# CACFP Child Meal Pattern

# Must serve the required components and serving sizes

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| **Breakfast**Must serve milk, vegetable or fruit, and either a grain or meat/meat alternate |
| **Food Components and Food Items** | **Ages 1-2** | **Ages 3-5** | **Ages 6-12** | **Ages 13-18**(At-risk afterschool programs and emergency shelters) |
| **Fluid Milk*** 1 year olds: Unflavored whole milk
* 2-5 year olds: Unflavored 1% or skim
* 6-18 year olds: Unflavored or flavored 1% or skim
 | ½ cup (4 oz) | ¾ cup (6 oz) | 1 cup(8 oz) | 1 cup(8 oz) |
| **Vegetables or Fruits** *(or portions of both)** Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day
 | ¼ cup | ½ cup | ½ cup | ½ cup |
| **Grains*** Must be whole grain-rich, enriched, or fortified
* At least one serving per day must be whole grain-rich
* Grain-based desserts are not creditable
* Cereals must contain no more than 6 grams of sugar per dry ounce
 |
| Bread | ½ slice | ½ slice | 1 slice | 1 slice |
| Bread products such as biscuits, rolls, or muffins | ½ serving | ½ serving | 1 serving | 1 serving |
| **Cooked** breakfast cereal, cereal grain, rice and/or pasta | ¼ cup | ¼ cup | ½ cup | ½ cup |
| **Ready-to-eat** breakfast cereal (dry, cold)Flakes or Rounds | ½ cup | ½ cup | 1 cup | 1 cup |
| **Granola** | 1/8 cup | 1/8cup | ¼ cup | ¼ cup |
| **Puffed** | ¾ cup | ¾ cup | 1 ¼ cup | 1 ¼ cup |
| **Meat/Meat Alternates*** Not required at breakfast, but may be served in place of the entire grain component a maximum of three times per week
 |
| Lean meat, poultry, or fish | ½ oz | ½ oz | 1 oz | 1 oz |
| Cheese (natural and processed; soft and hard) | ½ oz(⅛ cup shredded) | ½ oz(⅛ cup shredded) | 1 oz (¼ cup shredded) | 1 oz(¼ cup shredded) |
| Cottage cheese, ricotta cheese, cheese spread, cheese food | 1 oz(⅛ cup) | 1 oz(⅛ cup) | 2 oz(¼ cup) | 2 oz(¼ cup) |
| Large egg | ¼ egg | ¼ egg | ½ egg | ½ egg |
| Cooked dry beans or peas | ⅛ cup | ⅛ cup | ¼ cup | ¼ cup |
| Yogurt (regular and soy)*Must contain no more than 23 grams of total sugars per 6 ounces* | ¼ cup (2 oz) | ¼ cup (2 oz) | ½ cup (4 oz) | ½ cup (4 oz) |
| Peanut butter, soy nut butter or other nut or seed butters | 1 Tbsp | 1 Tbsp | 2 Tbsp | 2 Tbsp |
| Peanuts, soy nuts, tree nuts or seeds | ½ oz | ½ oz | 1 oz | 1 oz |
| Tofu (commercially prepared)*2.2 oz. (1/4 cup) must contain at least 5 grams of protein* | ⅛ cup (1.1 oz) | ⅛ cup (1.1 oz) | ¼ cup (2.2 oz) | ¼ cup (2.2 oz) |
| Soy products or alternate protein products*Must meet the requirements as outlined by USDA* | ½ oz | ½ oz | 1 oz | 1 oz |

