

CHILD AND ADULT CARE FOOD PROGRAM
of the
United States Department of Agriculture

The Child Care Food Program of the United States Department of Agriculture is administered locally by state and regional agencies. Interested parties shall apply through the appropriate administering agency in their area. For further information and appropriate referral contact: Child Care and Summer Programs Division, Food and Nutrition Service, United State Department of Agriculture, 3101 Park Center Drive, Room 416, Alexandria, VA 22302, or your State Office.

A. Each meal served shall contain, as a minimum, the indicated food components:

1. A BREAKFAST shall contain:
 - a. A serving of fluid milk as a beverage or on cereal, or used in part for each purpose;
 - b. A serving of vegetable(s) or fruit(s) or full-strength vegetable or fruit juice, or an equivalent quantity of any combination of these foods;
 - c. A serving of whole-grain or enriched bread; or an equivalent serving of cornbread, biscuits, rolls, muffins, etc., made with whole-grain or enriched meal or flour; or a serving of whole-grain or enriched or fortified cereal; or a serving of cooked whole-grain or enriched pasta or noodle products such as macaroni; or cereal grains such as rice, bulgur, or corn grits; or an equivalent quantity of any combination of these foods.

2. Both LUNCH and SUPPER shall contain:
 - a. A serving of fluid milk as a beverage;
 - b. A serving of lean meat, poultry or fish; or cheese; or an egg; or cooked dry beans or peas; or peanut butter; or an equivalent quantity of any combination of these foods. These foods shall be served in a main dish, or in a main dish and one other menu item, to meet this requirement. Cooked dry beans or dry peas may be used as the meat alternate or as part of the vegetable/fruit component but not as both food components in the same meal;

Nuts and seeds and their butters listed in program guidance are nutritionally comparable to meat or other meat alternates based on available nutritional data. Acorns, chestnuts, and coconuts shall **not** be used as a meat alternate due to their low protein content. Nut or seed meals or flours may be used as an ingredient in a bread/bread alternate, but shall **not** be use as meat alternate. As noted, nuts or

seeds may be used to meet no more than one-half of the meat/meat alternate requirements. Therefore, nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement;

- c. A serving of two or more vegetables or fruits, or a combination of both. Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement;
 - d. A serving of whole-grain or enriched bread; or an equivalent serving of cornbread, biscuits, rolls, muffins, etc., made with whole-grain or enriched meal or flour; or a serving of whole-grain or enriched pasta or noodle products such as macaroni; or cereal grains such as rice, bulgur, or corn grits; or an equivalent quantity of any combination of these foods.
2. Supplemental food (snacks) *shall* be served between other meal types and contain two of the following four components;
- a. A serving of fluid milk as a beverage, or on cereal, or used in part for each purpose;
 - b. A serving of meat or meat alternate. Nuts and seeds and their butters listed in program guidance are nutritionally comparable to meat or other meat alternates based on available nutritional data. Acorns, chestnuts, and coconuts are excluded and shall **not** be used as a meat alternate due to their low protein content. Nut or seed meals or flours shall **not** be use as meat alternate.
 - c. A serving of vegetable(s) or fruit(s) or full-strength vegetable or fruit juice, or an equivalent quantity of any combination of these foods. Juice may not be served when milk is served as the only other component;
 - d. A serving of whole-grain or enriched bread; or an equivalent serving of cornbread, biscuits, rolls, muffins, etc., made with whole-grain or enriched meal or flour; or a serving of cooked whole-grain or enriched pasta or noodle products such as macaroni; or cereal grains such as rice, bulgur, or corn grits; or an equivalent quantity of any combination of these foods.

B. Infant meal pattern:

Foods within the infant meal pattern shall be of texture and consistency appropriate for the particular age group being served. The total amount of food authorized in the meal patterns set forth below shall be provided to the infant but may be served during a span of time consistent with the infant's eating habits, on a gradual basis with the intent of ensuring their nutritional well-being and in accordance with the parent's desires. The infant meal shall contain, at a minimum, each of the following components in the amounts indicated for the appropriate age group.

