

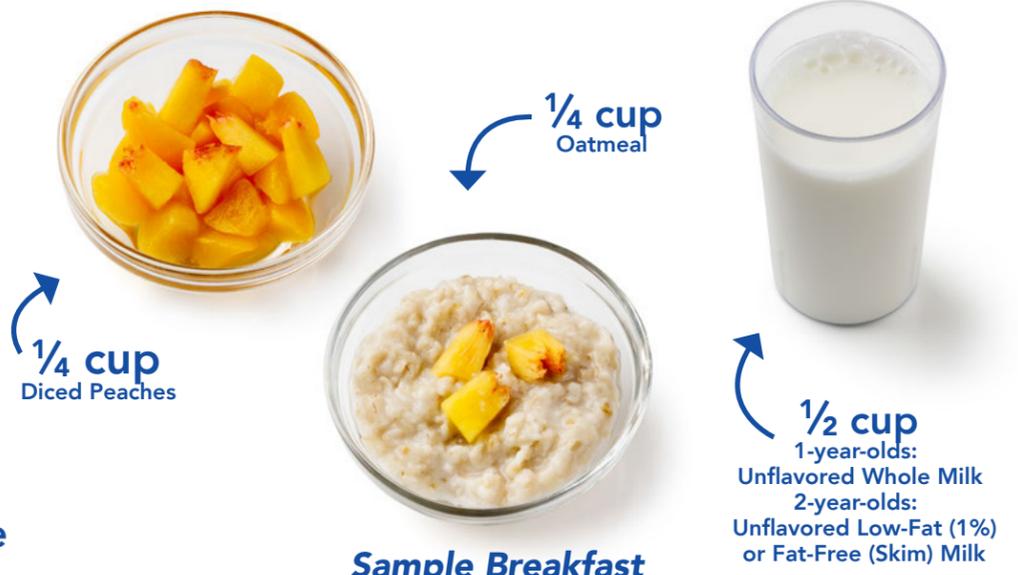
Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 1-2

What is in a Breakfast?

