

# Child and Adult Care Food Program (CACFP) Child (Ages 1-18) Meal Pattern

## Breakfast<sup>1</sup>: Serve all 3 components for a reimbursable Breakfast<sup>2</sup>

Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>3</sup>
<b>Fluid Milk<sup>4</sup></b>	<b>4 fl oz (½ cup)</b>	<b>6 fl oz (¾ cup)</b>	<b>8 fl oz (1 cup)</b>	<b>8 fl oz (1 cup)</b>
<b>Vegetables, Fruits, or portions of both<sup>5</sup></b>	<b>¼ cup</b>	<b>½ cup</b>	<b>½ cup</b>	<b>½ cup</b>
<b>Grains<sup>6</sup>, using ounce equivalent (oz. eq.)<sup>7</sup></b>	<b>½ oz. eq.</b>	<b>½ oz. eq.</b>	<b>1 oz. eq.</b>	<b>1 oz. eq.</b>
Bread, Biscuit, or Roll	14 grams	14 grams	28 grams	28 grams
Waffle, Pancake, Croissant	17 grams	17 grams	34 grams	34 grams
Oatmeal and other cooked cereal grains <sup>8</sup>	¼ cup cooked	¼ cup cooked	½ cup cooked	½ cup cooked
Cereal, Ready-to-Eat Flakes or Rounds <sup>8</sup>	½ cup	½ cup	1 cup	1 cup
Cereal, Ready-to-Eat Granola <sup>8</sup>	⅓ cup	⅓ cup	¼ cup	¼ cup
Cereal, Ready-to-eat Puffed <sup>8</sup>	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup

## Snack<sup>1</sup>: Select 2 of the 5 components for a reimbursable snack<sup>9</sup>

Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>3</sup>
<b>Fluid Milk<sup>4</sup></b>	<b>4 fl oz (½ cup)</b>	<b>6 fl oz (¾ cup)</b>	<b>8 fl oz (1 cup)</b>	<b>8 fl oz (1 cup)</b>
<b>Meat or Meat Alternate (M/MA)</b>	<b>½ oz. eq.</b>	<b>½ oz. eq.</b>	<b>1 oz. eq.</b>	<b>1 oz. eq.</b>
Cheese	½ oz.	½ oz.	1 oz.	1 oz.
Peanut butter or other nut/seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.	2 Tbsp.
Yogurt (including soy yogurt) <sup>10</sup>	2 oz. (¼ cup)	2 oz. (¼ cup)	4 oz. (½ cup)	4 oz. (½ cup)
<b>Vegetables<sup>5</sup></b>	<b>½ cup</b>	<b>½ cup</b>	<b>¾ cup</b>	<b>¾ cup</b>
<b>Fruits<sup>5</sup></b>	<b>½ cup</b>	<b>½ cup</b>	<b>¾ cup</b>	<b>¾ cup</b>
<b>Grains<sup>6</sup>, using ounce equivalent (oz. eq.)<sup>7</sup></b>	<b>½ oz. eq.</b>	<b>½ oz. eq.</b>	<b>1 oz. eq.</b>	<b>1 oz. eq.</b>
Bread, Biscuit, or Roll	14 grams	14 grams	28 grams	28 grams
Cracker, Graham (about 5" by 2½")	14 grams/ 1 cracker	14 grams/ 1 cracker	28 grams/ 2 crackers	28 grams/ 2 crackers
Crackers (various)	11 grams	11 grams	22 grams	22 grams

## Lunch or Supper<sup>1</sup>: Serve all 5 components for a reimbursable Lunch or Supper<sup>11</sup>

Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>3</sup>
<b>Fluid Milk<sup>4</sup></b>	<b>4 fl oz (½ cup)</b>	<b>6 fl oz (¾ cup)</b>	<b>8 fl oz (1 cup)</b>	<b>8 fl oz (1 cup)</b>
<b>Meat or Meat Alternate (M/MA)</b>	<b>1 oz. eq.</b>	<b>1 ½ oz. eq.</b>	<b>2 oz. eq.</b>	<b>2 oz. eq.</b>
Lean meat, poultry, or fish	1 oz. eq.	1 ½ oz. eq.	2 oz. eq.	2 oz. eq.
Tofu <sup>12</sup>	2.2 oz. or ¼ c	3.3 oz. or ⅓ c	4.4 oz. or ½ c	4.4 oz. or ½ c
Cheese	1 oz.	1 ½ oz.	2 oz.	2 oz.
Large egg	½ egg	¾ egg	1 egg	1 egg
Cooked dry beans/peas	¼ cup	⅜ cup	½ cup	½ cup
Peanut butter or other nut/seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.	4 Tbsp.
Peanuts, soy nuts, tree nuts, or seeds (may only credit up to 50% M/MA)	½ oz. = 50%	¾ oz. = 50%	1 oz. = 50%	1 oz. = 50%
<b>Vegetables<sup>5, 13, 14</sup></b>	<b>⅓ cup</b>	<b>¼ cup</b>	<b>½ cup</b>	<b>½ cup</b>
<b>Fruits<sup>5</sup></b>	<b>⅓ cup</b>	<b>¼ cup</b>	<b>½ cup</b>	<b>½ cup</b>
<b>Grains<sup>6</sup>, using ounce equivalent (oz. eq.)<sup>7</sup></b>	<b>½ oz. eq.</b>	<b>½ oz. eq.</b>	<b>1 oz. eq.</b>	<b>1 oz. eq.</b>
Bread, Biscuit, or Roll	14 grams	14 grams	28 grams	28 grams
Pasta, Rice, or Grits	14 grams dry/ ¼ cup cooked	14 grams dry/ ¼ cup cooked	28 grams dry/ ½ cup cooked	28 grams dry/ ½ cup cooked
Tortilla, Soft, Flour or Corn	14 grams	14 grams	28 grams	28 grams

# CACFP Meals for Children 1-18 Years

- <sup>1</sup> Water must be offered to children throughout the day. Water is not part of a reimbursable meal and may not be served instead of fluid milk.
- <sup>2</sup> All three components must be served for a reimbursable breakfast. Meat and Meat Alternates (M/MA) may be used to meet the entire grains component requirement a maximum of three times a week at breakfast. One ounce equivalent of M/MA is equal to one ounce equivalent of Grains. [Offer Versus Serve](#) is an option only for At-Risk Afterschool Sponsors.
- <sup>3</sup> Larger portion sizes than specified may need to be served to children ages 13 through 18 years old to meet their nutritional needs.
- <sup>4</sup> [Milk type served](#) must be unflavored whole milk for children one year of age (12-23 months). Milk must be unflavored low-fat (1%) or unflavored fat-free (skim) for children 2-5 years of age. Milk must be unflavored low-fat (1%) or fat-free (skim) milk or flavored fat-free (skim) milk for children 6 years old and older.
- <sup>5</sup> Pasteurized 100% juice may only be used to meet the vegetable or fruit requirement one time per day.
- <sup>6</sup> At least one serving of grains per day must be whole-grain rich across all meals and snacks served at each site. [Grain-based desserts](#) do not count towards meeting the Grains component requirement.
- <sup>7</sup> Ounce equivalent serving sizes will be used to determine the quantity of creditable grains starting October 1, 2021. One ounce equivalent serving size is equal to one serving size. See [Exhibit A](#) for comparisons between the previous serving sizes and ounce equivalents. For more sample serving sizes and an explanation of ounce equivalent measurements, refer to the '[Using Ounce Equivalents for Grains in the CACFP Worksheet.](#)'
- <sup>8</sup> Breakfast cereals must be whole grain-rich, fortified, or enriched, and contain no more than 6 grams of sugar per dry ounce (no more than 21 grams Total Sugars per 100 grams of dry cereal). Refer to the Cereal Sugar Limit Wallet Card and the WIC Cereal List.
- <sup>9</sup> Only one of the two required components for snack may be a beverage. Offer versus serve is not an option for snack.
- <sup>10</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces. Refer to the Yogurt Sugar Limit Wallet Card.
- <sup>11</sup> All five components must be served for a reimbursable lunch and/or supper. [Offer Versus Serve](#) is an option only for At-Risk Afterschool Sponsors.
- <sup>12</sup> Tofu must contain at least 5 grams of protein for every 2.2 oz (¼ cup) serving.
- <sup>13</sup> Lunch and supper must include one Fruit and one Vegetable OR two Vegetables. When two Vegetables are served, two different kinds of vegetables must be served.
- <sup>14</sup> Leafy greens, such as lettuce or spinach, only credit for half of the volume served. ½ cup of spinach will credit for ¼ cup of Vegetables.

## Abbreviations:

Fl oz = Fluid Ounces (volume)  
Cup, c = Measuring cup (8 ounces)  
Oz. eq. = Ounce Equivalent  
Oz. = Ounce (weight)  
Tbsp. = Tablespoon  
Grams, g = Grams (weight)

## Additional Resources:

[ODE CNP CACFP Meal Pattern and Menu Planning Page](#)  
[Crediting Handbook for the CACFP \(USDA\)](#)  
[The Food Buying Guide \(USDA\)](#)  
[Nutrition Standards for CACFP Meals and Snacks \(USDA\)](#)