1. Birth through 3 months:
 - a. Breakfast – 4-6 fluid ounces of iron-fortified infant formula;
 - b. Lunch or Supper – 4-6 fluid ounces of iron-fortified infant formula;
 - c. Supplemental food – 4-6 fluid ounces of iron-fortified infant formula.
2. 4 months through 7 months:
 - a. Breakfast – 4-8 fluid ounces of iron-fortified infant formula and 0-3 tablespoons of iron fortified dry infant cereal (optional);
 - b. Lunch or Supper – 4-8 fluid ounces of iron-fortified infant formula and 0-3 tablespoons of iron fortified dry infant cereal (optional); and 0-3 tablespoons of fruit or vegetable of appropriate consistency or a combination of both (optional);
 - c. Supplementary food – 4-6 fluid ounces of iron-fortified infant formula.
3. 8 months through 11 months:
 - a. Breakfast – 6-8 fluid ounces of iron-fortified infant formula, or 6-8 ounces of whole fluid milk; 2-4 tablespoons of iron-fortified dry infant cereal; and 1-4 tablespoons of fruit or vegetable of appropriate consistency or a combination of both;
 - b. Lunch or Supper – 6-8 fluid ounces of iron-fortified infant formula, or 6-8 ounces of whole fluid milk; 2-4 tablespoons of iron fortified dry infant cereal and/or 1-4 tablespoons of meat, fish, poultry, egg yolk, or cooked dry beans or peas, or ½-2 ounces (weight) of cheese or 1-4 ounces (weight/volume) of cottage cheese of appropriate consistency; and 1-4 tablespoons of fruit or vegetable of appropriate consistency or a combination of both; and,
 - c. Supplementary food – 2-4 fluid ounces of iron-fortified infant formula, whole fluid milk or full strength fruit juice, 0- ½ slice of crusty bread (optional) or 0-2 cracker-type products (optional) made from whole grain or enriched meal or flour that are suitable for an infant for use as a finger food.

C. Meal patterns for children age 1 through 12:

When children over age one participate, the total amount of food authorized in the meal patterns set forth in the following charts shall be provided:

MINIMUM AMOUNT OF FOOD COMPONENTS TO BE SERVED AS BREAKFAST

	FOOD COMPONENTS	AGES 1 AND 2	AGES 3 TO 5	AGES 6 TO 12
MILK	Milk, Fluid	½ cup	¾ cup	1 cup
VEGETABLES AND FRUIT	Vegetable(s) and/or fruit(s), or	¼ cup	½ cup	½ cup
	Full-strength vegetable or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s) and juice.	¼ cup	½ cup	½ cup
BREAD AND BREAD ALTERNATES*	Bread, or	½ slice	½ slice	1 slice
	Cornbread, biscuits, rolls, muffins, etc., or	½ serving	½ serving	1 serving
	Cold dry cereal, or	¼ cup or ⅓ ounce	⅓ cup or ½ ounce	¾ cup or 1 ounce
	Cooked cereal, or	¼ cup	¼ cup	½ cup
	Cooked pasta or noodle products, or	¼ cup	¼ cup	½ cup
	Cooked cereal grains or an equivalent quantity of any combination of bread/bread alternates	¼ cup	¼ cup	½ cup

* Bread, pasta or noodle products, and cereal grains shall be whole-grain or enriched; cornbread, biscuits, rolls, muffins, etc., shall be made with whole-grain or enriched meal or flour.

