

# Meal Pattern for Children

At-Risk &  
Special Needs  
ONLY

<b>BREAKFAST<sup>1</sup></b> <i>(Serve all 3 components.)</i>		<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12</b>	<b>Ages 13-18<sup>2</sup></b>
<b>Grains (oz eq)<sup>5,6,7</sup></b>	Bread (WG/E)	1/2 slice <i>(1/2 oz eq)</i>		1 slice <i>(oz eq)</i>	1 slice <i>(oz eq)</i>
	Bread product, such as biscuit, roll, or muffin (WG/E)	1/2 serving <i>(1/2 oz eq)</i>		1 serving <i>(oz eq)</i>	1 serving <i>(oz eq)</i>
	Cooked breakfast cereal <sup>8</sup> , (WG/E/F) cereal grain, and/or pasta	1/4 cup		1/2 cup	1/2 cup
	Ready-to-eat breakfast cereal (dry, cold) <sup>8,9</sup> (WG/E/F)	Flakes or rounds	1/2 cup		1 cup
Puffed cereal		3/4 cup		1 1/4 cup	1 1/4 cup
Granola		2 tablespoons		1/4 cup	1/4 cup
<b>Vegetables, fruits or portions of both<sup>4</sup></b>		1/4 cup	1/2 cup	1/2 cup	1/2 cup
<b>Fluid Milk<sup>3</sup></b>		4 fl oz	6 fl oz	8 fl oz	8 fl oz
<b>LUNCH/DINNER<sup>10</sup></b> <i>(Serve all 5 components.)</i>		<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12</b>	<b>Ages 13-18<sup>2</sup></b>
<b>Meat/Meat Alternates</b>	Lean meat, poultry, or fish	1 ounce	1 1/2 ounces	2 ounces	2 ounces
	Tofu or alternate protein product (APP) <sup>11</sup>				
	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 <sup>12</sup>	4 oz or 1/2 c	6 oz or 3/4 c	8 oz or 1 c	8 oz or 1 c
	Nuts/seeds	1 ounce	1 1/2 ounces	2 ounces	2 ounces
<b>Grains<sup>5,7</sup></b>	Bread (WG/E)	1/2 slice <i>(1/2 oz eq)</i>		1 slice <i>(oz eq)</i>	1 slice <i>(oz eq)</i>
	Bread product, such as biscuit, roll, or muffin (WG/E)	1/2 serving <i>(1/2 oz eq)</i>		1 serving <i>(oz eq)</i>	1 serving <i>(oz eq)</i>
	Cooked breakfast cereal <sup>8</sup> , (WG/E/F) cereal grain, and/or pasta	1/4 cup		1/2 cup	1/2 cup
<b>Vegetables<sup>4</sup></b>		2 tbsp	1/4 cup	1/2 cup	1/2 cup
<b>Fruits<sup>4, 13</sup></b> <i>(or 2nd vegetable serving)</i>		2 tbsp	1/4 cup	1/4 cup	1/4 cup
<b>Fluid Milk<sup>3</sup></b>		4 fl oz	6 fl oz	8 fl oz	8 fl oz
<b>SNACK<sup>14</sup></b> <i>(Choose 2 different components.)</i>		<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12</b>	<b>Ages 13-18<sup>2</sup></b>
<b>Meat/Meat Alternates</b>	Lean meat, poultry, or fish	1/2 ounce		1 ounce	1 ounce
	Tofu or alternate protein product (APP) <sup>11</sup>				
	Cheese				
	Large egg	1/2 egg		1/2	1/2
	Cooked dry beans or peas	2 tablespoons		1/4 cup	1/4 cup
	Nut/seed (or soy nut) Butter	1 tablespoon		2 tbsp	2 tbsp
	Yogurt <sup>12</sup>	2 oz or 1/4 c		4 oz or 1/2 c	4 oz or 1/2 c
	Nuts/Seeds	1/2 oz		1 oz	1 oz
<b>Grains (oz eq)<sup>5,7</sup></b>	Bread (WG/E)	1/2 slice <i>(1/2 oz eq)</i>		1 slice <i>(oz eq)</i>	1 slice <i>(oz eq)</i>
	Bread product, such as biscuit, roll, or muffin (WG/E)	1/2 serving <i>(1/2 oz eq)</i>		1 serving <i>(oz eq)</i>	1 serving <i>(oz eq)</i>
	Cooked breakfast cereal <sup>8</sup> , (WG/E/F) cereal grain, and/or pasta	1/4 cup		1/2 cup	1/2 cup
	Ready-to-eat breakfast cereal (dry, cold) <sup>8,9</sup> (WG/E/F)	Flakes or rounds	1/2 cup		1 cup
Puffed cereal		3/4 cup		1 1/4 cup	1 1/4 cup
Granola		2 tablespoons		1/4 cup	1/4 cup
<b>Vegetables<sup>4</sup></b>		1/2 cup		3/4 cup	3/4 cup
<b>Fruits<sup>4</sup></b>		1/2 cup		3/4 cup	3/4 cup
<b>Fluid Milk<sup>3</sup></b>		4 fl oz		8 fl oz	8 fl oz

