

## Child and Adult Care Food Program (CACFP)

### MEAL PATTERN FOR CHILDREN

The USDA final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*, updates the CACFP meal patterns, effective October 1, 2017. The current CACFP meal pattern requirements under 7 CFR 226 remain in effect until that time. For more information, see the USDA's [Nutrition Standards for CACFP Meals and Snacks](#) Web page.

<b>Breakfast <sup>1</sup></b>			
<b>EFFECTIVE THROUGH SEPTEMBER 30, 2017</b>			
<b>Food Component</b>	<b>Ages 1 – 2</b>	<b>Ages 3 – 5</b>	<b>Ages 6 – 12 <sup>2</sup></b>
<b>Milk, fluid <sup>3</sup></b>	½ cup	¾ cup	1 cup
<b>Vegetables and Fruits</b> Vegetables and/or fruits or Full-strength fruit or vegetable juice or An equivalent quantity of any combination of the above vegetables and fruits	¼ cup	½ cup	½ cup
<b>Grains and Breads <sup>4</sup></b> Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal <sup>5</sup> or Cooked cereal or Cooked pasta or noodle products or Cooked cereal grains or An equivalent quantity of any combination of the above grains and breads	½ slice ½ serving ¼ cup or 1/3 ounce ¼ cup ¼ cup ¼ cup	½ slice ½ serving ⅓ cup or ½ ounce ¼ cup ¼ cup ¼ cup	1 slice 1 serving ¾ cup or 1 ounce ½ cup ½ cup ½ cup
◀ <b>See below for important menu planning notes</b> ▶			
<p><b>Menu Planning Notes for Breakfast</b></p> <p><sup>1</sup> The meal pattern shows the minimum amounts of each component that the CACFP facility must make available to each child to claim reimbursement for the meal. Children may be served larger portions but not less than the minimum quantities specified.</p> <p><sup>2</sup> Emergency shelters can serve children ages 18 and younger, and children of any age with disabilities. At-risk afterschool care centers can serve children ages 18 and younger.</p> <p><sup>3</sup> Serve whole milk to age 1 (12 through 23 months) and low-fat (1%) or fat-free milk to ages 2 (24 months) and older.</p> <p><sup>4</sup> Breads and grains must be whole grain or enriched. Breakfast cereals must be whole grain, enriched, or fortified. All products must meet the minimum serving sizes specified in <i>Serving Sizes for Grains/Breads in the CACFP</i>.</p> <p><sup>5</sup> One serving of cold dry cereal must meet the requirements for either measure (cups) or weight (ounces), whichever is less. Breakfast cereals may be served in meals other than breakfast.</p>			

## MEAL PATTERN FOR CHILDREN, continued

### Lunch and Supper <sup>1</sup>

EFFECTIVE THROUGH SEPTEMBER 30, 2017

Food Component	Ages 1 – 2	Ages 3 – 5	Ages 6 – 12 <sup>2</sup>
<b>Milk, fluid</b> <sup>3</sup>	½ cup	¾ cup	1 cup
<b>Vegetables and Fruits</b> <sup>4</sup> Vegetables and/or fruits	¼ cup total <sup>4</sup>	½ cup total <sup>4</sup>	¾ cup total <sup>4</sup>
<b>Grains and Breads</b> <sup>5</sup> Bread or Cornbread, biscuits, rolls, muffins, etc. or Cooked pasta or noodle products or Cooked cereal grains or Cold dry cereal <sup>6</sup> or An equivalent quantity of any combination of the above grains and breads	½ slice ½ serving ¼ cup ¼ cup ¼ cup or ⅓ ounce	½ slice ½ serving ¼ cup ¼ cup ⅓ cup or ½ ounce	1 slice 1 serving ½ cup ½ cup ¾ cup or 1 ounce
<b>Meat and Meat Alternates</b> Lean meat or poultry or fish <sup>7</sup> or Alternate protein products <sup>8</sup> or Cheese or Cottage cheese or Egg, large or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds <sup>9</sup> or Yogurt <sup>10</sup> , plain or flavored, unsweetened or sweetened or An equivalent quantity of any combination of the above meat and meat alternates	1 ounce 1 ounce 1 ounce ¼ cup ½ ¼ cup 2 tablespoons ½ ounce = 50 percent 4 ounces or ½ cup	1 ½ ounces 1 ½ ounces 1 ½ ounces ⅜ cup ¾ ⅜ cup 3 tablespoons ¾ ounce = 50 percent 6 ounces or ¾ cup	2 ounces 2 ounces 2 ounces ½ cup 1 ½ cup 4 tablespoons 1 ounce = 50 percent 8 ounces or 1 cup

◀ See below for important menu planning notes ▶

#### Menu Planning Notes for Lunch and Supper

- <sup>1</sup> The meal pattern shows the minimum amounts of each component that the CACFP facility must make available to each child to claim reimbursement for the meal. Children may be served larger portions but not less than the minimum quantities specified.
- <sup>2</sup> Emergency shelters can serve children ages 18 and younger, and children of any age with disabilities. At-risk afterschool care centers can serve children ages 18 and younger.
- <sup>3</sup> Serve whole milk to age 1 (12 through 23 months) and low-fat (1%) or fat-free milk to ages 2 (24 months) and older.
- <sup>4</sup> Serve two or more different kinds of vegetables and fruits, e.g., two vegetables, two fruits, or one vegetable and one fruit. Full-strength 100 percent vegetable or fruit juice cannot meet more than half of this requirement, i.e., counts as one of the two required servings.
- <sup>5</sup> Breads and grains must be whole grain or enriched. Breakfast cereals must be whole grain, enriched, or fortified. All products must meet the minimum serving sizes specified in *Serving Sizes for Grains/Breads in the CACFP*.
- <sup>6</sup> One serving of cold dry cereal must meet the requirements for either measure (cups) or weight (ounces), whichever is less. Breakfast cereals may be served at meals other than breakfast.
- <sup>7</sup> The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone.
- <sup>8</sup> Alternate protein products must meet the USDA requirements. For more information, see “Alternate Protein Products” in the CSDE’s *Crediting Foods in CACFP Child Care Programs*.
- <sup>9</sup> Nuts and seeds can provide only half of the total meat/meat alternate serving at lunch or supper, and must be combined with another meat/meat alternate to meet the total requirement. One ounce of nuts or seeds equals one ounce of cooked lean meat, poultry, or fish. Tree nuts and seeds that credit as meat alternates include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soynuts. Children younger than 4 are at the highest risk of choking. The USDA recommends that any nuts or seeds served to young children are in a prepared food and are ground or finely chopped.
- <sup>10</sup> To increase nutrient variety, yogurt should not be served when milk is the only other snack component.

## MEAL PATTERN FOR CHILDREN, continued

<b>Snack (Supplement) <sup>1</sup></b>			
<b>EFFECTIVE THROUGH SEPTEMBER 30, 2017</b>			
<b>Food Component</b> <i>Serve any two of the four components <sup>2</sup></i>	<b>Ages 1 – 2</b>	<b>Ages 3 – 5</b>	<b>Ages 6 – 12 <sup>3</sup></b>
<b>Milk, fluid <sup>4</sup></b>	½ cup	½ cup	1 cup
<b>Vegetables and Fruits</b> Vegetables and/or fruits or Full-strength fruit or vegetable juice or An equivalent quantity of any combination of the above vegetables and fruits	½ cup	½ cup	¾ cup
<b>Grains and Breads <sup>5</sup></b> Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal <sup>6</sup> or Cooked cereal or Cooked pasta or noodle products or Cooked cereal grains or An equivalent quantity of any combination of the above grains and breads	½ slice ½ serving ¼ cup or ⅓ ounce ¼ cup ¼ cup ¼ cup	½ slice ½ serving ⅓ cup or ½ ounce ¼ cup ¼ cup ¼ cup	1 slice 1 serving ¾ cup or 1 ounce ½ cup ½ cup ½ cup
<b>Meat and Meat Alternates</b> Lean meat or poultry or fish <sup>7</sup> or Alternate protein products <sup>8</sup> or Cheese or Cottage cheese or Egg, large or Cooked dry beans or peas or Peanut butter or soy nut butter or other nut or seed butters or Peanuts or soy nuts or tree nuts or seeds <sup>9</sup> or Yogurt <sup>10</sup> , plain or flavored, unsweetened or sweetened or An equivalent quantity of any combination of the above meat and meat alternates	½ ounce ½ ounce ½ ounce ⅛ cup ½ ⅛ cup 1 tablespoon ½ ounce 2 ounces or ¼ cup	½ ounce ½ ounce ½ ounce ⅛ cup ½ ⅛ cup 1 tablespoon ½ ounce 2 ounces or ¼ cup	1 ounce 1 ounce 1 ounce ¼ cup ½ ¼ cup 2 tablespoons 1 ounce 4 ounces or ½ cup
<b>◀ See below for important menu planning notes ▶</b>			
<p><b>Menu Planning Notes for Snack</b></p> <p><sup>1</sup> The meal pattern shows the minimum amounts of each component that the CACFP facility must make available to each child to claim reimbursement for the meal. Children may be served larger portions but not less than the minimum quantities specified.</p> <p><sup>2</sup> Snack must consist of two food items, each from a different food component. For example, fruit juice and carrot sticks are not a reimbursable snack because both items are from the vegetables/fruits component. Juice cannot be served when milk is the only other snack component.</p> <p><sup>3</sup> Emergency shelters can serve children ages 18 and younger, and children of any age with disabilities. At-risk afterschool care centers can serve children ages 18 and younger.</p> <p><sup>4</sup> Serve whole milk to age 1 (12 through 23 months) and low-fat (1%) or fat-free milk to ages 2 (24 months) and older.</p> <p><sup>5</sup> Breads and grains must be whole grain or enriched. Breakfast cereals must be whole grain, enriched, or fortified. All products must meet the minimum serving sizes specified in <i>Serving Sizes for Grains/Breads in the CACFP</i>.</p> <p><sup>6</sup> One serving of cold dry cereal must meet the requirements for either measure (cups) or weight (ounces), whichever is less. Breakfast cereals may be served at meals other than breakfast.</p> <p><sup>7</sup> The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone.</p> <p><sup>8</sup> Alternate protein products must meet the USDA requirements. For more information, see “Alternate Protein Products” in the CSDE’s <i>Crediting Foods in CACFP Child Care Programs</i>.</p> <p><sup>9</sup> One ounce of nuts or seeds equals one ounce of cooked lean meat, poultry, or fish. Tree nuts and seeds that credit as meat alternates include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts. Children younger than 4 are at the highest risk of choking. The USDA recommends that any nuts or seeds served to young children are in a prepared food and are ground or finely chopped.</p> <p><sup>10</sup> To increase nutrient variety, yogurt should not be served when milk is the only other snack component.</p>			

## MEAL PATTERN FOR CHILDREN, continued



For more information on the CACFP meal pattern, see the [Meal Pattern Requirements](#) and [Crediting Foods](#) sections of the CSDE's Nutrition Policies and Guidance Web page. For information on the CACFP, visit the CSDE's [CACFP Web site](#) or contact the [CACFP staff](#) in the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

*This handout is available at*  
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