

# Child Meal Pattern

			REQUIRED MINIMUM QUANTITIES		
	MEAL COMPONENTS	FOOD ITEMS	AGES 1-2	AGES 3-5	AGES 6-18
BREAKFAST	Milk <sup>1</sup>	Fat-free or Low-fat (1%) Milk	1/2 cup	3/4 cup	1 cup
All 3 components must be served	Vegetables/Fruits <sup>2</sup>	Vegetable, Fruit or both or 100% Juice	1/4 cup	1/2 cup	1/2 cup
	Grains/Bread <sup>3,4,5,7</sup>	Bread, Bread Products, Pasta, Cereal, etc.	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.
SNACK	Milk	Fat-free or Low-fat (1%) Milk	1/2 cup	1/2 cup	1 cup
Select 2 different components of the 5 listed	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	Bread, Bread Products, Pasta, Cereal, etc.	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.
	Meat/Meat Alternate (see list below)	Lean Meat, Poultry or Fish or	1/2 oz.	1/2 oz.	1 oz.
		Peanut Butter, Soy Nut Butter, other Nut or Seed Butter or	1 Tbsp.	1 Tbsp.	2 Tbsp.
		Peanuts, Nuts or Seeds or	1/2 oz.	1/2 oz.	1 oz.
Yogurt		2 oz.	2 oz.	4 oz.	
LUNCH OR SUPPER	Milk	Fat-free or Low-fat (1%) Milk	1/2 cup	3/4 cup	1 cup
All 5 components must be served	Vegetables	Vegetable or 100% Juice	1/8 cup	1/4 cup	1/2 cup
	Fruits <sup>6</sup>	Fruit or 100% Juice	1/8 cup	1/4 cup	1/4 cup
	Grains/Bread	Bread, Bread Products, Pasta, Cereal, etc.	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.
	Meat/Meat Alternate	Lean Meat, Poultry or Fish or	1 oz.	1 1/2 oz.	2 oz.
		Tofu or	1/4 cup	3/8 cup	1/2 cup
		Cheese or	1 oz.	1 1/2 oz.	2 oz.
		Yogurt or	4 oz.	6 oz.	8 oz.
		Cottage Cheese or	2 oz.	3 oz.	4 oz.
		Cooked Dry Beans, Peas or Lentils or	1/4 cup	3/8 cup	1/2 cup
		Egg or	1/2	3/4	1
		Peanut Butter, Soy Nut Butter, other Nut or Seed Butter or	2 Tbsp.	3 Tbsp.	4 Tbsp.
Peanuts, Nuts or Seeds		1 oz.	1 1/2 oz.	2 oz.	

<sup>1</sup>Whole milk is required for children up to 2 years of age. Unflavored milk is required for children younger than 6 years old.

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

<sup>3</sup>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.

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

<sup>5</sup>Ounce Equivalents (oz. eq.) are used to determine the quantity of creditable grains. For more information, refer to *Crediting Foods in CACFP*.

<sup>6</sup>At lunch or supper, one vegetable and one fruit or two different vegetables may be served.

<sup>7</sup>Facilities serving primarily American Indian or Alaska Native participants may substitute vegetables to meet the grains requirement.