

APPENDIX C

CHILD AND ADULT CARE FOOD PROGRAM (Child Care Component)
MEAL PATTERN REQUIREMENTS – AGE 1 to 12

The meal pattern shall contain, as a minimum, each of the following components in the amounts indicated for the specific age group.

	Age 1 & 2	Age 3, 4 & 5	Age 6 up to 12
BREAKFAST			
1. Milk	1/2 cup	3/4 cup	1 cup
2. Juice ¹ or fruit or vegetable	1/4 cup	1/2 cup	1/2 cup
3. Bread or cereal or bread alternate ²			
Bread	1/2 slice	1/2 slice	1 slice
Cereal: Cold dry	1/4 cup or 1/3 oz. ³	1/3 cup or 1/2 oz. ³	3/4 cup or 1 oz.
Hot cooked	1/4 cup	1/4 cup	1/2 cup
LUNCH OR SUPPER			
1. Milk	1/2 cup	3/4 cup	1 cup
2. Meat or meat alternate:			
Meat, poultry, fish, cheese	1 oz.	1 1/2 cup	2 oz.
Egg	1 egg	1 egg	1 egg
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup
Peanut butter or other nut or seed butter	2 Tbsp	3 Tbsp	4 Tbsp
Peanuts or soynuts or tree nuts or seeds ⁴	1/2 oz. = 50% ⁴	3/4 oz. = 50% ⁴	1 oz. = 50% ⁴
3. Vegetable and/or fruit (at least two)	1/4 cup	1/2 cup	3/4 cup
4. Bread or bread alternate ²	1/2 slice	1/2 slice	1 slice
SNACK			
Select two of the following four components:			
1. Milk	1/2 cup	1/2 cup	1 cup
2. Juice ¹ or fruit or vegetable	1/2 cup	1/2 cup	3/4 cup
3. Bread or cereal or bread alternate: ²			
Bread	1/2 slice	1/2 slice	1 slice
Cereal: Cold dry	1/4 cup or 1/3 oz. ³	1/3 cup or 1/2 oz. ³	3/4 cup or 1 oz. ³
Hot cooked	1/4 cup	1/4 cup	1/2 cup
4. Meat or meat alternate:			
Meat, poultry, fish, cheese	1/2 oz.	1/2 oz.	1 oz.
Egg	1/2 egg	1/2 egg	1 egg
Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup
Peanut butter or other nut or seed butter	1 Tbsp	1 Tbsp	2 Tbsp
Peanuts or soynuts or tree nuts or seeds	1/2 oz.	1/2 oz.	1 oz.
Yogurt, plain or sweetened and flavored	2 oz. or 1/4 cup	2 oz. or 1/4 cup	4 oz. or 1/2 cup

¹ Shall be full strength fruit or vegetable juice.

² Shall be whole grain or enriched.

³ Either volume (cup) or weight (oz.), whichever is less.

⁴ No more than 50% of the requirement may be met with nuts or seeds. Nuts and seeds shall be combined with another meat/meat alternate to fulfill the requirement.

⁵ Full strength fruit or vegetable juice may be counted to meet not more than one-half of this requirement.