

Child and Adult Care Food Program



CACFP Meal Pattern

(This chart lists the amounts and types of food to be served to participants of the CACFP).

	1-2 year olds	3-5 year olds	6-12 year olds	Adults
BREAKFAST:				
Milk (fluid only)	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup	1 cup
Fruit and/or vegetable	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Bread/Grain	$\frac{1}{2}$ serving	$\frac{1}{2}$ serving	1 serving	2 servings
Hot Cereal	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	1 cup
Cold Cereal	$\frac{1}{4}$ cup or $\frac{1}{3}$ ounce	$\frac{1}{3}$ cup or $\frac{1}{2}$ ounce	$\frac{3}{4}$ cup or 1 ounce	$1\frac{1}{2}$ cups or 2 ounces
SNACK (Select 2 of the 4 components)				
Milk (Fluid only)	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup	1 cup
Fruit and/or vegetable	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	$\frac{1}{2}$ cup
Meat/Meat Alternate	$\frac{1}{2}$ ounce	$\frac{1}{2}$ ounce	1 ounce	1 ounce
Bread/Grain	$\frac{1}{2}$ serving	$\frac{1}{2}$ serving	1 serving	1 serving
Hot Cereal	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup or 1 ounce
Cold Cereal	$\frac{1}{4}$ cup or $\frac{1}{3}$ ounce	$\frac{1}{3}$ cup or $\frac{1}{2}$ ounce	$\frac{3}{4}$ cup or 1 ounce	$\frac{3}{4}$ cup

LUNCH OR SUPPER				
Milk (fluid only)	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup	1 cup (milk is not required for supper)
Fruit and/or vegetables (2 different types)	$\frac{1}{4}$ cup (total)	$\frac{1}{2}$ cup (total)	$\frac{3}{4}$ cup (total)	1 cup (total)
Meat/Meat Alternate:				
meat, poultry	1 ounce	$1\frac{1}{2}$ ounces	2 ounces	2 ounces
or egg	$\frac{1}{2}$	$\frac{3}{4}$	1	1
or cheese	1 ounce	$1\frac{1}{2}$ ounces	2 ounces	2 ounces
or cooked dry beans	$\frac{1}{4}$ cup	$\frac{3}{8}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
or peanut butter, or other nut butters	2 Tbsp.	3 Tbsp.	4 Tbsp.	4 Tbsp.
or yogurt	4 ounces	6 ounces	8 ounces	8 ounces
or nuts, seeds	$\frac{1}{2}$ ounce*	$\frac{3}{4}$ ounce*	1 ounce*	1 ounce*
Bread/Grain	$\frac{1}{2}$ serving	$\frac{1}{2}$ serving	1 serving	2 servings

*Nuts and seeds may be credited toward meeting only 1/2 of the meat/meat alternate requirement. Nuts and seeds are not recommended for children under three years of age.