

USDA CACFP Ages 1-5 Meal Pattern Guidance

Breakfast

(All three components required for a reimbursable meal)

Food Components and Food Items	Ages 1 - 2	Ages 3 -5	Additional Info
Fluid Milk USDA Approved Soy Milks: 8 th Continent (Original), Pacific Ultra (Plain), Great Value (Original), Kirkland Original (Plain), Silk (Original).	½ cup	¾ cup	<ul style="list-style-type: none"> Whole milk served 12-23 months, Skim/ 1%/FF/Lactose Free served 2-18 yrs. For any other milk substitute contact PSESD
Vegetables or Fruits (or portions of both)	¼ cup	½ cup	<ul style="list-style-type: none"> Limit juice/smoothies to ≤1x/per day at the site
Grains Bread Ready to Eat Cereal Cooked Cereal Meat/Meat Alternatives <i>(May be used to meet grain requirement, a maximum of three times per week)</i>	½ slice ⅓ oz. ¼ cup ½ oz. M/MA*	½ slice ½ oz. ¼ cup ½ oz. M/MA*	<ul style="list-style-type: none"> Breakfast cereals must have ≤ 6g sugar per oz. and include whole/enriched grains. Yogurt must contain ≤23 g sugar per 6oz serving

Lunch and Supper

(All five components required for a reimbursable meal)

Food Components and Food Items	Ages 1 - 2	Ages 3 -5	Additional Info
Fluid Milk	½ cup	¾ cup	<ul style="list-style-type: none"> Water is off the table when milk is served
Meat/Meat Alternatives Meat/Poultry/Fish Cheese Egg Yogurt Cooked beans Tofu Nut or Seed Butters	1 oz. 1 oz. ½ ½ cup ¼ cup 1 oz. 2 tbsp.	1 ½ oz. 1 ½ oz. ¾ ¾ cup ¾ cup 1 ½ oz. 3 tbsp.	<ul style="list-style-type: none"> Processed meats (sausage, corn dogs, hot dogs, luncheon meats [bologna], cannot contain fillers Tofu must be commercially prepared and be soybean derived with the basic ingredient being whole soybeans, ≥1 food-grade coagulants, and water, AND contain 5 g of protein per 2.2 oz. Peanut butter and nut butters must be served with another meat/meat alternative
Vegetables	⅛ cup	¼ cup	<ul style="list-style-type: none"> 2 servings of different vegetables may replace the fruit component at lunch
Fruits	⅛ cup	¼ cup	<ul style="list-style-type: none"> Use colorful serving bowls
Grains Bread Bread Product Pasta or Rice	½ slice ½ serving ¼ cup	½ slice ½ serving ¼ cup	<ul style="list-style-type: none"> Whole Grain Served ≥1x/day: Contains 8g whole grain per oz. or grain content is 50% WG by weight or 1st ingredient must be a whole grain (i.e. whole wheat, oatmeal, brown rice, whole barley, whole corn)

Snack

(Select two of the five components required for a reimbursable meal)

Food Components and Food Items	Ages 1 - 2	Ages 3 -5	Additional Info
Fluid Milk	½ cup	½ cup	<ul style="list-style-type: none"> Flavored milk is not allowed due to its high sugar content
Meat/Meat Alternatives	½ oz. M/MA	½ oz. M/MA	
Vegetables	½ cup	½ cup	<ul style="list-style-type: none"> Choking hazard: raw (cut to less than ½ inch)
Fruits	½ cup	½ cup	
Grains	½ serving	½ serving	<ul style="list-style-type: none"> Grain-based desserts, e.g. granola bars, toaster pastries, sweet pie dough, homemade or purchased cookies/cakes, cinnamon rolls, coffee cake, desserts, are not claimable