

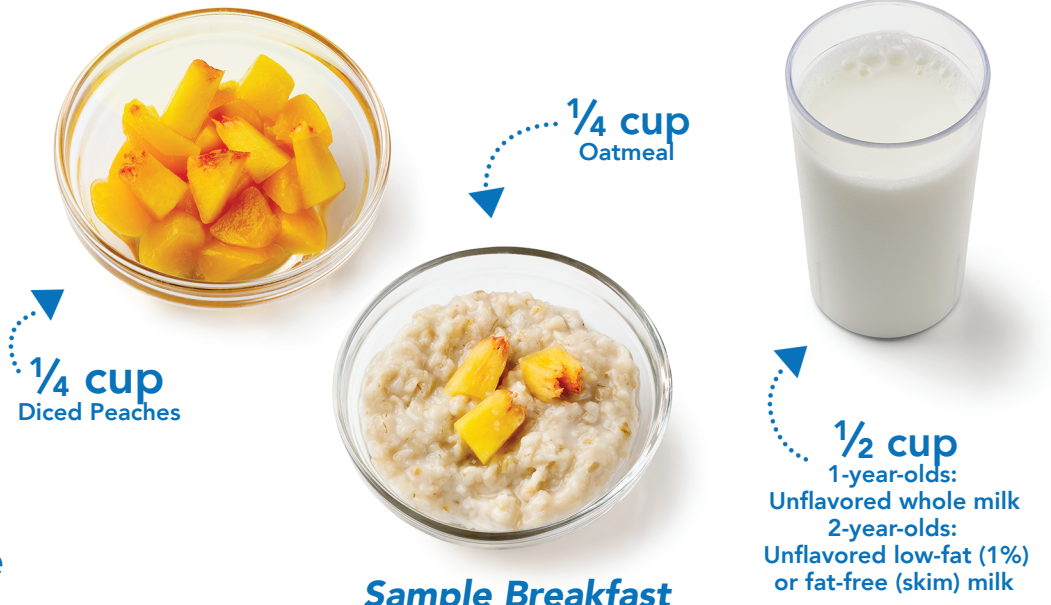
Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 1-2

What is in a Breakfast?

Milk (4 fl. oz. or 1/2 cup)
Vegetables, Fruit, or Both (1/4 cup)
Grains (1/2 serving)

Optional: Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.