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

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



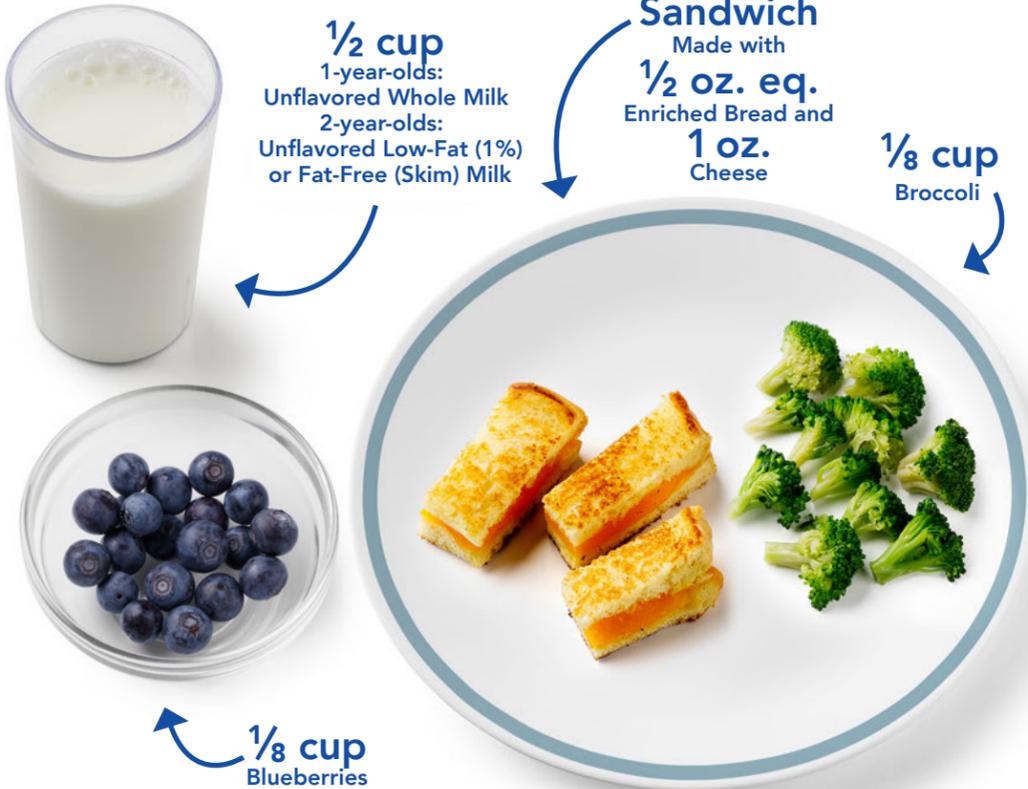
Sample Breakfast

Grilled Cheese Sandwich

Made with
1/2 oz. eq.
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)
Meats/Meat Alternates (1 oz. eq.)
Vegetables (1/8 cup)
Fruits (1/8 cup)
Grains (1/2 oz. eq.)



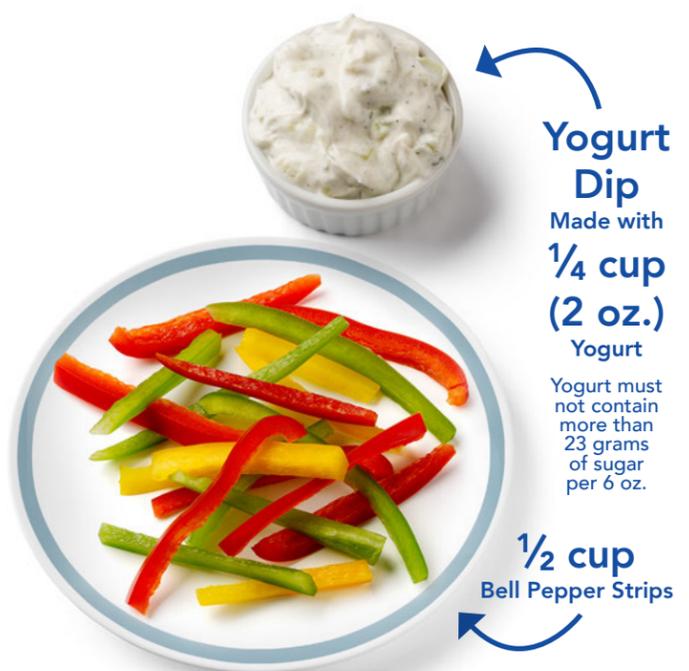
All grains served must be whole grain-rich or enriched.
Breakfast cereals may also be fortified.
At least one grain served each day must be whole grain-rich.

What is in a Snack?

Pick 2:
Milk (4 fl. oz. or 1/2 cup)
Meats/Meat Alternates (1/2 oz. eq.)
Vegetables (1/2 cup)
Fruits (1/2 cup)
Grains (1/2 oz. eq.)



Offer and make water available all day.



Sample Snack

Note: Serving sizes are minimums.

Learn more about the CACFP meal patterns at <https://teamnutrition.usda.gov>.



Food and Nutrition Service
FNS-667
Slightly Revised October 2019
USDA is an equal opportunity provider, employer, and lender.

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, Fruits, or Both (½ cup)
- Grains (½ oz. eq.)

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

½ oz. eq.
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 oz. eq.
Enriched Flour Tortilla



¼ cup
Roasted Sweet
Potatoes

Sample Lunch/Supper

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 vegetables component, and the ¼ cup of sweet potatoes is used to meet the fruits 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.

What is in a Lunch or Supper?

- Milk (6 fl. oz. or ¾ cup)
- Meats/Meat Alternates (1½ oz. eq.)
- Vegetables (¼ cup)
- Fruits (¼ cup)
- Grains (½ oz. eq.)



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.



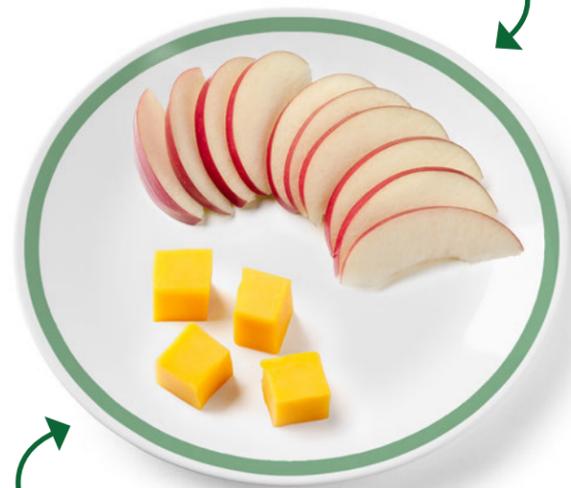
Offer and make water available all day.



