

CACFP Child Meal Pattern

Breakfast (All three components required for a reimbursable meal)

Components and Food Items (Minimum quantities to meet meal pattern requirements)	Ages 1–2	Ages 3–5	Ages 6–12	Ages 13–18**
Fluid Milk	½ cup	¾ cup	1 cup	1 cup
Vegetables or Fruits (or portions of both)	¼ cup	½ cup	½ cup	½ cup
Grains (in ounce equivalents)				
Bread, Rolls, Muffins, Biscuits	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Ready-to-Eat Breakfast Cereal				
Flakes or Rounds	½ cup	½ cup	1 cup	1 cup
Puffed Cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup
Cooked Cereals, Grains, Rice, Pastas	¼ cup	¼ cup	½ cup	½ cup
Meat/Meat Alternates*	½ oz eq*	½ oz eq*	1 oz eq*	1 oz eq*

*Optional, may be served in place of grain up to three times a week

**At-Risk Afterschool Programs and Emergency Shelters

Lunch and Supper (All five components required for a reimbursable meal)

Components and Food Items (Minimum quantities to meet meal pattern requirements)	Ages 1–2	Ages 3–5	Ages 6–12	Ages 13–18**
Fluid Milk	½ cup	¾ cup	1 cup	1 cup
Meat/Meat Alternates	1 oz eq	1½ oz eq	2 oz eq	2 oz eq
Lean Meat, Poultry, Fish	1 oz	1½ oz	2 oz	2 oz
Cheese	1 oz	1½ oz	2 oz	2 oz
Egg	½ egg	¾ egg	1 egg	1 egg
Yogurt	½ cup	¾ cup	1 cup	1 cup
Cooked Beans	¼ cup	⅜ cup	½ cup	½ cup
Tofu	1 oz	1½ oz	2 oz	2 oz
Nut or Seed Butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp
Vegetables	⅓ cup	¼ cup	½ cup	½ cup
Fruits (or a second different vegetable)	⅓ cup	¼ cup	¼ cup	¼ cup
Grains (in ounce equivalents)				
Bread, Rolls, Muffins, Biscuits, Crackers, and other Bread Products	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Cooked Cereals, Grains, Rice, Pastas	¼ cup	¼ cup	½ cup	½ cup

**At-Risk Afterschool Programs and Emergency Shelters



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Snack (Select two of the five components for a reimbursable snack)

Components and Food Items (Minimum quantities to meet meal pattern requirements)	Ages 1–2	Ages 3–5	Ages 6–12	Ages 13–18**
Fluid Milk	½ cup	½ cup	1 cup	1 cup
Meat/Meat Alternates	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Vegetables	½ cup	½ cup	¾ cup	¾ cup
Fruits	½ cup	½ cup	¾ cup	¾ cup
Grains (in ounce equivalents)	½ oz eq	½ oz eq	1 oz eq	1 oz eq

**At-Risk Afterschool Programs and Emergency Shelters

Reference

- 7 CFR 226.20(c)

Resources

- [OSPI Child Nutrition Services CACFP Meal Pattern Trainings](#)
- [Meal Patterns and Menu Planning Webpage](#)
- [CACFP Requirements and Materials Webpage](#)