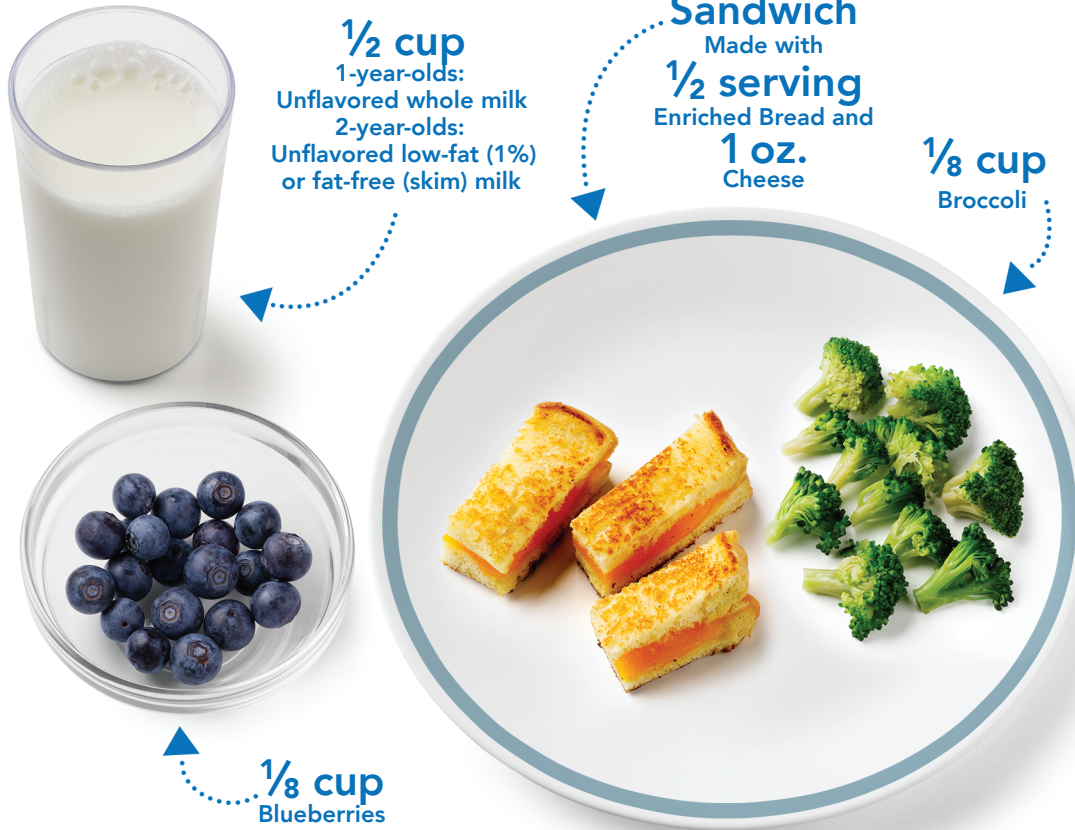
Sample Breakfast

Grilled Cheese Sandwich

Made with
1/2 serving
Enriched Bread and
1 oz.
Cheese

1/8 cup
Broccoli

1/2 cup
1-year-olds:
Unflavored whole milk
2-year-olds:
Unflavored low-fat (1%)
or fat-free (skim) milk



Sample Lunch/Supper

What is in a Lunch or Supper?

Milk (4 fl. oz. or 1/2 cup)
Meat/Meat Alternate (1 oz. eq.)
Vegetables (1/8 cup)
Fruit (1/8 cup)
Grains (1/2 serving)



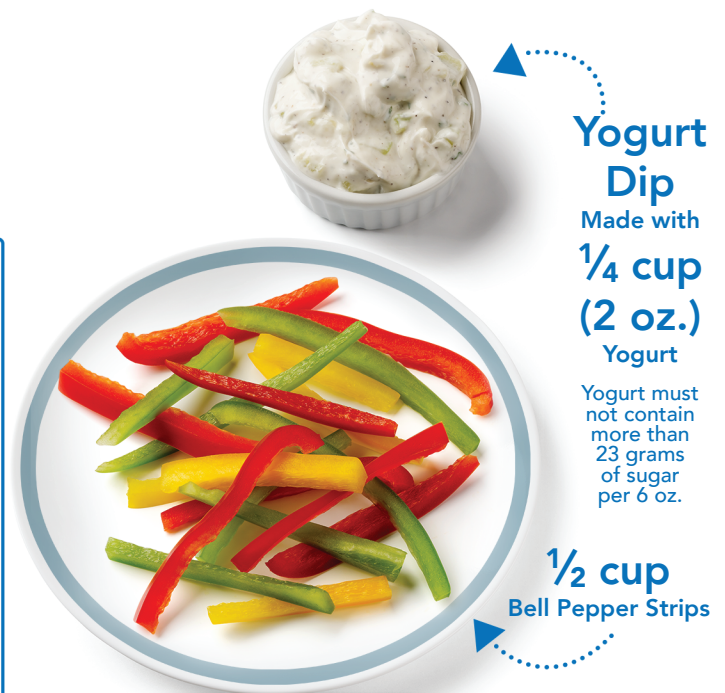
All grains served must be whole grain-rich or enriched.
Breakfast cereals may also be fortified.
At least one grain served each day must be whole grain-rich.

What is in a Snack?

Pick 2:
Milk (4 fl. oz. or 1/2 cup)
Meat/Meat Alternate (1/2 oz. eq.)
Vegetables (1/2 cup)
Fruit (1/2 cup)
Grains (1/2 serving)



Offer and make water available all day.



Sample Snack

Note: Serving sizes are minimums.

Updated USDA Child and Adult Care Food Program (CACFP) meal patterns must be implemented by October 1, 2017. Learn more about the CACFP meal patterns, including information on ounce equivalents (oz. eq.) and serving sizes at <https://teamnutrition.usda.gov>.



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Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 3-5



What is in a Breakfast?

- Milk (6 fl. oz. or ¾ cup)
- Vegetables, Fruit, or Both (½ cup)
- Grains (½ serving)

Optional: Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.

