

Child (Ages 1-18) Meal Pattern

Child and Adult Care Food Program

FOOD COMPONENTS AND FOOD ITEMS	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ¹
BREAKFAST ^{2,3}				
Fluid Milk ⁴	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Vegetables, Fruits or portions of both ⁵	¼ cup	½ cup	½ cup	½ cup
Grains ^{6,7,8}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product (such as biscuit, roll, muffin)	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}	¼ cup	½ cup	¾ cup	¾ cup
SNACK ^{2,11} (Select 2 of the 5 components for a reimbursable snack)				
Fluid Milk ⁴	4 fl oz (½ cup)	4 fl oz (½ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat or Meat Alternate				
Lean meat, poultry, or fish	½ oz	½ oz	1 oz	1 oz
Tofu	1.1 oz or ⅓ c	1.1 oz or ⅓ c	2.2 oz or ¼ c	2.2 oz or ¼ c
Soy product or alternate protein products ¹²	½ oz	½ oz	1 oz	1 oz
Cheese	½ oz	½ oz	1 oz	1 oz
Large egg	½	½	½	½
Cooked dry beans/peas	½ cup	½ 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.
Yogurt (including soy), plain or flavored, unsweetened or sweetened ¹³	2 oz (¼ cup)	2 oz (¼ cup)	4 oz (½ cup)	4 oz (½ cup)
Peanuts soy nuts, tree nuts or seeds	½ oz	½ oz	1 oz	1 oz
Vegetables ⁵	½ cup	½ cup	¾ cup	¾ cup
Fruits ⁵	½ cup	½ cup	¾ cup	¾ cup
Grains ^{6,7}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}	¼ cup	½ cup	¾ cup	¾ cup
LUNCH OR SUPPER ^{2,14}				
Fluid Milk ⁴	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat or Meat Alternate				
Lean meat, poultry, or fish	1 oz	1½ oz	2 oz	2 oz
Tofu	2.2 oz or ¼ c	3.3 oz or ¾ c	4.4 oz or ½ c	4.4 oz or ½ c
Soy product, or alternate protein products ¹²	1 oz	1½ oz	2 oz	2 oz
Cheese	1 oz	1½ oz	2 oz	2 oz
Large egg	½	¾	1	1
Cooked dry beans/peas	¼ cup	¾ 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.
Yogurt (including soy), plain or flavored, unsweetened or sweetened ¹³	4 oz (½ cup)	6 oz (¾ cup)	8 oz (1 cup)	8 oz (1 cup)
Peanuts, soy nuts, tree nuts or seeds (may be used to meet no more than 50% of the meat/meat alternate requirement) (1 oz nuts/seeds = 1 oz cooked lean meat poultry, or fish)	½ oz = 50%	¾ oz = 50%	1 oz = 50%	1 oz = 50%
Vegetables ^{5,15}	½ cup	¼ cup	½ cup	½ cup
Fruits ^{5,15}	½ cup	¼ cup	¼ cup	¼ cup
Grains ^{6,7}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, ⁹ cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

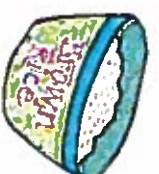
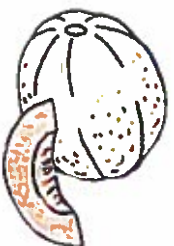


OREGON
CHILD
DEVELOPMENT
COALITION

Oregon Child Development Coalition Menu for Children 1-12 years

USDA Child and Adult Care Food Program
1345 Center Drive, Suite F
Medford, Oregon 97501
541-770-5893 FAX: 971-224-1355

MONTH _____



SIGNATURE _____ I hereby certify that all of the information below is true and correct. I understand that this information is being given in connection with the receipt of Federal funds, that USDA or ODE officials may, for cause, verify information, and that deliberate misrepresentation will subject me to prosecution under applicable State and Federal criminal statutes.

1. Water must be available upon request to children throughout the day and at mealtimes. Water does not fulfill any meal component and must not replace any required food. Young children must be asked if they want water.
2. Milk must be unflavored whole milk for children one year of age (12-23 months). Milk must be unflavored low-fat (1%) or unflavored fat-free (skim) for children two through five years of age. Milk must be unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for participants 6 years and older.
3. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement one time per day.
4. Lunch and supper must include one fruit and one vegetable OR two vegetables. When two vegetables are served two different kinds of vegetable must be served.
5. At least one serving per day must be whole grain-rich across all eating occasions at each site. Grain-based desserts do not count towards meeting the grains component requirement.
6. Ounce equivalents will be used to determine the quantity of creditable grains by October 1, 2019.
7. 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).
8. Only one of the two required components for snack may be a beverage.
9. Meat and meat alternates may be used to meet the entire grains component requirement a maximum of three times a week at breakfast. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.
10. Alternate protein products must meet 7CFR Part 226, Appendix A requirements. A CN label or product formulation statement is required to serve combination foods.
11. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
12. All five components must be served for a reimbursable lunch and/or supper.



CACFP Meals for Children 1 - 18 years

Child and Adult Care Food Program

With preapproval only.