# Important Notes for the Meal Pattern for Children

- <sup>1</sup> Must serve all three components for a reimbursable breakfast. Offer versus serve is an option for At-Risk After School (ARAS) programs.
- <sup>2</sup> 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.
- <sup>3</sup> 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), flavored fat-free (skim) milk or flavored low-fat (1%) milk for children six years old and older.
- <sup>4</sup> Pasteurized full-strength **juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.**
- <sup>5</sup> All breads and grains must be whole grain-rich (WG), enriched (E) and/or fortified (F).
- **Whole grain-rich (WG)** foods have a whole grain first ingredient and any remaining grains in the product are enriched (*or fortified for breakfast cereals*) or are 100% whole grain.
  - **Enriched (E)** foods have been refined (or “processed”) to remove the outer layers (bran/germ) from the grain seed. Five vitamins/minerals are added to the refined grain to “enrich” it: Riboflavin, niacin, thiamin, iron and folic acid.
  - **Fortified (F)** breakfast cereals have vitamins and minerals added to the product.
    - Look for the word “fortified” on the package OR
    - Look for a list of vitamins and minerals at the bottom of the ingredient list.
  - *Grain-based desserts do **NOT** count towards meeting the grains requirement.*
- At least one grain/bread serving per day, across all eating occasions, must be whole-grain rich (WG) at your facility.**

  - This rule only applies when grains are required/served. For example, if a facility only serves one snack (ex. apples and milk) in a day, no grains are served or required that day.
- <sup>6</sup> 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.
- <sup>7</sup> As of October 1, 2019, ounce equivalents (oz eq) are used to determine the quantity of creditable grains.
- <sup>8</sup> Through Sept. 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By Oct. 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce. Cereals must be whole grain (WG), enriched (E), or fortified (F).
- <sup>9</sup> As of October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served.
- <sup>10</sup> Must serve all five components for a reimbursable lunch/dinner. Offer versus serve is an option for At-Risk After School (ARAS) programs.
- <sup>11</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.
- <sup>12</sup> Through September 30, 2025, yogurt must contain no more than 23 grams of total sugars in 6 ounces. By Oct. 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).
- <sup>13</sup> 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.
- <sup>14</sup> Select two of the five components for a reimbursable snack.
- Only one of the two snack components may be a beverage.
    - Juice and milk cannot be the only two components at snack.
  - These items count as juice:
    - Popsicles made from 100% juice
    - Fruit pureed in smoothies

# Important Notes for the Grain Requirement Chart

<sup>1</sup>Under the CACFP, all grains must be 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 as of October 1, 2017. Whole grain-rich foods have a whole grain first ingredient and any remaining grains in the product are enriched or are 100% whole grain.

<sup>2</sup>Some 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.

<sup>3</sup>Beginning October 1, 2019, ounce equivalents (oz eq) are used to determine the quantity of creditable grains. An “ounce equivalent” is a serving of grain or bread that has the same amount of creditable grains (16 grams) as a 1 ounce piece of bread.

