

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	Children 13 through 18 years
BREAKFAST				
Milk, fluid ¹	½ cup	¾ cup	1 cup	1 cup
Fruit, Vegetable, or Juice ²	¼ cup	½ cup	½ cup	½ cup
Grains/Breads ^{3, 4} :				
Grain - whole-grain, bran, germ, or enriched	½ serving	½ serving	1 serving	1 serving
Cereal – cold, dry, ready to eat ⁵	¼ cup ⁶	1/3 cup ⁷	¾ cup ⁸	¾ cup ⁸
– hot, cooked	¼ cup	¼ cup	½ cup	½ cup
SNACK (AM, PM, EVE) (Select 2 components)				
Milk, fluid ¹	½ cup	½ cup	1 cup	1 cup
Meat/Meat Alternate	½ ounce	½ ounce	1 ounce	1 ounce
Fruit or Fruit Juice ²	½ cup	½ cup	¾ cup	¾ cup
Vegetable or Vegetable Juice ²	½ cup	½ cup	¾ cup	¾ cup
Grains/Breads ³ :				
Grain - whole-grain, bran, germ, or enriched	½ serving	½ serving	1 serving	1 serving
Cereal - cold, dry, ready to eat ⁵	¼ cup ⁶	1/3 cup ⁷	¾ cup ⁸	¾ cup ⁸
– hot, cooked	¼ cup	¼ cup	½ cup	½ cup
LUNCH OR SUPPER				
Milk, fluid ¹	½ cup	¾ cup	1 cup	1 cup
Meat/Meat Alternate:				
Meat, poultry, or fish cooked (lean meat without bone)	1 ounce	1½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1½ ounces	2 ounces	2 ounces
Egg	½	¾	1	1
Cooked dry beans /peas	¼ cup	3/8 cup	½ cup	½ cup
Peanut butter, soy nut butter or other nut or seed butters	2 tablespoons	3 tablespoons	4 tablespoons	4 tablespoons
Peanut or soy nuts or tree nuts or seeds ⁹	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Yogurt	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
Vegetable or Vegetable Juice ²	1/8 cup	¼ cup	½ cup	½ cup
Fruit or Fruit Juice ²	1/8 cup	¼ cup	¼ cup	¼ cup
Grains/Breads ³ (whole-grain, bran, germ or enriched)	½ serving	½ serving	1 serving	1 serving

¹ Unflavored, whole milk is required for 1-year-old children. Unflavored skim (fat free) or 1% (low fat) milk is required for children ages two and older. For children ages 6 and older, flavored milk is allowed only if it is skim (fat free) milk.

² Juice is limited to one time per day across all menus.

³ At least one serving of grains/breads per day, across all menus, must be whole-grain or whole-grain rich.

⁴ A meat/meat alternate may be substituted for the grain/bead item up to three times per week for breakfast.

⁵ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

⁶ ¼ cup (volume) or 1/3 ounce (weight), whichever is less.

⁷ 1/3 cup (volume) or ½ ounce (weight), whichever is less.

⁸ ¾ cup (volume) or 1 ounce (weight), whichever is less.

⁹ Nuts can meet only one-half the total serving of the meat/meat alternate requirement for lunch or supper. Nuts and 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.