

























































































# CHILD AND ADULT CARE FOOD PROGRAM

## CHILD MEAL PATTERN

April 2019

<b>BREAKFAST<sup>1</sup> SERVE ALL 3 COMPONENTS</b>		<b>1 and 2</b>	<b>3 through 5</b>	<b>6 – 12 and 13-18<sup>2</sup></b>
	Fluid Milk <sup>3</sup> (1-year olds-whole milk, age 2 and up-skim or 1%)	 ½ cup	 ¾ cup	 1 cup
	Fruit or vegetable or both <sup>4</sup> (If serving raw, leafy salad greens, must serve twice the amount. Ex: Serve 1 cup lettuce to equal ½ cup serving size. If serving dried fruit, only need to serve half the amount. Ex: Serve ¼ cup raisins to equal ½ cup serving)	 ¼ cup	 ½ cup	 ½ cup
	Grains <sup>5,6,7</sup> bread, roll, muffin, biscuit (whole grain, whole grain-rich, enriched, or fortified)	 ½ oz eq.	 ½ oz eq.	 1 oz eq.
	Cooked cereal <sup>7</sup> , grains, pasta:	 ¼ cup	 ¼ cup	 ½ cup
	Ready-to-eat cereal <sup>7</sup> (dry, cold)			
	Flakes or rounds	 ½ cup	 ½ cup	 1 cup
	Puffed	 ¾ cup	 ¾ cup	 1 ¼ cup
	Granola	 1/8 cup	 1/8 cup	 ¼ cup
<b>SNACK<sup>1</sup> SELECT TWO OF THE 5 COMPONENTS</b>		<b>1 and 2</b>	<b>3 through 5</b>	<b>6 – 12 and 13-18<sup>2</sup></b>
	Fluid Milk <sup>3</sup> (1 year olds-whole milk, age 2 and up-skim or 1%) (only 1 beverage per snack allowed)	 ½ cup	 ½ cup	 1 cup
	Meat or meat alternate <sup>4,5</sup> (see lunch/dinner for options)	 ½ ounce	 ½ ounce	 1 ounce
	Vegetable <sup>6</sup> (If serving raw, leafy salad greens, must serve twice the amount. Ex: Serve 1 cup lettuce to equal ½ cup serving size.)	 ½ cup	 ½ cup	 ¾ cup
	Fruit <sup>6</sup> (If serving dried fruit, only need to serve half the amount. Ex: Serve ¼ cup raisins to equal ½ cup serving)	 ½ cup	 ½ cup	 ¾ cup
	Grains <sup>7,8</sup> : whole grain, whole grain-rich, enriched Breads, grains, cereal, pasta products, see breakfast requirements	 ½ oz eq.	 ½ oz eq.	 1 oz eq.
<b>LUNCH &amp; SUPPER<sup>1</sup> SERVE ALL 5 COMPONENTS</b>		<b>1 and 2</b>	<b>3 through 5</b>	<b>6 – 12 and 13-18<sup>2</sup></b>
	Fluid milk <sup>3</sup> (1-year olds-whole milk, age 2 and up-skim or 1%)	 ½ cup	 ¾ cup	 1 cup
	Meat or meat alternate (lean meat, poultry, fish)	 1 ounce	 1 ½ ounce	 2 ounces
	Tofu <sup>4</sup> (commercially prepared, firm or extra firm) (each ¼ c or 2.2 ounces must contain 5 grams of protein)	 2.2 ounce (¼ cup)	 3.3 ounce (3/8 cup)	 4.4 ounces (½ cup)
	Cheese	 1 ounce	 1½ ounces	 2 ounces
	Cottage cheese	 2 ounces (¼ cup)	 3 ounces (3/8 cup)	 4 ounces (½ cup)
	Egg (large)	 ½ egg	 ¾ egg	 1 egg
	Cooked dry beans or peas	 ¼ cup	 3/8 cup	 ½ cup
	Peanut butter or other nut or seed butters	 2 Tbsp.	 3 Tbsp.	 4 Tbsp.
	Peanuts, soy nuts, tree nuts, or seeds (can only meet up to ½ of the requirement)	 ½ oz. = 50%	 ¾ oz. = 50%	 1 oz. = 50%
	Yogurt <sup>5</sup> (milk or soy based, commercially prepared)	 ½ cup (4 oz.)	 ¾ cup (6 oz.)	 1 cup (8 oz.)
	Vegetables <sup>6</sup> (If serving raw, leafy salad greens, must serve twice the amount. Ex: Serve 1 cup lettuce to equal ½ cup serving size.)	 1/8 cup	 ¼ cup	 ½ cup
	Fruits <sup>6,7</sup> (If serving dried fruit, only need to serve half the amount. Ex: Serve ¼ cup raisins to equal ½ cup serving)	 1/8 cup	 ¼ cup	 ¼ cup
	Grains <sup>8,9</sup> : whole grain, whole grain-rich, enriched Breads, grains, cereal, pasta products, see breakfast requirements	 ½ oz eq.	 ½ oz eq.	 1 oz eq.

SEE REVERSE FOR SUPERScript EXPLANATIONS



## **BREAKFAST**<sup>1</sup> SERVE ALL 3 COMPONENTS

- <sup>1</sup> Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.
- <sup>2</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
- <sup>3</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>4</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- <sup>5</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.
- <sup>6</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>7</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).

## **SNACK**<sup>1</sup> SELECT TWO OF THE 5 COMPONENTS

- <sup>1</sup> Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.
- <sup>2</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
- <sup>3</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>4</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.
- <sup>5</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- <sup>6</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- <sup>7</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.
- <sup>8</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).

## **LUNCH & SUPPER**<sup>1</sup> SERVE ALL 5 COMPONENTS

- <sup>1</sup> Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.
- <sup>2</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
- <sup>3</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>4</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.
- <sup>5</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- <sup>6</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- <sup>7</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>8</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.
- <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).