



CHILD and ADULT CARE FOOD PROGRAM MEAL PATTERN FOR CHILDREN

Food Component	1 & 2 Years	3 - 5 Years	6 -12 Years
BREAKFAST			
Milk, fluid	1/2 Cup	3/4 Cup	1 Cup
Fruit or Vegetable	1/4 Cup	1/2 Cup	1/2 Cup
Bread/Bread Alternate *	1/2 Slice	1/2 Slice	1 Slice
LUNCH or SUPPER			
Milk, fluid:	1/2 Cup	$\frac{3}{4}$ Cup	1 Cup
Meat or Meat Alternate:	1 Ounce	1 $\frac{1}{2}$ Ounces	2 Ounces
Cheese	1 Ounce	1 $\frac{1}{2}$ Ounces	2 Ounces
Yogurt, plain or flavored, Unsweetened or Sweetened	1/2 Cup	3/4 Cup	1 Cup
Egg	1/2 Egg	3/4 Egg	1 Egg
Cooked Dry Beans/Peas	1/4 Cup	3/8 Cup	1/2 Cup
Cottage Cheese	1/4 Cup	3/8 Cup	1/2 Cup
Peanut Butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.
Nuts and/or Seeds**	1/4 Cup	1/2 Cup	3/4 Cup
Vegetable/Fruit: Serve 2 or more separate and identifiable fruit/ vegetable dishes	1/4 Cup Total	1/2 Cup Total	3/4 Cup Total
Bread/Bread Alternate:*	1/2 Slice	1/2 Slice	1 Slice
SNACK - Select 2 of 4 Components			
Milk, fluid:	1/2 Cup	3/4 Cup	1 Cup
100% Juice, Fruit or Vegetable:	1/2 Cup	1/2 Cup	3/4 Cup
Meat/Meat Alternate:**	1/2 Ounce	1/2 Ounce	1 Ounce
Bread/Bread Alternate:*	1/2 Slice	1/2 Slice	1 Slice

*An acceptable serving of a bread alternate (cornbread, biscuits, muffins, etc.) is made of whole grain or enriched meal or flour, or a serving of whole-grain or enriched cereal, or cooked enriched or whole grain pasta product.

**Not more than 1 ounce of nuts and or seeds may be used in any meal and may not contribute more than 50% of the total requirement of meat/meat alternate.

Bread Equivalents: These foods may be mixed/ matched to obtain the required bread equivalents		
Breads	1/2 Slice	1 Slice
Grains	1/4 Cup	1/2 Cup
Pasta	1/4 Cup	1/2 Cup
Cereal - DRY	1/3 Cup	3/4 Cup
Cereal - HOT	1/4 Cup	1/2 Cup

Meat Equivalents: These foods may be mixed/ matched to obtain the required meat equivalents		
Meat	1/2 Ounce	1 Ounce
Eggs	1/4 Egg	1/2 Egg
Peanut Butter	1 Tbsp	2 Tbsp.
Beans	1/8 Cup	1/4 Cup
Yogurt	1/4 Cup	1/2 Cup