

CACFP MEAL PATTERN FOR OLDER CHILDREN

BREAKFAST	<i>Ages one through two years</i>	<i>Ages three through five years</i>	<i>Ages six through twelve years</i>
• Milk, fluid	1/2 cup	3/4 cup	1 cup
• Vegetable, fruit, or full-strength (100%) juice	1/4 cup	1/2 cup	1/2 cup
• Grains/breads (whole grain or enriched): bread or rolls, muffins, etc. or cold dry cereal (volume or weight, whichever is less) or cooked pasta, noodle products, or cereal grains	1/2 slice 1/2 serving 1/4 cup or 1/3 oz 1/4 cup	1/2 slice 1/2 serving 1/3 cup or 1/2 oz 1/4 cup	1 slice 1 serving 3/4 cup or 1 oz 1/2 cup
LUNCH OR SUPPER			
• Milk, fluid	1/2 cup	3/4 cup	1 cup
• Vegetable and/or fruit (two or more kinds)	1/4 cup total	1/2 cup total	3/4 cup total
• Grains/breads (whole grain or enriched): bread or rolls, muffins, etc. or cooked pasta, noodle products, or cereal grains	1/2 slice 1/2 serving 1/4 cup	1/2 slice 1/2 serving 1/4 cup	1 slice 1 serving 1/2 cup
• Meat/meat alternates Lean meat, fish or poultry (edible portion served) or cheese (natural or processed) or cottage cheese, cheese food/spread substitute or egg (large) or yogurt, plain or flavored, unsweetened or sweetened or cooked dried beans or dried peas* or peanut butter, reduced-fat peanut butter, soynut butter, or other nut or seed butters or peanuts, soynuts, tree nuts, roasted peas, or seeds** or an equivalent quantity of any combination of the above meat/meat alternates	1 oz 1 oz 1/4 cup or 2 oz 1/2 egg 1/2 cup 1/4 cup 2 Tbsp 1/2 oz**	1-1/2 oz 1-1/2 oz 3/8 cup or 3 oz 3/4 egg 3/4 cup 3/8 cup 3 Tbsp 3/4 oz**	2 oz 2 oz 1/2 cup or 4 oz 1 egg 1 cup 1/2 cup 4 Tbsp 1 oz**
AM or PM SUPPLEMENT (Select tow of these four components)***			
• Milk, fluid	1/2 cup	1/2 cup	1 cup
• Vegetable, fruit, or full-strength (100%) juice	1/2 cup	1/2 cup	3/4 cup
• Grains/breads (whole grain or enriched): bread or rolls, muffins, etc. or cold dry cereal (volume or weight, whichever is less) or cooked pasta, noodle products, or cereal grains	1/2 slice 1/2 serving 1/4 cup or 1/3 oz 1/4 cup	1/2 slice 1/2 serving 1/3 cup or 1/2 oz 1/4 cup	1 slice 1 serving 3/4 cup or 1 oz 1/2 cup
• Meat/meat alternates Lean meat, fish or poultry (edible portion served) or cheese (natural or processed) or cottage cheese, cheese food/spread substitute or egg (large) or yogurt, plain or flavored, unsweetened or sweetened**** or cooked dried beans or dried peas* or peanut butter, reduced-fat peanut butter, soynut butter, or other nut or seed butters or peanuts, soynuts, tree nuts, roasted peas, or seeds or an equivalent quantity of any combination of the above meat/meat alternates	1/2 oz 1/2 oz 1/8 cup or 1 oz 1/2 egg 1/4 cup 1/8 cup 1 Tbsp 1/2 oz	1/2 oz 1/2 oz 1/8 cup or 1 oz 1/2 egg 1/4 cup 1/8 cup 1 Tbsp 1/2 oz	1 oz 1 oz 1/4 cup or 2 oz 1/2 egg 1/2 cup 1/4 cup 2 Tbsp 1 oz

* Dried beans or dried peas may be used as a meat alternative or vegetable component, but *cannot* be counted as both components in the same meal.

** No more than 50 percent of the requirements shall be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternative to fulfill the requirement. To determine combinations, 1 oz of nuts or seeds is equal to 1 oz of cooked lean meat, poultry, or fish. Roasted peas can count as a meat alternate or vegetable component, but *cannot* be counted as both in the same meal.

*** Juice *cannot* be served when milk is served as the only other component.

**** If yogurt is used as the meat alternate component in supplements, milk cannot be used to satisfy the second component requirement. Commercially added fruits or nuts in flavored yogurt *cannot* be used to satisfy the second component requirement in supplements.