

Meal Pattern for Children

At-Risk &
Special Needs
ONLY

BREAKFAST¹ <i>(Serve all 3 components.)</i>		Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18²
Grains (oz eq)^{5,6,7}	Bread (WG/E)	1/2 slice	1/2 slice	1 slice	1 slice
	Bread product, such as biscuit, roll, or muffin (WG/E)	1/2 serving	1/2 serving	1 serving	1 serving
	Cooked breakfast cereal ⁸ , (WG/E/F) cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	1/2 cup
	Ready-to-eat breakfast cereal (dry, cold) ^{8,9} (WG/E/F)	Flakes or rounds	1/2 cup	1/2 cup	1 cup
Puffed cereal		3/4 cup	3/4 cup	1 1/4 cup	1 1/4 cup
Granola		2 tbsp	2 tbsp	1/4 cup	1/4 cup
Vegetables, fruits or portions of both⁴		1/4 cup	1/2 cup	1/2 cup	1/2 cup
Fluid Milk³		4 fl oz	6 fl oz	8 fl oz	8 fl oz
LUNCH/DINNER¹⁰ <i>(Serve all 5 components.)</i>		Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18²
Meat/Meat Alternates	Lean meat, poultry, or fish	1 ounce	1 1/2 ounces	2 ounces	2 ounces
	Tofu or alternate protein product (APP) ¹¹				
	Cheese				
	Large egg	1/2	3/4	1	1
	Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup	1/2 cup
	Nut/seed (or soy nut) Butter	2 tbsp	3 tbsp	4 tbsp	4 tbsp
	Yogurt ¹²	4 oz or 1/2 c	6 oz or 3/4 c	8 oz or 1 c	8 oz or 1 c
	Nuts/seeds <small>(can be used to meet up to 50% of the requirement) (1 ounce of nuts/seeds = 1 ounce cooked meat)</small>	1/2 oz = 50%	3/4 oz = 50%	1 oz = 50%	1 oz = 50%
Grains^{5,7}	Bread (WG/E)	1/2 slice	1/2 slice	1 slice	1 slice
	Bread product, such as biscuit, roll, or muffin (WG/E)	1/2 serving	1/2 serving	1 serving	1 serving
	Cooked breakfast cereal ⁸ , (WG/E/F) cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	1/2 cup
Vegetables⁴		2 tbsp	1/4 cup	1/2 cup	1/2 cup
Fruits^{4, 13} <i>(or 2nd vegetable serving)</i>		2 tbsp	1/4 cup	1/4 cup	1/4 cup
Fluid Milk³		4 fl oz	6 fl oz	8 fl oz	8 fl oz
SNACK¹⁴ <i>(Choose 2 different components.)</i>		Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18²
Meat/Meat Alternates	Lean meat, poultry, or fish	1/2 ounce	1/2 ounce	1 ounce	1 ounce
	Tofu or alternate protein product (APP) ¹¹				
	Cheese				
	Large egg	1/2	1/2	1/2	1/2
	Cooked dry beans or peas	2 tbsp	2 tbsp	1/4 cup	1/4 cup
	Nut/seed (or soy nut) Butter	1 tbsp	1 tbsp	2 tbsp	2 tbsp
	Yogurt ¹²	2 oz or 1/4 c	2 oz or 1/4 c	4 oz or 1/2 c	4 oz or 1/2 c
	Nuts/Seeds	1/2 oz	1/2 oz	1 oz	1 oz
Grains (oz eq)^{5,7}	Bread (WG/E)	1/2 slice	1/2 slice	1 slice	1 slice
	Bread product, such as biscuit, roll, or muffin (WG/E)	1/2 serving	1/2 serving	1 serving	1 serving
	Cooked breakfast cereal ⁸ , (WG/E/F) cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	1/2 cup
	Ready-to-eat breakfast cereal (dry, cold) ^{8,9} (WG/E/F)	Flakes or rounds	1/2 cup	1/2 cup	1 cup
Puffed cereal		3/4 cup	3/4 cup	1 1/4 cup	1 1/4 cup
Granola		2 tbsp	2 tbsp	1/4 cup	1/4 cup
Vegetables⁴		1/2 cup	1/2 cup	3/4 cup	3/4 cup
Fruits⁴		1/2 cup	1/2 cup	3/4 cup	3/4 cup
Fluid Milk³		4 fl oz	4 fl oz	8 fl oz	8 fl oz

