



CACFP Meal Pattern for Children

BREAKFAST

Serve all three components for a reimbursable meal.¹

Food Components and Food Items	Minimum Quantities		
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 ²
Fluid milk <ul style="list-style-type: none"> • 1 year olds: Unflavored whole • 2-5 year olds: Unflavored 1% or skim • 6-18 year olds: Unflavored or flavored 1% or skim 	1/2 cup (4 fl oz)	3/4 cup (6 fl oz)	1 cup (8 fl oz)
Vegetables, fruits, or portions of both³	1/4 cup	1/2 cup	1/2 cup
Grains (oz eq)^{4,5}			
Whole grain-rich or enriched bread or bread product, such as biscuit, roll or muffin	1/2 oz eq	1/2 oz eq	1 oz eq
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁶ , cereal grain, rice and/or pasta	1/4 cup	1/4 cup	1/2 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ⁶ :			
Flakes or rounds	1/2 cup	1/2 cup	1 cup
Puffed cereal	3/4 cup	3/4 cup	1 ¼ cup
Granola	1/8 cup	1/8 cup	1/4 cup



CACFP Meal Pattern for Children

LUNCH and SUPPER

Serve all five components for a reimbursable meal.¹

Food Components and Food Items	Minimum Quantities		
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 ²
Fluid milk <ul style="list-style-type: none"> • 1 year olds: Unflavored whole • 2-5 year olds: Unflavored 1% or skim • 6-18 year olds: Unflavored or flavored 1% or skim 	1/2 cup (4 fl oz)	3/4 cup (6 fl oz)	1 cup (8 fl oz)
Vegetables^{3, 7}	1/8 cup	1/4 cup	1/2 cup
Fruits³	1/8 cup	1/4 cup	1/4 cup
Grains (oz eq)⁴			
Whole grain-rich or enriched bread or bread product, such as biscuit, roll or muffin	1/2 oz eq	1/2 oz eq	1 oz eq
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁶ , cereal grain, rice and/or pasta	1/4 cup	1/4 cup	1/2 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ⁶ :			
Flakes or rounds	1/2 cup	1/2 cup	1 cup
Puffed cereal	3/4 cup	3/4 cup	1 ¼ cup
Granola	1/8 cup	1/8 cup	1/4 cup
Meat/meat alternates			
Lean meat, poultry, or fish	1 ounce	1 ½ ounces	2 ounces
Tofu ⁸	2.2 ounces or 1/4 cup	3.3 ounces or 3/8 cup	4.4 ounces or 1/2 cup
Soy products or alternate protein products ⁹	1 ounce	1 ½ ounces	2 ounces
Cheese	1 ounce	1 ½ ounces	2 ounces
Large egg	1/2	3/4	1
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup
Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp
Yogurt, regular or soy, plain or flavored unsweetened or sweetened ¹⁰	4 ounces or 1/2 cup	6 ounces or 3/4 cup	8 ounces or 1 cup
Peanuts, soy nuts, tree nuts, or seeds ¹¹	1/2 ounce = 50%	3/4 ounce = 50%	1 ounce = 50%



CACFP Meal Pattern for Children

SNACK

Serve two of the five components for a reimbursable snack.¹²

Food Components and Food Items	Minimum Quantities		
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 ²
Fluid milk <ul style="list-style-type: none"> • 1 year olds: Unflavored whole • 2-5 year olds: Unflavored 1% or skim • 6-18 year olds: Unflavored or flavored 1% or skim 	1/2 cup (4 fl oz)	1/2 cup (4 fl oz)	1 cup (8 fl oz)
Vegetables^{3,7}	1/2 cup	1/2 cup	3/4 cup
Fruits³	1/2 cup	1/2 cup	3/4 cup
Grains (oz eq)⁴			
Whole grain-rich or enriched bread or bread product, such as biscuit, roll or muffin	1/2 oz eq	1/2 oz eq	1 oz eq
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁶ , cereal grain, rice and/or pasta	1/4 cup	1/4 cup	1/2 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ⁶ :			
Flakes or rounds	1/2 cup	1/2 cup	1 cup
Puffed cereal	3/4 cup	3/4 cup	1 ¼ cup
Granola	1/8 cup	1/8 cup	1/4 cup
Meat/meat alternates			
Lean meat, poultry, or fish	1/2 ounce	1/2 ounces	1 ounces
Tofu ⁸	1.1 ounce or 1/8 cup	1.1 ounce or 1/8 cup	2.2 ounces or 1/4 cup
Soy products or alternate protein products ⁹	1/2 ounce	1/2 ounces	1 ounces
Cheese	1/2 ounce	1/2 ounces	1 ounces
Large egg	1/2	1/2	1/2
Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Yogurt, regular or soy, plain or flavored unsweetened or sweetened ¹⁰	2 ounces or 1/4 cup	2 ounces or 1/4 cup	4 ounces or 1/2 cup
Peanuts, soy nuts, tree nuts, or seeds	1/2 ounce	1/2 ounce	1 ounce



CACFP Meal Pattern for Children

Notes:

- ¹ Offer versus serve is an option for at-risk afterschool participants for breakfast, lunch, and supper.
- ² Participants 13 to 18 years of age may only be served by at-risk afterschool meal programs and emergency shelters. Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
- ³ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- ⁴ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.
- ⁵ Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week at breakfast. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.
- ⁶ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- ⁷ A second different vegetable may be served to meet the entire fruit component at lunch and supper.
- ⁸ Tofu must be commercially prepared and contain at least 5 grams of protein for every 2.2 oz ($\frac{1}{4}$ cup) serving.
- ⁹ Alternate protein products must meet the requirements in Appendix A to Part 226.
- ¹⁰ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- ¹¹ One ounce of nuts/seeds provides one ounce meat/meat alternate. Nuts and seeds may meet only one half of the total meat/meat alternate serving and must be combined with another meat/meat alternate at lunch or supper.
- ¹² Only one of the two food components for snack may be a beverage.