

Eating Through Meal Patterns

CHILD AND ADULT CARE FOOD PROGRAM New Child Meal Patterns



| Breakfast | | | |
|---|----------------|----------------|----------------|
| Food Components and Food Items ¹ | Ages 1-2 | Ages 3-5 | Ages 6-12 |
| Fluid Milk ² | 4 fluid ounces | 6 fluid ounces | 8 fluid ounces |
| Vegetables, fruits, or portions of both ³ | 1/4 cup | 1/2 cup | 1/2 cup |
| Grains (oz eq) ^{4,5,6} | | | |
| Whole grain-rich or enriched bread | 1/2 slice | 1/2 slice | 1 slice |
| Whole grain-rich or enriched bread product, such as biscuit, roll or muffin | 1/2 serving | 1/2 serving | 1 serving |
| Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta | 1/4 cup | 1/4 cup | 1/2 cup |
| Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{7,8} | | | |
| Flakes or rounds | 1/2 cup | 1/2 cup | 1 cup |
| Puffed cereal | 3/4 cup | 3/4 cup | 1 1/4 cup |
| Granola | 1/8 cup | 1/8 cup | 1/4 cup |

¹ Must serve all three components for a reimbursable meal.

² Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

³ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁴ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁵ Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

⁶ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁷ 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).

⁸ Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is 1/4 cup for children ages 1-2; 1/3 cup for children ages 3-5; 3/4 cup for children 6-12.



The new CACFP Meal Patterns go into effect on October 1, 2017.

For more information, visit us on the web at www.acdkids.org or like us on Facebook!

**ONE
BITE
AT A TIME**

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| Lunch and Supper (Select all five components for a reimbursable meal.) | | | |
|---|------------------------|------------------------|----------------------|
| Food Components and Food Items ¹ | Ages 1-2 | Ages 3-5 | Ages 6-12 |
| Fluid Milk² | 4 fluid ounces | 6 fluid ounces | 8 fluid ounces |
| Meal/Meat Alternates | | | |
| Lean meat, poultry, or fish | 1 ounce | 1 1/2 ounce | 2 ounces |
| Tofu, soy product, or alternate protein products ³ | 1 ounce | 1 1/2 ounce | 2 ounces |
| Cheese | 1 ounce | 1 1/2 ounce | 2 ounces |
| Large egg | 1/2 | 3/4 | 1 |
| Cooked dry beans or peas | 1/4 cup | 3/8 cup | 1/2 cup |
| Peanut butter or soy nut butter or other nut or seed butters | 2 tbsp. | 3 tbsp. | 4 tbsp. |
| Yogurt, plain or flavored unsweetened or sweetened ⁴ | 4 ounces or 1/2 cup | 6 ounces or 3/4 cup | 8 ounces or 1 cup |
| <i>The following may be used to meet no more than 50% of the requirement:</i> Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish) | 1/2 ounce=50% | 3/4 ounce=50% | 1 ounce=50% |
| Vegetables⁵ | 1/8 cup | 1/4 cup | 1/2 cup |
| Fruits^{5,6} | 1/8 cup | 1/4 cup | 1/4 cup |
| Grains (oz eq)^{7,8} | | | |
| Whole grain-rich or enriched bread | 1/2 slice | 1/2 slice | 1 slice |
| Whole grain-rich or enriched bread product, such as biscuit, roll or muffin | 1/2 serving | 1/2 serving | 1 serving |
| Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta | 1/4 cup | 1/4 cup | 1/2 cup |
| Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ⁹ | | | |
| Flakes or rounds | 1/2 cup | 1/2 cup | 1 cup |
| Puffed cereal | 3/4 cup | 3/4 cup | 1 1/4 cup |
| Granola | 1/8 cup | 1/8 cup | 1/4 cup |

¹ Must serve all five components for a reimbursable meal.

² Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

³ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁶ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁷ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

⁸ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

⁹ 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).

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| Snack (Select two of the five components for a reimbursable snack.) | | | |
|--|------------------------|------------------------|------------------------|
| Food Components and Food Items ¹ | Ages 1-2 | Ages 3-5 | Ages 6-12 |
| Fluid Milk² | 4 fluid ounces | 6 fluid ounces | 8 fluid ounces |
| Meal/Meat Alternates | | | |
| Lean meat, poultry, or fish | 1/2 ounce | 1/2 ounce | 1 ounce |
| Tofu, soy product, or alternate protein products ³ | 1/2 ounce | 1/2 ounce | 1 ounce |
| Cheese | 1/2 ounce | 1/2 ounce | 1 ounce |
| Large egg | 1/2 | 1/2 | 1 /2 |
| Cooked dry beans or peas | 1/8 cup | 1/8 cup | 1/4 cup |
| Peanut butter or soy nut butter or other nut or seed butters | 1 tbsp. | 1 tbsp. | 2 tbsp. |
| Yogurt, plain or flavored unsweetened or sweetened ⁴ | 2 ounces or 1/4 cup | 2 ounces or 1/4 cup | 4 ounces or 1/2 cup |
| <i>The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance.</i> | 1/2 ounce | 1/2 ounce | 1 ounce |
| Vegetables⁵ | 1/2 cup | 1/2 cup | 3/4 cup |
| Fruits⁵ | 1/2 cup | 1/2 cup | 3/4 cup |
| Grains (oz eq)^{7,8} | | | |
| Whole grain-rich or enriched bread | 1/2 slice | 1/2 slice | 1 slice |
| Whole grain-rich or enriched bread product, such as biscuit, roll or muffin | 1/2 serving | 1/2 serving | 1 serving |
| Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta | 1/4 cup | 1/4 cup | 1/2 cup |
| Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9} | | | |
| Flakes or rounds | 1/2 cup | 1/2 cup | 1 cup |
| Puffed cereal | 3/4 cup | 3/4 cup | 1 1/4 cup |
| Granola | 1/8 cup | 1/8 cup | 1/4 cup |

¹ Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

² Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

³ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁶ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁷ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁸ 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).

⁹ Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is 1/4 cup for children ages 1-2; 1/3 cup for children ages 3-5; 3/4 cup for children 6-12.