

# Meal Pattern for Children

## Child and Adult Care Food Program

	Children 1 through 2 years	Children 3 through 5 years	Children 6 through 12 years
<b>BREAKFAST</b>			
Milk, fluid	1/2 cup	3/4 cup	1 cup
Juice, fruit or vegetable	1/4 cup	1/2 cup	1/2 cup
Grains/Breads:			
Bread - whole-grain, bran, germ or enriched	1/2 slice	1/2 slice	1 slice
Cereal – cold, dry	1/4 cup <sup>1</sup>	1/3cup <sup>2</sup>	3/4 cup <sup>3</sup>
- hot, cooked	1/4 cup	1/4 cup	1/2 cup
<b>SUPPLEMENT (SNACK) (Select 2 components)</b>			
Milk, fluid	1/2 cup	1/2 cup	1 cup
Meat/Meat Alternate <sup>4</sup>	1/2 ounce	1/2 ounce	1 ounce
Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup
Grains/Breads:			
Bread - whole-grain, bran, germ or enriched	1/2 slice	1/2 slice	1 slice
Cereal - cold, dry	1/4 cup <sup>1</sup>	1/3cup <sup>2</sup>	3/4 cup <sup>3</sup>
- hot, cooked	1/4 cup	1/4 cup	1/2 cup
<b>LUNCH OR SUPPER</b>			
Milk, fluid	1/2 cup	3/4 cup	1 cup
Meat/Meat Alternate:			
Meat, poultry, or fish cooked (lean meat without bone)	1 ounce	1-1/2 ounce	2 ounces
Cheese	1 ounce	1-1/2 ounces	2 ounces
Egg	1/2	3/4	1
Cooked dry beans /peas	1/4 cup	3/8 cup	1/2 cup
Peanut butter, soy nut butter or other nut or seed butters	2 tablespoons	3 tablespoons	4 tablespoons
Peanut or soy nuts or tree nuts or seeds	1/2 ounce <sup>5</sup> = 50%	3/4 ounce <sup>5</sup> = 50%	1 ounce <sup>5</sup> = 50%
Yogurt	4 ounces or 1/2 cup	6 ounces or 3/4 cup	8 ounces or 1 cup
Vegetable or fruit (combination of 2 or more)	1/4 cup total	1/2 cup total	3/4 cup total
Grains/Breads (whole-grain, bran, germ or enriched)	1/2 slice	1/2 slice	1 slice

<sup>1</sup> 1/4 cup (volume) or 1/3 ounce (weight), whichever is less.

<sup>2</sup> 1/3 cup (volume) or 1/2 ounce (weight), whichever is less.

<sup>3</sup> 3/4 cup (volume or 1 ounce (weight), whichever is less.

<sup>4</sup> 4 ounces (weight) or 1/2 cup (volume) of plain or sweetened and flavored yogurt may be served to fulfill the equivalent of 1 ounce of the meat/meat alternate component. For younger children, 2 ounces (weight) or 1/4 cup (volume) may fulfill the equivalent of 1/2 ounce of the meat/meat alternate requirement.

<sup>5</sup> This portion can meet only one-half of the total serving of the meat/meat alternate requirement for lunch or supper. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For determining combinations, 1 ounce of nuts or seeds is equal to one ounce of cooked lean meat, poultry or fish.