

Breakfast Meal Pattern for the CACFP

Child and Adult Care Food Program

Required Components at Breakfast: fluid milk, vegetables/fruits/portions of both, and a grain are required components at breakfast.

Flexibility: a meat/meat alternate may be served in place of the entire grain component up to 3 times per week.

Food Components and Food Items	Required <i>minimum</i> serving size by age group			
	Ages 1-2	Ages 3-5	Ages 6-18*	Adults
Fluid Milk¹	4 fl oz or 1/2 cup	6 fl oz or 3/4 cup	8 fl oz or 1 cup	8 fl oz or 1 cup ¹
Vegetables, Fruits, or Portions of Both²	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains (oz eq)³				
Bread	1/2 slice	1/2 slice	1 slice	2 slices
Bread products, i.e. biscuits, rolls, muffins	1/2 serving	1/2 serving	1 serving	2 servings
Cooked breakfast cereal ⁴ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	1 cup
Ready-to-eat breakfast cereal ⁴ (dry, cold)				
Flakes or rounds	1/2 cup	1/2 cup	1 cup	2 cups
Puffed cereal	3/4 cup	3/4 cup	1-1/4 cup	2-1/2 cups
Granola	1/8 cup	1/8 cup	1/4 cup	1/2 cup
Meat/Meat Alternates⁵ <i>Optional. May be served in place of a grain no more than 3x per week.</i>	1/2 oz	1/2 oz	1 oz	2 oz
Beans or peas	1/8 cup	1/8 cup	1/4 cup	1/2 cup
Natural or processed cheese	1/2 oz	1/2 oz	1 oz	2 oz
Cottage or ricotta cheese	1/8 cup or 1 oz	1/8 cup or 1 oz	1/4 cup or 2 oz	1/2 cup or 4 oz
Eggs	1/4 large egg	1/4 large egg	1/2 large egg	1 large egg
Lean meat, poultry, or fish	1/2 ounce	1/2 ounce	1 oz	2 oz
Peanut butter, soy nut butter, or other nut/seed butters	1 tablespoon	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	1/8 cup or 1.1 oz with at least 2.5g of protein	1/8 cup or 1.1 oz with at least 2.5g of protein	1/4 cup or 2.2 oz with at least 5g of protein	1/2 cup or 4.4 oz with at least 10g of protein
Yogurt ⁶	1/4 cup or 2 oz	1/4 cup or 2 oz	1/2 cup or 4 oz	1 cup or 8 oz

¹ Fluid milk served must be pasteurized. Whole milk must be served to participants ages 12-23 months. Children 24 months and older must be served 1% or fat-free milk. Participants ages 6 and older may be served flavored low-fat or fat-free milk, however, it is a high-sugar item. Adult participants may be served yogurt in place of milk once per day.

² Pasteurized full-strength juice may only be served once per day. As a best practice, juice should be limited to no more than twice per week and should not be served when milk is also being served.

³ All grains served must be either enriched, whole grain-rich, bran or germ. At least one serving per day must be [whole grain-rich](#). [Grain-based desserts](#) do not count towards meeting the grains requirements.

⁴ [Breakfast cereals](#), including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of sugar per dry oz.

⁵ [Meat and meat alternates](#) may be used to meet the entire grains requirement a maximum of three times a week.

⁶ [Yogurts](#) must contain no more than 23 grams of sugar per 6 ounces.

* Serving sizes for participants ages 13-18 applies to emergency shelters and at-risk afterschool programs.

