

# Minimum Meal Requirements for CACFP

Food Components	Children 1-2 years old	Children 3-5 years old	Children 6-12 years old
<b>BREAKFAST</b>			
<b>MILK</b>			
Milk, fluid	1/2 cup	3/4 cup	1 cup
<b>VEGETABLES AND/OR FRUITS</b>			
Vegetables(s) or fruit(s) OR Full-strength (100%) juice	1/4 cup	1/2 cup	1/2 cup
<b>BREAD/BREAD ALTERNATES</b>			
Enriched or whole-grain bread	1/2 slice	1/2 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc.	1/2 serving	1/2 serving	1 serving
Cereal (cold, dry)	1/4 cup	1/3 cup	3/4 cup
Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup
Cooked cereal or cereal grains	1/4 cup	1/4 cup	1/2 cup
<b>LUNCH/SUPPER</b>			
<b>MILK</b>			
Milk, fluid	1/2 cup	3/4 cup	1 cup
<b>VEGETABLES AND/OR FRUITS</b>			
Vegetables(s) or fruit(s) OR Full-strength (100%) juice	1/4 cup total from 2 sources	1/2 cup total from 2 sources	3/4 cup total from 2 sources
<b>BREAD/BREAD ALTERNATES</b>			
Enriched or whole-grain bread	1/2 slice	1/2 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc.	1/2 serving	1/2 serving	1 serving
Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup
Cooked cereal or cereal grains	1/4 cup	1/4 cup	1/2 cup
Nonsweet snack products	1/2 serving	1/2 serving	1 serving
<b>MEAT/MEAT ALTERNATES</b>			
Lean meat or poultry or fish	1 oz	1 1/2 oz	2 oz
Cheese	1 oz	1 1/2 oz	2 oz
Eggs - Grade A Large	1/2 egg	3/4 egg	1 egg
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup
Peanut butter or other nut or seed butter	2 Tbsp	3 Tbsp	4 Tbsp
Peanuts, soynuts or tree nuts or seeds	1/2 oz	3/4 oz	1 oz
Yogurt, plain or flavored, unsweetened or sweetened	4 oz - 1/2 cup	6 oz - 3/4 cup	8 oz - 1 cup

# Minimum Meal Requirements for CACFP

Food Components	Children 1-2 years old	Children 3-5 years old	Children 6-12 years old
<b>SNACK (Choose 2 of the following components)</b>			
<b>MILK</b>			
Milk, fluid	1/2 cup	1/2 cup	1 cup
<b>VEGETABLES AND/OR FRUITS</b>			
Vegetables(s) or fruit(s) OR Full-strength (100%) juice	1/2 cup	1/2 cup	3/4 cup
<b>BREAD/BREAD ALTERNATES</b>			
Enriched or whole-grain bread	1/2 slice	1/2 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc.	1/2 serving	1/2 serving	1 serving
Cereal (cold, dry)	1/4 cup	1/3 cup	3/4 cup
Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup
Cooked cereal or cereal grains	1/4 cup	1/4 cup	1/2 cup
Nonsweet snack products	1/2 serving	1/2 serving	1 serving
<b>MEAT/MEAT ALTERNATES</b>			
Lean meat or poultry or fish	1/2 oz	1/2 oz	1 oz
Cheese	1/2 oz	1/2 oz	1 oz
Eggs - Grade A Large	1/2 egg	1/2 egg	1/2 egg
Peanut butter or other nut or seed butter	1 Tbsp	1 Tbsp	2 Tbsp
Peanuts, soynuts or tree nuts or seeds	1/2 oz	3/4 oz	1 oz
Yogurt, plain or flavored, unsweetened or sweetened	2 oz - 1/4 cup	2 oz - 1/4 cup	4 oz - 1/2 cup
Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup

1 ounce = 28.35 grams

This laminated sheet is offered for quick kitchen reference. For more detailed information on allowable components and quantities, please see your Provider Manual.