



BREAKFAST Meal Pattern for Children and Adults

| | Ages 1-2 | Ages 3-5 | Ages 6-12 | Ages 13-18 ² (at-risk afterschool programs and emergency shelters) | Adult |
|--|--------------------|-------------|--------------|---|---------|
| Food Components and Food Items ¹ | Minimum Quantities | | | | |
| Fluid milk ³ | 4 fl oz | 6 fl oz | 8 fl oz | 8 fl oz | 8 fl oz |
| Vegetables, fruits, or portions of both ⁴ | ¼ cup | ½ cup | ½ cup | ½ cup | ½ cup |
| Grains (oz eq) ^{5,6,7,8} | ½ oz eq | ½ oz eq | 1 oz eq | 1 oz eq | 2 oz eq |

¹ Must serve all 3 components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool and adult participants.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2 through 5 years old. Must be unflavored low-fat (1%), flavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children 6 years old and older and adults. For adult participants, 6 ounces (oz) (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 oz of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

⁴ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at 1 meal, including snack, per day.

⁵ At least 1 serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁶ Meat and meat alternates may be used to meet the entire grains requirement a maximum of 3 times a week. One ounce of meat and meat alternates is equal to 1 ounce equivalent (oz eq) of grains.

⁷ Refer to FNS guidance for additional information on crediting different types of grains.

⁸ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).



CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

LUNCH AND SUPPER

Meal Pattern for Children and Adults

| | Ages 1-2 | Ages 3-5 | Ages 6-12 | Ages 13-18 ² (at-risk afterschool programs and emergency shelters) | Adult |
|--|--------------------|------------------|------------------|--|----------------------|
| Food Components and Food Items ¹ | Minimum Quantities | | | | |
| Fluid milk ³ | 4 fl oz | 6 fl oz | 8 fl oz | 8 fl oz | 8 fl oz ⁴ |
| Meats/meat alternates Edible portion as served: | | | | | |
| Lean meat, poultry, or fish | 1 oz eq | 1½ oz eq | 2 oz eq | 2 oz eq | 2 oz eq |
| Tofu, soy products, or alternate protein products ⁵ | 1 oz eq | 1½ oz eq | 2 oz eq | 2 oz eq | 2 oz eq |
| Cheese | 1 oz eq | 1½ oz eq | 2 oz eq | 2 oz eq | 2 oz eq |
| Large egg | ½ | ¾ | 1 | 1 | 1 |
| Cooked dry beans or peas | ¼ cup | ¾ cup | ½ cup | ½ cup | ½ cup |
| Peanut butter or soy nut butter or other nut or seed butters | 2 Tbsp | 3 Tbsp | 4 Tbsp | 4 Tbsp | 4 Tbsp |
| Yogurt, plain or flavored, unsweetened or sweetened ⁶ | 4 oz or ½ cup | 6 oz or ¾ cup | 8 oz or 1 cup | 8 oz or 1 cup | 8 oz or 1 cup |
| The following may be used to meet no more than 50 percent of the requirement: 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 oz of nuts/seeds = 1 oz of cooked lean meat, poultry, or fish) | ½ oz eq = 50% | ¾ oz eq = 50% | 1 oz eq = 50% | 1 oz eq = 50% | 1 oz eq = 50% |
| Vegetables ^{7,8} | ⅛ cup | ¼ cup | ½ cup | ½ cup | ½ cup |
| Fruits ^{7,8} | ⅛ cup | ¼ cup | ¼ cup | ¼ cup | ½ cup |
| Grains (oz eq) ^{9,10,11} | ½ oz eq | ½ oz eq | 1 oz eq | 1 oz eq | 2 oz eq |

¹ Must serve all five components for a reimbursable meal. Offer versus serve is an option for at risk afterschool and adult participants.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2 through 5 years old. Must be unflavored low-fat (1%), flavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children 6 years



CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

old and older and adults. For adult participants, 6 ounces (weight) or $\frac{3}{4}$ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

- ⁴ A serving of fluid milk is optional for suppers served to adult participants.
- ⁵ Alternate protein products must meet the requirements in Appendix A of 7 CFR Part 226.
- ⁶ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- ⁷ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- ⁸ 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.
- ⁹ 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.
- ¹⁰ Refer to FNS guidance for additional information on crediting different types of grains.
- ¹¹ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).



CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

SNACK

Meal Pattern for Children and Adults

(Select 2 of the 5 components for a reimbursable snack)

| | Ages 1-2 | Ages 3-5 | Ages 6-12 | Ages 13-18 ² (at-risk afterschool programs and emergency shelters) | Adult |
|---|--------------------|------------------|------------------|---|------------------|
| Food Components and Food Items ¹ | Minimum Quantities | | | | |
| Fluid Milk ³ | 4 fl oz | 4 fl oz | 8 fl oz | 8 fl oz | 8 fl oz |
| Meats/meat alternates | | | | | |
| Lean meat, poultry, or fish | ½ oz eq | ½ oz eq | 1 oz eq | 1 oz eq | 1 oz eq |
| Tofu, soy product, or alternate protein products ⁴ | ½ oz eq | ½ oz eq | 1 oz eq | 1 oz eq | 1 oz eq |
| Cheese | ½ oz eq | ½ oz eq | 1 oz eq | 1 oz eq | 1 oz eq |
| Large egg | ½ | ½ | ½ | ½ | ½ |
| Cooked dry beans or peas | ⅛ cup | ⅛ cup | ¼ cup | ¼ cup | ¼ cup |
| Peanut butter or soy nut butter or other nut or seed butters | 1 Tbsp | 1 Tbsp | 2 Tbsp | 2 Tbsp | 2 Tbsp |
| Yogurt, plain or flavored unsweetened or sweetened ⁵ | 2 oz or ¼ cup | 2 oz or ¼ cup | 4 oz or ½ cup | 4 oz or ½ cup | 4 oz or ½ cup |
| Peanuts, soy nuts, tree nuts, or seeds | ½ oz eq | ½ oz eq | 1 oz eq | 1 oz eq | 1 oz eq |
| Vegetables ⁶ | ½ cup | ½ cup | ¾ cup | ¾ cup | ½ cup |
| Fruits ⁶ | ½ cup | ½ cup | ¾ cup | ¾ cup | ½ cup |
| Grains (oz eq) ^{7,8,9} | 1/2 oz eq | 1/2 oz eq | 1 oz eq | 1 oz eq | 1 oz eq |

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

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2 through 5 years old. Must be unflavored low-fat (1%), flavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children 6 years old and older.

⁴ Alternate protein products must meet the requirements in Appendix A of 7 CFR Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ 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.

⁸ Refer to FNS guidance for additional information on crediting different types of grains.

⁹ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).