

Chapter DCF 252**APPENDIX B****CACFS Meal Pattern Requirements — Ages 3 to 12**

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

	Age 3, 4, & 5	Age 6 up to 12
BREAKFAST		
1. Milk, fluid	3/4 cup	1 cup
2. Juice, ^a fruit or vegetable or Fruit(s) or vegetable(s)	1/2 cup 1/2 cup	1/2 cup 1/2 cup
3. Grains/Breads: ^b		
Bread	1/2 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc ^b	1/2 serving	1 serving
Cereal:		
Cold dry	1/3 cup or 1/2 oz ^c	3/4 cup or 1 oz ^c
Hot cooked	1/4 cup	1/2 cup
Cooked pasta or noodle products	1/4 cup	1/2 cup
LUNCH OR SUPPER		
1. Milk	3/4 cup	1 cup
2. Meat or meat alternate:		
Meat, poultry, fish, cheese	1+1/2 oz	2 oz
Alternate protein products ^g	1+1/2 oz	2 oz
Yogurt, plain or flavored, unsweetened or sweetened	6 oz or 3/4 cup	8 oz or 1 cup
Egg	3/4 egg	1 egg
Cooked dry beans or peas	3/8 cup	1/2 cup
Peanut butter or other nut or seed butter	3 Tbsp.	4 Tbsp.
Peanuts or soynuts or tree nuts or seeds	3/4 oz = 50% ^d	1 oz = 50% ^d
3. Vegetable and/or fruit ^e (at least two)	1/2 cup total	3/4 cup total
4. Grains/Breads: ^b		
Bread	1/2 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc ^b	1/2 serving	1 serving
Cereal, hot cooked	1/4 cup	1/2 cup
Cereal, cold, dry	1/3 cup or 1/2 oz ^c	3/4 cup or 1 oz ^c
Cooked pasta or noodle products	1/4 cup	1/2 cup

SUPPLEMENT

Select two of the following four components:

1. Milk	1/2 cup	1 cup
2. Juice, ^{a,f} fruit or vegetable or Fruit(s) or vegetable(s)	1/2 cup 1/2 cup	3/4 cup 3/4 cup
3. Grains/Breads: ^b		
Bread	1/2 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc ^b	1/2 serving	1 serving
Cereal:		
Cold dry	1/3 cup or 1/2 oz ^c	3/4 cup or 1 oz ^c
Hot cooked	1/4 cup	1/2 cup
4. Meat or meat alternate		
Meat, poultry, fish, cheese	1/2 oz	1 oz
Alternate protein products ^g	1/2 oz	1 oz
Egg, Large ^h	1/2 egg	1/2 egg
Cooked dry beans or peas	1/8 cup	1/4 cup
Peanut butter or other nut or seed butter	1 Tbsp.	2 Tbsp.
Peanuts or soynuts or tree nuts or seeds	1/2 oz	1 oz
Yogurt, plain or flavored, unsweetened or sweetened	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. These products must meet the requirements of Attachment E of PI-1486.

^h One-half egg meets the required minimum amount (one-ounce or less) of meat alternate.