

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	1/2 cup	3/4 cup	1 cup	1 cup
Fruit, Vegetable, or Portions of Both ²	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains ^{3, 4, 5, 6}	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq
Breakfast cereals (cooked)	1/4 cup	1/4 cup	1/2 cup	1/2 cup
SNACK (AM, PM) (Select 2 components)⁷				
Milk, fluid ¹	1/2 cup	1/2 cup	1 cup	1 cup
Meat/Meat Alternate	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq
Fruit or Fruit Juice ²	1/2 cup	1/2 cup	3/4 cup	3/4 cup
Vegetable or Vegetable Juice ²	1/2 cup	1/2 cup	3/4 cup	3/4 cup
Grains ^{3, 4, 6}	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq
Breakfast cereals (ready to eat) ⁶	1/4 cup	1/4 cup	1/2 cup	1/2 cup
LUNCH OR SUPPER				
Milk, fluid ¹	1/2 cup	3/4 cup	1 cup	1 cup
Meat/Meat Alternate:				
Cooked lean meat, poultry, or fish	1 oz eq	1 1/2 oz eq	2 oz eq	2 oz eq
Cheese	1 oz eq	1 1/2 oz eq	2 oz eq	2 oz eq
Egg	1/2	3/4	1	1
Cooked dry beans, peas, and lentils	1/4 cup	3/8 cup	1/2 cup	1/2 cup
Peanut Butter, soy nut butter, or other nut or seed butters	2 tablespoons	3 tablespoons	4 tablespoons	4 tablespoons
Peanuts, soy nuts, tree nuts, or seeds	1 ounce	1 1/2 ounces	2 ounces	2 ounces
Yogurt ⁸	4 ounces or 1/2 cup	6 ounces or 3/4 cup	8 ounces or 1 cup	8 ounces or 1 cup
Vegetable or Vegetable Juice ²	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruit or Fruit Juice ²	1/8 cup	1/4 cup	1/4 cup	1/4 cup
Grains ^{3, 4}	1/2 serving	1/2 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 must be pasteurized full-strength and is limited to one time per day across all meals. A vegetable may be offered to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

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

⁴ All grains must be made with enriched or whole grain meal or flour.

⁵ A meat/meat alternate may be substituted for the grain/bread item up to three times per week for breakfast.

⁶ Breakfast cereals must contain no more than 6 grams of added sugar per dry ounce.

⁷ Milk and juice may not be served as the only two items in a reimbursable snack.

⁸ Yogurt must contain no more than 12 grams of added sugars per 6 ounces. (2 grams of added sugars per ounce)