

# Child and Adult Care Food Program (CACFP)

## MEAL PATTERN FOR CHILDREN

October 1, 2017 through September 30, 2019

The U.S. Department of Agriculture's (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. This CACFP meal patterns below are in effect through September 30, 2019. Effective October 1, 2019, the serving sizes for the grains component change to ounce equivalents. Prior to this change, the Connecticut State Department of Education will issue a revised meal pattern with ounce equivalents for grains. For more information, see the USDA's [Nutrition Standards for CACFP Meals and Snacks](#) Web page.

### Breakfast

Food Components <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> (at-risk afterschool programs and emergency shelters)
<b>Milk, fluid</b> <sup>3</sup>	4 fluid ounces (fl oz)	6 fl oz	8 fl oz	8 fl oz
<b>Vegetables, fruits, or portions of both</b> <sup>4, 5, 6</sup>	¼ cup	½ cup	½ cup	½ cup
<b>Grains</b> <sup>7, 8, 9</sup>				
Whole grain-rich (WGR) or enriched bread	½ slice	½ slice	1 slice	1 slice
WGR or enriched bread product, e.g., biscuit, roll, or muffin	½ serving	½ serving	1 serving	1 serving
WGR, enriched or fortified cooked breakfast cereal <sup>10</sup> , cereal grain <sup>11</sup> , or pasta	¼ cup	¼ cup	½ cup	½ cup
WGR, enriched or fortified ready-to-eat (RTE) breakfast cereal (dry, cold) <sup>10, 12</sup>	¼ cup	⅓ cup	¾ cup	¾ cup

◀ See below for important menu planning notes ▶

<sup>1</sup> Breakfast must include all three components.

<sup>2</sup> This age group applies only to at-risk afterschool programs and emergency shelters. Larger portion sizes may be needed to meet the nutritional needs of children ages 13-18.

<sup>3</sup> Serve unflavored whole milk to age 1 and unflavored low-fat (1%) or unflavored fat-free (skim) milk to ages 2 and older. Flavored fat-free (skim) milk can be served to ages 6 and older, but the USDA's *CACFP Best Practices* recommends serving only unflavored milk.

<sup>4</sup> Pasteurized full-strength juice can meet the vegetables or fruits component at only one meal per day, including all snacks. Juice includes all fruit and vegetable juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice.

<sup>5</sup> The USDA's *CACFP Best Practices* recommends at least one serving per week of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables. For more information, see *Vegetable Subgroups in the CACFP*. Raw leafy greens credit as half the volume served, e.g., ½ cup of spinach credits as ¼ cup of vegetable.

<sup>6</sup> The USDA's *CACFP Best Practices* recommends serving whole fruits (fresh, canned, dried, or frozen) more often than juice. Dried fruit credits as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of fruit.

<sup>7</sup> All products must meet the minimum weights in *Serving Sizes for Grains in the CACFP (Effective October 1, 2017 through September 30, 2019)*. At least one serving per day must be WGR. WGR foods contain at least 50 percent whole grains, any remaining grains are enriched, and any noncreditable grains are less than 2 percent of the product formula. For more information, see *Identifying Whole Grain-rich Products*. The USDA's *CACFP Best Practices* recommends at least two servings of WGR grains per day. Grain-based desserts cannot credit, e.g., cookies, sweet crackers (e.g., graham and animal crackers), sweet pie crusts, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies.

<sup>8</sup> Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains. For more information, see *WGR Ounce Equivalents for the CACFP*.

<sup>9</sup> Meat/meat alternates may substitute for the entire grains component at breakfast up to three times per week. One ounce of meat/meat alternates substitutes for one ounce of grains.

<sup>10</sup> Breakfast cereals cannot contain more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).

<sup>11</sup> Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.

<sup>12</sup> Beginning October 1, 2019, the minimum serving size for cold breakfast cereals is based on ounce equivalents. For flakes or rounds, a serving is ½ cup for ages 1-2 and 3-5, and 1 cup for ages 6-12 and 13-18. For puffed cereal, a serving is ¾ cup for ages 1-2 and 3-5, and 1 ¼ cups for ages 6-12 and 13-18. For granola, a serving is ⅓ cup for ages 1-2 and 3-5, and ¼ cup for ages 6-12 and 13-18.

