## Child and Adult Care Food Program Meal Patterns

Ages:	1-2	3-5	6-12
Breakfast			
1 Fluid Milk	½ cup	¾ cup	1 cup
1 Vegetable/Fruit/Juice	¼ cup	½ cup	½ cup
1 Grain/Bread*			
Bread	½ slice	½ slice	1 slice
<ul> <li>Biscuit/Roll/Muffin/Cornbread</li> </ul>	½ serving	½ serving	1 serving
<ul> <li>Cold Dry Cereal (flakes or rounds)</li> </ul>	½ cup	½ cup	1 cup
Hot Cooked Cereal			
O Meat/Poultry/Fish/Cheese**	1 oz.	1 ½ oz.	2 oz.
○ Large Egg**	½ egg	¾ egg	1 egg
○ Yogurt**	½ cup	¾ cup	1 cup
Lunch/Dinner			
1 Fluid Milk	½ cup	¾ cup	1 cup
1 Vegetable	⅓ cup	½ cup	½ cup
1 Vegetable/Fruit	½ cup	½ cup	½ cup
1 Grain/Bread*			
Bread	½ slice	½ slice	1 slice
<ul> <li>Biscuit/Roll/Muffin/Cornbread</li> </ul>	½ serving	½ serving	1 serving
<ul> <li>Pasta/Noodles/Grains</li> </ul>	¼ cup	¼ cup	½ cup
1 Meat/Meat Alternate			
<ul><li>Meat/Poultry/Fish</li></ul>	1 oz.	1 ½ oz.	2 oz.
<ul><li>Cheese</li></ul>	1 oz.	1 ½ oz.	2 oz.
<ul> <li>Large Egg</li> </ul>	½ egg	¾ egg	1 egg
<ul> <li>Cooked Dry Beans or Peas</li> </ul>	¼ cup	¾ cup	½ cup
<ul> <li>Peanut Butter or Nut/Seed Butters</li> </ul>	2 Tbsp.	3 Tbsp.	4 Tbsp.
• Tofu	1 oz.	1 ½ oz.	2 oz.
Yogurt	½ cup	¾ cup	1 cup
Snack (Select at least two different components f	rom the following five)		
1 Fluid Milk	½ cup	½ cup	1 cup
1 Fruit/Juice	½ cup	½ cup	¾ cup
1 Vegetable/Juice	½ cup	½ cup	¾ cup
1 Grain/Bread *	½ slice or serving	½ slice or serving	1 slice or serving
1 Meat/Meat Alternate			
• Cheese	½ oz.	½ oz.	1 oz.
<ul><li>Large Egg</li></ul>	½ egg	½ egg	½ egg
<ul> <li>Peanut Butter or Nut/Seed Butters</li> </ul>	1 Tbsp.	1 Tbsp.	2 Tbsp.
<ul><li>Yogurt</li></ul>	¼ cup	¼ cup	½ cup

<sup>\*</sup>at least one serving of grains per day must be whole gran or whole grain rich

<sup>\*\*</sup> Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and tofu counts as a meat alternate (see food charts for available items).

## Child and Adult Care Food Program Meal Patterns





## Infant Food Chart





Breakfast	Ages:	Birth through 5 months	6 through 11 months
Breast Milk or Formula		4-6 fluid ounces	6-8 fluid ounces; and
Vegetable/Fruit <b>or</b> combination			0-2 Tbsp.; and
Grain or Meat/Meat Alternate or combination		0-4 Tbsp. infant cereal, 0-4 Tbsp. meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 ounces cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces yogurt or a combination	

Lunch/	Dinner
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Breast Milk or Formula 4-6 fluid ounces 6-8 fluid ounces; and

Vegetable/Fruit or combination 0-2 Tbsp.; and

Grain or 0-4 Tbsp. infant cereal,

Meat/Meat Alternate or combination 0-4 Tbsp. meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 ounces cheese; or 0-4 ounces (volume) cottage cheese; or 0-4

ounces yogurt or a combination

## **Snack**

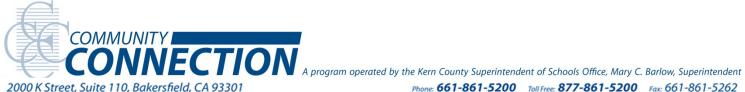
Breast Milk or Formula 4-6 fluid ounces 2-4 fluid ounces; and

0-2 Tbsp.; and Vegetable/Fruit or combination

Grain 0- ½ slice bread; or 0-4 Tbsp. infant

cereal or ready-to-eat cereal; or 0-2

crackers



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