

# Meal Pattern for Children

## Child and Adult Care Food Program

	<b>Children 1 through 2 years</b>	<b>Children 3 through 5 years</b>	<b>Children 6 through 12 years</b>	<b>Children 13 through 18 years</b>
<b>BREAKFAST</b>				
Milk, fluid <sup>1</sup>	½ cup	¾ cup	1 cup	1 cup
Fruit, Vegetable, or Juice <sup>2</sup>	¼ cup	½ cup	½ cup	½ cup
Grains/Breads <sup>3, 4</sup> :				
Grain - whole-grain, bran, germ, or enriched	½ serving	½ serving	1 serving	1 serving
Cereal – cold, dry, ready to eat <sup>5</sup>	¼ cup <sup>6</sup>	1/3 cup <sup>7</sup>	¾ cup <sup>8</sup>	¾ cup <sup>8</sup>
– hot, cooked	¼ cup	¼ cup	½ cup	½ cup
<b>SNACK (AM, PM, EVE) (Select 2 components)</b>				
Milk, fluid <sup>1</sup>	½ cup	½ cup	1 cup	1 cup
Meat/Meat Alternate	½ ounce	½ ounce	1 ounce	1 ounce
Fruit or Fruit Juice <sup>2</sup>	½ cup	½ cup	¾ cup	¾ cup
Vegetable or Vegetable Juice <sup>2</sup>	½ cup	½ cup	¾ cup	¾ cup
Grains/Breads <sup>3</sup> :				
Grain - whole-grain, bran, germ, or enriched	½ serving	½ serving	1 serving	1 serving
Cereal - cold, dry, ready to eat <sup>5</sup>	¼ cup <sup>6</sup>	1/3 cup <sup>7</sup>	¾ cup <sup>8</sup>	¾ cup <sup>8</sup>
– hot, cooked	¼ cup	¼ cup	½ cup	½ cup
<b>LUNCH OR SUPPER</b>				
Milk, fluid <sup>1</sup>	½ cup	¾ cup	1 cup	1 cup
Meat/Meat Alternate:				
Meat, poultry, or fish cooked (lean meat without bone)	1 ounce	1½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1½ ounces	2 ounces	2 ounces
Egg	½	¾	1	1
Cooked dry beans /peas	¼ cup	3/8 cup	½ cup	½ cup
Peanut butter, soy nut butter or other nut or seed butters	2 tablespoons	3 tablespoons	4 tablespoons	4 tablespoons
Peanut or soy nuts or tree nuts or seeds <sup>9</sup>	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Yogurt	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
Vegetable or Vegetable Juice <sup>2</sup>	1/8 cup	¼ cup	½ cup	½ cup
Fruit or Fruit Juice <sup>2</sup>	1/8 cup	¼ cup	¼ cup	¼ cup
Grains/Breads <sup>3</sup> (whole-grain, bran, germ or enriched)	½ serving	½ serving	1 serving	1 serving

<sup>1</sup> Unflavored, whole milk is required for 1-year-old children. Unflavored skim (fat free) or 1% (low fat) milk is required for children ages two and older. For children ages 6 and older, flavored milk is allowed only if it is skim (fat free) milk.

<sup>2</sup> Juice is limited to one time per day across all menus.

<sup>3</sup> At least one serving of grains/breads per day, across all menus, must be whole-grain or whole-grain rich.

<sup>4</sup> A meat/meat alternate may be substituted for the grain/bean item up to three times per week for breakfast.

<sup>5</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

<sup>6</sup> ¼ cup (volume) or 1/3 ounce (weight), whichever is less.

<sup>7</sup> 1/3 cup (volume) or ½ ounce (weight), whichever is less.

<sup>8</sup> ¾ cup (volume) or 1 ounce (weight), whichever is less.

<sup>9</sup> Nuts can meet only one-half the total serving of the meat/meat alternate requirement for lunch or supper. Nuts and seeds must be combined with another meat/meat alternate to fulfill the requirement. For determining combinations, 1 ounce of nuts or seeds is equal to one ounce of cooked, lean meat, poultry, or fish.