## CACFP MEAL PATTERN FOR CHILDREN (October 1, 2017 through September 30, 2019), continued

### Lunch and Supper

Food Components <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> (at-risk afterschool programs and emergency shelters)
<b>Milk, fluid</b> <sup>3</sup>	4 fl oz	6 fl oz	8 fl oz	8 fl oz
<b>Meat/Meat Alternates</b> <sup>4</sup>				
Lean meat, poultry, or fish	1 ounce	1 ½ ounces	2 ounces	2 ounces
Tofu, soy product, or alternate protein products (APP) <sup>5</sup>	1 ounce	1 ½ ounces	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounces	2 ounces	2 ounces
Cottage cheese	¼ cup	⅜ cup	½ cup	½ cup
Egg, large	½	¾	1	1
Cooked dry beans or peas or	¼ cup	⅜ cup	½ cup	½ cup
Peanut butter, soy nut butter, or other nut or seed butters	2 tablespoons	3 tablespoons	4 tablespoons	4 tablespoons
Peanuts, soy nuts, tree nuts, or seeds <sup>6</sup>	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened <sup>7</sup>	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
<b>Vegetables</b> <sup>8,9</sup>	⅛ cup	¼ cup	½ cup	½ cup
<b>Fruits</b> <sup>8,10,11</sup>	⅛ cup	¼ cup	¼ cup	¼ cup
<b>Grains</b> <sup>12,13</sup>				
WGR or enriched bread	½ slice	½ slice	1 slice	1 slice
WGR or enriched bread product, e.g., biscuit, roll, or muffin	½ serving	½ serving	1 serving	1 serving
WGR, enriched or fortified cooked breakfast cereal <sup>14</sup> , cereal grain <sup>15</sup> , or pasta	¼ cup	¼ cup	½ cup	½ cup
WGR, enriched or fortified RTE breakfast cereal (dry, cold) <sup>14,16</sup>	¼ cup	⅓ cup	¾ cup	¾ cup

◀ See below for important menu planning notes ▶

- <sup>1</sup> Lunch and supper must include all five components.
- <sup>2</sup> This age group applies only to at-risk afterschool programs and emergency shelters. Larger portion sizes may be needed to meet the nutritional needs of children ages 13-18.
- <sup>3</sup> Serve unflavored whole milk to age 1 and unflavored low-fat (1%) or unflavored fat-free (skim) milk to ages 2 and older. Flavored fat-free (skim) milk can be served to ages 6 and older, but the USDA's *CACFP Best Practices* recommends serving only unflavored milk.
- <sup>4</sup> A serving is the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, fillers, or other ingredients. The USDA's *CACFP Best Practices* recommends serving only lean meats, nuts, and legumes; limiting processed meats to one serving per week; and serving only low-fat or reduced-fat natural cheese.
- <sup>5</sup> APP must meet the requirements in [Appendix A to Part 226](#). Tofu must contain at least 5 grams of protein in 2.2 ounces (weight) or ¼ cup (volume).
- <sup>6</sup> Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts. At lunch and supper, nuts and seeds cannot credit for more than half of the meat/meat alternates component. They must be combined with another meat/meat alternate to meet the total requirement.
- <sup>7</sup> Yogurt cannot contain more than 23 grams of total sugars per 6 ounces.
- <sup>8</sup> Pasteurized full-strength juice can meet the vegetables or fruits component at only one meal per day, including all snacks. Juice includes all fruit and vegetable juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice.
- <sup>9</sup> The USDA's *CACFP Best Practices* recommends at least one serving per week of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables.

- For more information, see *Vegetable Subgroups in the CACFP*. Raw leafy greens credit as half the volume served, e.g., ½ cup of spinach credits as ¼ cup of vegetable.
- <sup>10</sup> Vegetables can substitute for the entire fruits component at lunch or supper. If serving two vegetables, they must be two different kinds.
  - <sup>11</sup> The USDA's *CACFP Best Practices* recommends serving whole fruits (fresh, canned, dried, or frozen) more often than juice. Dried fruit credits as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of fruit.
  - <sup>12</sup> All products must meet the minimum weights in *Serving Sizes for Grains in the CACFP (Effective October 1, 2017 through September 30, 2019)*. At least one serving per day must be WGR. WGR foods contain at least 50 percent whole grains, any remaining grains are enriched, and any noncreditable grains are less than 2 percent of the product formula. For more information, see *Identifying Whole Grain-rich Products*. The USDA's *CACFP Best Practices* recommends at least two servings of WGR grains per day. Grain-based desserts cannot credit, e.g., cookies, sweet crackers (e.g., graham and animal crackers), sweet pie crusts, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies.
  - <sup>13</sup> Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains. For more information, see *WGR Ounce Equivalents for the CACFP*.
  - <sup>14</sup> Breakfast cereals cannot contain more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).
  - <sup>15</sup> Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.
  - <sup>16</sup> Beginning October 1, 2019, the minimum serving size for cold breakfast cereals is based on ounce equivalents. For flakes or rounds, a serving is ½ cup for ages 1-2 and 3-5, and 1 cup for ages 6-12 and 13-18. For puffed cereal, a serving is ¾ cup for ages 1-2 and 3-5, and 1 ¼ cups for ages 6-12 and 13-18. For granola, a serving is ⅛ cup for ages 1-2 and 3-5, and ¼ cup for ages 6-12 and 13-18.

## CACFP MEAL PATTERN FOR CHILDREN (October 1, 2017 through September 30, 2019), continued

### Snack

<b>Food Components <sup>1</sup></b> <b>SERVE ANY TWO OF THE FIVE COMPONENTS</b>	<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12</b>	<b>Ages 13-18 <sup>2</sup></b> <small>(at-risk afterschool programs and emergency shelters)</small>
<b>Milk, fluid <sup>3</sup></b>	4 fl oz	4 fl oz	8 fl oz	8 fl oz
<b>Meat/Meat Alternates <sup>4</sup></b>				
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Tofu, soy product, or APP <sup>5</sup>	½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Cottage cheese	⅛ cup	⅛ cup	¼ cup	¼ cup
Egg, large	½	½	½	½
Cooked dry beans or peas or	⅛ cup	⅛ cup	¼ cup	¼ cup
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	1 tablespoon	2 tablespoons	2 tablespoons
Peanuts, soy nuts, tree nuts, or seeds <sup>6</sup>	½ ounce	½ ounce	1 ounce	1 ounce
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened <sup>7</sup>	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup
<b>Vegetables <sup>8,9</sup></b>	½ cup	½ cup	¾ cup	¾ cup
<b>Fruits <sup>8,10</sup></b>	½ cup	½ cup	¾ cup	¾ cup
<b>Grains <sup>11,12</sup></b>				
WGR or enriched bread	½ slice	½ slice	1 slice	1 slice
WGR or enriched bread product, e.g., biscuit, roll, or muffin	½ serving	½ serving	1 serving	1 serving
WGR, enriched or fortified cooked breakfast cereal <sup>13</sup> , cereal grain <sup>14</sup> , or pasta	¼ cup	¼ cup	½ cup	½ cup
WGR, enriched or fortified RTE breakfast cereal (dry, cold) <sup>13,15</sup>	¼ cup	⅓ cup	¾ cup	¾ cup

◀ See below for important menu planning notes ▶

<sup>1</sup> Snack must include two of the five components. Only one of the two components may be a creditable beverage. The USDA's *CACFP Best Practices* recommends serving a vegetable or fruit for at least one snack component.

<sup>2</sup> This age group applies only to at-risk afterschool programs and emergency shelters. Larger portion sizes may be needed to meet the nutritional needs of children ages 13-18.

<sup>3</sup> Serve unflavored whole milk to age 1 and unflavored low-fat (1%) or unflavored fat-free (skim) milk to ages 2 and older. Flavored fat-free (skim) milk can be served to ages 6 and older, but the USDA's *CACFP Best Practices* recommends serving only unflavored milk.

<sup>4</sup> A serving is the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, fillers, or other ingredients. The USDA's *CACFP Best Practices* recommends serving only lean meats, nuts, and legumes; limiting processed meats to one serving per week; and serving only low-fat or reduced-fat natural cheese.

<sup>5</sup> APP must meet the requirements in [Appendix A to Part 226](#). Tofu must contain at least 5 grams of protein in 2.2 ounces (weight) or ¼ cup (volume).

<sup>6</sup> Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts.

<sup>7</sup> Yogurt cannot contain more than 23 grams of total sugars per 6 ounces.

<sup>8</sup> Pasteurized full-strength juice can meet the vegetables or fruits component at only one meal per day, including all snacks. Juice includes all fruit and vegetable juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice.

<sup>9</sup> The USDA's *CACFP Best Practices* recommends at least one serving per week of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables. For more information, see *Vegetable Subgroups in the CACFP*. Raw leafy greens credit as half the volume served, e.g., ½ cup of spinach credits as ¼ cup of vegetable.

<sup>10</sup> The USDA's *CACFP Best Practices* recommends serving whole fruits (fresh, canned, dried, or frozen) more often than juice. Dried fruit credits as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of fruit.

<sup>11</sup> All products must meet the minimum weights in *Serving Sizes for Grains in the CACFP (Effective October 1, 2017 through September 30, 2019)*. At least one serving per day must be WGR. WGR foods contain at least 50 percent whole grains, any remaining grains are enriched, and any noncreditable grains are less than 2 percent of the product formula. For more information, see *Identifying Whole Grain-rich Products*. The USDA's *CACFP Best Practices* recommends at least two servings of WGR grains per day. Grain-based desserts cannot credit, e.g., cookies, sweet crackers (e.g., graham and animal crackers), sweet pie crusts, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies.

<sup>12</sup> Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains. For more information, see *WGR Ounce Equivalents for the CACFP*.

<sup>13</sup> Breakfast cereals cannot contain more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).

<sup>14</sup> Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.

<sup>15</sup> Beginning October 1, 2019, the minimum serving size for cold breakfast cereals is based on ounce equivalents. For flakes or rounds, a serving is ½ cup for ages 1-2 and 3-5, and 1 cup for ages 6-12 and 13-18. For puffed cereal, a serving is ¾ cup for ages 1-2 and 3-5, and 1 ¼ cups for ages 6-12 and 13-18. For granola, a serving is ⅛ cup for ages 1-2 and 3-5, and ¼ cup for ages 6-12 and 13-18.

## CACFP MEAL PATTERN FOR CHILDREN (October 1, 2017 through September 30, 2019), continued



CONNECTICUT STATE  
DEPARTMENT OF EDUCATION

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*  
[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmpnew.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmpnew.pdf).

*In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.*

*Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.*

*To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:*

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;*
- (2) fax: (202) 690-7442; or*
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).*

*This institution is an equal opportunity provider.*

*The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut State Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Connecticut State Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/ Americans with Disabilities Act Coordinator, Connecticut State Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2071, [Levy.Gillespie@ct.gov](mailto:Levy.Gillespie@ct.gov).*