



Child Meal Pattern

Breakfast

Serve all three components for a reimbursable meal.

| | Minimum Portion Size | | |
|--|----------------------|------------|------------------------------------|
| | Ages 1-2 | Ages 3-5 | Ages 6-12 and 13-18 ^{1,2} |
| Milk³ | 4 fluid oz | 6 fluid oz | 8 fluid oz |
| Vegetables, fruits or portions of both⁴ | 1/4 cup | 1/2 cup | 1/2 cup |
| Grains^{5,6} | | | |
| • Whole grain-rich or enriched bread | 1/2 oz eq | 1/2 oz eq | 1 oz eq |
| • Whole grain-rich or enriched bread product, such as a biscuit, roll or muffin | 1/2 oz eq | 1/2 oz eq | 1 oz eq |
| • Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , 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) ⁷ : | | | |
| • <i>Flakes or rounds</i> | 1/2 cup | 1/2 cup | 1 cup |
| • <i>Puffed cereal</i> | 3/4 cup | 3/4 cup | 1 1/4 cup |
| • <i>Granola</i> | 1/8 cup | 1/8 cup | 1/4 cup |

Lunch and Supper

Serve all five components for a reimbursable meal.

| | Ages 1-2 | Ages 3-5 | Ages 6-12 and 13-18 ^{1,2} |
|--|-------------------------|-----------------|------------------------------------|
| | Milk³ | 4 fluid oz | 6 fluid oz |
| Meat/meat alternate | | | |
| • Lean meat, poultry or fish | 1 oz | 1 1/2 oz | 2 oz |
| • Tofu, soy product or alternate protein product | 1/4 cup | 3/8 cup | 1/2 cup |
| • Cheese | 1 oz | 1 1/2 oz | 2 oz |
| • Cottage cheese | 2 oz or 1/4 cup | 3 oz or 3/8 cup | 4 oz or 1/2 cup |
| • 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, sweetened or unsweetened ⁸ | 4 oz or 1/2 cup | 6 oz or 3/4 cup | 8 oz or 1 cup |
| • Peanuts, soy nuts, tree nuts or seeds ⁹ | 1/2 oz = 50% | 3/4 oz = 50% | 1 oz = 50% |
| Vegetables or 100% vegetable juice⁴ | 1/8 cup | 1/4 cup | 1/2 cup |
| Fruits or 100% fruit juice^{4,10} | 1/8 cup | 1/4 cup | 1/4 cup |
| Grains⁵ | | | |
| • Whole grain-rich or enriched bread | 1/2 oz eq | 1/2 oz eq | 1 oz eq |
| • Whole grain-rich or enriched bread product, such as a biscuit, roll or muffin | 1/2 oz eq | 1/2 oz eq | 1 oz eq |
| • Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, rice and/or pasta | 1/4 cup | 1/4 cup | 1/2 cup |

Snack

Serve two of the five components for a reimbursable snack.¹¹

| | Minimum Portion Size | | |
|--|----------------------|-----------------|----------------------------------|
| | Ages 1-2 | Ages 3-5 | Ages 6-12 and 13-18 ² |
| Milk³ | 4 fluid oz | 4 fluid oz | 8 fluid oz |
| Meat/meat alternate | | | |
| • Lean meat, poultry or fish | 1/2 oz | 1/2 oz | 1 oz |
| • Tofu, soy product or alternate protein product | 1/8 cup | 1/8 cup | 1/4 cup |
| • Cheese | 1/2 oz | 1/2 oz | 1 oz |
| • Cottage cheese | 1 oz or 1/8 cup | 1 oz or 1/8 cup | 2 oz or 1/4 cup |
| • 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, sweetened or unsweetened ⁸ | 2 oz or 1/4 cup | 2 oz or 1/4 cup | 4 oz or 1/2 cup |
| • Peanuts, soy nuts, tree nuts or seeds | 1/2 oz | 1/2 oz | 1 oz |
| Vegetables or 100% vegetable juice⁴ | 1/2 cup | 1/2 cup | 3/4 cup |
| Fruits or 100% fruit juice⁴ | 1/2 cup | 1/2 cup | 3/4 cup |
| Grains⁵ | | | |
| • Whole grain-rich or enriched bread | 1/2 oz eq | 1/2 oz eq | 1 oz eq |
| • Whole grain-rich or enriched bread product, such as a biscuit, roll or muffin | 1/2 oz eq | 1/2 oz eq | 1 oz eq |
| • Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , 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) ⁷ : | | | |
| • <i>Flakes or rounds</i> | 1/2 cup | 1/2 cup | 1 cup |
| • <i>Puffed cereal</i> | 3/4 cup | 3/4 cup | 1 1/4 cup |
| • <i>Granola</i> | 1/8 cup | 1/8 cup | 1/4 cup |

Notes

¹Offer versus serve is an option for at-risk afterschool meal program participants only. Offer versus serve is not available at snack.

²Participants 13 to 18 years of age may only be served by at-risk afterschool meal programs and emergency shelters.

³Must be unflavored whole milk for 1-year-olds, unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2- through 5-years-old, or unflavored low-fat (1%) or flavored low-fat (1%), unflavored fat-free (skim) or flavored fat-free (skim) milk for children 6-years-old and older. Breastmilk is an allowable substitute for milk for children of any age.

⁴Juice may only be served at one meal or snack per day.

⁵At least one serving per day across all meals and/or snacks must be whole grain-rich. Use the Grain Crediting Chart for CACFP for portion sizes of more grain choices.

⁶Meat and meat alternates may be used to meet the entire grains component at breakfast a maximum of three times per week. One ounce of meat/meat alternate is equal to one ounce equivalent of grains.

⁷Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

⁸Yogurt must contain no more than 23 grams of sugar per 6 ounces.

⁹One 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.

¹⁰A second different vegetable may be served to meet the entire fruit component.

¹¹Only one of the two food components for snack may be a beverage.

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