

Meal Pattern for Children 1 - 12 Child and Adult Care Food Program			
	Children 1 and 2 years	Children 3 through 5 years	Children 6 through 12 years
Breakfast			
Milk, fluid Juice, fruit or vegetable Grains/Breads: Bread; whole grain, bran, germ or enriched Cereal; cold, dry or hot, cooked	1/2 cup 1/4 cup 1/2 slice 1/4 cup ¹ 1/4 cup	3/4 cup 1/2 cup 1/2 slice 1/3 cup ² 1/4 cup	1 cup 1/2 cup 1 slice 3/4 cup ³ 1/2 cup
Supplement (snack) (Select 2 components)			
Milk, fluid Meat or Meat alternate Juice, fruit or vegetable Grains/Breads: Bread; whole-grain, bran, germ or enriched Cereal; cold dry or hot cooked	1/2 cup 1/2 ounce 1/2 cup 1/2 slice 1/4 cup 1/4 cup	1/2 cup 1/2 ounce 1/2 cup 1/2 slice 1/3 cup ² 1/4 cup	1 cup 1 ounce 3/4 cup 1 slice 3/4 cup ³ 1/2 cup
Lunch or Supper			
Milk, fluid Meat or Meat alternate Meat, poultry or fish, cooked (lean meat without bone) Cheese Egg Cooked dry beans/peas Peanut butter or other nut or seed butters Nuts and/or seeds Yogurt, plain or flavored, unsweetened or sweetened Vegetable and/or fruit (2 or more) Grains/Breads: whole grain, bran, germ or enriched	1/2 cup 1 ounce 1 ounce 1 1/4 cup 2 tablespoons 1/2 ounce ⁴ = 50% 4 oz. or 1/2 cup 1/4 cup total 1/2 slice	3/4 cup 1 1/2 ounces 1 1/2 ounces 1 3/8 cup 3 tablespoons 3/4 ounce ⁴ = 50% 6 oz. or 3/4 cup 1/2 cup total 1/2 slice	1 cup 2 ounces 2 ounces 1 1/2 cup 4 tablespoons 1 ounce ⁴ = 50% 8 oz. or 1 cup 3/4 cup total 1 slice

¹ 1/4 cup (volume or 1/3 ounce (weight), whichever is less

² 1/3 cup (volume) or 1/2 ounce (weight) whichever is less

³ 3/4 cup (volume) or 1 ounce (weight) whichever is less

⁴ This portion can meet only one-half of the total serving of the meat/meat alternate for lunch or supper. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For determining combinations, 1 ounce of nuts or seed is equal to one ounce of cooked lean, meat, poultry, or fish.