<sup>4</sup>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.*

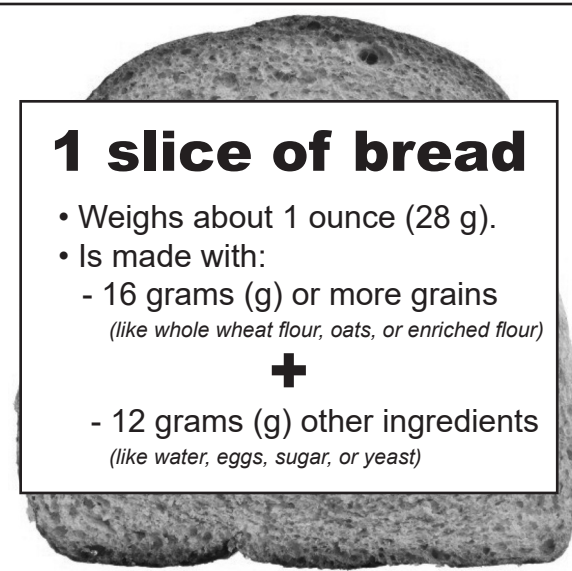
<sup>5</sup>Under the CACFP, cereals must be whole grain, enriched, or fortified, and must contain no more than 6 grams of sugar per dry ounce.

**Flakes** <sup>6</sup>Flakes are grains of cereal that have been crushed, mixed into dough, and rolled/formed into flakes. Examples: corn or bran flakes. *This includes shredded wheat, where flakes are formed into biscuits.*

**Rounds** <sup>7</sup>Rounds are cereals that have been shaped into circular O's. Example: Cheerios<sup>®</sup>

**Puffed** <sup>8</sup>Puffed cereals are light and airy. Grains of cereal are “popped” or extruded into light, fluffy shapes. Examples: puffed rice or wheat. Since puffed cereal is the lightest, it has the largest serving size.

**Granola** <sup>9</sup>Granola is heavy and dense, so it has the smallest serving size. Examples: granola cereal, Grape Nuts<sup>®</sup> *DCR does not endorse any products. Brand names are used for example only.*



**1 slice of bread**

- Weighs about 1 ounce (28 g).
- Is made with:
  - 16 grams (g) or more grains  
*(like whole wheat flour, oats, or enriched flour)*
  - +**
  - 12 grams (g) other ingredients  
*(like water, eggs, sugar, or yeast)*

*An “ounce equivalent” is a serving of a grain or bread that has the same amount of creditable grains (16 grams) as a 1 ounce piece of bread.*

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language) should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

**Compliments of  
Your Food Program Sponsor:**

*Day Care Resources, Inc.*

USDA Child and Adult Care Food Program (CACFP)  
309-925-2274

**mail:** U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;  
**fax:** (833) 256-1665 or (202) 690-7442; or  
**email:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

# Grain Requirement Chart<sup>1,2</sup>

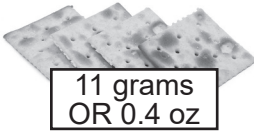
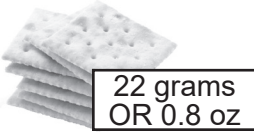
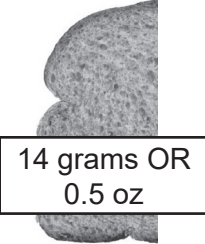
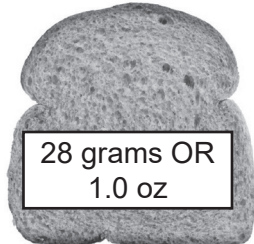

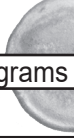






for the Child and Adult Care Food Program (CACFP)

Look at the package and use the chart below to make sure you serve enough food. For example, look at the label for saltine crackers to the right. The serving size on the package says 5 crackers. The label says 5 crackers weighs 16 grams. The chart says a 1-5 year old needs 11 grams of savory crackers like saltines, so 5 crackers would be enough for a 1-5 year old. (4 crackers = 12 grams) However, for a child age 6 or older, you would need more crackers. (7 crackers = 22 grams)

## Nutrition Facts

28 servings per container  
Serving Size 5 Crackers (16 g)