FOOD COMPONENTS AND FOOD ITEMS	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ¹³
BREAKFAST¹				
Fluid Milk ²	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Vegetables, Fruits or portions of both ³	¼ cup	½ cup	½ cup	½ cup
Grains (oz eq)^{5,6,7,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Bread product (such as biscuit, roll, muffin)	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified RTE breakfast cereal (dry, cold) ^{7,8}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1¼ cups	1¼ cups
Granola	¼ cup	¼ cup	¼ cup	¼ cup
SNACK⁸ (Select 2 of the 5 components for a reimbursable snack)				
Fluid Milk ²	4 fl oz (½ cup)	4 fl oz (½ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat or Meat Alternate²				
Lean meat, poultry, or fish	½ oz	½ oz	1 oz	1 oz
Tofu	2.2 oz or ¼ c	3.3 oz or ¾ c	4.4 oz or ½ c	4.4 oz or ½ c
Soy product, or alternate protein products ¹⁰	1 oz	1½ oz	2 oz	2 oz
Cheese	½ oz	½ oz	1 oz	1 oz
Large egg	½	½	½	½
Cooked dry beans/split peas	¼ 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.
Yogurt, plain or flavored, unsweetened or sweetened ¹¹	2 oz (¼ cup)	2 oz (¼ cup)	4 oz (½ cup)	4 oz (½ cup)
Peanuts soy nuts, tree nuts or seeds	½ oz	½ oz	1 oz	1 oz
Vegetables ³	½ cup	½ cup	¾ cup	¾ cup
Fruits ³	½ cup	½ cup	¾ cup	¾ cup
Grains (oz eq)^{5,6,7}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Bread product (such as biscuit, roll, muffin)	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified RTE breakfast cereal (dry, cold) ^{7,8}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1¼ cups	1¼ cups
Granola	¼ cup	¼ cup	¼ cup	¼ cup
LUNCH OR SUPPER¹²				
Fluid Milk ²	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat or Meat Alternate				
Lean meat, poultry, or fish	1 oz	1½ oz	2 oz	2 oz
Tofu	2.2 oz or ¼ c	3.3 oz or ¾ c	4.4 oz or ½ c	4.4 oz or ½ c
Soy product, or alternate protein products ¹⁰	1 oz	1½ oz	2 oz	2 oz
Cheese	1 oz	1½ oz	2 oz	2 oz
Large egg	½	¾	1	1
Cooked dry beans/split peas	¼ cup	¾ 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.
Yogurt, plain or flavored, unsweetened or sweetened ¹¹	4 oz (½ cup)	6 oz (¾ cup)	8 oz (1 cup)	8 oz (1 cup)
Peanuts, soy nuts, tree nuts or seeds (may be used to meet no more than 50% of the requirement, or an equivalent quantity of any combination of meat/meat alternates) (1 oz nuts/seeds = 1 oz cooked lean meat poultry, or fish)	½ oz = 50%	¾ oz = 50%	1 oz = 50%	1 oz = 50%
Vegetables ^{3,4}	½ cup	¼ cup	½ cup	½ cup
Fruits ^{3,13}	½ cup	¼ cup	¼ cup	¼ cup
Grains (oz eq)^{5,6,7}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Bread product (such as biscuit, roll, muffin)	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Bread/Grain Protein Fruit/Vegetable Milk	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
AM SNACK (Select 2) Meat/Meat Alt. Bread/Grain Fruit Vegetable Milk	_____ _____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
LUNCH Meat/Meat Alt. Bread/Grain Fruit/Vegetable Vegetable Milk	_____ _____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
PM SNACK (Select 2) Meat/Meat Alt. Bread/Grain Fruit Vegetable Milk	_____ _____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
DINNER Meat/Meat Alt. Bread/Grain Fruit/Vegetable Vegetable Milk	_____ _____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
LATE SNACK (Select 2) Meat/Meat Alt. Bread/Grain Fruit Vegetable Milk	_____ _____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____

Bread/Grain Protein Fruit/Vegetable Milk	_____ _____ _____ _____ # of children _____	_____ _____ _____ _____ # of children _____	_____ _____ _____ _____ # of children _____	REMEMBER TO MAKE COPIES OF YOUR FORMS! DON'T FORGET TO SIGN THE COVER PAGE!!			
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AM SNACK (Select 2) Meat/Meat Alt. Bread/Grain Fruit Vegetable Milk	_____ _____ _____ _____ # of children _____	_____ _____ _____ _____ # of children _____	_____ _____ _____ _____ # of children _____				
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LUNCH Meat/Meat Alt. Bread/Grain Fruit/Vegetable Vegetable Milk	_____ _____ _____ _____ # of children _____	_____ _____ _____ _____ # of children _____	_____ _____ _____ _____ # of children _____				
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PM SNACK (Select 2) Meat/Meat Alt. Bread/Grain Fruit Vegetable Milk	_____ _____ _____ _____ # of children _____	_____ _____ _____ _____ # of children _____	_____ _____ _____ _____ # of children _____				
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DINNER Meat/Meat Alt. Bread/Grain Fruit Vegetable Milk	_____ _____ _____ _____ # of children _____	_____ _____ _____ _____ # of children _____	_____ _____ _____ _____ # of children _____				
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LATE SNACK (Select 2) Meat/Meat Alt. Bread/Grain Fruit/Vegetable Vegetable Milk	_____ _____ _____ _____ # of children _____	_____ _____ _____ _____ # of children _____	_____ _____ _____ _____ # of children _____				
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LATE SNACK (Select 2) Meat/Meat Alt. Bread/Grain Fruit Vegetable Milk	_____ _____ _____ _____ # of children _____	_____ _____ _____ _____ # of children _____	_____ _____ _____ _____ # of children _____				
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