

CACFP Child Meal Patterns

Breakfast (Select all three components for a reimbursable meal)			
Food Components and Food Items¹	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk ³	4 fluid oz.	6 fluid oz.	8 fluid oz.
Vegetables, fruits, or portions of both ⁴	¼ cup	½ cup	½ cup
Grains (oz eq) ^{5,6,7}			
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}			
Flakes or rounds	½ cup	½ cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup

¹ Must serve all three components for a reimbursable meal.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁵ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁶ Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of

meat and meat alternates is equal to one ounce equivalent of grains.

⁷ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁸ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

⁹ Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served.

Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; and ¾ cup for children ages 6-12.

Lunch and Supper (Select all five components for a reimbursable meal)			
Food Components and Food Items¹	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk ³	4 fluid oz.	6 fluid oz.	8 fluid oz.
Meat/meat alternatives			
Lean meat, poultry, or fish	1 oz.	1 ½ oz.	2 oz.
Tofu, soy product, or alternate protein products ⁴	1 oz.	1 ½ oz.	2 oz.
Cheese	1 oz.	1 ½ oz.	2 oz.
Large egg	½	¾	1
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 oz. or ½ cup	6 oz. or ¾ cup	8 oz. or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%
Vegetables ⁶	⅛ cup	¼ cup	½ cup
Fruits ^{6,7}	⅛ cup	¼ cup	¼ cup
Grains (oz eq) ^{8,9}			
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup

¹ Must serve all five components for a reimbursable meal.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

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 At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

⁹ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

¹⁰ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

Snack (Select two components for a reimbursable snack)			
Food Components and Food Items¹	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk ³	4 fluid oz.	6 fluid oz.	8 fluid oz.
Meat/meat alternatives			
Lean meat, poultry, or fish	½ oz.	½ oz.	1 oz.
Tofu, soy product, or alternate protein products ⁴	½ oz.	½ oz.	1 oz.
Cheese	½ oz.	½ oz.	1 oz.
Large egg	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	2 oz. or ¼ cup	2 oz. or ¼ cup	4 oz. or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	¾ ounce	1 ounce
Vegetables ⁶	½ cup	½ cup	¾ cup
Fruits ^{6,7}	½ cup	½ cup	¾ cup
Grains (oz eq) ^{7,8}			
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}			
Flakes or rounds	½ cup	½ cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup

¹ Must two of the five components for a reimbursable snack. Only one of the two may be a beverage

³Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁸Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁹Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

¹⁰ Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; and ¾ cup for children ages 6-12.

Sample 5-Week Cycle: Breakfast Menu

This is a sample of a 5-week cycle breakfast menu that promotes healthy options. Programs should reduce the number of pre-fried breakfast foods, for example french toast sticks and hash browns. Cereal should contain 6 grams or less of sugar. Water is to be available at every meal and snack and offered throughout the day. CACFP-recommended servings sizes per age group should be followed. Visit the CACFP webpage for more information <http://www.fns.usda.gov/cacfp/child-and-adult-care-food-program>

Avoid choking hazards by preparing and serving foods that are safe for the age and development of each child.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Whole Wheat Banana Bread Grapes Milk	Scrambled Eggs with Tomatoes Whole Wheat Toast Strawberries Milk	Whole Wheat English Muffin Sunflower Butter Banana Milk	Whole Grain Cereal Orange Milk	Oatmeal Blueberries Milk
Week 2	Whole Grain Waffles Peaches Milk	Whole Grain Cereal Strawberries Milk	Whole Grain Bagel Peanut Butter Banana Milk	Scrambled Eggs with Broccoli Whole Wheat English Muffin Orange Milk	Puffed Rice Cereal Blueberries Milk
Week 3	Oatmeal Peaches Milk	Whole Grain Cereal Orange Milk	Whole Wheat Pancakes Cherries Milk	Scrambled Eggs with Veggies Whole Wheat Toast Strawberries Milk	Banana Bread Blueberries Milk
Week 4	Puffed Rice Cereal Grapes Milk	Scrambled Eggs with Mushrooms Whole Wheat English Muffin Orange Milk	Whole Grain English Muffin Banana Milk	Whole Grain Cereal Strawberries Milk	Buckwheat Pancakes Blueberries Milk
Week 5	Whole Grain Bagel Cream Cheese Peaches Milk	Scrambled Eggs with Tomatoes Whole Wheat Toast Strawberries Milk	Whole Grain Waffles Banana Milk	Whole Grain Cereal Orange Milk	Oatmeal Blueberries Milk

Adapted from Ohio Healthy Programs, OCCRRRA 2015

Sample 5-Week Cycle: Lunch Menu

This sample 5-week cycle lunch menu promotes healthy options. Programs should aim to reduce the number of pre-fried foods at lunch, like chicken nuggets and french fries. Recommended servings sizes per age group should be followed. Water is to be available at every meal and snack and offered throughout the day. CACFP-recommended servings sizes per age group should be followed. Visit the CACFP webpage for more information <http://www.fns.usda.gov/cacfp/child-and-adult-care-food-program>

Avoid choking hazards by preparing and serving foods that are safe for the age and development of each child.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Lean Ground Beef Stroganoff with Whole Wheat Noodles Peaches Tomatoes Milk	Grilled Cheese on Whole Wheat Bread Grapes Yellow Peppers Milk	Baked Chicken Cheesy Brown Rice Blueberries Broccoli Milk	Tuna Salad Sandwich on Whole Wheat Bread Cherries Green Beans Milk	Ham and Cheese Whole Wheat Tortilla Roll-Up Baked Apples Mixed Veggies Milk
Week 2	Baked Chicken Brown Rice and Red Beans Blueberries Cucumbers Milk	Whole Wheat Spaghetti with Lean Ground Beef and Baked Mushrooms Banana Toss Salad* Milk	Turkey and Cheese Whole Wheat Tortilla Roll-Up Orange Peas Milk	Whole Grain English Muffin Pizza Pineapple Baked Zucchini Milk	Lean Ground Beef and Cheese Quesadilla on Whole Wheat Tortilla Baked Sweet Potato Melon Milk
Week 3	Baked Turkey Breast on Whole Wheat Bread Orange Toss Salad* Milk	Lean Ground Beef Stroganoff with Whole Wheat Noodles Peaches Tomatoes Milk	Grilled Cheese and Turkey on Whole Wheat Bread Grapes Red Peppers Milk	Baked Chicken Cheesy Brown Rice Blueberries Broccoli Milk	Tuna Salad Sandwich on Whole Wheat Bread Cherries Corn Milk
Week 4	Whole Wheat Macaroni and Cheese Grapes Mixed Veggies Milk	Baked Chicken Cheesy Brown Rice Blueberries Broccoli Milk	Whole Grain English Muffin Pizza Pineapple Baked Zucchini Milk	Lean Ground Beef Quesadilla with Whole Wheat Tortilla Baked Sweet Potato Melon Milk	Whole Wheat Noodles with Hamburger Peaches Toss Salad* Milk
Week 5	Cheese and Ham Wrap with Whole Wheat Tortilla No Sugar-Added Applesauce Mixed Veggies Milk	Baked Turkey Breast Whole Wheat Bread Melon Toss Salad* Milk	Spaghetti with Whole Wheat Noodles and Hamburger Banana Toss Salad* Milk	Baked chicken Brown Rice and Red Beans Grapes Cucumbers Milk	Tuna Salad Sandwich on Whole Wheat Bread Tomatoes Steamed Carrots Milk

Adapted from Ohio Healthy Programs, OCCRRRA 2015

*Toss salad = Shredded Lettuce, Carrots, Cucumber

Sample 5-Week Cycle: Snack Menu

This sample 5-week cycle snack menu promotes healthy options. Programs should reduce the number of pre-fried foods – for example chips – and sweets like wafers and cookies. Include more vegetables, fruits, whole grains, dairy and/or lean proteins instead. Water is to be available at every meal and snack and offered throughout the day. CACFP-recommended serving sizes per age group should be followed. Visit the CACFP webpage for more information <http://www.fns.usda.gov/cacfp/child-and-adult-care-food-program>

Avoid choking hazards by preparing and serving foods that are safe for the age and development of each child.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Cheese Slice Apple Water	Whole Wheat Pita Hummus Cucumbers Water	Peanut Butter on Banana Water	Graham Crackers Pears Water	Plain Yogurt Blueberries Water
Week 2	Whole Wheat English Muffin and Peanut Butter Water	Whole Grain Cereal Orange Water	Turkey Roll-Up on Whole Wheat Tortilla Water	Cheese Slice Tomatoes Water	Hard-Boiled Egg Mixed Fruit Water
Week 3	Plain Yogurt Strawberries Water	Rice Cake with Sunflower Butter Pears Water	Whole Grain Black Bean Chips Cheese Water	Whole Wheat Pita Shredded Carrot Hummus Water	Whole Wheat Waffles Cherries Water
Week 4	Turkey Roll-Up on Whole Wheat Tortilla Water	Peanut Butter on Banana Water	Graham Crackers Apple Water	Whole Grain Cereal Orange Water	Whole Grain Crackers Mixed Fruit Water
Week 5	Cheese Slice Pears Water	Whole Wheat Toast Peaches Water	Plain Yogurt Cherries Water	Whole Wheat Waffles Blueberries Water	Whole Wheat Pita Hummus Cucumbers Water

Adapted from Ohio Healthy Programs, OCCRRRA 2015