cup	3/4 cup	1 cup
FRUIT / VEGETABLE 1 serving juice, fruit and/or vegetable	1/4 cup	1/2 cup	1/2 cup
GRAINS / BREAD ³			
1 serving bread or	1/2 slice	1/2 slice	1 slice
cornbread or biscuit or roll or muffin or	1/2 serving	1/2 serving	1 serving
cold dry cereal or	1/4 cup 1/4 cup	1/3 cup	3/4 cup
hot cooked cereal or		1/4 cup	1/2 cup
pasta or noodles or grains	1/4 cup	1/4 cup	1/2 cup
LUNCH OR SUPPER - SELECT ALL FOUR COMPONENTS FOR A REIMBURSABLE MEAL			
Food Components	Ages 1-2	Ages 3-5	Ages 6-12 ¹
MILK			
1 se <i>rving</i> , fluid milk	1/2 cup	3/4 cup	1 cup
FRUIT / VEGETABLE			
2 servings equal to			
juice, ² fruit and/or vegetable	1/4 cup	1/2 cup	3/4 cup
GRAINS / BREAD ³			
1 serving bread or	1/2 slice	1/2 slice	1 slice
cornbread or biscuit or roll or muffin or	1/2 serving	1/2 serving	1 serving
cold dry cereal or	1/4 cup	1/3 cup	3/4 cup
hot cooked cereal or	1/4 cup	1/4 cup	1/2 cup
pasta or noodles or grains	1/4 cup	1/4 cup	1/2 cup
MEAT / MEAT ALTERNATE			
1 serving meat or poultry or fish⁴ or	1 oz.	1½0Z.	2 oz.
alternate protein products ⁷ or	1 oz.	1½ oz.	2 oz.
cheese or	1 oz.	1½ oz.	2 oz.
egg or	1/2	3/4	1
cooked dry beans or peas or	1/4 cup	3/8 cup	1/2 cup
peanut or other nut or seed butters or	2 Tbsp.	3 Tbsp.	4 Tbsp.
nuts and/or seeds ⁵ or	1/2 oz.	3/4 oz.	1 oz.
yogurt ⁶	4 oz.	6 oz.	8 oz.
SNACK- SELECT TWO OF THE FOUR COMP			
Food Components	Ages 1-2	Ages 3-5	Ages 6-12 ¹
MILK			
1 serving, fluid milk	1/2 cup	1/2 cup	1 cup
FRUIT / VEGETABLE	·	·	·
1 serving juice, 2 fruit and/or vegetable	1/2 cup	1/2 cup	3/4 cup
GRAINS / BREAD ³			
1 serving bread or	1/2 slice	1/2 slice	1 slice
cornbread or biscuit or roll or muffin or	1/2 serving	1/2 serving	1 serving
cold dry cereal or	1/4 cup	1/3 cup	3/4 cup
hot cooked cereal or	1/4 cup	1/4 cup	1/2 cup
pasta or noodles or grains	1/4 cup	1/4 cup	1/2 cup
MEAT / MEAT ALTERNATE	·	<u>'</u>	·
1 serving meat or poultry or fish ⁴ or	1/2 oz.	1/2 oz.	1 oz.
alternate protein products ⁷ or	1/2 oz.	1/2 oz.	1 oz.
cheese or	1/2 oz.	1/2 oz.	1 oz.
egg or	1/2	1/2	1/2
cooked dry beans or peas or	1/8 cup	1/8 cup	1/4 cup
peanut or other nut or seed butters or	1 Tbsp.	1 Tbsp.	2 Tbsp.
nuts and/or seeds or	1/2 oz.	1/2 oz.	1 oz.
yogurt ⁶	2 oz.	2 oz.	4 oz.

yogurt^o 2 oz. 2 oz. 4 oz.

Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

⁴ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁶ Yogurt may be plain or flavored, unsweetened or sweetened.

Fruit or vegetable juice must be full-strength. Juice cannot be served when milk is the only other snack component.

Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or

Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement.

Alternate protein product must meet the requirements in Appendix A of 7CFR 226.