

CACFP MEAL PATTERN FOR OLDER CHILDREN

BREAKFAST	<i>Ages one through two years</i>	<i>Ages three through five years</i>	<i>Ages six through twelve years</i>
• Milk, fluid	½ cup	¾ cup	1 cup
• Vegetable, fruit, or full-strength (100%) juice	¼ cup	½ cup	½ cup
• Grains/breads (whole grain or enriched): bread or rolls, muffins, etc. or cold dry cereal (volume or weight, whichever is less) or cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or 1/3 oz ¼ cup	½ slice ½ serving 1/3 cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
LUNCH OR SUPPER			
• Milk, fluid	½ cup	¾ cup	1 cup
• Vegetable and/or fruit (two or more kinds)	¼ cup total	½ cup total	¾ cup total
• Grains/breads (whole grain or enriched): bread or rolls, muffins, etc. or cooked pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup	½ slice ½ serving ¼ cup	1 slice 1 serving ½ cup
• Meat/meat alternates Lean meat, fish, or poultry (edible portion as served) or cheese (natural or processed) or cottage cheese, cheese food/spread substitute or egg (large) or yogurt, plain or flavored, unsweetened or sweetened or cooked dried beans or dried peas* or peanut butter, reduced-fat peanut butter, soynut butter, or other nut or seed butters or peanuts, soynuts, tree nuts, roasted peas, or seeds ** or an equivalent quantity of any combination of the above meat/meat alternates	1 oz 1 oz ¼ cup or 2 oz ½ egg ½ cup ¼ cup 2 Tbsp ½ oz**	1-½ oz 1-½ oz 3/8 cup or 3 oz ¾ egg ¾ cup 3/8 cup 3 Tbsp ¾ oz**	2 oz 2 oz ½ cup or 4 oz 1 egg 1 cup ½ cup 4 Tbsp 1 oz**
AM OR PM SUPPLEMENT (Select two of these four components)***			
• Milk, fluid	½ cup	½ cup	1 cup
• Vegetable, fruit, or full-strength (100%) juice	½ cup	½ cup	¾ cup
• Grains/breads (whole grain or enriched): bread or rolls, muffins, etc. or cold dry cereal (volume or weight, whichever is less) or cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or 1/3 oz ¼ cup	½ slice ½ serving 1/3 cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
• Meat/meat alternates Lean meat, fish, or poultry (edible portion as served) or cheese (natural or processed) or cottage cheese, cheese food/spread substitute or egg (large) or yogurt, plain or flavored, unsweetened or sweetened**** or cooked dried beans or dried peas* or peanut butter, reduced-fat peanut butter, soynut butter, or other nut or seed butters or peanuts, soynuts, tree nuts, roasted peas, or seeds or an equivalent quantity of any combination of the above meat/meat alternates.	½ oz ½ oz 1/8 cup or 1 oz ½ egg ¼ cup 1/8 cup 1 Tbsp ½ oz	½ oz ½ oz 1/8 cup or 1 oz ½ egg ¼ cup 1/8 cup 1 Tbsp ½ oz	1 oz 1 oz ¼ cup or 2 oz ½ egg ½ cup ¼ cup 2 Tbsp 1 oz

* Dried beans or dried peas may be used as a meat alternate or vegetable component, but *cannot* be counted as both components in the same meal.

** No more than 50 percent of the requirement shall be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. To determine combinations, 1 oz. of nuts or seeds is equal to 1 oz. of cooked lean meat, poultry, or fish. Roasted peas can count as a meat alternate or vegetable component, but *cannot* be counted as both in the same meal.

*** Juice *cannot* be served when milk is served as the only other component.

**** If yogurt is used as the meat alternate component in supplements, milk *cannot* be used to satisfy the second component requirement. Commercially added fruit or nuts in flavored yogurt *cannot* be used to satisfy the second component requirement in supplements. (04/01)

Points to Remember:

- Serve a variety of foods.
- Plan meals that are moderate in fat, sugar and sodium.
- Provide at least minimum meal pattern requirements.
- Keep menu records daily.

USDA INFANT MEAL PATTERN FOR CHILD NUTRITION PROGRAMS*

	<i>Birth through three months</i>	<i>Ages four through seven months</i>	<i>Ages eight through eleven months</i>
BREAKFAST	<ul style="list-style-type: none"> • 4 to 6 fl oz breast milk^{1,2,3} or formula^{1,4} 	<ul style="list-style-type: none"> • 4 to 8 fl oz breast milk^{1,2,3} or formula^{1,4} • 0 to 3 Tbsp infant cereal^{4,5} 	<ul style="list-style-type: none"> • 6 to 8 fl oz breast milk^{1,2,3} or formula^{1,4} • 2 to 4 Tbsp infant cereal⁴ • 1 to 4 Tbsp fruit and/or vegetable
LUNCH OR SUPPER	<ul style="list-style-type: none"> • 4 to 6 fl oz breast milk^{1,2,3} or formula^{1,4} 	<ul style="list-style-type: none"> • 4 to 8 fl oz breast milk^{1,2,3} or formula^{1,4} • 0 to 3 Tbsp infant cereal^{4,5} • 0 to 3 Tbsp fruit and/or vegetable⁵ 	<ul style="list-style-type: none"> • 6 to 8 fl oz breast milk^{1,2,3} or formula^{1,4} • 2 to 4 Tbsp infant cereal⁴ <i>and/or</i> 1 to 4 Tbsp lean meat, fish, poultry, egg yolk, cooked dry beans or peas or ½ to 2 oz cheese or 1 to 4 oz (volume) cottage cheese or 1 to 4 oz (weight) cheese food or cheese spread • 1 to 4 Tbsp fruit and/or vegetable
AM OR PM SNACK	<ul style="list-style-type: none"> • 4 to 6 fl oz breast milk^{1,2,3} or formula^{1,4} 	<ul style="list-style-type: none"> • 4 to 6 fl oz breast milk^{1,2,3} or formula^{1,4} 	<ul style="list-style-type: none"> • 2 to 4 fl oz breast milk^{1,2,3}, formula^{1,4}, or fruit juice⁶ • 0 to ½ slice of bread^{5,7} or 0 to 2 crackers^{5,7}

¹ Breast milk or formula, or portions of both, may be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months.

² For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.

³ Only the infant's mother can provide breast milk.

⁴ Infant formula and dry infant cereal must be iron fortified.

⁵ A serving of this component is required only when the infant is developmentally ready to accept it.

⁶ Fruit juice must be full strength (100% juice) and offered from a cup, not a bottle, to prevent tooth decay.

⁷ Must be made from whole grain or enriched meal or flour.

*Child and Adult Care Food Program

- Child Care Center and Day Care Home Sponsors may claim reimbursement for up to two meals and one snack or two snacks and one meal per infant per day.

POINTS TO REMEMBER

- Introduce new foods one at a time.
- Provide minimum meal pattern requirements.
- Keep menu records daily