TYPE OF GRAIN/BREAD		MINIMUM SERVING SIZE	
Group A	OZ EQ = OUNCE EQUIVALENT	Ages 1-5 (1/2 oz eq) <sup>3</sup>	Ages 6+ (1 oz eq) <sup>3</sup>
<ul style="list-style-type: none"> <li>Bread Type Coating</li> <li>Bread Sticks (hard)</li> <li>Chow Mein Noodles</li> <li>Savory Crackers (ex. saltines)</li> </ul>	<ul style="list-style-type: none"> <li>Croutons</li> <li>Pretzels (hard)</li> <li>Rice Cakes</li> <li>Stuffing (dry) <small>weight = bread in stuffing only</small></li> </ul>	 <p>11 grams OR 0.4 oz</p>	 <p>22 grams OR 0.8 oz</p>
Group B <sup>4</sup>		Ages 1-5	Ages 6+
<ul style="list-style-type: none"> <li>Bagels</li> <li>Batter Type Coating</li> <li>Biscuits</li> <li>Breads (sandwich, French, Italian)</li> <li>Buns (hamburger and hot dog)</li> <li>Egg Roll Skins</li> <li>English Muffins</li> <li>Pita Bread</li> </ul>	<ul style="list-style-type: none"> <li>Pizza Crust</li> <li>Popcorn</li> <li>Pretzels (soft)</li> <li>Rolls (sandwich/dinner rolls)</li> <li>Sweet Crackers (animal/graham)</li> <li>Tortillas (wheat or corn)</li> <li>Tortilla Chips (wheat or corn)</li> <li>Taco Shells</li> </ul>	 <p>14 grams OR 0.5 oz</p>	 <p>28 grams OR 1.0 oz</p>
Group C <sup>4</sup>		Ages 1-5	Ages 6+
<ul style="list-style-type: none"> <li>Cornbread or Corn Muffins</li> <li>Croissants</li> <li>Pancakes</li> </ul>	<ul style="list-style-type: none"> <li>Pie Crust (meat/meat alternate pies ONLY)</li> <li>Waffles</li> </ul>	 <p>17 grams OR 0.6 oz</p>	 <p>34 grams OR 1.2 oz</p>
Group D <sup>4</sup>		Ages 1-5	Ages 6+
<ul style="list-style-type: none"> <li>Muffins (all, except corn)</li> </ul>		 <p>28 grams OR 1.0 oz</p>	 <p>55 grams OR 2.0 oz</p>
Group E <sup>4</sup>		Ages 1-5	Ages 6+
<ul style="list-style-type: none"> <li>French Toast</li> </ul>		 <p>35 grams OR 1.2 oz</p>	 <p>69 grams OR 2.4 oz</p>
Group H		Ages 1-5	Ages 6+
<ul style="list-style-type: none"> <li>Cereal Grains (barley, quinoa, etc)</li> <li>Breakfast Cereals (cooked)</li> <li>Bulgur or Cracked Wheat</li> <li>Macaroni (all shapes)</li> </ul>	<ul style="list-style-type: none"> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle ONLY)</li> <li>Rice (enriched white or brown)</li> </ul>	 <p>1/4 cup cooked OR 14 grams / 0.5 oz dry</p>	 <p>1/2 cup cooked OR 28 grams / 1.0 oz dry</p>
Group I		Ages 1-5	Ages 6+
<ul style="list-style-type: none"> <li>Ready to Eat Breakfast Cereal (cold, dry)<sup>5</sup> - 6 grams sugars or less in 1 ounce (28 grams) cereal</li> </ul>		<p><b>Flakes<sup>6</sup>/Rounds<sup>7</sup>:</b> 1/2 cup</p> <p><b>Puffed Cereal<sup>8</sup>:</b> 3/4 cup</p> <p><b>Granola<sup>9</sup>:</b> 2 tablespoons</p>	<p><b>Flakes<sup>6</sup>/Rounds<sup>7</sup>:</b> 1 cup</p> <p><b>Puffed Cereal<sup>8</sup>:</b> 1 1/4 cup</p> <p><b>Granola<sup>9</sup>:</b> 1/4 cup</p>
