

Breakfast Meal Pattern

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 at Breakfast: A meat/meat alternate may be served in place of the entire grain component up to 3 times per week. | |
|--|---|--------------------|------------------|---|--|
| Food Components | Required <u>minimum</u> serving size by age group | | | | Additional Information |
| | Ages 1-2 | Ages 3-5 | Ages 6-18 | Adults | |
| Fluid Milk | 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 | <p>Fluid milk must be pasteurized.</p> <p>Participants 12-23 months must be served whole milk; participants 24 months and older must be served 1% or fat-free milk.</p> <p>Participants ages 6+ may be served flavored low-fat or fat-free milk.</p> <p>For adult participants, 6 ounces or 3/4 cup of yogurt may be used to meet the equivalent of 8 ounces of milk once per day when yogurt is not served as a meat alternate in the same meal.</p> |
| Vegetables, Fruits, or Portions of Both | 1/4 cup | 1/2 cup | 1/2 cup | 1/2 cup | If juice is served, it must be 100% full-strength juice and may only be served once per day. |
| Grains | 1/2 oz eq | 1/2 oz eq | 1 oz eq | 2 oz eq | <p>All grains served must be either enriched, whole grain-rich, bran or germ. At least one serving per day must be whole grain-rich.</p> <p>Grain-based desserts do not count towards meeting the grains requirements.</p> <p>Breakfast cereals, including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of sugar per dry oz.</p> <p>The serving size for grains is measured in ounce equivalents (oz eq).</p> |
| Meat/Meat Alternates | 1/2 oz eq | 1/2 oz eq | 1 oz eq | 2 oz eq | <p>Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week.</p> <p>Yogurts must contain no more than 23 grams of sugar per 6 ounces.</p> |
| Beans or peas | 1/8 cup | 1/8 cup | 1/4 cup | 1/2 cup | |
| Cheese | 1/2 oz | 1/2 oz | 1 oz | 2 oz | |
| Cottage/ricotta cheese | 1/8 cup | 1/8 cup | 1/4 cup | 1/2 | |
| Large Egg | 1/4 | 1/4 | 1/2 | 1 | |
| Lean meat, poultry, fish | 1/2 ounce | 1/2 ounce | 1 oz | 2 oz | |
| Nut butter | 1 Tbsp | 1 Tbsp | 2 Tbsp | 4 Tbsp | |
| Tofu (store-bought or commercially prepared) | 1/8 cup | 1/8 cup | 1/4 cup | 1/2 cup | |
| Yogurt | 1/4 cup; 2 oz | 1/4 cup; 2 oz | 1/2 cup; 4 oz | 1 cup; 8 oz | |

