

## CHILD AND ADULT CARE FOOD PROGRAM

### MEAL PATTERN REQUIREMENTS: CHILDREN 1 - 12 YEARS

MEAL	1-2 YEARS	3-5 YEARS	6-12 YEARS
<b>BREAKFAST—ALL 3 COMPONENTS REQUIRED</b>			
1) Fluid Milk	½ cup (4 fl oz.)	¾ cup (6 fl oz.)	1 cup (8 fl oz.)
2) Grain <sup>3</sup> : Bread <b>or</b> Muffin/pancake/waffle/etc. <b>or</b> Cereal <sup>4</sup>	½ slice ½ serving (½ oz. equiv.) hot: ¼ cup; cold: ½ oz. equiv.	½ slice ½ serving (½ oz. equiv.) hot: ¼ cup; cold: ½ oz. equiv.	1 slice 1 serving (1 oz. equiv.) hot: ½ cup; cold: 1 oz. equiv.
3) Vegetable or Fruit or Juice <sup>2</sup>	¼ cup	½ cup	½ cup
<b>SNACK—2 OF 5 COMPONENTS REQUIRED<sup>5</sup></b>			
1) Fluid Milk <sup>1</sup>	½ cup (4 fl oz.)	½ cup (4 fl oz.)	1 cup (8 fl oz.)
2) Meat/Poultry/Fish/Tofu/Cheese <b>or</b> Egg <b>or</b> Cooked dry beans or peas <b>or</b> Peanut butter/other nut or seed butter <b>or</b> Yogurt <sup>6</sup>	½ oz. ½ egg 2 Tbsp. 1 Tbsp. 2 oz. (¼ cup )	½ oz. ½ egg 2 Tbsp. 1 Tbsp. 2 oz. (¼ cup )	1 oz. ½ egg ¼ cup 2 Tbsp. 4 oz. (½ cup)
3) Grain <sup>3</sup> : Bread/roll/muffin/crackers	½ slice (½ oz. equiv.)	½ slice (½ oz. equiv.)	1 slice (1 oz. equiv.)
4) Vegetable or Juice <sup>2</sup>	½ cup	½ cup	¾ cup
5) Fruit or Juice <sup>2</sup>	½ cup	½ cup	¾ cup
<b>LUNCH/SUPPER—ALL 5 COMPONENTS REQUIRED</b>			
1) Fluid Milk <sup>1</sup>	½ cup (4 fl oz.)	¾ cup (6 fl oz.)	1 cup (8 fl oz.)
2) Meat/Poultry/Fish/Tofu/Cheese <b>or</b> Egg <b>or</b> Cooked dry beans or peas <b>or</b> Peanut butter/other nut or seed butter <b>or</b> Yogurt <sup>6</sup>	1 oz. ½ egg ¼ cup 2 Tbsp. 4 oz. (½ cup)	1 ½ oz. ¾ egg 6 Tbsp. (¾ cup) 3 Tbsp. 6 oz. (¾ cup)	2 oz. 1 egg ½ cup 4 Tbsp. 8 oz. (1 cup)
3) Grain <sup>3</sup> : Bread/roll <b>or</b> Pasta/rice	½ slice (½ oz. equiv.) ¼ cup	½ slice (½ oz. equiv.) ¼ cup	1 slice (1 oz. equiv.) ½ cup
4) Vegetable	⅛ cup (2 Tbsp.)	¼ cup	½ cup
5) Different Vegetable or Fruit or Juice <sup>2</sup>	⅛ cup (2 Tbsp.)	¼ cup	½ cup

1.Children 12-23 months must be served whole milk; low-fat (1%) or fat-free (skim) milk is required for children aged 24 months and up. Flavored milk must be fat-free and may be  
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served only to children 6-12 years.

2. Juice may be served as the fruit/vegetable requirement no more than once per day, and must be 100% juice.
3. At least one grain serving per day must be whole grain-rich; all other servings must be enriched or fortified.
4. Cereals must contain no more than 6 grams of sugar per dry ounce.
5. Snack may not consist of only milk and juice.
6. Yogurt may contain no more than 15 grams of sugar per 4 oz. serving; 23 grams sugar per 6 oz. serving; or 30 grams sugar per 8 oz. serving