

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

## Sample Meals for Children Ages 3-5



### What is in a Breakfast?

- Milk (6 fl. oz. or  $\frac{3}{4}$  cup)
- Vegetables, Fruits, or Both ( $\frac{1}{2}$  cup)
- Grains ( $\frac{1}{2}$  oz. eq.)

**Optional:** Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.

$\frac{1}{2}$  oz. eq.  
Whole Grain-Rich  
Mini Pancakes



$\frac{3}{4}$  cup  
Unflavored  
Low-Fat (1%)  
or Fat-Free  
(Skim) Milk

$\frac{1}{2}$  cup  
Sliced  
Strawberries

**Sample Breakfast**

$\frac{3}{4}$  cup  
Unflavored Low-Fat (1%)  
or Fat-Free (Skim) milk



**1 Taco**  
Made with  
 **$1\frac{1}{2}$  oz.**  
Lean Ground Beef,  
 **$\frac{1}{4}$  cup**  
Lettuce\*, and  
 **$\frac{1}{8}$  cup**  
Chopped Tomatoes

$\frac{1}{2}$  oz. eq.  
Enriched Flour Tortilla



$\frac{1}{4}$  cup  
Roasted Sweet  
Potatoes

**Sample Lunch/Supper**

A second, different vegetable may be served in place of fruit at lunch and supper. In this meal, the  $\frac{1}{4}$  cup of lettuce and  $\frac{1}{8}$  cup of tomatoes in the taco meets the vegetables component, and the  $\frac{1}{4}$  cup of sweet potatoes is used to meet the fruits component.

\*Raw leafy greens, such as lettuce, credit for half the amount served. The  $\frac{1}{4}$  cup of lettuce in the taco counts as  $\frac{1}{8}$  cup of vegetables in this meal.

### What is in a Lunch or Supper?

- Milk (6 fl. oz. or  $\frac{3}{4}$  cup)
- Meats/Meat Alternates ( $1\frac{1}{2}$  oz. eq.)
- Vegetables ( $\frac{1}{4}$  cup)
- Fruits ( $\frac{1}{4}$  cup)
- Grains ( $\frac{1}{2}$  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.



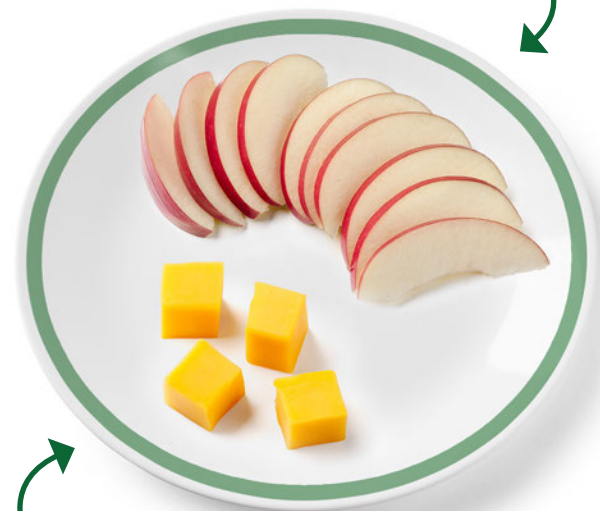
Offer and make water available all day.



### What is in a Snack?

- Pick 2:
- Milk (4 fl. oz. or  $\frac{1}{2}$  cup)
  - Meats/Meat Alternates ( $\frac{1}{2}$  oz. eq.)
  - Vegetables ( $\frac{1}{2}$  cup)
  - Fruits ( $\frac{1}{2}$  cup)
  - Grains ( $\frac{1}{2}$  oz. eq.)

$\frac{1}{2}$  cup  
Apple Slices



$\frac{1}{2}$  oz.  
Cheddar Cheese

**Sample Snack**

**Note:** Serving sizes are minimums.

Learn more about the CACFP meal patterns at <https://teamnutrition.usda.gov>.



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