



# Child Meal Pattern

			REQUIRED MINIMUM QUANTITIES		
	MEAL COMPONENTS	FOOD ITEMS	AGES 1-2	AGES 3-5	AGES 6-18
<b>BREAKFAST</b>	<b>Milk<sup>1</sup></b>	Fat-free or Low-fat (1%) Milk	1/2 cup	3/4 cup	1 cup
<i>All 3 components must be served</i>	<b>Vegetables/Fruits<sup>2</sup></b>	Vegetable, Fruit or both or 100% Juice	1/4 cup	1/2 cup	1/2 cup
	<b>Grains/Bread<sup>3,4,5,7</sup></b>	Bread, Bread Products, Pasta, Cereal, etc.	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.
<b>SNACK</b>	<b>Milk</b>	Fat-free or Low-fat (1%) Milk	1/2 cup	1/2 cup	1 cup
<i>Select 2 different components of the 5 listed</i>	<b>Vegetables</b>	Vegetable or 100% Juice	1/2 cup	1/2 cup	3/4 cup
	<b>Fruits</b>	Fruit or 100% Juice	1/2 cup	1/2 cup	3/4 cup
	<b>Grains/Bread</b>	Bread, Bread Products, Pasta, Cereal, etc.	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.
	<b>Meat/Meat Alternate</b> (see list below)	Lean Meat, Poultry or Fish <i>or</i>	1/2 oz.	1/2 oz.	1 oz.
		Peanut Butter, Soy Nut Butter, other Nut or Seed Butter <i>or</i>	1 Tbsp.	1 Tbsp.	2 Tbsp.
Peanuts, Nuts or Seeds <i>or</i>		1/2 oz.	1/2 oz.	1 oz.	
	Yogurt	2 oz.	2 oz.	4 oz.	
<b>LUNCH OR SUPPER</b>	<b>Milk</b>	Fat-free or Low-fat (1%) Milk	1/2 cup	3/4 cup	1 cup
<i>All 5 components must be served</i>	<b>Vegetables</b>	Vegetable or 100% Juice	1/8 cup	1/4 cup	1/2 cup
	<b>Fruits<sup>6</sup></b>	Fruit or 100% Juice	1/8 cup	1/4 cup	1/4 cup
	<b>Grains/Bread</b>	Bread, Bread Products, Pasta, Cereal, etc.	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.
	<b>Meat/Meat Alternate</b>	Lean Meat, Poultry or Fish <i>or</i>	1 oz.	1 1/2 oz.	2 oz.
		Tofu <i>or</i>	1/4 cup	3/8 cup	1/2 cup
		Cheese <i>or</i>	1 oz.	1 1/2 oz.	2 oz.
		Yogurt <i>or</i>	4 oz.	6 oz.	8 oz.
		Cottage Cheese <i>or</i>	2 oz.	3 oz.	4 oz.
		Cooked Dry Beans, Peas or Lentils <i>or</i>	1/4 cup	3/8 cup	1/2 cup
		Egg <i>or</i>	1/2	3/4	1
Peanut Butter, Soy Nut Butter, other Nut or Seed Butter <i>or</i>		2 Tbsp.	3 Tbsp.	4 Tbsp.	
	Peanuts, Nuts or Seeds	1 oz.	1 1/2 oz.	2 oz.	

<sup>1</sup> Whole milk is required for children up to 2 years of age. Unflavored milk is required for children younger than 6 years old.

<sup>2</sup> No more than one serving of 100% juice may be served per day.

<sup>3</sup> At breakfast, meat/meat alternate may be served in place of the entire grain component up to 3 times per week. When serving meat/meat alternate, use the quantities listed for snack.

<sup>4</sup> At least one serving of whole-grain rich Grains/Bread must be served and recorded on the menu every day.

<sup>5</sup> Ounce Equivalents (oz. eq.) are used to determine the quantity of creditable grains. For more information, refer to *Crediting Foods in CACFP*.

<sup>6</sup> At lunch or supper, one vegetable and one fruit or two different vegetables may be served.

<sup>7</sup> Facilities serving primarily American Indian or Alaska Native participants may substitute vegetables to meet the grains requirement.