

CHILD MEAL PATTERN

AGES 3-5

	FOOD COMPONENTS	FOOD ITEMS	REQUIRED MINIMUM QUANTITIES	
BREAKFAST <i>All 3 components must be served</i>	Milk ¹	Fat-free or Low-fat (1%) Milk	¾ cup	
	Vegetables/Fruit ²	Vegetable, Fruit or both or 100% Juice	½ cup	
		Grains/Bread ^{3,4}	Bread	½ slice
	Biscuit, Roll or Muffin		½ serving	
	Cooked Cereal		¼ cup	
	Dry Cereal			
	Flakes or Rounds		½ cup	
Puffed Cereal	¾ cup			
Granola	⅛ cup			
SNACK <i>Select 2 different components of the 5 listed</i>	Milk	Fat-free or Low-fat (1%) Milk	½ cup	
	Vegetables	Vegetable or 100% Juice	½ cup	
		Fruits	Fruit or 100% Juice	½ cup
	Grains/Bread	See list above and below	½ serving	
		Meat/Meat Alternate (see Lunch/Supper list below)	Lean Meat, Poultry, Fish	½ ounce
			Peanut Butter, Soy Nut Butter or other Nut or Seed Butter	1 Tablespoon
			Peanuts, Nuts or Seeds	½ ounce
Yogurt	2 ounces			
LUNCH <i>All 5 components must be served</i>	Milk	Fat-free or Low-fat (1%) Milk	¾ cup	
	Vegetables	Vegetable or 100% Juice	¼ cup	
		Fruits ⁵	Fruit or 100% Juice	¼ cup
	Grains/Bread (see list above)		Bread	½ slice
		Cooked Pasta, Noodles or Grains	¼ cup	
		6-inch Tortilla	½ tortilla	
	Meat/Meat Alternate	Lean Meat, Poultry, Fish	1 ½ ounces	
		Tofu	3 ounces	
		Cheese	1 ½ ounces	
		Yogurt	6 ounces	
		Cottage Cheese	3 ounces	
		Cooked Dry Beans, Peas or Lentils	⅔ cup	
		Egg	¾	
		Peanut Butter, Soy Nut Butter or other Nut or Seed Butter	3 Tablespoon	
Peanuts, Nuts or Seeds		¾ ounce = 50%		

¹Whole milk is required for children up to 2 years of age. Unflavored milk is required for children younger than 6 years old. If served, flavored milk must be fat-free for six year olds and older.

²No more than one serving of 100% juice may be served per day.

³At breakfast, meat/meat alternate may be served in place of the entire grain component up to 3 times per week. When serving meat/meat alternate, use the quantities listed for snack.

⁴At least one serving of whole-grain rich Grains/Bread must be served and recorded on the menu every day.

⁵At lunch or supper, one vegetable and one fruit or two different vegetables may be served.

[Refer to the Crediting Foods in CACFP for information about specific food items.](#)