

Child Meal Patterns for the Child and Adult Care Food Program

Breakfast	1 and 2	3 – 5	6 – 12
Fluid Milk	½ cup	¾ cup	1 cup
Vegetable or Fruit or Juice¹	¼ cup	½ cup	½ cup
Grains/Breads Whole Grain, Bran, Germ or Enriched	½ serving ²	½ serving ²	1 serving ²
Cold Dry Cereal Whole Grain, Bran, Germ Enriched or Fortified	¼ cup (or 1/3 oz)	1/3 cup (or ½ oz)	¾ cup (or 1 oz)
Cooked: Cereal, Rice, Pasta or Noodles	¼ cup	¼ cup	½ cup

Snack Select two of the four components ³	1 and 2	3 – 5	6 – 12
Fluid Milk	½ cup	½ cup	1 cup
Vegetable or Fruit or Juice¹	½ cup	½ cup	¾ cup
Meat or Meat Alternate	½ ounce	½ ounce	1 ounce
Grains/Breads	½ serving ²	½ serving ²	1 serving ²

Lunch/Supper	1 and 2	3 – 5	6 – 12
Fluid Milk	½ cup	¾ cup	1 cup
Meat or Poultry or Fish or Alternate Protein Products ⁴	1 ounce	1 ½ ounces	2 ounces
or Cheese	1 ounce	1 ½ ounces	2 ounces
or Cottage Cheese, Cheese Food/Spread	2 ounces	3 ounces	4 ounces
or Egg	½ egg	¾ egg	1 egg
or Cooked Dry Beans or Peas	¼ cup	3/8 cup	½ cup
or Peanut or Soynut or Sunflower Seed Butter	2 tablespoons	3 tablespoons	4 tablespoons
or Peanuts, Soynuts, Tree Nuts or Seeds⁵	½ ounce	¾ ounce	1 ounce
or Yogurt...	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup
Vegetables and/or Fruits/Juice*	¼ cup total	½ cup total	¾ cup total
Grains/Breads	½ serving ²	½ serving ²	1 serving ²

¹Full-strength (100 percent) vegetable and/or fruit juice must be served.

²An equivalent serving of an acceptable grains/breads food component such as cornbread, biscuits, rolls, muffin, pizza crust etc. made of whole-grain, bran or germ product and/or enriched meal or flour.

³For snack, juice may not be served when milk is served as the only other component. Also two food items from the same component cannot be served.

⁴Alternate protein products must meet requirements in Appendix A of 7 CFR Part 226.

⁵Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement.

Weights of Commercially Prepared Grains/Breads

Child Nutrition Programs

Some of these foods or their accompaniments may contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.

Group A

Bread-type Coating
 Breadsticks (hard)
 Chow Mein Noodles
 Crackers (saltines and snack crackers)
 Croutons
 Pretzels (hard)
 Stuffing (dry)
 1 serving=20 gm or 0.7 oz
 ¾ serving=15 gm or 0.5 oz
 ½ serving=10 gm or 0.4 oz
 ¼ serving=5 gm or 0.2 oz

Group B

Bagels
 Batter-type Coating
 Biscuits
 Breads (white, wheat, whole-wheat, French, Italian)
 Buns (hamburger and hot dog)
 Crackers (graham and animal crackers)
 Egg Roll Skins
 English Muffins
 Pita Bread (white, wheat, whole-wheat)
 Pizza Crust
 Pretzels (soft)
 Rolls (white, wheat, whole-wheat, potato)
 Taco Shells
 Tortilla Chips (wheat or corn)
 Tortillas (wheat or corn)
 1 serving=25 gm or 0.9 oz
 ¾ serving=19 gm or 0.7 oz
 ½ serving=13 gm or 0.5 oz
 ¼ serving=6 gm or 0.2 oz

Group C

Cookies³ (plain)
 Corn Muffins
 Cornbread
 Croissants
 Pancakes
 Pie Crust (dessert pies³, fruit turnovers² and meat/meat alternate pies)
 Waffle
 1 serving=31 gm or 1.1 oz
 ¾ serving=23 gm or 0.8 oz
 ½ serving=16 gm or 0.6 oz
 ¼ serving=8 gm or 0.3 oz

Group D

Doughnuts² (cake and yeast-raised, unfrosted)
 Granola Bars² (plain)
 Muffins (all except corn)
 Sweet Roll² (unfrosted)
 Toaster Pastry² (unfrosted)
 1 serving=50 gm or 1.8 oz
 ¾ serving=38 gm or 1.3 oz
 ½ serving=25 gm or 0.9 oz
 ¼ serving=13 gm or 0.5 oz

Group E

Cookies³ (with nuts, raisins, chocolate pieces, and/or fruit purees)
 Doughnuts² (cake and yeast-raised, frosted, or glazed)
 French Toast
 Grain Fruit Bars²
 Granola Bars² (with nuts, raisins, chocolate pieces, and/or fruit)
 Sweet Rolls² (frosted)
 Toaster Pastry² (frosted)
 1 serving=63 gm or 2.2 oz
 ¾ serving=47 gm or 1.7 oz
 ½ serving=31 gm or 1.1 oz
 ¼ serving=16 gm or 0.6 oz

Group F

Cake³ (plain, unfrosted)
 Coffee Cake²
 1 serving=75 gm or 2.7 oz
 ¾ serving=56 gm or 2.0 oz
 ½ serving=38 gm or 1.3 oz
 ¼ serving=19 gm or 0.7 oz

Group G

Brownies³ (plain)
 Cake³ (all varieties, frosted)
 1 serving=115 gm or 4.0 oz
 ¾ serving=86 gm or 3.0 oz
 ½ serving=58 gm or 2.0 oz
 ¼ serving=29 gm or 1.0 oz

Group H

Barley
 Breakfast Cereals (cooked)¹
 Bulgur or Cracked Wheat
 Macaroni (all shapes)
 Noodles (all varieties)
 Pasta (all shapes)
 Ravioli (noodle only)
 Rice (enriched white or brown)
 1 serving=½ cup cooked or 25 gm (0.9 oz) dry
 ¾ serving=3/8 cups cooked or 19 gm (0.7 oz) dry
 ½ serving=¼ cups cooked or 13 gm (0.5 oz) dry
 ¼ serving=2 tbsl cooked or 6 gm (0.2 oz) dry

Group I

Breakfast Cereals (cold, dry, ready-to-eat)¹
 1 serving=¾ cup or 1.0 oz, whichever is less
 ½ serving=1/3 cup or 0.5 oz, whichever is less
 ¼ serving=¼ cup or 0.3 oz, whichever is less

¹Refer to program regulations for the appropriate serving size for supplements served to children ages 1-5 in the National School Lunch Program (NSLP); breakfasts served under the School Breakfast Program (SBP); and meals served to children ages 1-5 and adult participants in the Child and Adult Care Food Program (CACFP). Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

²Allowed for desserts under the enhanced food-based menu planning alternative specified in 210.10 and supplements (snacks) served under the NSLP, Summer Food Service Program (SFSP) and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.

³Allowed only for desserts under the enhanced food-based menu planning alternative specified in 210.10 and supplements (snacks) served under the NSLP, SFSP and CACFP.