

Chapter DCF 57

APPENDIX B

CACFP Meal Pattern Requirements - Ages 1-12

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	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
2. Juice ^a or fruit or vegetable	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
3. Grains/breads: ^b			
Bread	$\frac{1}{2}$ slice	$\frac{1}{2}$ slice	1 slice
Cereal:			
Cold dry	$\frac{1}{4}$ cup or $\frac{1}{3}$ oz ^c	$\frac{1}{3}$ cup or $\frac{1}{2}$ oz ^c	$\frac{3}{4}$ cup or 1 oz ^c
Hot cooked	$\frac{1}{4}$ cup total	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
LUNCH OR SUPPER			
1. Milk	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
2. Meat or meat alternate:			
Meat, poultry, fish, cheese	1 oz	1 + $\frac{1}{2}$ oz	2 oz
Yogurt	4 oz or $\frac{1}{2}$ cup	6 oz or $\frac{3}{4}$ cup	8 oz or 1 cup
Egg	1 egg	1 egg	1 egg
Cooked dry beans or peas	$\frac{1}{4}$ cup	$\frac{3}{8}$ cup	$\frac{1}{2}$ cup
Peanut butter or other nut or seed butter	2 Tbsp	3 Tbsp	4 Tbsp
Peanuts or soynuts or tree nuts or seeds	$\frac{1}{2}$ oz = 50% ^d	$\frac{3}{4}$ oz = 50% ^d	1 oz = 50% ^d
3. Vegetable and/or fruit ^e (at least two)	$\frac{1}{4}$ cup total	$\frac{1}{2}$ cup total	$\frac{3}{4}$ cup total
4. Grains/Breads: ^b	$\frac{1}{2}$ slice	$\frac{1}{2}$ slice	1 slice
SNACK			
Select two of the following four components:			
1. Milk	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup
2. Juice ^{a,f} or fruit or vegetable	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
3. Grains/Breads: ^b			
Bread	$\frac{1}{2}$ slice	$\frac{1}{2}$ slice	1 slice
Cereal:			
Cold dry	$\frac{1}{4}$ cup or $\frac{1}{3}$ oz ^c	$\frac{1}{3}$ cup or $\frac{1}{2}$ oz ^c	$\frac{3}{4}$ cup or 1 oz ^c
Hot cooked	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
4. Meat or meat alternate:			
Meat, poultry, fish, cheese	$\frac{1}{2}$ oz	$\frac{1}{2}$ oz	1 oz
Egg	$\frac{1}{2}$ egg	$\frac{1}{2}$ egg	1 egg
Cooked dry beans or peas	$\frac{1}{8}$ cup	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup
Peanut butter or other nut or seed butter	1 Tbsp	1 Tbsp	2 Tbsp
Peanuts or soynuts or tree nuts or seeds	$\frac{1}{2}$ oz	$\frac{1}{2}$ oz	1 oz
Yogurt, plain, or sweetened and flavored	2 oz or $\frac{1}{4}$ cup	2 oz or $\frac{1}{4}$ cup	4 oz or $\frac{1}{2}$ cup

^a Must be full strength fruit or vegetable juice.

^b Must be whole grain or enriched.

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

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

^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.