



Children's Hunger Alliance

CACFP Meal Patterns

Breakfast **Serve Milk, Vegetables and/or Fruits, and Grains***

Component	Ages 1-2	Ages 3-5	Ages 6-18	Adults
Milk	1/2 cup	3/4 cup	1 cup	1 cup
Vegetables, Fruits or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

*Meats and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

Lunch/Supper **Serve All Five Meal Components**

Component	Ages 1-2	Ages 3-5	Ages 6-18	Adults
Milk	1/2 cup	3/4 cup	1 cup	1 cup*
Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruits	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Meats/Meat Alternates	1 oz eq	1 1/2 oz eq	2 oz eq	2 oz eq
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

*A serving of milk is not required at supper for adults.

Snack **Select Two of the Five Meal Components**

Component	Ages 1-2	Ages 3-5	Ages 6-18	Adults
Milk	1/2 cup	1/2 cup	1 cup	1 cup
Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruits	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Meats/Meat Alternates	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq

oz eq = ounce equivalents

Refer to USDA FNS Exhibit A Grains Chart for further guidance on grain serving sizes.



Children's Hunger Alliance is a sponsoring organization for the USDA Child & Adult Care Food Program. CACFP is an indicator of quality child care. This institution is an equal opportunity provider. Visit childrenshungeralliance.org for information.