

## BREAKFAST Meal Pattern for Children and Adults

	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>1</sup> (at-risk afterschool programs and emergency shelters)	Adult
Food Components and Food Items <sup>2</sup>	Minimum Quantities				
Fluid milk <sup>3</sup>	4 fl oz	6 fl oz	8 fl oz	8 fl oz	8 fl oz
Vegetables, fruits, or portions of both <sup>4</sup>	¼ cup	½ cup	½ cup	½ cup	½ cup
Grains (oz eq) <sup>5,6,7</sup>					
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice	2 slices
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin	½ serving	½ serving	1 serving	1 serving	2 servings
Whole grain-rich, enriched, or fortified cooked breakfast cereal <sup>8</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup	1 cup
Whole grain-rich, enriched, or fortified ready-to-eat breakfast cereal (dry, cold) <sup>8,9</sup>					
Flakes or rounds	½ cup	½ cup	1 cup	1 cup	2 cups
Puffed cereal	¾ cup	¾ cup	1¼ cups	1¼ cups	2½ cups
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup	½ cup

<sup>1</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

<sup>2</sup> Must serve all 3 components for a reimbursable meal. Offer versus serve is an option for only adult and at-risk afterschool participants.

<sup>3</sup> Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2 through 5 years old. Must be unflavored low-fat (1%), flavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children 6 years old and older and adults. For adult participants, 6 ounces (oz) (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 oz of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

<sup>4</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at 1 meal, including snack, per day.

<sup>5</sup> At least 1 serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

<sup>6</sup> Meat and meat alternates may be used to meet the entire grains requirement a maximum of 3 times a week. One ounce of meat and meat alternates is equal to 1 ounce equivalent (oz eq) of grains.

<sup>7</sup> Beginning October 1, 2021, ounce equivalents are used to determine the quantity of creditable grains.

<sup>8</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

<sup>9</sup> Beginning October 1, 2021, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2021, the minimum serving size for any type of ready-to-eat breakfast cereal is ¼ cup for children ages 1 and 2, ⅓ cup for children ages 3 through 5, ¾ cup for children ages 6 through 12, and 1½ cups for adults.

# CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

## LUNCH AND SUPPER Meal Pattern for Children and Adults

	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>1</sup> (at-risk afterschool programs and emergency shelters)	Adult
Food Components and Food Items <sup>2</sup>	Minimum Quantities				
Fluid milk <sup>3</sup>	4 fl oz	6 fl oz	8 fl oz	8 fl oz	8 fl oz <sup>4</sup>
Meats/meat alternates Edible portion as served:					
Lean meat, poultry, or fish	1 oz	1½ oz	2 oz	2 oz	2 oz
Tofu, soy products, or alternate protein products <sup>5</sup>	1 oz	1½ oz	2 oz	2 oz	2 oz
Cheese	1 oz	1½ oz	2 oz	2 oz	2 oz
Large egg	½	¾	1	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp	4 Tbsp
Yogurt, plain or flavored, unsweetened or sweetened <sup>6</sup>	4 oz or ½ cup	6 oz or ¾ cup	8 oz or 1 cup	8 oz or 1 cup	8 oz or 1 cup
The following may be used to meet no more than 50 percent of the requirement:  Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 oz of nuts/seeds = 1 oz of cooked lean meat, poultry, or fish)	½ oz = 50%	¾ oz = 50%	1 oz = 50%	1 oz = 50%	1 oz = 50%
Vegetables <sup>7</sup>	⅛ cup	¼ cup	½ cup	½ cup	½ cup
Fruits <sup>7,8</sup>	⅛ cup	¼ cup	¼ cup	¼ cup	½ cup

## LUNCH AND SUPPER

### Meal Pattern for Children and Adults (continued)

	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>1</sup> (at-risk afterschool programs and emergency shelters)	Adult
Food Components and Food Items <sup>2</sup>	Minimum Quantities				
Grains (oz eq) <sup>9,10</sup>					
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice	2 slices
Whole grain-rich or enriched bread product, such as a biscuit, roll, or muffin	½ serving	½ serving	1 serving	1 serving	2 servings
Whole grain-rich, enriched or fortified cooked breakfast cereal, <sup>11</sup> cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup	1 cup

<sup>1</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

<sup>2</sup> Must serve all five components for a reimbursable meal. Offer versus serve is an option for only adult and at-risk participants.

<sup>3</sup> Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2 through 5 years old. Must be unflavored low-fat (1%), flavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children 6 years old and older and adults. For adult participants, 6 ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

<sup>4</sup> A serving of fluid milk is optional for suppers served to adult participants.

<sup>5</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.

<sup>6</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>7</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>8</sup> A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

<sup>9</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

<sup>10</sup> Beginning October 1, 2021, ounce equivalents are used to determine the quantity of the creditable grains.

<sup>11</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

# CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

## SNACK

### Meal Pattern for Children and Adults

(Select 2 of the 5 components for a reimbursable snack)

	Ages 1-2 <sup>2</sup>	Ages 3-5	Ages 6-12	Ages 13-18 <sup>1</sup> (at-risk afterschool programs and emergency shelters)	Adult
Food Components and Food Items <sup>2</sup>	Minimum Quantities				
Fluid Milk <sup>3</sup>	4 fl oz	4 fl oz	8 fl oz	8 fl oz	8 fl oz
Meats/meat alternates					
Lean meat, poultry, or fish	½ oz	½ oz	1 oz	1 oz	1 oz
Tofu, soy product, or alternate protein products <sup>4</sup>	½ oz	½ oz	1 oz	1 oz	1 oz
Cheese	½ oz	½ oz	1 oz	1 oz	1 oz
Large egg	½	½	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp
Yogurt, plain or flavored unsweetened or sweetened <sup>5</sup>	2 oz or ¼ cup	2 oz or ¼ cup	4 oz or ½ cup	4 oz or ½ cup	4 oz or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ oz	½ oz	1 oz	1 oz	1 oz
Vegetables <sup>6</sup>	½ cup	½ cup	¾ cup	¾ cup	½ cup
Fruits <sup>6</sup>	½ cup	½ cup	¾ cup	¾ cup	½ cup
Grains (oz eq) <sup>7,8</sup>					
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	½ serving	½ serving	1 serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, <sup>9</sup> cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup	½ cup

## SNACK

### Meal Pattern for Children and Adults (continued)

	Ages 1-2 <sup>2</sup>	Ages 3-5	Ages 6-12	Ages 13-18 <sup>1</sup> (at-risk afterschool programs and emergency shelters)	Adult
Food Components and Food Items <sup>2</sup>	Minimum Quantities				
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>9,10</sup>					
Flakes or rounds	½ cup	½ cup	1 cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1¼ cups	1¼ cups	1¼ cups
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup	¼ cup

<sup>1</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

<sup>2</sup> Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

<sup>3</sup> Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2 through 5 years old. Must be unflavored low-fat (1%), flavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children 6 years old and older.

<sup>4</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.

<sup>5</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>6</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>7</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

<sup>8</sup> Beginning October 1, 2021, ounce equivalents are used to determine the quantity of creditable grains.

<sup>9</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

<sup>10</sup> Beginning October 1, 2021, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2021, the minimum serving size for any type of ready-to-eat breakfast cereal is ¼ cup for children ages 1 and 2, ⅓ cup for children ages 3 through 5, and ¾ cup for children ages 6 through 12.