½ serving
Whole Grain-Rich
Mini Pancakes



¾ cup
Unflavored
Low-Fat (1%
or Fat-Free
(Skim) Milk

½ cup
Sliced
Strawberries

Sample Breakfast

¾ cup
Unflavored Low-Fat (1%)
or Fat-Free (Skim) milk



1 Taco
Made with
1½ oz.
Lean Ground Beef,
¼ cup
Lettuce*, and
⅛ cup
Chopped Tomatoes

½ serving
Enriched Flour Tortilla



¼ cup
Roasted Sweet
Potatoes

Sample Lunch/Supper

What is in a Lunch or Supper?

- Milk (6 fl. oz. or ¾ cup)
- Meat/Meat Alternate (1½ oz. eq.)
- Vegetables (¼ cup)
- Fruit (¼ cup)
- Grains (½ serving)



A second, different vegetable may be served in place of fruit at lunch and supper. In this meal, the ¼ cup of lettuce and ⅛ cup of tomatoes in the taco meets the vegetable component, and the ¼ cup of sweet potatoes is used to meet the fruit component.

*Raw leafy greens, such as lettuce, credit for half the amount served. The ¼ cup of lettuce in the taco counts as ⅛ cup of vegetables in this meal.

All grains served must be whole grain-rich or enriched.
Breakfast cereals may also be fortified.
At least one grain served each day must be whole grain-rich.



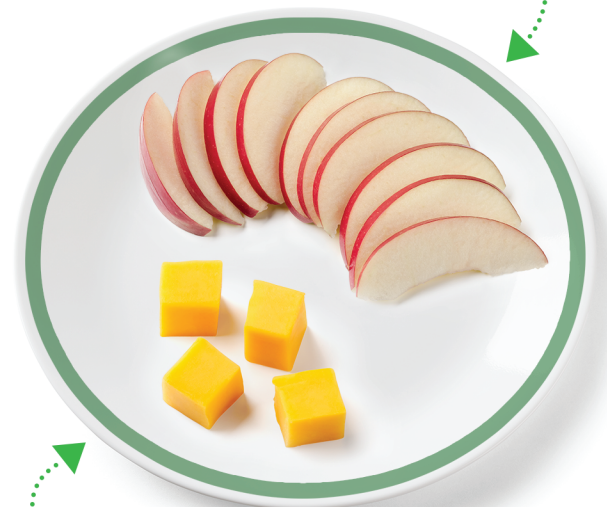
Offer and make water available all day.

What is in a Snack?

- Pick 2:
- Milk (4 fl. oz. or ½ cup)
 - Meat/Meat Alternate (½ oz. eq.)
 - Vegetables (½ cup)
 - Fruit (½ cup)
 - Grains (½ serving)



½ cup
Apple Slices



½ oz.
Cheddar Cheese

Sample Snack

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Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 6-12 and 13-18



What is in a Breakfast?

Milk (8 fl. oz. or 1 cup)
Vegetables, Fruit, or Both (½ cup)
Grains (1 serving)

Optional: Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.

1 Banana

1 cup Unflavored Low-Fat (1%) or Fat-Free (Skim) or Flavored Fat-Free (Skim) Milk

1 serving Whole Grain-Rich Cereal
Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

Sample Breakfast

1 cup Unflavored Low-Fat (1%) or Fat-Free (Skim) or Flavored Fat-Free (Skim) Milk

¼ cup Watermelon Chunks

½ cup Brown Rice

Chicken Stir-Fry
Made with **2 oz.** Chicken Breast and **½ cup** Mixed Vegetables

Sample Lunch/Supper

What is in a Lunch or Supper?

Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternate (2 oz. eq.)
Vegetables (½ cup)
Fruit (¼ cup)
Grains (1 serving)

All grains served must be whole grain-rich or enriched.
Breakfast cereals may also be fortified.
At least one grain served each day must be whole grain-rich.



Offer and make water available all day.



What is in a Snack?

Pick 2:
Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternate (1 oz. eq.)
Vegetables (¾ cup)
Fruit (¾ cup)
Grains (1 serving)

1 serving Crackers

¾ cup Mandarin Oranges

Sample Snack

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