



# 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 <sup>1,2</sup>
<b>Milk<sup>3</sup></b>	4 fluid oz	6 fluid oz	8 fluid oz
<b>Vegetables, fruits or portions of both<sup>4</sup></b>	1/4 cup	1/2 cup	1/2 cup
<b>Grains<sup>5,6</sup></b>			
• 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 <sup>7</sup> , 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) <sup>7</sup> :			
• <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 <sup>1,2</sup>
	<b>Milk<sup>3</sup></b>	4 fluid oz	6 fluid oz
<b>Meat/meat alternate</b>			
• 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 <sup>8</sup>	4 oz or 1/2 cup	6 oz or 3/4 cup	8 oz or 1 cup
• Peanuts, soy nuts, tree nuts or seeds <sup>9</sup>	1/2 oz = 50%	3/4 oz = 50%	1 oz = 50%
<b>Vegetables or 100% vegetable juice<sup>4</sup></b>	1/8 cup	1/4 cup	1/2 cup
<b>Fruits or 100% fruit juice<sup>4,10</sup></b>	1/8 cup	1/4 cup	1/4 cup
<b>Grains<sup>5</sup></b>			
• 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 <sup>7</sup> , 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.<sup>11</sup>

	Minimum Portion Size		
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 <sup>2</sup>
<b>Milk<sup>3</sup></b>	4 fluid oz	4 fluid oz	8 fluid oz
<b>Meat/meat alternate</b>			
• 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 <sup>8</sup>	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
<b>Vegetables or 100% vegetable juice<sup>4</sup></b>	1/2 cup	1/2 cup	3/4 cup
<b>Fruits or 100% fruit juice<sup>4</sup></b>	1/2 cup	1/2 cup	3/4 cup
<b>Grains<sup>5</sup></b>			
• 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 <sup>7</sup> , 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) <sup>7</sup> :			
• <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

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

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

<sup>3</sup>Must 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.

<sup>4</sup>Juice may only be served at one meal or snack per day.

<sup>5</sup>At 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.

<sup>6</sup>Meat 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.

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

<sup>8</sup>Yogurt must contain no more than 23 grams of sugar per 6 ounces.

<sup>9</sup>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.

<sup>10</sup>A second different vegetable may be served to meet the entire fruit component.

<sup>11</sup>Only one of the two food components for snack may be a beverage.

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