Lunch and Supper Meal Pattern

Child and Adult Care Food Program

| Required Components at Lunch and Supper: All five components must be served at lunch and supper. | | | | Flexibility at Lunch and Supper: A second <i>different</i> vegetable can be served in place of the fruit component. | |
|---|---|--------------------|------------------|--|---|
| Food Components | Required <i>minimum</i> serving size by age group | | | | Additional Information |
| | Ages 1-2 | Ages 3-5 | Ages 6-18 | Adults | |
| Fluid Milk | 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 | <p>Fluid milk must be pasteurized.</p> <p>Participants 12-23 months must be served unflavored whole milk; participants 24 months and older must be served 1% or fat-free milk.</p> <p>Participants ages 6+ may be served flavored fat-free milk.</p> <p>For adult participants, 6 ounces or 3/4 cup of yogurt may be used to meet the equivalent of 8 ounces of milk once per day when yogurt is not served as a meat alternate in the same meal.</p> |
| Meat/Meat Alternates | 1 oz eq | 1.5 oz eq | 2 oz eq | 2 oz eq | <p>Yogurts must contain no more than 23 grams of sugar per 6 ounces.</p> <p>Alternate protein products must meet the requirements in Appendix A to Part 226.</p> <p>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.</p> |
| Lean meat, poultry, fish | 1 oz | 1-1/2 oz | 2 oz | 2 oz | |
| Tofu, soy product, or alternate protein products | 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/peas | 1/4 cup | 3/8 cup | 1/2 cup | 1/2 cup | |
| Nut/seed butters | 2 tbsp | 3 tbsp | 4 tbsp | 4 tbsp | |
| Yogurt | 4 oz; 1/2 cup | 6 oz; 3/4 cup | 8 oz; 1 cup | 8 oz; 1 cup | |
| Nuts or seeds | 1/2 oz | 3/4 oz | 1 oz | 1 oz | |
| Grains | 1/2 oz eq | 1/2 oz eq | 1 oz eq | 2 oz eq | <p>All grains served must be either enriched, whole grain-rich, bran or germ. At least one serving per day must be whole grain-rich.</p> <p>Grain-based desserts do not count towards meeting the grains requirements.</p> <p>Breakfast cereals must contain no more than 6 grams of sugar per dry oz.</p> <p>The serving size for grains is measured in ounce equivalents (oz eq).</p> |
| Vegetables | 1/8 cup | 1/4 cup | 1/2 cup | 1/2 cup | If juice is served, it must be 100% full-strength juice and may only be served once per day. |
| Fruits | 1/8 cup | 1/4 cup | 1/4 cup | 1/2 cup | <p>If juice is served, it must be 100% full-strength juice and may only be served once per day.</p> <p>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.</p> |

Snack Meal Pattern

Child and Adult Care Food Program

Required Components at Snack:

Select any two components to serve at snack. Only one of the two components may be a creditable beverage, such as milk or juice.

| Food Components | Required <i>minimum</i> serving size by age group | | | | Additional Information |
|--|---|--------------------|------------------|-------------------------------|---|
| | Ages 1-2 | Ages 3-5 | Ages 6-18 | Adults | |
| Fluid Milk | 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 | <p>Fluid milk must be pasteurized.</p> <p>Participants 12-23 months must be served whole milk; participants 24 months and older must be served 1% or fat-free milk.</p> <p>Participants ages 6+ may be served flavored low-fat or fat-free milk.</p> <p>Adult participants may be served yogurt in place of milk once per day.</p> |
| Meat/Meat Alternates | 1/2 oz | 1/2 oz | 1 oz | 1 oz | <p>Yogurts must contain no more than 23 grams of sugar per 6 ounces.</p> <p>Alternate protein products must meet the requirements in Appendix A to Part 226.s</p> |
| Lean meat, poultry, fish | 1/2 oz | 1/2 oz | 1 oz | 1 oz | |
| Tofu, soy product, or alternate protein products | 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/peas | 1/8 cup | 1/8 cup | 1/4 cup | 1/4 cup | |
| Nut/seed butters | 1 tbsp | 1 tbsp | 2 tbsp | 2 tbsp | |
| Yogurt | 2 oz; 1/4 cup | 2 oz; 1/4 cup | 4 oz; 1/2 cup | 4 oz; 1/2 cup | |
| Nuts or seeds | 1/2 oz | 1/2 oz | 1 oz | 1 oz | |
| Grains | 1/2 oz eq | 1/2 oz eq | 1 oz eq | 1 oz eq | <p>All grains served must be either enriched, whole grain-rich, bran or germ. At least one serving per day must be whole grain-rich.</p> <p>Grain-based desserts do not count towards meeting the grains requirements.</p> <p>Breakfast cereals must contain no more than 6 grams of sugar per dry oz.</p> <p>The serving size for grains is measured in ounce equivalents (oz eq).</p> |
| Vegetables | 1/2 cup | 1/2 cup | 3/4 cup | 1/2 cup | If juice is served, it must be 100% full-strength juice and may only be served once per day. |
| Fruits | 1/2 cup | 1/2 cup | 3/4 cup | 1/2 cup | If juice is served, it must be 100% full-strength juice and may only be served once per day. |