MINIMUM AMOUNT OF FOOD COMPONENTS TO BE SERVED AS LUNCH OR SUPPER

	FOOD COMPONENTS	AGES 1 AND 2	AGES 3 TO 5	AGES 6 TO 12
MILK	Milk, Fluid	½ cup	¾ cup	1 cup
VEGETABLES AND FRUIT*	Vegetable(s) and/or fruit(s)	¼ cup total	½ cup total	¾ cup total
BREAD AND BREAD ALTERNATES**	Bread	½ slice	½ slice	1 slice
	Cornbread, biscuits, rolls, muffins, etc., or	½ serving	½ serving	1 serving
	Cooked pasta or noodle products, or	¼ cup	¼ cup	½ cup
	Cooked cereal grains or an equivalent quantity of any combination of bread/bread alternates.	¼ cup	¼ cup	½ cup
MEAT AND MEAT ALTERNATES***	Lean meat or poultry or fish, or	1 ounce	1 ½ ounces	2 ounces
	Cheese, or	1 ounce	1 ½ ounces	2 ounces
	Eggs, or	1 egg	1 egg	1 egg
	Cooked dry beans or peas, or	¼ cup	⅜ cup	½ cup
	Peanut butter or soynut butter or other nut or seed butters, or	2 tbsp.	3 tbsp.	4 tbsp.
	Peanuts or nuts and/or seeds. or	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%
	An equivalent quantity of any combination of the above meat/meat alternate.			

* Serve 2 or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than ½ of this requirement.

** Bread, pasta or noodle products, and cereal grains shall be whole-grain or enriched; cornbread, biscuits, rolls, muffins, etc., shall be made with whole grain or enriched meal or flour.

*** This portion can meet only ½ of the total serving of the meat/meat alternate requirements for lunch or supper. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. For determining combinations, 1 ounce of nuts or seeds are equal to 1 ounce of cooked lean meat, poultry, or fish.

Caution – Children under 6 are at the highest risk of choking. USDA recommends that any nuts and/or seeds to be served to them in a prepared food and be ground or finely chopped.

MINIMUM AMOUNT OF COMPONENTS TO BE SERVED AS SUPPLEMENTAL (SNACK) FOOD
Select two of the following four but juice shall not be served with milk only.

	FOOD COMPONENTS	AGES 1 AND 2	AGES 3 TO 5	AGES 6 TO 12
MILK	Milk, Fluid	½ cup	½ cup	1 cup
VEGETABLES AND FRUIT	Vegetable(s) and/or fruit(s) (two or more), or	½ cup	½ cup	¾ cup
	Full-strength vegetable or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s) and juice.	½ cup	½ cup	¾ cup
BREAD AND BREAD ALTERNATES*	Bread	½ slice	½ slice	1 slice
	Cornbread, biscuits, rolls, muffins, etc., or	½ serving	½ serving	1 serving
	Cold dry cereal, or	¼ cup or ⅓ ounce	⅓ cup or ½ ounce	¾ cup or 1 ounce
	Cooked cereal, or	¼ cup	¼ cup	½ cup
	Cooked pasta or noodle product, or	¼ cup	¼ cup	½ cup
	Cooked cereal grains or an equivalent quantity of any combination of bread/bread alternates.	¼ cup	¼ cup	½ cup
MEAT AND MEAT ALTERNATES**	Lean meat or poultry or fish, or	½ ounce	½ ounce	1 ounce
	Cheese, or	½ ounce	½ ounce	1 ounce
	Eggs, or	½ egg	½ egg	1 egg
	Cooked dry beans or peas, or	⅛ cup	⅛ cup	¼ cup
	Peanut butter or soynut butter or other nut or seed butters, or	1 tbsp.	1 tbsp.	2 tbsp.
	Peanuts or nuts and/or seeds. or	½ ounce	½ ounce	1 ounce
	Yogurt, plain, or sweetened and flavored, or	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup
	An equivalent quantity of any combination of meat/meat alternate			

* Bread, pasta or noodle products, and cereal grains shall be whole-grain or enriched; cornbread, biscuits, rolls, muffins, etc., shall be made with whole-grain or enriched meal or flour.

** Yogurt may be used as a meat/meat alternative in the SNACK ONLY.