

Understanding Portion Sizes

For CACFP Meal Pattern Guidelines

Understanding portion sizes for different meal components is an important part of complying with CACFP meal pattern guidelines. The charts below provide specific portion size requirements for children you serve meals and snacks to, based on their age group.

Please note: the charts below do not include specific information about qualifying food/beverages within the meal components (i.e., if flavored milk may be served to an age group). For additional information, please visit:

<https://www.fns.usda.gov/cacfp/meals-and-snacks>.



Breakfast				
<i>Select all 3 components for a reimbursable meal</i>				
Meal component:	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Fluid milk	4 fl. oz	6 fl. oz	8 fl. oz	8 fl. oz
Vegetables, fruits or a combination of both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains (oz equivalents)				
Whole grain-rich or enriched bread	½ slice	1/2 slice	1 slice	1 slice
Whole grain-rich or enriched bread product (biscuit, roll, muffin)	1/2 serving	1/2 serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	1/2 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)				
Flakes or rounds	1/2 cup	1/2 cup	1 cup	1 cup
Puffed cereal	3/4 cup	3/4 cup	1 1/4 cup	1 1/4 cup
Granola	1/8 cup	1/8 cup	1/4 cup	1/4 cup

2 tbsp=½ cup, 4 tbsp= 1/4 cup, 6 tbsp= 3/8 cup, 8 tbsp= 1/2 cup, 12 tbsp=3/4 cup

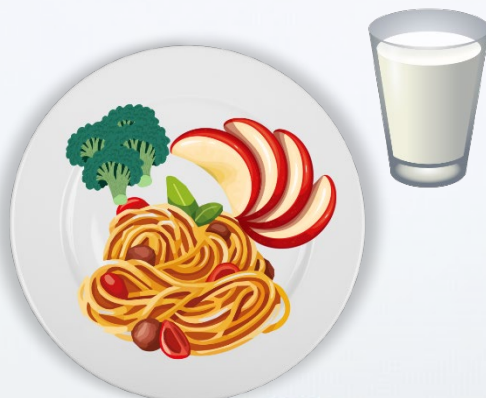
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Lunch and Supper

Select all 5 components for a reimbursable meal

Meal component:	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Fluid milk	4 fl. oz	6 fl. oz	8 fl. oz	8 fl. oz
Meat/meat alternates				
Lean meat, poultry or fish	1 oz	1 1/2 oz	2 oz	2 oz
Tofu, soy or alternate proteins	1 oz	1 1/2 oz	2 oz	2 oz
Cheese	1 oz	1 1/2 oz	2 oz	2 oz
Large egg	1/2 egg	3/4 egg	1 egg	1 egg
Cooked dry beans or peas	1/4 cup	1/4 cup	1/4 cup	1/4 cup
Peanut, soy or other nut/seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored, unsweetened or sweetened	4 oz or 1/2 cup	6 oz or 3/4 cup	8 oz or 1 cup	8 oz or 1 cup
Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruits	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Grains (oz equivalents)				
Whole grain-rich or enriched bread	1/2 slice	1/2 slice	1 slice	1 slice
Whole grain-rich or enriched bread product (biscuit, roll, muffin)	1/2 serving	1/2 serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	1/2 cup

2 tbsp=1/8 cup, 4 tbsp= 1/4 cup, 6 tbsp= 3/8 cup, 8 tbsp= 1/2 cup, 12 tbsp=3/4 cup



Snack				
<i>Select 2 of the 5 components for a reimbursable meal</i>				
Meal component:	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Fluid milk	4 fl. oz	4 fl. oz	8 fl. oz	8 fl. oz
Meat/meat alternates				
Lean meat, poultry or fish	1/2 oz	1/2 oz	1 oz	1 oz
Tofu, soy or alternate proteins	1/2 oz	1/2 oz	1 oz	1 oz
Cheese	1/2 oz	1/2 oz	1 oz	1 oz
Large egg	1/2 egg	1/2 egg	1/2 egg	1/2 egg
Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup	1/4 cup
Peanut, soy or other nut/seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Yogurt, plain or flavored, unsweetened or sweetened	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup	4 oz or 1/2 cup
Peanuts, soy nuts, tree nuts, or seeds	1/2 oz	1/2 oz	1 oz	1 oz
Vegetables	1/2 cup	1/2 cup	3/4 cup	3/4 cup
Fruits	1/2 cup	1/2 cup	3/4 cup	3/4 cup
Grains (oz equivalents)				
Whole grain-rich or enriched bread	1/2 slice	1/2 slice	1 slice	1 slice
Whole grain-rich or enriched bread product (biscuit, roll, muffin)	1/2 serving	1/2 serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	1/2 cup
<i>Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)</i>				
Flakes or rounds	1/2 cup	1/2 cup	1 cup	1 cup
Puffed cereal	3/4 cup	3/4 cup	1 1/4 cup	1 1/4 cup
Granola	1/8 cup	1/8 cup	1/4 cup	1/4 cup

2 tbsp=1/4 cup, 4 tbsp= 1/4 cup, 6 tbsp= 3/8 cup, 8 tbsp= 1/2 cup, 12 tbsp=3/4 cup