

Chapter HFS 46

APPENDIX B

CACFP MEAL PATTERN REQUIREMENTS – AGES 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, fluid | 1/2 cup | 3/4 cup | 1 cup |
| 2. Juice ^a or fruit or vegetable or Fruit(s) or vegetable(s) | 1/4 cup 1/4 cup | 1/2 cup 1/2 cup | 1/2 cup 1/2 cup |
| 3. Grains/Breads: ^b | | | |
| Bread | 1/2 slice | 1/2 slice | 1 slice |
| Cornbread, biscuits, rolls, muffins, etc. ^b | 1/2 serving | 1/2 serving | 1 serving |
| Cereal: | | | |
| Cold dry | 1/4 cup or 1/3 oz. ^c | 1/3 cup or 1/2 oz. ^c | 3/4 cup or 1 oz. ^c |
| Hot cooked | 1/4 cup total | 1/4 cup | 1/2 cup |
| Cooked pasta or noodle products | 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 oz. | 2 oz. |
| Alternate protein products ^g | 1 oz. | 1+1/2 oz. | 2 oz. |
| Yogurt, plain or flavored, unsweetened or sweetened | 4 oz. or 1/2 cup | 6 oz. or 3/4 cup | 8 oz. or 1 cup |
| Egg | 1/2 egg | 3/4 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 | 1/2 oz. = 50% ^d | 3/4 oz. = 50% ^d | 1 oz. = 50% ^d |
| 3. Vegetable and/or fruit ^e (at least two) | 1/4 cup total | 1/2 cup total | 3/4 cup total |
| 4. Grains/Breads: ^b | | | |
| Bread | 1/2 slice | 1/2 slice | 1 slice |
| Cornbread, biscuits, rolls, muffins, etc. ^b | 1/2 serving | 1/2 serving | 1 serving |
| Cereal, Hot cooked | 1/4 cup total | 1/4 cup | 1/2 cup |
| Cereal, Cold dry | 1/4 cup or 1/3 oz. ^c | 1/3 cup or 1/2 oz. ^c | 3/4 cup or 1 oz. ^c |
| Cooked pasta or noodle products | 1/4 cup | 1/4 cup | 1/2 cup |

CACFP MEAL PATTERN REQUIREMENTS – AGES 1 to 12**SUPPLEMENT**

Select two of the following four components:

| | | | |
|---|---------------------------------|---------------------------------|-------------------------------|
| 1. Milk | 1/2 cup | 1/2 cup | 1 cup |
| 2. Juice ^{a,f} or fruit or vegetable or Fruit(s) or vegetable(s) | 1/2 cup 1/2 cup | 1/2 cup 1/2 cup | 3/4 cup 3/4 cup |
| 3. Grains/Breads ^b Bread | 1/2 slice | 1/2 slice | 1 slice |
| Cornbread, biscuits, rolls, muffins, etc. ^b | 1/2 serving | 1/2 serving | 1 serving |
| Cereal: Cold dry | 1/4 cup or 1/3 oz. ^c | 1/3 cup or 1/2 oz. ^c | 3/4 cup or 1 oz. ^c |
| 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. |
| Alternate protein products ^g | 1/2 oz. | 1/2 oz. | 1 oz. |
| Egg, Large ^h | 1/2 egg | 1/2 egg | 1/2 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 flavored, unsweetened or sweetened | 2 oz. or 1/4 cup | 2 oz. or 1/4 cup | 4 oz. or 1/2 cup |

^a Must be full strength fruit or vegetable juice.^b Bread, pasta or noodle products, and cereal grains shall be whole grain or enriched, cornbread, biscuits, rolls, muffins, etc., shall be made with whole grain or enriched meal or flour.^c Either volume (cup) or weight (oz.), whichever is less.^d No more than 50% of the requirement shall be met with tree nuts or seeds. Tree nuts and seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 oz. of nuts or seeds is equal to 1 oz. of cooked lean meat, poultry or fish.^e Serve 2 or more kinds of vegetable(s) and/or fruit(s). Full strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.^f Juice may not be served when milk is the only other component.^g Alternate protein products may be used as acceptable meat alternates.^h One-half egg meets the required minimum amount (one-ounce or less) of meat alternate.