Lunch/Supper Meal Pattern for the CACFP

Child and Adult Care Food Program

All five components must be served at lunch and supper.		Flexibility: a second <i>different</i> vegetable can be served in place of the fruit component.		
Food Components and Food Items	Required <i>minimum</i> serving size by age group			
	Ages 1-2	Ages 3-5	Ages 6-18*	Adults
Fluid Milk¹	4 fl oz or 1/2 cup	6 fl oz or 3/4 cup	8 fl oz or 1 cup	8 fl oz or 1 cup ²
Meat/Meat Alternates	1 oz	1-1/2 oz	2 oz	2 oz
Lean meat, poultry, or fish	1 oz	1-1/2 oz	2 oz	2 oz
Tofu, soy product, or alternate protein products ³	1 oz	1-1/2 oz	2 oz	2 oz
Cheese	1 oz	1-1/2 oz	2 oz	2 oz
Large egg	1/2	3/4	1	1
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup	1/2 cup
Peanut butter, soy nut butter, or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt ⁴	4 oz or 1/2 cup	6 oz or 3/4 cup	8 oz or 1 cup	8 oz or 1 cup
Peanuts, soy nuts, tree nuts, or seeds ⁵	1/2 oz	3/4 oz	1 oz	1 oz
Grains (oz eq)⁸				
Bread	1/2 slice	1/2 slice	1 slice	2 slices
Bread products, i.e. biscuits, rolls, muffins	1/2 serving	1/2 serving	1 serving	2 servings
Cooked breakfast cereal ⁹ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	1 cup
Vegetables⁶	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruits^{6,7}	1/8 cup	1/4 cup	1/4 cup	1/2 cup

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² ADULTS ONLY: Adult participants may be served yogurt in place of milk once per day. Milk is optional at supper.

³ Alternate protein products must meet the requirements in [Appendix A to Part 226](#).

⁴ [Yogurts](#) must contain no more than 23 grams of sugar per 6 ounces.

⁵ No more than 50% of the meat/meat alternate requirement shall be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate at lunch and supper.

⁶ Pasteurized full-strength juice may only be served once per day. As a best practice, juice should be limited to no more than twice per week and should not be served when milk is also being served.

⁷ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁸ All grains served must be either enriched, whole grain-rich, bran or germ. At least one serving per day must be [whole grain-rich](#). [Grain-based desserts](#) do not count towards meeting the grains requirements.

⁹ [Breakfast cereals](#), including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of sugar per dry oz.

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Snack Meal Pattern for the CACFP

Child and Adult Care Food Program

Select at least two of the five components to serve at snack.

Food Components and Food Items	Required <i>minimum</i> serving size by age group			
	Ages 1-2	Ages 3-5	Ages 6-18*	Adults
Fluid Milk¹	4 fl oz or 1/2 cup	4 fl oz or 1/2 cup	8 fl oz or 1 cup	8 fl oz or 1 cup ²
Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz	1 oz
Lean meat, poultry, or fish	1/2 oz	1/2 oz	1 oz	1 oz
Tofu, soy product, or alternate protein products ³	1/2 oz	1/2 oz	1 oz	1 oz
Cheese	1/2 oz	1/2 oz	1 oz	1 oz
Large egg	1/2	1/2	1/2	1/2
Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup	1/4 cup
Peanut butter, soy nut butter, or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Yogurt ⁴	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup	4 oz or 1/2 cup
Peanuts, soy nuts, tree nuts, or seeds	1/2 oz	1/2 oz	1 oz	1 oz
Grains (oz eq)⁴				
Bread	1/2 slice	1/2 slice	1 slice	1 slice
Bread products, i.e. biscuits, rolls, muffins	1/2 serving	1/2 serving	1 serving	1 serving
Cooked breakfast cereal ⁷ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	1/2 cup
Ready-to-eat breakfast cereal ⁷ (dry, cold)				
Flakes or rounds	1/2 cup	1/2 cup	1 cup	1 cup
Puffed cereal	3/4 cup	3/4 cup	1-1/4 cup	1-1/4 cup
Granola	1/8 cup	1/8 cup	1/4 cup	1/4 cup
Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruits	1/2 cup	1/2 cup	3/4 cup	1/2 cup

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² ADULTS ONLY: Adult participants may be served yogurt in place of milk once per day.

³ Alternate protein products must meet the requirements in [Appendix A to Part 226](#).

⁴ [Yogurts](#) must contain no more than 23 grams of sugar per 6 ounces.

⁵ Pasteurized full-strength juice may only be served once per day. As a best practice, juice should be limited to no more than twice per week and should not be served when milk is also being served.

⁶ All grains served must be either enriched, whole grain-rich, bran or germ. At least one serving per day must be [whole grain-rich](#). [Grain-based desserts](#) do not count towards meeting the grains requirements.

⁷ [Breakfast cereals](#), including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of sugar per dry oz.

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