



1–2 Years Old

Whole unflavored milk · Solid foods · CACFP Toddler Meal Pattern

CACFP SERVING SIZES

Breakfast

- WU Milk: 4 fl oz (½ cup)
- Vegetable and/or fruit: ¼ cup
- Grain or meat alt: ½ oz eq

AM Snack

- Choose any 2:
- Milk: 4 fl oz · Vegetable: ½ cup
- Fruit: ½ cup · Grain: ½ oz eq

Lunch

- Whole milk: 4 fl oz (½ cup)
- Meat/meat alt: 1 oz eq
- Vegetables: ⅓ cup · Fruits: ⅓ cup
- Grains: ½ oz eq

NOTES

- Whole unflavored milk only.
- Monday = half day (Breakfast + AM Snack only).
- ♦ = shared ingredient across age groups.

Meal	Monday half day	Tuesday	Wednesday	Thursday	Friday
Breakfast	WU Milk 4 fl oz WG Bread ♦ ½ oz eq Nectarine ♦ ¼ cup	WU Milk 4 fl oz Rice ♦ ½ oz eq Banana ♦ ¼ cup	WU Milk 4 fl oz WG Oatmeal ♦ ½ oz eq Blueberries ♦ ¼ cup	WU Milk 4 fl oz WG Crackers ♦ ½ oz eq Watermelon ♦ ¼ cup	WU Milk 4 fl oz Flour Tortillas ♦ ½ oz eq Peaches ♦ ¼ cup
AM Snack	WU Milk 4 fl oz French Toast Sticks ♦ ½ oz	WU Milk 4 fl oz WG Crackers ♦ 1/2 oz	WU Milk 4 fl oz WG Kix ♦ ½ oz	WU Milk 4 fl oz WG Cheerios ♦ ½ oz	WU Milk 4 fl oz Pancake ♦ ½ oz
Lunch	Not served	WU Milk 4 fl oz Chicken ♦ 1 oz Mixed Vegetables ♦ ⅓ cup Cantaloupe ♦ ⅓ cup Corn Tortillas ♦ ½ oz eq	WU Milk 4 fl oz Cottage Cheese ♦ 1 oz Peas ♦ ⅓ cup Mango ♦ ⅓ cup Pita ♦ ½ oz eq	WU Milk 4 fl oz Turkey ♦ 1 oz Avocado ♦ ⅓ cup Mixed Berries ♦ ⅓ cup WG Kix ♦ ½ oz eq	WU Milk 4 fl oz Plain Yogurt ♦ 1 oz Butternut Squash ♦ ⅓ cup Pears ♦ ⅓ cup WG Cheerios ♦ ½ oz eq