What is in a Snack?

- Pick 2:
- Milk (4 fl. oz. or ½ cup)
 - Meats/Meat Alternates (½ oz. eq.)
 - Vegetables (½ cup)
 - Fruits (½ cup)
 - Grains (½ oz. eq.)

½ cup
Apple Slices



½ oz.
Cheddar Cheese

Sample Snack

Note: Serving sizes are minimums.

Learn more about the CACFP meal patterns at <https://teamnutrition.usda.gov>.



Food and Nutrition Service
FNS-668
Slightly Revised October 2019
USDA is an equal opportunity provider, employer, and lender.

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

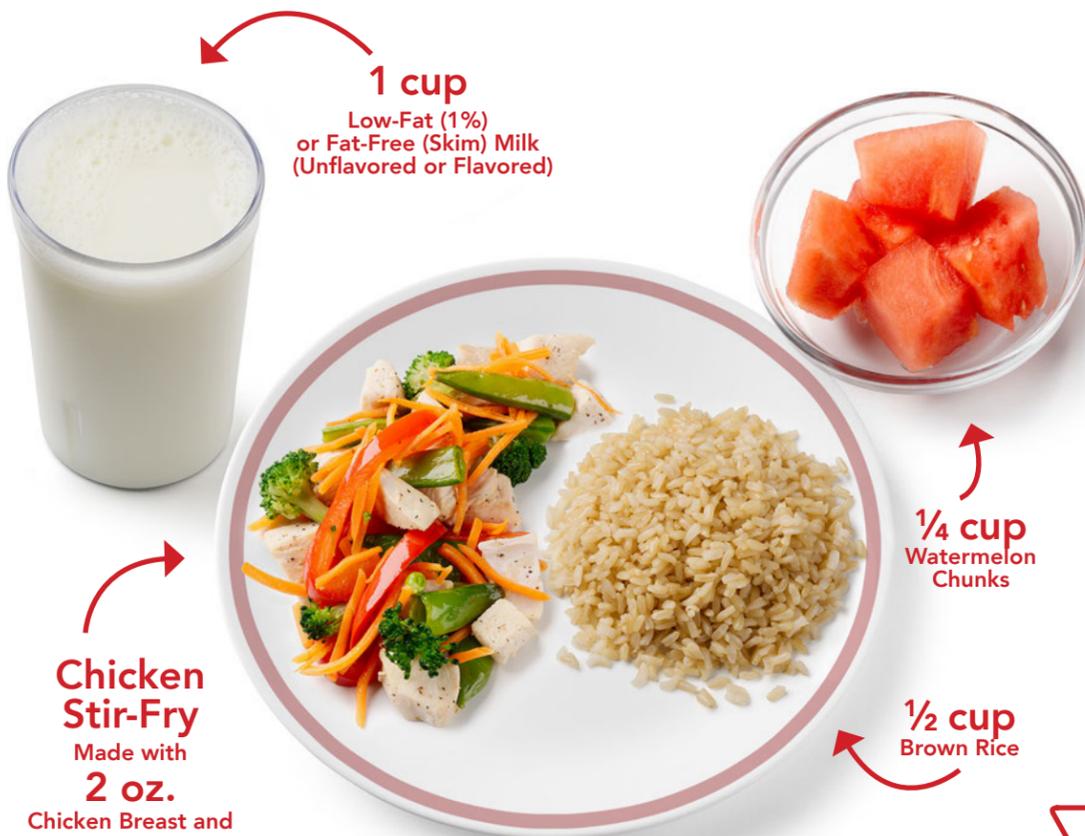
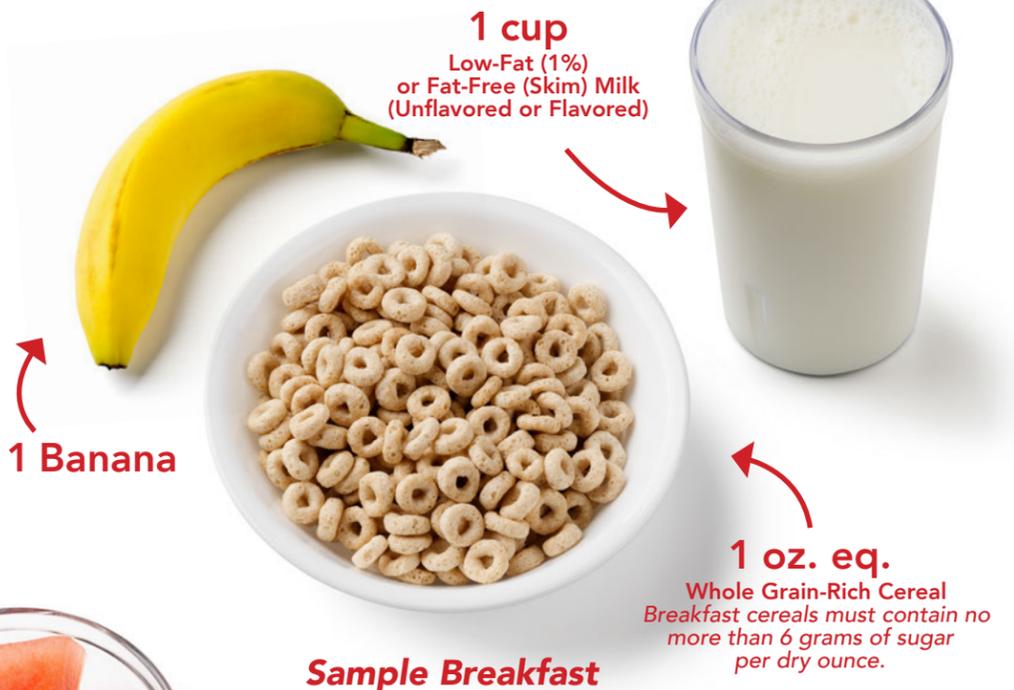
Sample Meals for Children Ages 6-12 and 13-18



