

MEAL AND SNACK PATTERNS

Child and Adult Care Food Program (CACFP) Guidelines

Food Components	1 - 2 Year-Olds	3 - 5 Year-Olds	6 - 12 Year-Olds
Breakfast			
1 Milk (fluid)	½ cup	¾ cup	1 cup
1 Fruit and/or Vegetable (whole or juice)	¼ cup	½ cup	½ cup
1 Grain, Bread, or Cereal	Choose One		
Bread (whole-grain, enriched or fortified)	½ slice	½ slice	1 slice
Cornbread, biscuit, roll, or muffin	½ serving	½ serving	1 serving
Cereal (cold, dry)	¼ cup	⅓ cup	¾ cup
Cereal (hot, cooked)	¼ cup	¼ cup	½ cup
Pasta, Noodles, or Grains	¼ cup	¼ cup	½ cup
Lunch (Mid-Day) and Supper (Evening) Meals			
1 Milk (fluid)	½ cup	¾ cup	1 cup
2 Fruits and/or Vegetables (whole or juice)	¼ cup	½ cup	¾ cup
1 Grain, Bread, and/or Cereal	Choose One		
Bread (whole-grain, enriched or fortified)	½ slice	½ slice	1 slice
Cornbread, biscuit, roll, or muffin	½ serving	½ serving	1 serving
Cereal (cold, dry)	¼ cup	⅓ cup	¾ cup
Cereal (hot, cooked)	¼ cup	¼ cup	½ cup
Pasta, Noodles, or Grains	¼ cup	¼ cup	½ cup
1 Protein, Meat, and/or Meat Alternate	Choose One		
Meat, Poultry, or Fish	1 ounce	1 ½ ounces	2 ounces
Alternate Protein Product	1 ounce	1 ½ ounces	2 ounces
Cheese	1 ounce	1 ½ ounces	2 ounces
Egg	½ egg	¾ egg	1 egg
Beans or Peas (cooked dry)	¼ cup	⅜ cup	½ cup
Peanut Butter or Other Nut/Seed Butters	2 tbsp.	3 tbsp.	4 tbsp.
Yogurt	4 ounces	6 ounces	8 ounces
	Combine with ½ serving of other protein		
Nuts and/or Seeds	½ ounce	¾ ounce	1 ounce

Food Components	1 - 2 Year-Olds	3 - 5 Year-Olds	6 - 12 Year-Olds
Morning, Afternoon, and Evening Snacks	(Choose 2 of the 4 Food Components)		
1 Milk (fluid)	½ cup	½ cup	1 cup
1 Fruit and/or Vegetable (whole or juice)	½ cup	½ cup	¾ cup
1 Grain, Bread, and/or Cereal	Choose One		
Bread (whole-grain, enriched or fortified)	½ slice	½ slice	1 slice
Cornbread, biscuit, roll, or muffin	½ serving	½ serving	1 serving
Cereal (cold, dry)	¼ cup	⅓ cup	¾ cup
Cereal (hot, cooked)	¼ cup	¼ cup	½ cup
Pasta, Noodles, or Grains	¼ cup	¼ cup	½ cup
1 Protein, Meat, and/or Meat Alternate	Choose One		
Meat, Poultry, or Fish	½ ounce	½ ounce	1 ounce
Protein Alternative Product	½ ounce	½ ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce
Egg	½ egg	½ egg	½ egg
Beans or Peas (cooked dry)	⅛ cup	⅛ cup	¼ cup
Peanut Butter or Other Nut/Seed	1 tbsp.	1 tbsp.	2 tbsp.
Yogurt	2 ounces	2 ounces	4 ounces
	Combine with ½ serving of other protein		
Nuts and/or Seeds	½ ounce	½ ounce	1 ounce