

Child (Ages 1-18) Meal Pattern

Child and Adult Care Food Program

FOOD COMPONENTS AND FOOD ITEMS	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ¹
BREAKFAST ^{2, 3}				
Fluid Milk ⁴	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Vegetables, Fruits or portions of both ⁵	¼ cup	½ cup	½ cup	½ cup
Grains ^{6, 7, 8}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product (such as biscuit, roll, muffin)	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}	¼ cup	⅓ cup	¾ cup	¾ cup
SNACK ^{2, 11} (Select 2 of the 5 components for a reimbursable snack)				
Fluid Milk ⁴	4 fl oz (½ cup)	4 fl oz (½ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat or Meat Alternate				
Lean meat, poultry, or fish	½ oz	½ oz	1 oz	1 oz
Tofu	1.1 oz or ⅓ c	1.1 oz or ⅓ c	2.2 oz or ¼ c	2.2 oz or ¼ c
Soy product or alternate protein products ¹²	½ oz	½ oz	1 oz	1 oz
Cheese	½ oz	½ oz	1 oz	1 oz
Large egg	½	½	½	½
Cooked dry beans/peas	⅓ cup	⅓ cup	⅓ cup	⅓ cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.	2 Tbsp.
Yogurt (including soy), plain or flavored, unsweetened or sweetened ¹³	2 oz (¼ cup)	2 oz (¼ cup)	4 oz (½ cup)	4 oz (½ cup)
Peanuts, soy nuts, tree nuts or seeds	½ oz	½ oz	1 oz	1 oz
Vegetables ⁵	½ cup	½ cup	¾ cup	¾ cup
Fruits ⁵	½ cup	½ cup	¾ cup	¾ cup
Grains ^{6, 7,}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9, 10}	¼ cup	⅓ cup	¾ cup	¾ cup
LUNCH OR SUPPER ^{2,14}				
Fluid Milk ⁴	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat or Meat Alternate				
Lean meat, poultry, or fish	1 oz	1½ oz	2 oz	2 oz
Tofu	2.2 oz or ¼ c	3.3 oz or ⅜ c	4.4 oz or ½ c	4.4 oz or ½ c
Soy product, or alternate protein products ¹²	1 oz	1½ oz	2 oz	2 oz
Cheese	1 oz	1½ oz	2 oz	2 oz
Large egg	½	¾	1	1
Cooked dry beans/peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.	4 Tbsp.
Yogurt (including soy), plain or flavored, unsweetened or sweetened ¹³	4 oz (½ cup)	6 oz (¾ cup)	8 oz (1 cup)	8 oz (1 cup)
Peanuts, soy nuts, tree nuts or seeds (may be used to meet no more than 50% of the meat/meat alternate requirement) (1 oz nuts/seeds = 1 oz cooked lean meat poultry, or fish)	½ oz = 50%	¾ oz = 50%	1 oz = 50%	1 oz = 50%
Vegetables ^{5, 15}	⅓ cup	¼ cup	½ cup	½ cup
Fruits ^{5, 15}	⅓ cup	¼ cup	¼ cup	¼ cup
Grains ^{6, 7}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, ⁹ cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup