

Child and Adult Care Food Program CHILD MEAL PATTERNS

BREAKFAST		Age:	1 and 2	3 - 5	6 - 12
	Fluid Milk		1/2 cup	3/4 cup	1 cup
	Vegetable or Fruit or Juice*		1/4 cup	1/2 cup	1/2 cup
	Grains/Breads	Whole grain, bran, germ or enriched	1/2 serving**	1/2 serving**	1 serving**
	Cold Dry Cereal	Whole grain, bran, germ enriched or fortified	1/4 cup (or 1/3 oz)	1/3 cup (or 1/2 oz)	3/4 cup (or 1 oz)
	Cooked: Cereal, Rice, Pasta or Noodles		1/4 cup	1/4 cup	1/2 cup
SNACK		Age:	1 and 2	3 - 5	6 - 12
Select two of the four components***					
	Fluid Milk		1/2 cup	1/2 cup	1 cup
	Vegetable or Fruit or Juice*		1/2 cup	1/2 cup	3/4 cup
	Meat or Meat Alternative		1/2 ounce	1/2 ounce	1 ounce
	Grains/Breads		1/2 serving*	1/2 serving*	1 serving*
LUNCH/SUPPER		Age:	1 and 2	3 - 5	6 - 12
	Fluid Milk		1/2 cup	3/4 cup	1 cup
	Meat or Poultry or Fish	or alternate protein products ****	1 ounce	1 1/2 ounces	2 ounces
	or Cheese		1 ounce	1 1/2 ounces	2 ounces
	or Cottage Cheese, Cheese Food/Spread		2 ounces	3 ounces	4 ounces
	or Egg		1/2 egg	3/4 egg	1 egg
	or Cooked Dry Beans or Peas		1/4 cup	3/8 cup	1/2 cup
	or Peanut or Soy nut or Sunflower Seed Butter		2 Tablespoons	3 Tablespoons	4 Tablespoons
	or Yogurt...		1/2 ounce = 50%	3/4 ounces = 50%	1 ounce = 50%
	or Yogurt...		4 ounces or 1/2 cup	6 ounces or 3/4 cup	8 ounces or 1 cup
	Vegetables and/or Fruits/Juice*	(Two or more servings)	1/4 cup total	1/2 cup total	3/4 cup total
	Grains/Breads		1/2 serving**	1/2 serving**	1 serving**
<p>*Full-strength (100 percent) vegetable and/or fruit juice must be served.</p> <p>**An equivalent serving of an acceptable grains/breads food component such as cornbread, biscuits, rolls, muffin, pizza crust etc. made of whole-grain, bran or germ product and/or enriched meal or flour.</p> <p>***For snack, juice may not be served when milk is served as the only other component. Also 2 food items from the same component cannot be served.</p> <p>****Alternate protein products must meet requirements in Appendix A of 7 CRR Part 226.</p>					

Weights of Commercially Prepared Grains/Breads

Child Nutrition Programs

Some of these foods or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

GROUP A

Bread-type Coating
Breadsticks (hard)
Chow Mein Noodles
Crackers (saltines and snack crackers)
Croutons
Pretzels (hard)
Stuffing (dry)

1 serving = 20 gm or 0.7 oz

$\frac{3}{4}$ serving = 15 gm or 0.5 oz

$\frac{1}{2}$ serving = 10 gm or 0.4 oz

$\frac{1}{4}$ serving = 5 gm or 0.2 oz

GROUP B

Bagels
Batter-type Coating
Biscuits
Breads (white, wheat, whole-wheat, French, Italian)
Buns (hamburger and hot dog)
Crackers (graham and animal crackers)
Egg Roll Skins
English Muffins
Pita Bread (white, wheat, whole-wheat)
Pizza Crust
Pretzels (soft)
Rolls (white, wheat, whole-wheat, potato)
Taco Shells
Tortilla Chips (wheat or corn)
Tortillas (wheat or corn)