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| **Lunch and Supper**All five components required for a reimbursable meal |
| **Food Components and Food Items** | **Ages 1-2** | **Ages 3-5** | **Ages 6-12** | **Ages 13-18**(At-risk afterschool programs and emergency shelters) |
| **Fluid Milk*** 1 year olds: Unflavored whole milk
* 2-5 year olds: Unflavored 1% or skim
* 6-18 year olds: Unflavored or flavored 1% or skim
 | ½ cup (4 oz) | ¾ cup (6 oz) | 1 cup(8 oz) | 1 cup(8 oz) |
| **Meat/Meat Alternates** |
| Lean meat, poultry, or fish | 1 oz | 1½ oz | 2 oz | 2 oz |
| Cheese (natural and processed; soft and hard) | 1 oz(¼ cupshredded) | 1½ oz (3/8 cup shredded) | 2 oz(½ cupshredded) | 2 oz(½ cupshredded) |
| Cottage cheese, ricotta cheese, cheese spread, cheese food | 2 oz(¼ cup) | 3 oz (3/8 cup) | 4 oz(½ cup) | 4 oz(½ cup) |
| Large egg | ½ egg | ¾ egg | 1 egg | 1 egg |
| Cooked dry beans or peas | ¼ cup | 3/8 cup | ½ cup | ½ cup |
| Peanut butter, soy nut butter or other nut or seed butters | 2 Tbsp | 3 Tbsp | 4 Tbsp | 4 Tbsp |
| Peanuts, soy nuts, tree nuts or seeds* May be used to meet no more than ½ the M/MA serving size
* Must be combined with another M/MA to meet the full minimum serving size
 | ½ oz = 50% | ¾ oz = 50% | 1 oz =50% | 1 oz =50% |
| Yogurt (regular and soy)*Must contain no more than 23 grams of total sugars per 6 ounces* | ½ cup (4 oz) | ¾ cup (6 oz) | 1 cup(8 oz) | 1 cup(8 oz) |
| Tofu (commercially prepared)*2.2 oz. (1/4 cup) must contain at least 5 grams of protein* | ¼ cup (2.2 oz) | 3/8 cup (3.3 oz) | ½ cup (4.4 oz) | ½ cup (4.4 oz) |
| Soy products or alternate protein products*Must meet the requirements as outlined by USDA* | 1 oz | 1½ oz | 2 oz | 2 oz |
| **Vegetables*** May replace fruit, but must offer two different vegetables
* Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day
 | ⅛ cup | ¼ cup | ½ cup | ½ cup |
| **Fruits*** Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day
 | ⅛ cup | ¼ cup | ¼ cup | ¼ cup |
| **Grains*** Must be whole grain-rich, enriched, or fortified
* At least one serving per day must be whole grain-rich
* Grain-based desserts are not creditable
* Cereals must contain no more than 6 grams of sugar per dry ounce
 |
| Bread | ½ slice | ½ slice | 1 slice | 1 slice |
| Bread products, such as biscuits, rolls, or muffins | ½ serving | ½ serving | 1 serving | 1 serving |
| Rice, pasta, grains, and/or cooked cereals | ¼ cup | ¼ cup | ½ cup | ½ cup |

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| **Snack**Must Serve 2 of the 5 components. Only 1 of the 2 components may be a beverage. |
| **Food Components and Food Items** | **Ages 1-2** | **Ages 3-5** | **Ages 6-12** | **Ages 13-18**(At-risk afterschoolprograms and emergency shelters) |
| **Fluid Milk*** 1 year olds: Unflavored whole milk
* 2-5 year olds: Unflavored 1% or skim
* 6-18 year olds: Unflavored or flavored 1% or skim
 | ½ cup (4 oz) | ½ cup (4 oz) | 1 cup(8 oz) | 1 cup(8 oz) |
| **Meat/Meat Alternates** |
| Lean meat, poultry, or fish | ½ oz | ½ oz | 1 oz | 1 oz |
| Cheese (natural and processed; soft and hard) | ½ oz(⅛ cup shredded) | ½ oz(⅛ cup shredded) | 1 oz(¼ cupshredded) | 1 oz(¼ cupshredded) |
| Cottage cheese, ricotta cheese, cheese spread, cheese food | 1 oz(⅛ cup) | 1 oz(⅛ cup) | 2 oz(¼ cup) | 2 oz(¼ cup) |
| Large egg | ½ egg | ½ egg | ½ egg | ½ egg |
| Cooked dry beans or peas | ⅛ cup | ⅛ cup | ¼ cup | ¼ cup |
| Peanut butter, soy nut butter or other nut or seed butters | 1 Tbsp | 1 Tbsp | 2 Tbsp | 2 Tbsp |
| Peanuts, soy nuts, tree nuts or seeds | ½ oz | ½ oz | 1 oz | 1 oz |
| Yogurt (regular and soy)*Must contain no more than 23 grams of total sugars per 6 ounces* | ¼ cup (2 oz) | ¼ cup (2 oz) | ½ cup (4 oz) | ½ cup (4 oz) |
| Tofu (commercially prepared)*2.2 oz. (1/4 cup) must contain at least 5 grams of protein* | ⅛ cup (1.1 oz) | ⅛ cup (1.1 oz) | ¼ cup (2.2 oz) | ¼ cup (2.2 oz) |
| Soy products or alternate protein products*Must meet the requirements as outlined by USDA* | ½ oz | ½ oz | 1 oz | 1 oz |
| **Vegetables*** Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day
 | ½ cup | ½ cup | ¾ cup | ¾ cup |
| **Fruits*** Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day
 | ½ cup | ½ cup | ¾ cup | ¾ cup |
| **Grains*** Must be whole grain-rich, enriched, or fortified
* At least one serving per day must be whole grain-rich
* Grain-based desserts are not creditable
* Cereals must contain no more than 6 grams of sugar per dry ounce
 |
| Bread | ½ slice | ½ slice | 1 slice | 1 slice |
| Bread products, such as biscuits, rolls, crackers, or muffins | ½ serving | ½ serving | 1 serving | 1 serving |
| **Cooked** breakfast cereal, cereal grain, rice and/or pasta | ¼ cup | ¼ cup | ½ cup | ½ cup |
| **Ready-to-eat** breakfast cereal (dry, cold) | ½ cup | ½ cup | 1 cup | 1 cup |

North Dakota Department of Public Instruction Child Nutrition and Food Distribution [www.nd.gov/dpi/](http://www.nd.gov/dpi/)