

Child and Adult Care Food Program (CACFP) Meal Pattern for Preschoolers

Breakfast (Must serve all 3 components for a reimbursable meal)		
Food Components and Food Items	Ages 1-2¹	Ages 3-5¹
Fluid Milk²	1/2 cup	3/4 cup
Vegetables, Fruits, or portions of both³	1/4 cup	1/2 cup
Grains (oz equivalent)^{4,5,6,7}		
Whole grain-rich or enriched bread	1/2 oz	1/2 oz
Whole grain-rich or enriched bread product such as biscuit, roll or muffin	1/2 oz	1/2 oz
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	1/4 cup	1/4 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry/cold) ^{6,7}		
Flakes	1/2 cup	1/2 cup
Puffed Cereal	3/4 cup	3/4 cup
Granola	1/8 cup	1/8 cup
Meat/Meat Alternate in lieu of grain—Maximum 3 times per week ^{5,9}	1/2 oz	1/2 oz
Lunch (Must serve all 5 components for a reimbursable meal)		
Food Components and Food Items	Ages 1-2¹	Ages 3-5¹
Fluid Milk²	1/2 cup	3/4 cup
Meat/Meat Alternates		
Lean Meat, poultry, or fish	1 oz	1 ½ oz
Tofu, soy product, or alternate protein product ⁹	1 oz	1 ½ oz
Cheese	1 oz	1 ½ oz
Large Egg	1/2	3/4
Cooked dry beans or peas	1/4 cup	3/8 cup
Peanut butter or soy nut butter or another seed butter	2 Tbsp.	3 Tbsp.
Yogurt, plain or flavored, sweetened or unsweetened ¹⁰	4 oz or 1/2 cup	6 oz or 3/4 cup
Nuts—no more than 50% of meat/meat alternate requirement	1/2 oz = 50%	3/4 oz = 50%
Vegetables^{3,8}	1/8 cup	1/4 cup
Fruits^{3,8}	1/8 cup	1/4 cup
Grains (oz equivalent)^{4,6,7}		
Whole grain-rich or enriched bread	1/2 oz	1/2 oz
Whole grain-rich or enriched bread product such as biscuit, roll or muffin	1/2 oz	1/2 oz
Whole grain-rich, enriched or fortified cooked cereal (dry/cold) ^{6,7} cereal grain and/or pasta	1/4 cup	1/4 cup

Snack (Must serve at least 2 components for a reimbursable meal)

Food Components and Food Items	Ages 1-2 ¹	Ages 3-5 ¹
Fluid Milk²	1/2 cup	3/4 cup
Meat/Meat Alternates		
Lean Meat, poultry, or fish	1/2 ounce	1/2 ounce
Tofu, soy product, or alternate protein product ⁹	1/2 ounce	1/2 ounce
Cheese	1/2 ounce	1/2 ounce
Large Egg	1/4	1/4
Cooked dry beans or peas	1/8 cup	1/8 cup
Peanut butter or soy nut butter or another seed butter	1 Tbsp.	1 Tbsp.
Yogurt, plain or flavored, sweetened or unsweetened ¹⁰	2 ounces or 1/4 cup	2 ounces or 1/4 cup
Peanuts, soy nuts, tree nuts or seeds	1/2 ounce	1/2 ounce
Vegetables^{3,8}	1/2 cup	1/2 cup
Fruits^{3,8}	1/2 cup	1/2 cup
Grains (oz equivalent)^{4,6,7}		
Whole grain-rich or enriched bread	1/2 ounce	1/2 ounce
Whole grain-rich or enriched bread product such as biscuit, roll or muffin	1/2 ounce	1/2 ounce
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	1/4 cup	1/4 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry/cold) ^{6,7}		
Flakes	1/2 cup	1/2 cup
Puffed Cereal	3/4 cups	3/4 cup
Granola	1/8 cup	1/8 cup

IMPORTANT—Superscript Notations

1—Offer Versus Serve is not an option in CACFP.

2—Must be unflavored **whole** milk for children age one. Must be unflavored low-fat (1%) or unflavored fat-free (skim) for children 2—5 five years old.

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. Grains-based desserts do not count towards meeting the grains requirement.

5—**Breakfast only:** Meat and Meat Alternates may be used to meet the entire grains requirement a maximum of three (3) times a week. One ounce of meat and meat alternate is equal to one serving of grains. (1-5 year olds—1/2 oz meat/cheese, 1 Tbsp nut butters, 2 oz-1/4 cup yogurt, 1/2 egg or 1/8 cup cooked dry beans or peas).

6—Beginning October 1, 2019, ounce equivalents are used to determine the quantity of 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—**Lunch only:** A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch, two different kinds of vegetables must be served.

9—Alternate protein products must meet requirements in 7 CFR Appendix A to Part 226 Alternate Foods for Meals.

10—Yogurt must contain no more than 23 grams of total sugars per 6 ounces