1 serving = 25 gm or 0.9 oz

$\frac{3}{4}$ serving = 19 gm or 0.7 oz

$\frac{1}{2}$ serving = 13 gm or 0.5 oz

$\frac{1}{4}$ serving = 6 gm or 0.2 oz

¹ Refer to program regulations for the appropriate serving size for supplements served to children ages 1-5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1-5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

GROUP C

Cookies³ (plain)
Corn Muffins
Cornbread
Croissants
Pancakes
Pie Crust (dessert pies³, fruit turnovers² and meat/meat alternate pies)

Waffles

1 serving = 31 gm or 1.1 oz

$\frac{3}{4}$ serving = 23 gm or 0.8 oz

$\frac{1}{2}$ serving = 16 gm or 0.6 oz

$\frac{1}{4}$ serving = 8 gm or 0.3 oz

GROUP D

Doughnuts² (cake and yeast-raised, unfrosted)
Granola Bars² (plain)
Muffins (all except corn)
Sweet Roll² (unfrosted)
Toaster Pastry² (unfrosted)

1 serving = 50 gm or 1.8 oz

$\frac{3}{4}$ serving = 38 gm or 1.3 oz

$\frac{1}{2}$ serving = 25 gm or 0.9 oz

$\frac{1}{4}$ serving = 13 gm or 0.5 oz

GROUP E

Cookies³ (with nuts, raisins, chocolate pieces, and/or fruit purees)
Doughnuts² (cake and yeast-raised, frosted, or glazed)
French Toast
Grain Fruit Bars²
Granola Bars² (with nuts, raisins, chocolate pieces and/or fruit)
Sweet Rolls² (frosted)
Toaster Pastry² (frosted)

1 serving = 63 gm or 2.2 oz

$\frac{3}{4}$ serving = 47 gm or 1.7 oz

$\frac{1}{2}$ serving = 31 gm or 1.1 oz

$\frac{1}{4}$ serving = 16 gm or 0.6 oz

² Allowed for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.

GROUP F

Cake³ (plain, unfrosted)
Coffee Cake²

1 serving = 75 gm or 2.7 oz

$\frac{3}{4}$ serving = 56 gm or 2.0 oz

$\frac{1}{2}$ serving = 38 gm or 1.3 oz

$\frac{1}{4}$ serving = 19 gm or 0.7 oz

GROUP G

Brownies³ (plain)
Cake³ (all varieties, frosted)

1 serving = 115 gm or 4.0 oz

$\frac{3}{4}$ serving = 86 gm or 3.0 oz

$\frac{1}{2}$ serving = 58 gm or 2.0 oz

$\frac{1}{4}$ serving = 29 gm or 1.0 oz

GROUP H

Barley
Breakfast Cereals (cooked)¹
Bulgur or Cracked Wheat
Macaroni (all shapes)
Noodles (all varieties)
Pasta (all shapes)
Ravioli (noodle only)
Rice (enriched white or brown)

1 serving = $\frac{1}{2}$ cup cooked
or 25 grams (0.9 oz) dry

$\frac{3}{4}$ serving = $\frac{3}{8}$ cups cooked
or 19 grams (0.7 oz) dry

$\frac{1}{2}$ serving = $\frac{1}{4}$ cups cooked
or 13 grams (0.5 oz) dry

$\frac{1}{4}$ serving = 2 tbs cooked
or 6 grams (0.2 oz) dry

GROUP I

Breakfast Cereals (cold, dry, ready-to-eat)¹

1 serving = $\frac{3}{4}$ cup or 1.0 oz,
whichever is less

$\frac{1}{2}$ serving = $\frac{1}{3}$ cup or 0.5 oz,
whichever is less

$\frac{1}{4}$ serving = $\frac{1}{4}$ cup or 0.3 oz,
whichever is less

³ Allowed only for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP and CACFP.