



CACFP Child Meal Patterns

	Child Meal Pattern		
	1-2 year olds	3-5 year olds	6-12 year olds
Breakfast			
Milk —must be fluid milk (Fat-free or 1% for children ages 2 and over)	1/2 cup	3/4 cup	1 cup
Vegetable or fruit or 100% fruit juice	1/4 cup	1/2 cup	1/2 cup
Grains/Breads —must be enriched or whole grain Bread OR, Cornbread or biscuit or roll or muffin OR, Cold dry cereal OR, Hot cooked cereal OR, Cooked pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup
Lunch or Supper			
Milk —must be fluid milk (Fat-free or 1% for children ages 2 and over)	1/2 cup	3/4 cup	1 cup
Meat/Meat alternate Lean meat, poultry, or fish without bone OR, Cheese OR, cottage cheese OR, Egg (large) OR, Cooked dry beans or peas OR, Peanut butter or other nut or seed butters OR, Nuts and/or seeds OR, Yogurt, plain or sweetened	1 oz 1 oz 2 oz (1/4 cup) 1/2 egg 1/4 cup 2 tbsp 1/2 oz = 50% 4 oz (1/2 cup)	1 1/2 oz 1 1/2 oz 3 oz (3/8 cup) 1 egg 3/8 cup 3 tbsp 3/4 oz = 50% 6 oz (3/4 cup)	2 oz 2 oz 4 ounces (1/2 cup) 1 egg 1/2 cup 4 tbsp 1 oz = 50% 8 oz (1 cup)
Vegetable or fruit or 100% fruit juice —serve two different vegetables and/or fruits to equal	1/4 cup	1/2 cup	3/4 cup
Grains/Breads —must be enriched or whole grain Bread OR, Cornbread or biscuit or roll or muffin OR, Cold dry cereal OR, Hot cooked cereal OR, Cooked pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup
Snack —select 2 of the 4 components			
Milk —must be fluid milk (Fat-free or 1% for children ages 2 and over)	1/2 cup	1/2 cup	1 cup
Vegetable or fruit or 100% fruit juice	1/2 cup	1/2 cup	3/4 cup
Grains/Breads —must be enriched or whole grain Bread OR, Cornbread or biscuit or roll or muffin OR, Cold dry cereal OR, Hot cooked cereal OR, Pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup
Meat/Meat alternate Lean meat, poultry, or fish OR, Alternate protein product OR, Cheese OR, Egg OR, Cooked dry beans or peas OR, Peanut or other nut or seed butters OR, Nuts and/or seeds OR, Yogurt, plain or sweetened	1/2 oz 1/2 oz 1/2 oz 1/2 egg 1/8 cup 1 tbsp 1/2 oz 2 oz (1/4 cup)	1/2 oz 1/2 oz 1/2 oz 1/2 egg 1/8 cup 1 tbsp 1/2 oz 2 oz (1/4 cup)	1 oz 1 oz 1 oz 1/2 egg 1/4 cup 2 tbsp 1 oz 4 oz (1/2 cup)
See notes and reminders on back			

Child Meal Pattern Important Reminders

- **Milk** served to children two years of age (24 months) and over must be fat-free (skim) or lowfat (1%). It is recommended, but not required that children 12 through 23 months of age be served whole milk. Milk substitutes (such as soy milk) must be *nutritionally equivalent to cow's milk* to be reimbursable.
Go to <http://www.nutritionnc.com/snp/resource.htm> and click on “Non-dairy tool” to see if the non-dairy milk is nutritionally equivalent to cow’s milk..

- **Cereal:** If you are serving cold dry cereal for breakfast OR snack:

- For ages 1 and 2 years, serve: 1/4 cup (volume) or 1/3 oz (weight), whichever is less
- For ages 3 through 5 years, serve: 1/3 cup (volume) or 1/2 oz (weight), whichever is less
- For ages 6 through 12 years, serve: 3/4 cup (volume) or 1 oz (weight), whichever is less

- **Grains:** Serving sizes of grains and breads for different age groups can be found in the Healthy Menus Planning Toolkit: <http://www.nutritionnc.com/snp/pdf/kidsesmm/HealthyMenusToolkitFinal.pdf>, page 87

- **Nuts and Seeds:**

If you are serving nuts and seeds for **lunch or supper**: nuts and seeds may fill up to 1/2 of the meat and meat alternate requirement for lunch or supper. In order to fulfill the lunch or supper requirement, nuts and seeds must be combined with another meat or meat alternate.

If you are serving nuts and seeds for a **snack**: Nuts and seeds may fulfill all of the meat and meat alternate requirement for a snack. Tree nuts such as almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pine nuts, pistachios, walnuts, and pecans can be used as meat alternates. Seeds such a sunflower, sesame, squash, and pumpkin can be used as meat alternates.

- For determining combinations of nuts or seeds for meat alternate: 1 oz nuts or seeds = 1 oz cooked lean meat, poultry, or fish.

Caution: Children under 4 years of age are at the highest risk of choking. For this age group, the USDA recommends that nuts and/or seeds be ground or finely chopped and served to children in prepared foods.