Important Notes for the Meal Pattern for Children

- ¹ Must serve all three components for a reimbursable breakfast. Offer versus serve is an option for At-Risk After School (ARAS) programs.
- ² Children with special needs (w/ an approved IEP on file at the DCR office), in At-Risk After School (ARAS) programs, and in emergency shelters can be claimed up to age 18. Larger portion sizes than specified may need to be served to children 13 through 18 year olds to meet their nutritional needs.
- ³ Must be unflavored whole milk for children age one.
Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for 2-5 year olds.
Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.
- ⁴ Pasteurized full-strength **juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.**
- ⁵ All breads and grains must be whole grain-rich (WG), enriched (E) and/or fortified (F).
At least one serving per day, across all eating occasions, must be whole-grain rich (WG).
Grain-based desserts do not count towards meeting the grains requirement.
- ⁶ At breakfast, meat and meat alternates may be used to meet the grains requirement a maximum of **three times per week**. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.
- ⁷ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
- ⁸ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal). Cereals must be whole grain (WG), enriched (E), or fortified (F).
- ⁹ Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is 1/4 cup for children ages 1-2; 1/3 cup for children ages 3-5 and 3/4 cup for children 6-12.
- ¹⁰ Must serve all five components for a reimbursable lunch/dinner. Offer versus serve is an option for At-Risk After School (ARAS) programs.
- ¹¹ Alternate protein products must meet the requirements in Appendix A to Part 226.
- ¹² Yogurt must contain no more than 23 grams of total sugars in 6 ounces.
- ¹³ A vegetable may be used to meet the fruit requirement at lunch or dinner. When two vegetables are served at lunch or dinner, two different kinds of vegetables must be served.
- ¹⁴ Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

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Grain/Bread Requirement Chart^{1,2}

for the Child and Adult Care Food Program

October 1, 2017 - September 30, 2019*

TYPE OF BREAD/GRAIN		MINIMUM SERVING SIZE
Group A		Minimum Serving Size for Group A
<ul style="list-style-type: none"> • Bread Type Coating • Breadsticks (hard) • Chow Mein Noodles • Savory Crackers (ex. saltines) 	<ul style="list-style-type: none"> • Croutons • Pretzels (hard) • Stuffing (dry) <i>Note: weights apply to bread in stuffing</i> 	1 serving = 20 grams or 0.7 ounce 1/2 serving = 10 grams or 0.4 ounce
Group B³		Minimum Serving Size for Group B
<ul style="list-style-type: none"> • Bagels • Batter Type Coating • Biscuits • Breads (sandwich, French, Italian) • Buns (hamburger and hot dog) • Egg Roll Skins • English Muffins 	<ul style="list-style-type: none"> • Pita Bread • Pizza Crust • Pretzels (soft) • Rolls (sandwich/dinner rolls) • Tortillas (wheat or corn) • Tortilla Chips (wheat or corn) • Taco Shells 	1 serving = 25 grams or 0.9 ounce 1/2 serving = 13 grams or 0.5 ounce
Group C^{3,4}		Minimum Serving Size for Group C
<ul style="list-style-type: none"> • Cornbread or Corn Muffins • Croissants • Pancakes 	<ul style="list-style-type: none"> • Pie Crust (meat/meat alternate pies ONLY) • Waffles 	1 serving = 31 grams or 1.1 ounces 1/2 serving = 16 grams or 0.6 ounce
Group D^{3,4}		Minimum Serving Size for Group D
<ul style="list-style-type: none"> • Muffins (all, except corn) 		1 serving = 50 grams or 1.8 ounces 1/2 serving = 25 grams or 0.9 ounces
Group E^{3,4}		Minimum Serving Size for Group E
<ul style="list-style-type: none"> • French Toast 		1 serving = 63 grams or 2.2 ounces 1/2 serving = 31 grams or 1.1 ounces
Group H		Minimum Serving Size for Group H
<ul style="list-style-type: none"> • Cereal Grains (barley, quinoa, etc) • Breakfast Cereals (cooked) • Bulgur or Cracked Wheat • Macaroni (all shapes) 	<ul style="list-style-type: none"> • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle ONLY) • Rice (enriched white or brown) 	1 serving = 1/2 cup cooked OR 25 grams dry
Group I		Minimum Serving Size for Group I
<ul style="list-style-type: none"> • Ready to Eat Breakfast Cereal (cold, dry)^{5,6} - 6 grams sugars or less in 1 ounce (28 grams) cereal 		1 serving = 3/4 cup or 1 ounce, whichever is less

Ages 1-5 need 1/2 serving bread/grain at each meal or snack. Ages 6-12 need 1 serving.

*Beginning October 1, 2019, ounce equivalents will be used to determine the quantity of creditable grains. This chart will be replaced by 9/30/19.

¹Under the CACFP, the following foods are whole grain or enriched or made with enriched or whole grain meal and/or flour, bran and/or germ. For meals and snacks served to children, at least one serving of grains per day in the CACFP must be whole grain-rich starting October 1, 2017. Under the NSLP and SBP, the following food quantities from Groups A-G, must contain at least 16 grams of whole grain or can be made with 8 grams of whole grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

²Some of the following foods, or the accompaniments, may contain more sugar, salt and/or fat than others. This should be considered when deciding how often to serve them.

^{3,4}This chart shows items that are allowed for child care. Grain based desserts are **ONLY** allowed for the school breakfast/lunch programs (SBP/NSLP) and have been omitted.

⁵Refer to program regulations for the appropriate serving size for meals served to children ages 1 through 5 in the CACFP.

⁶Under the CACFP, cereals must be whole grain, enriched, or fortified, and must contain no more than 6 grams of sugar per dry ounce.