

Child and Adult Care Food Program Meal Patterns



Food Chart



Ages: 1-2 3-5 6-12

Breakfast

| | 1-2 | 3-5 | 6-12 |
|--------------------------------------|-------------|-------------|-----------|
| 1 Fluid Milk | 1/2 cup | 3/4 cup | 1 cup |
| 1 Vegetable/Fruit | 1/4 cup | 1/2 cup | 1/2 cup |
| 1 Grain/Bread | | | |
| • Bread | 1/2 slice | 1/2 slice | 1 slice |
| • Biscuit/Roll/Muffin/Cornbread | 1/2 serving | 1/2 serving | 1 serving |
| • Cold Dry Cereal (flakes or rounds) | 1/2 cup | 1/2 cup | 1 cup |
| • Hot Cooked Cereal | 1/4 cup | 1/4 cup | 1/2 cup |

Lunch/Dinner

| | 1-2 | 3-5 | 6-12 |
|-------------------------------------|-------------|-------------|-----------|
| 1 Fluid Milk | 1/2 cup | 3/4 cup | 1 cup |
| 1 Fruit | 1/8 cup | 1/4 cup | 1/4 cup |
| 1 Vegetable | 1/8 cup | 1/4 cup | 1/2 cup |
| 1 Grain/Bread | | | |
| • Bread | 1/2 slice | 1/2 slice | 1 slice |
| • Biscuit/Roll/Muffin/Cornbread | 1/2 serving | 1/2 serving | 1 serving |
| • Pasta/Noodles/Grains | 1/4 cup | 1/4 cup | 1/2 cup |
| 1 Meat/Meat Alternate | | | |
| • Meat/Poultry/Fish | 1 oz. | 1 1/2 oz. | 2 oz. |
| • Cheese | 1 oz. | 1 1/2 oz. | 2 oz. |
| • Large Egg | 1/2 egg | 3/4 egg | 1 egg |
| • Cooked Dry Beans or Peas | 1/4 cup | 3/8 cup | 1/2 cup |
| • Peanut Butter or Nut/Seed Butters | 2 Tbsp. | 3 Tbsp. | 4 Tbsp. |
| • Tofu | 1 oz. | 1 1/2 oz. | 2 oz. |
| • Yogurt | 1/2 cup | 3/4 cup | 1 cup |
| • Alternate Protein Product | 1 oz. | 1 1/2 oz. | 2 oz. |

Snack (Select at least two different components from the following five)

| | 1-2 | 3-5 | 6-12 |
|-------------------------------------|----------------------|----------------------|--------------------|
| 1 Fluid Milk | 1/2 cup | 1/2 cup | 1 cup |
| 1 Fruit | 1/2 cup | 1/2 cup | 3/4 cup |
| 1 Vegetable | 1/2 cup | 1/2 cup | 3/4 cup |
| 1 Grain/Bread | 1/2 slice or serving | 1/2 slice or serving | 1 slice or serving |
| 1 Meat/Meat Alternate | | | |
| • Cheese | 1/2 oz. | 1/2 oz. | 1 oz. |
| • Large Egg | 1/2 egg | 1/2 egg | 1/2 egg |
| • Peanut Butter or Nut/Seed Butters | 1 Tbsp. | 1 Tbsp. | 2 Tbsp. |
| • Yogurt | 1/4 cup | 1/4 cup | 1/2 cup |
| • Yogurts | 2 oz. | 2 oz. | 4 oz. |

Contact Information:

