

Meal Component	Ages 1-2	Ages 3-5	Ages 6-12
<b>BREAKFAST</b>			
<b>Fluid Milk<sup>1</sup></b>	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)
<b>Vegetables, Fruits or both<sup>2</sup></b>	¼ cup	½ cup	½ cup
<b>Grains<sup>3,4</sup></b>	oz eq		
<u>Group A:</u> Crackers, Croutons, Hard Breadsticks, Hard Pretzels	0.4 oz	0.4 oz	0.8 oz
<u>Group B:</u> Animal Crackers, Bagels, Biscuits, Bread, Buns, English Muffins, Graham Crackers, Pizza Crust, Rolls, Soft Pretzels, Tortillas, Tortilla Chips and Taco Shells	0.5 oz	0.5 oz	1 oz
<u>Group C:</u> Cornbread, Corn Muffins, Pancakes, Pie Crust (savory only), Waffles	0.6 oz	0.6 oz	1.2 oz
<u>Group D:</u> Muffins (except corn)	1 oz	1 oz	2 oz
<u>Group E:</u> French Toast	1.2 oz	1.2 oz	2.4 oz
<u>Group H:</u> Grains, Oatmeal, Pasta, Rice	¼ cup	¼ cup	½ cup
<u>Group I:</u> Ready to Eat Breakfast Cereals			
Flakes or Rounds	½ cup	½ cup	1 cup
Puffed Cereal	¾ cup	¾ cup	1¼ cups
Granola	2 tbsp	2 tbsp	¼ cup

<sup>1</sup>Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

<sup>2</sup>Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

Meal Component	Ages 1-2	Ages 3-5	Ages 6-12
<b>LUNCH/SUPPER</b>			
<b>Fluid Milk<sup>1</sup></b>	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)
<b>Meat/Meat Alternate</b>			
Lean meat, poultry, fish or cheese	1 oz	1½ oz	2 oz
Tofu, soy product or alternate protein products	1 oz	1½ oz	2 oz
Large Egg	½	¾	1
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened <sup>5</sup>	4 oz or ½ cup	6 oz or ¾ cup	8 oz or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ oz = 50%	¾ oz = 50%	1 oz = 50%
<b>Vegetables</b>	⅛ cup	¼ cup	½ cup
<b>Fruits<sup>6</sup></b>	⅛ cup	¼ cup	¼ cup
<b>Grains<sup>3,4</sup></b>	SEE BREAKFAST		

<sup>3</sup>At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

Meal Component	Ages 1-2	Ages 3-5	Ages 6-12
<b>SNACK<sup>7</sup></b>			
<b>Fluid Milk<sup>1</sup></b>	4 fl. oz. (½ cup)	4 fl. oz. (½ cup)	8 fl. oz. (1 cup)
<b>Meat/Meat Alternate</b>			
Lean meat, poultry, fish or cheese	½ oz	½ oz	1 oz
Tofu, soy product or alternate protein products	½ oz	½ oz	1 oz
Large Egg	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp
Yogurt, plain or flavored unsweetened or sweetened <sup>5</sup>	2 oz or ¼ cup	2 oz or ¼ cup	4 oz or ½ cup
Peanuts, soy nuts, tree nuts or seeds	½ oz	½ oz	1 oz
<b>Vegetables</b>	½ cup	½ cup	¾ cup
<b>Fruits<sup>6</sup></b>	½ cup	½ cup	¾ cup
<b>Grains<sup>3,4</sup></b>	SEE BREAKFAST		

<sup>4</sup>Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

<sup>5</sup>Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>6</sup>A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

<sup>7</sup>Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

Birth through 5 months	6 through 11 months
<b>BREAKFAST AND LUNCH/SUPPER</b>	
4-6 fluid ounces breastmilk <sup>1,2,3</sup> or formula <sup>4</sup>	6-8 fluid ounces breastmilk <sup>1,2,3</sup> or formula <sup>4</sup>  AND  0-4 tablespoons infant cereal <sup>4,5</sup> meat, fish, ouktry, while egg, cooked dry beans, OR cooked dry peas; OR 0-2 ounces of cheese; OR 0-4 ounces (volume) of cottage cheese; OR 0-4 ounces or ½ cup of yogurt <sup>5</sup> ; OR a combination of the above <sup>6</sup> ;  AND  0-2 tablespoons vegetable or fruit or a combination of both <sup>6,7</sup>

Birth through 5 months	6 through 11 months
<b>SNACK</b>	
4-6 fluid ounces breastmilk <sup>1,2,3</sup> or formula <sup>4</sup>	2-4 fluid ounces breastmilk <sup>1,2,3</sup> or formula <sup>4</sup>  AND  0-1/2 slice bread <sup>8</sup> ; OR 0-2 crackers <sup>8</sup> ; OR 0-4 tablespoons infant cereal <sup>4,8</sup> OR ready-to-eat breakfast cereal <sup>8,9</sup> ;  AND  0-2 tablespoons vegetable or fruit or a combination of both <sup>6,7</sup>

<sup>1</sup>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.

<sup>2</sup>In lieu of provisionally expressed breastmilk, a breastfeeding mother can breastfeed their infant on-site as part of a reimbursement meal. The child care center must document that the infant was breastfed, but documentation of duration and amount is not required.

<sup>3</sup>For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount may be offered, with additional breastmilk offered later if the infant will consume more.

<sup>4</sup>Infant formula and dry infant cereal must be iron-fortified.

<sup>5</sup>Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>6</sup>A serving of this component is required when the infant is developmentally ready to accept it.

<sup>6,7</sup>Fruit and vegetable juices must not be served.

<sup>8</sup>A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

<sup>9</sup>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).

**Breastfeeding Benefits:** USDA CACFP is committed to encouraging and supporting breastfeeding. There are numerous benefits to breastfeeding and the AAP recommends breastmilk as the optimal source of nutrients through the first year of life and beyond. Infants who are breastfed have a lower risk of respiratory infections, diarrhea, pneumonia, and ear infections, as well as later asthma, sudden infant death syndrome, obesity, etc. To strengthen the CACFP's support and encouragement of breastfeeding, the updated meal pattern allows providers to be reimbursed for meals when the mother directly breastfeeds her infant at the center or day care home.