

Child and Adult Care Food Program (CACFP) Meal Patterns for Children

Effective July 1, 2022

Breakfast				
Food components ¹	Minimum quantities			
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ²
Milk, fluid ³ Age 1: Whole milk, unflavored Ages 2 and older: Low-fat (1%) or fat-free milk, unflavored	4 fluid ounces (fl oz) ($\frac{1}{2}$ cup)	6 fl oz ($\frac{3}{4}$ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Vegetables, fruits, or portions of both ^{4, 5, 6}	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Grains ^{7, 8, 9, 10, 11} Whole grain-rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	$\frac{1}{2}$ ounce equivalent (oz eq) ¹¹	$\frac{1}{2}$ oz eq ¹¹	1 oz eq ¹¹	1 oz eq ¹¹
WGR, enriched, or fortified cooked breakfast cereal ¹² , cereal grain ¹³ , or pasta	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold) ¹²				
Flakes or rounds	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup	1 cup
Puffed	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup	1 $\frac{1}{4}$ cups	1 $\frac{1}{4}$ cups
Granola	$\frac{1}{8}$ cup	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup

CACFP Meal Patterns for Children

Lunch and Supper				
Food components ¹	Minimum quantities			
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ²
Milk, fluid ³ Age 1: Whole milk, unflavored Ages 2 and older: Low-fat (1%) or fat-free milk, unflavored	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat/meat alternates ⁴ Lean meat, poultry, or fish	1 ounce	1½ ounces	2 ounces	2 ounces
Surimi ⁵	3 ounces	4.4 ounces	6 ounces	6 ounces
Tofu, soy products, tempeh, or alternate protein products (APPs) ⁶	1 ounce	1½ ounces	2 ounces	2 ounces
Cheese	1 ounce	1½ ounces	2 ounces	2 ounces
Cottage cheese	¼ cup	⅜ cup	½ cup	½ cup
Egg, large	½	¾	1	1
Cooked dry beans or peas ⁷	¼ cup	⅜ cup	½ cup	½ cup
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened ⁹	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
Vegetables ^{10, 11}	⅛ cup	¼ cup	½ cup	½ cup
Fruits ^{11, 12, 13}	⅛ cup	¼ cup	¼ cup	¼ cup
Grains ^{14, 15, 16, 17} Whole grain-rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	½ oz eq ¹⁷	½ oz eq ¹⁷	1 oz eq ¹⁷	1 oz eq ¹⁷
WGR, enriched, or fortified cooked breakfast cereal ¹⁸ , cereal grain ¹⁹ , or pasta	¼ cup	¼ cup	½ cup	½ cup
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold) ¹⁸				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed	¾ cup	¾ cup	1¼ cups	1¼ cups
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup

CACFP Meal Patterns for Children

Snack

Serve any two of the five components (two different components) ¹	Minimum quantities			
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ²
Milk, fluid ³ Age 1: Whole milk, unflavored Ages 2 and older: Low-fat (1%) or fat-free milk, unflavored	4 fl oz ($\frac{1}{2}$ cup)	4 fl oz ($\frac{1}{2}$ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat/meat alternates Lean meat, poultry, or fish ⁴	$\frac{1}{2}$ ounce	$\frac{1}{2}$ ounce	1 ounce	1 ounce
Surimi ⁵	2 ounces	2 ounces	3 ounces	3 ounces
Tofu, soy products, tempeh, or alternate protein products (APPs) ⁶	$\frac{1}{2}$ ounce	$\frac{1}{2}$ ounce	1 ounce	1 ounce
Cheese	$\frac{1}{2}$ ounce	$\frac{1}{2}$ ounce	1 ounce	1 ounce
Cottage cheese	$\frac{1}{8}$ cup	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup
Egg, large	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$
Cooked dry beans or peas ⁷	$\frac{1}{8}$ cup	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened ⁹	2 ounces or $\frac{1}{4}$ cup	2 ounces or $\frac{1}{4}$ cup	4 ounces or $\frac{1}{2}$ cup	4 ounces or $\frac{1}{2}$ cup
Vegetables ^{10, 11}	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup
Fruits ^{11, 12}	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup
Grains ^{13, 14, 15, 16} Whole grain-rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	$\frac{1}{2}$ oz eq ¹⁶	$\frac{1}{2}$ oz eq ¹⁶	1 oz eq ¹⁶	1 oz eq ¹⁶
WGR, enriched, or fortified cooked breakfast cereal ¹⁷ , cereal grain ¹⁸ , or pasta	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold) ¹⁷				
Flakes or rounds	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup	1 cup
Puffed	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup	1 $\frac{1}{4}$ cups	1 $\frac{1}{4}$ cups
Granola	$\frac{1}{8}$ cup	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup