

All Aboard! CACFP Meal Patterns

MODULE ONE

CHILD/ADULT MEAL PATTERNS

BREAKFAST MEAL PATTERNS Serve Milk, Grains*, Vegetables or Fruit

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup
Vegetables, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

* Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. oz eq = ounce equivalents

LUNCH & SUPPER MEAL PATTERNS Serve all 5 components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup*
Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternates	1 oz	1 1/2 oz	2 oz	2 oz
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

* A serving of milk is not required at supper meals for adults. oz eq = ounce equivalents

SNACK MEAL PATTERNS Serve 2 of the 5 components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	1/2 cup	1 cup	1 cup
Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz	1 oz
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq

Beginning October 1, 2021, ounce equivalents are used to determine the quantity of creditable grains. Refer to USDA FNS Exhibit A for further guidance on grain serving sizes. oz eq = ounce equivalents

INFANT MEAL PATTERNS

AGES BIRTH THROUGH 5 MONTHS

BREAKFAST, SNACK, LUNCH & SUPPER MEAL PATTERNS		
Milk	4-6 oz	breastmilk ¹ or formula ²

AGES 6 MONTHS THROUGH 11

BREAKFAST, LUNCH & SUPPER MEAL PATTERNS		
Milk	6-8 oz	breastmilk ¹ or formula ²
Grains/ Meat/ Meat Alternates	0-1/2 oz eq	infant cereal ³ or
	0-4 tbs	meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas or
	0-2 oz	cheese or
	0-4 oz	cottage cheese or yogurt ³ or
	0-4 oz	a combination of the above ⁴
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both ^{4,5}

SNACK MEAL PATTERNS		
Milk	2-4 oz	breastmilk ¹ or formula ²
Grains	0-1/2 oz eq	slice bread ⁶ or
	0-1/4 oz eq	crackers ⁶ or
	0-1/2 oz eq	infant cereal ^{2,6} or
	0-1/4 oz eq	ready-to-eat breakfast cereal ^{4,6,7}
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both ^{4,6}

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁴ A serving of this component is required when the infant is developmentally ready to accept it.

⁵ Fruit and vegetable juices must not be served.

⁶ A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

⁷ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).