

Breakfast Meal Pattern

Child and Adult Care Food Program

Required Components at Breakfast:			Flexibility at Breakfast:		
Fluid milk, vegetables/fruits/portions of both, and a grain are required components at breakfast.			A meat/meat alternate may be served in place of the entire grain component up to three times per week.		
Food Components	Required Minimum Serving Size by Age Group				Additional Component Information
	Ages 1-2	Ages 3-5	Ages 6-18	Adults	
Fluid Milk	4 fl oz ½ cup	6 fl oz ¾ cup	8 fl oz 1 cup	8 fl oz 1 cup	Fluid milk must be pasteurized. Participants 12-23 months must be served whole milk; participants 24 months and older must be served 1% or fat-free milk. Participants ages 6+ may be served flavored low-fat or fat-free milk. Adult Participants Only: 6 ounces or ¾ 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.
Vegetables. Fruits, or Portions of Both	¼ cup	½ cup	½ cup	½ cup	If juice is served, it must be 100% full-strength juice and may only be served once per day.
Grains	½ oz eq	½ oz eq	1 oz eq	2 oz eq	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. Breakfast cereals, including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of added sugars per dry ounce. The serving size for grains is measured in ounce equivalents (oz eq).
Meat/Meat Alternates	½ oz eq	½ oz eq	1 oz eq	2 oz eq	Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. Yogurts must contain no more than 12 grams of added sugars per 6 ounce.
Beans or Peas	⅓ cup	⅓ cup	¼ cup	½ cup	
Cheese	½ oz	½ oz	1 oz	2 oz	
Cottage/Ricotta Cheese	⅓ cup	⅓ cup	¼ cup	½ cup	
Large Egg	¼ large egg	¼ large egg	½ large egg	1 large egg	
Lean Meat, Poultry, Fish	½ oz	½ oz	1 oz	2 oz	
Nut Butter	1 tbsp	1 tbsp	2 tbsp	4 tbsp	
Tofu	⅓ cup	⅓ cup	¼ cup	½ cup	
Yogurt	¼ cup	¼ cup	½ cup	1 cup	

Lunch and Supper Meal Pattern

Child and Adult Care Food Program

Required Components at Lunch/Supper: All five components must be served at lunch and supper.

Flexibility at Lunch: A second *different* vegetable can be served in place of the fruit component.

Food Components	Required Minimum Serving Size by Age Group				Additional Component Information
	Ages 1-2	Ages 3-5	Ages 6-18	Adults	
Fluid Milk	4 fl oz ½ cup	6 fl oz ¾ cup	8 fl oz 1 cup	8 fl oz 1 cup	Fluid milk must be pasteurized. Participants 12-23 months must be served whole milk; participants 24 months and older must be served 1% or fat-free milk. Participants ages 6+ may be served flavored low-fat or fat-free milk. Adult Participants Only: 6 ounces or ¾ 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.
Meat/Meat Alternates	1 oz eq	1.5 oz eq	2 oz eq	2 oz eq	Alternate Protein Products (APP) must meet the requirements in CFR 226 - Appendix A. Yogurts must contain no more than 12 grams of added sugars per 6 ounce.
Lean Meat, Poultry, Fish	1 oz	1.5 oz	2 oz	2 oz	
Tofu	1 oz	1.5 oz	2 oz	2 oz	
Cheese	1 oz	1.5 oz	2 oz	2 oz	
Large Egg	1/2	¾	1	1	
Cooked dry beans/peas	¼ cup	⅜ cup	½ cup	½ cup	
Nut/Seed Butter	2 tbsp	3 tbsp	4 tbsp	4 tbsp	
Yogurt	4 oz; ½ cup	6 oz; ¾ cup	8 oz; 1 cup	8 oz; 1 cup	
Nuts or seeds	1 oz	1.5 oz	2 oz	2 oz	
Grains	½ oz eq	½ oz eq	1 oz eq	2 oz eq	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. Breakfast cereals, including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of added sugars per dry ounce. The serving size for grains is measured in ounce equivalents (oz eq).
Vegetables	⅛ cup	¼ cup	½ cup	½ cup	Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day and must be pasteurized. A vegetable may be offered to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
Fruits	⅛ cup	¼ cup	¼ cup	½ cup	See above.

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 Minimum Serving Size by Age Group				Additional Component Information
	Ages 1-2	Ages 3-5	Ages 6-18	Adults	
Fluid Milk	4 fl oz ½ cup	4 fl oz ½ cup	8 fl oz 1 cup	8 fl oz 1 cup	Fluid milk must be pasteurized. Participants 12-23 months must be served whole milk; participants 24 months and older must be served 1% or fat-free milk. Participants ages 6+ may be served flavored low-fat or fat-free milk. Adult Participants Only: 6 ounces or ¾ 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.
Meat/Meat Alternates	½ oz	½ oz	1 oz eq	1 oz eq	Alternate Protein Products (APP) must meet the requirements in CFR 226 - Appendix A. Yogurts must contain no more than 12 grams of added sugars per 6 ounce.
Lean Meat, Poultry, Fish	½ oz	½ oz	1 oz	1 oz	
Tofu	½ oz	½ oz	1 oz	1 oz	
Cheese	½ oz	½ oz	1 oz	1 oz	
Large Egg	¼ large egg	¼ large egg	1/2 large egg	1/2 large egg	
Cooked dry beans/peas	⅓ cup	⅓ cup	¼ cup	¼ cup	
Nut/Seed Butter	1 tbsp	1 tbsp	2 tbsp	2 tbsp	
Yogurt	2 oz; ¼ cup	2 oz; ¼ cup	4 oz; ½ cup	4 oz; ½ cup	
Nuts or seeds	½ oz	½ oz	1 oz	1 oz	
Grains	½ oz eq	½ oz eq	1 oz eq	1 oz eq	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. Breakfast cereals, including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of added sugars per dry ounce. The serving size for grains is measured in ounce equivalents (oz eq).
Vegetables	½ cup	½ cup	¾ cup	½ cup	Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day and must be pasteurized.
Fruits	½ cup	½ cup	¾ cup	½ cup	Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day and must be pasteurized.