CACFP Child Meal Pattern

Breakfast

(all three components required for a reimbursable meal)

Components and Food Items	Ages 1–2	Ages 3–5	Ages 6–12	Ages 13–18**
Fluid Milk 1/2 cup=4oz	1/2 cup	3/4 cup	1 cup	1 cup
Vegetables and Fruit	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains (in ounce equivalents)				
Breads, Rolls, Muffins, biscuits	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq
Ready-to-eat breakfast cereal				
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
Cooked cereals, grains, rice, pastas	1/4 cup	1/4 cup	1/2 cup	1/2 cup
Meat/Meat Alternates*	1/2 oz eq*	1/2 oz eq*	1 oz eq*	1 oz eq*

Snack

(select two of the five components for a reimbursable snack)

Components and Food Items	Ages 1–2	Ages 3–5	Ages 6–12	Ages 13–18**
Fluid Milk ½ cup=4oz.	1/2 cup	1/2 cup	1 cup	1 cup
Meal/Meat Alternate	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq
Vegetables	1/2 cup	1/2 cup	3/4 cup	3/4 cup
Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup
Grains (in ounce equivalents)	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq

Lunch and Supper

(all five components required for a reimbursable meal)

Components and Food Items	Ages 1–2	Ages 3–5	Ages 6–12	Ages 13–18**
Fluid Milk ½ cup=4oz.	1/2 cup	3/4 cup	1 cup	1 cup
Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Meat/Meat Alternates	1 oz eq	1+1/2 oz eq	2 oz eq	2 oz eq
Lean meat, poultry, fish	1 oz	1+1/2 oz	2 oz	2 oz
Cheese	1 oz	1+1/2 oz	2 oz	2 oz
Egg	1/2 egg	3/4 egg	1 egg	1 egg
Yogurt	1/2 cup	3/4 cup	1 cup	1 cup
Cooked Beans	1/4 cup	3/8 cup	1/2 cup	1/2 cup
Tofu	1 oz	1+1/2 oz	2 oz	2 oz
Nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp
Fruit (or a second different vegetable)	1/8 cup	1/4 cup	1/4 cup	1/4 cup
Grains (in ounce equivalents):				
- Bread, rolls, muffins, biscuits, crackers, other bread products	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq
- Cooked cereals, grains, rice, pastas	1/4 cup	1/4 cup	1/2 cup	1/2 cup

Key:

*Optional: May be served in place of grain up to three times a week

**At-Risk Afterschool Programs and Emergency Shelters.

Note: Components are minimum quantities to meet meal pattern requirements.

This institution is an equal opportunity provider.

Washington Office of Superintendent of PUBLIC INSTRUCTION

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Reference

- 7 CFR 226.20(c)

Resources

- OSPI Child Nutrition Services Meal Pattern Trainings
- Meal Patterns and Menu Planning webpage
- CACFP Requirements and Materials webpage

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