

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

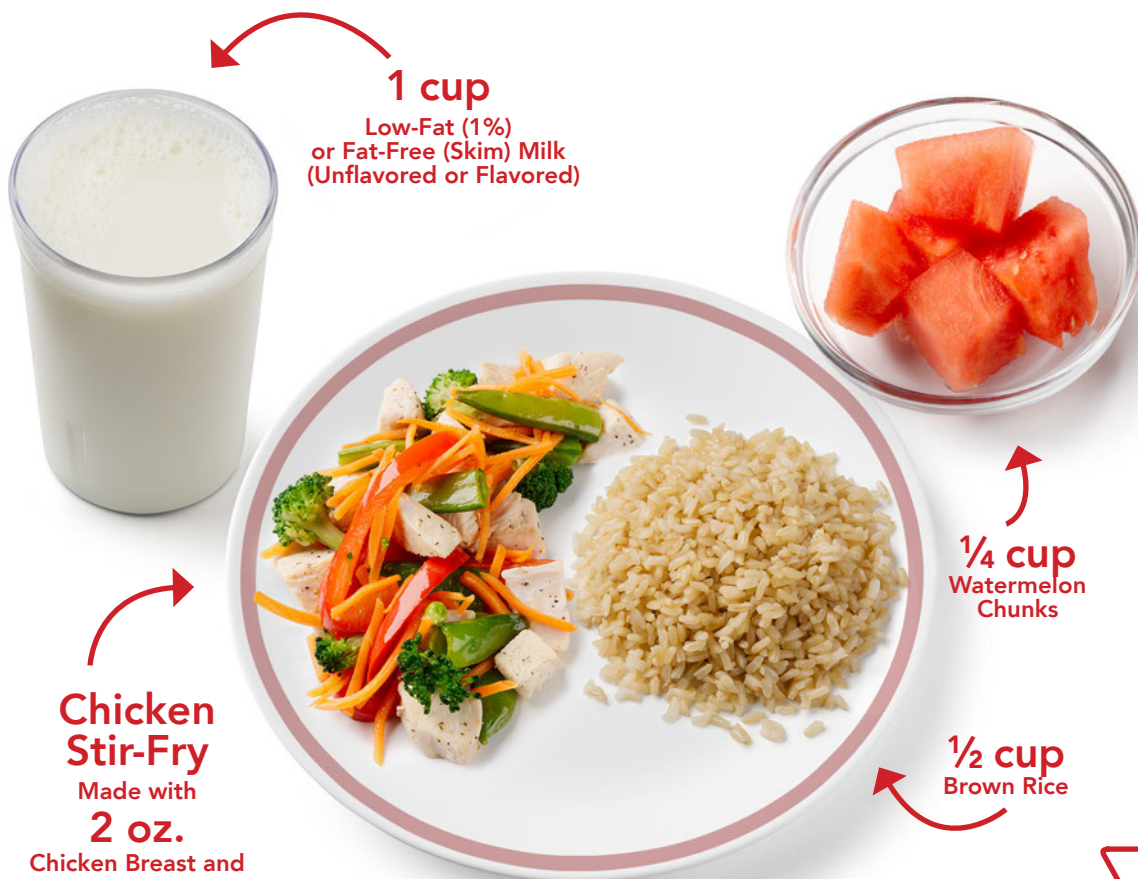
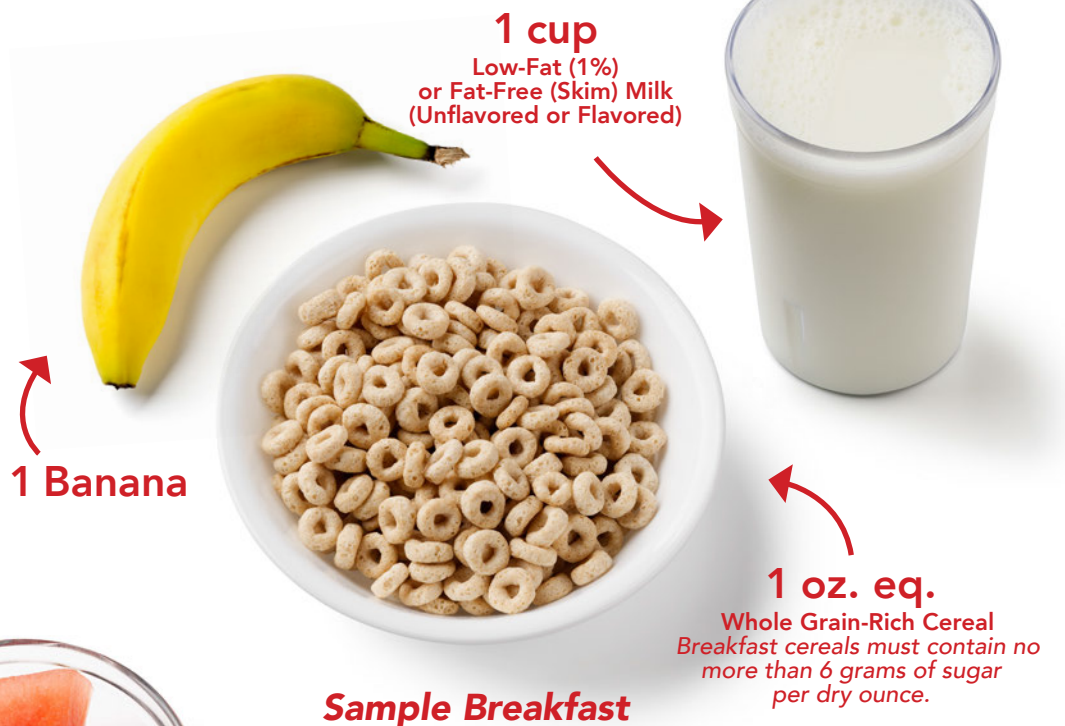
Sample Meals for Children Ages 6-12 and 13-18



## 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.)

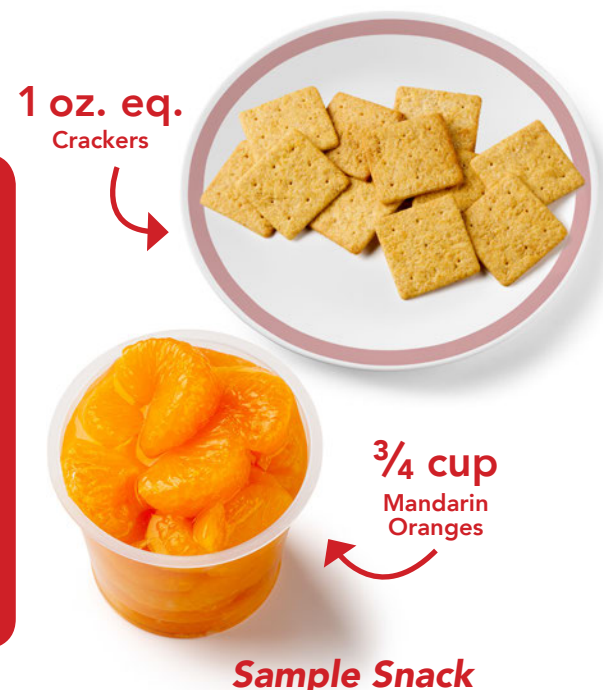


All grains served must be whole grain-rich or enriched.  
Breakfast cereals may also be fortified.  
At least one grain served each day must be whole grain-rich.



## 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>.



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