

CACFP MEAL PATTERN CHART

For Children 1 - 12 Years Old

BREAKFAST	1 - 2 Years	3 - 5 Years	6 - 12 Years
Bread or equivalents			
Bread or combread, biscuits, rolls, muffins or	1/2 slice or 1/2 serving	1/2 slice or 1/2 serving	1 slice or 1 serving
Cold, dry breakfast cereal or	1/4 cup or 1/3 oz	1/3 cup or 1/2 oz	3/4 cup or 1 oz
Hot breakfast cereal or	1/4 cup (cooked)	1/4 cup (cooked)	1/2 cup (cooked)
Cooked pasta or noodle products or	1/4 cup	1/4 cup	1/2 cup
Cooked cereal grains	1/4 cup	1/4 cup	1/2 cup
Vegetable or fruit or juice	1/4 cup	1/2 cup	1/2 cup
Milk, fluid	1/2 cup	3/4 cup	1 cup
AM or PM SNACK (choose 2 of these 4 components)			
Meat or meat alternate			
Lean meat or poultry or fish, cooked (lean meat without bone) or	1/2 oz	1/2 oz	1 oz
Cheese or	1/2 oz	1/2 oz	1 oz
Eggs or	1/2 egg	1/2 egg	1 egg
Yogurt, plain or sweetened and flavored or	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup
Cooked dry beans and peas or	1/8 cup	1/8 cup	1/4 cup
Peanut butter or other nut or seed butters or	1 Tbsp	1 Tbsp	2 Tbsp
Nuts and/or seeds	1/2 oz	1/2 oz	1 oz
Bread or Equivalents			
Bread or combread, biscuits, rolls, muffins or	1/2 slice or 1/2 serving	1/2 slice or 1/2 serving	1 slice or 1 serving
Cold, dry breakfast cereal or	1/4 cup or 1/3 oz	1/3 cup or 1/2 oz	3/4 cup or 1 oz
Hot breakfast cereal or	1/4 cup (cooked)	1/4 cup (cooked)	1/2 cup (cooked)
Cooked pasta or noodle products or	1/4 cup	1/4 cup	1/2 cup
Cooked cereal grains	1/4 cup	1/4 cup	1/2 cup
Vegetable or fruit or juice	1/2 cup	1/2 cup	3/4 cup
Milk, fluid	1/2 cup	1/2 cup	1 cup
LUNCH or SUPPER			
Meat or meat alternate			
Lean meat or poultry or fish, cooked (lean meat without bone) or	1 oz	1-1/2 oz	2 oz
Cheese or	1 oz	1-1/2 oz	2 oz
Eggs or	1 egg	1 egg	1 egg
Yogurt, plain or sweetened and flavored or	4 oz or 1/2 cup	6 oz or 3/4 cup	8 oz or 1 cup
Cooked dry beans and peas or	1/4 cup	3/8 cup	1/2 cup
Peanut butter or other nut or seed butters or	2 Tbsp	3 Tbsp	4 Tbsp
Nuts and/or seeds (No more than 50% of requirements)	1/2 oz = 50%	3/4 oz = 50%	1 oz = 50%
Bread or Equivalents			
Bread or combread, biscuits, rolls, muffins or	1/2 slice or 1/2 serving	1/2 slice or 1/2 serving	1 slice or 1 serving
Cold, dry breakfast cereal or	1/4 cup or 1/3 oz	1/3 cup or 1/2 oz	3/4 cup or 1 oz
Hot breakfast cereal or	1/4 cup (cooked)	1/4 cup (cooked)	1/2 cup (cooked)
Cooked pasta or noodle products or	1/4 cup	1/4 cup	1/2 cup
Cooked cereal grains	1/4 cup	1/4 cup	1/2 cup
Vegetable or fruit or juice (2 or more to total:)	1/4 cup (total)	1/2 cup (total)	3/4 cup (total)
Milk, fluid	1/2 cup	3/4 cup	1 cup