

CACFP MEAL PATTERNS



Fluid Milk



Vegetables



Fruits



Meats/Meat Alternates



Grains

BREAKFAST Serve Milk, Vegetables and/or Fruits, Grains*

Component	Ages 1-2	Ages 3-5	Ages 6-18	Adults
Milk	1/2 cup	3/4 cup	1 cup	1 cup
Vegetables, Fruits or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

* Meats and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

LUNCH/SUPPER Serve All Five Meal Components

Component	Ages 1-2	Ages 3-5	Ages 6-18	Adults
Milk	1/2 cup	3/4 cup	1 cup	1 cup*
Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruits	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	2 oz eq	2 oz eq
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

* A serving of milk is not required at supper meals for adults.

SNACK Select Two of the Five Meal Components

Component	Ages 1-2	Ages 3-5	Ages 6-18	Adults
Milk	1/2 cup	1/2 cup	1 cup	1 cup
Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruits	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Meats/Meat Alternates	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq

oz eq = ounce equivalents

Refer to USDA FNS Exhibit A Grains Chart for further guidance on grain serving sizes.



CACFP INFANT MEAL PATTERNS



Ages Birth Through 5 Months

Breakfast, Snack, Lunch & Supper Meal Patterns

Milk	4-6 fl oz	breastmilk ¹ or formula ²
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Ages 6 Months Through 11 Months

Breakfast, Lunch & Supper Meal Patterns

Milk	6-8 fl oz	breastmilk ¹ or formula ²
Grains or Meats/Meat Alternates	0-½ oz eq	infant cereal ^{2,3} or
	0-4 tbsp	meat; fish; poultry; whole egg; tofu; tempeh; cooked dry beans, peas and lentils; or
	0-2 oz	cheese or
	0-4 oz	cottage cheese or yogurt ⁴ or soy yogurt ⁴ or
		a combination of the above ⁵
Fruits/Vegetables	0-2 tbsp	vegetable or fruit or a combination of both ^{5,6}

Snack Meal Patterns

Milk	2-4 fl oz	breastmilk ¹ or formula ²
Grains	0-½ oz eq	bread ^{3,7} or
	0-¼ oz eq	crackers ^{3,7} or
	0-½ oz eq	infant cereal ^{2,3} or
	0-¼ oz eq	ready-to-eat breakfast cereal ^{3,5,7,8}
Fruits/Vegetables	0-2 tbsp	vegetable or fruit or a combination of both ^{5,6}

fl oz = fluid ounces oz eq = ounce equivalents

¹ Breastmilk or formula, or portions of both, must be served.

² Infant formula and dry infant cereal must be iron-fortified.

³ Information on crediting grain items may be found in FNS guidance.

⁴ Yogurt must contain no more than 12 grams of added sugars per 6 ounces.

⁵ A serving of this component is required when the infant is developmentally ready to accept it.

⁶ Fruit and vegetable juices must not be served.

⁷ A serving of grains must be whole grain-rich, enriched meal, enriched flour, bran, or germ.

⁸ Breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.

Refer to USDA FNS for further crediting guidance.

