

# 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
• Biscuit/Roll/Muffin/Cornbread	½ serving	½ serving	1 serving
• Cold Dry Cereal (flakes or rounds)	½ cup	½ cup	1 cup
• Hot Cooked Cereal			
○ 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	¼ cup	¼ cup
1 Vegetable/Fruit	⅓ cup	¼ cup	½ cup
1 Grain/Bread*			
• Bread	½ slice	½ slice	1 slice
• Biscuit/Roll/Muffin/Cornbread	½ serving	½ serving	1 serving
• Pasta/Noodles/Grains	¼ cup	¼ cup	½ cup
1 Meat/Meat Alternate			
• Meat/Poultry/Fish	1 oz.	1 ½ oz.	2 oz.
• Cheese	1 oz.	1 ½ oz.	2 oz.
• Large Egg	½ egg	¾ egg	1 egg
• Cooked Dry Beans or Peas	¼ cup	⅜ cup	½ cup
• Peanut Butter or Nut/Seed Butters	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 from 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.
• Large Egg	½ egg	½ egg	½ egg
• Peanut Butter or Nut/Seed Butters	1 Tbsp.	1 Tbsp.	2 Tbsp.
• Yogurt	¼ cup	¼ cup	½ cup

\*at least one serving of grains per day must be whole grain or whole grain rich

\*\* 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 **or** 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

Breast Milk or Formula

4-6 fluid ounces

6-8 fluid ounces; and

Vegetable/Fruit **or** 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

### Snack

Breast Milk or Formula

4-6 fluid ounces

2-4 fluid ounces; and

Vegetable/Fruit **or** combination

0-2 Tbsp.; and

Grain

0- ½ slice bread; or 0-4 Tbsp. infant  
cereal or ready-to-eat cereal; or 0-2  
crackers



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A program operated by the Kern County Superintendent of Schools Office, Mary C. Barlow, Superintendent

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