What is in a Breakfast?

Milk (8 fl. oz. or 1 cup)
Vegetables, Fruits, or Both (½ cup)
Grains (1 oz. eq.)

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



What is in a Lunch or Supper?

Milk (8 fl. oz. or 1 cup)
Meats/Meat Alternates (2 oz. eq.)
Vegetables (½ cup)
Fruits (¼ cup)
Grains (1 oz. eq.)

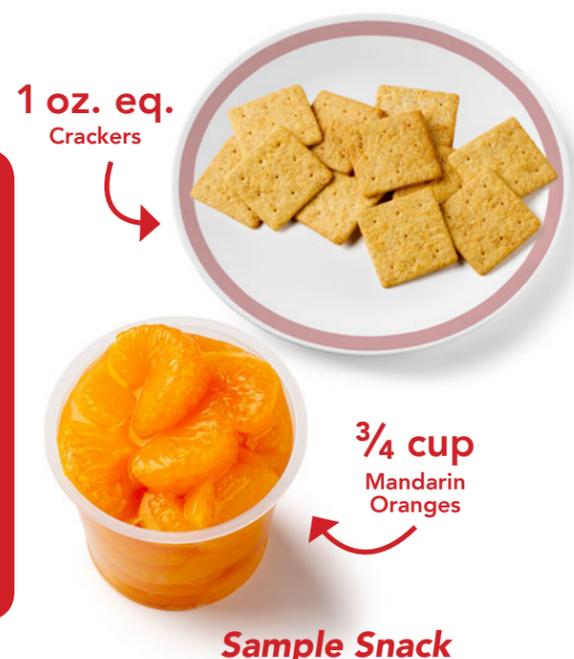


All grains served must be whole grain-rich or enriched.
Breakfast cereals may also be fortified.
At least one grain served each day must be whole grain-rich.



What is in a Snack?

Pick 2:
Milk (8 fl. oz. or 1 cup)
Meats/Meat Alternates (1 oz. eq.)
Vegetables (¾ cup)
Fruits (¾ cup)
Grains (1 oz. eq.)



Note: Serving sizes are minimums.

Learn more about the CACFP meal patterns at <https://teamnutrition.usda.gov>.



Food and Nutrition Service
FNS-669
Slightly Revised October 2019
USDA is an equal opportunity provider, employer, and lender.